

The Giddings News

January 23, 1942

LINCOLN 4-H CLUB

The Lincoln 4-H Club girls met at the Lincoln school Friday, Jan. 16 at 7:30 p. m. discussing and studying the Texas Food Standard with Miss Elliott. She stated every person should eat the proper food to be patriotic. To do this the Texas Food Standard is of good help.

For a safe diet, daily: 1 qt. milk, 1 egg, 1 serving meat, 1 serving potatoes, 1 serving other vegetables, 1 serving citrus or tomatoes; 1 serving other fruits, 1 serving whole grain products, bread and butter at every meal, some sweets, dried peas and beans 3 times a week, 6 to 8 glasses of water (average serving is about one-half cup. These foods obtain vitamins. Miss Elliott showed us many interesting pictures of how and what vitamins do to our body. A cross word puzzle was given to us referring to the Texas Food Standard.

Members present were Allyn Marburger, Edna Umlang, Bernice Iselt, and Elberta Kiechnick.