

UNIVERSITY OF MISSOURI COLLEGE OF AGRICULTURE



AGRICULTURAL EXTENSION SERVICE



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Adventures in Cooking

Many girls say it's fun to cook. Have you tried it? There are so many interesting ways to cook fruits, vegetables, meat, eggs, and other foods which we eat every day. It is a real accomplishment to bake a loaf of good



Frances and Martha make milk drinks.

bread, to prepare perfect scrambled eggs, or to arrange and serve fresh fruit attractively. Everyone enjoys good food and admires the girl who can prepare and serve it nicely.

Prepared by Flora L. Carl and Josephine Flory, Extension Nutritionists, in collaboration with Dorothy Bacon, State Club Agent.

MAKING MILK DRINKS

Milk is the best drink for growing boys and girls. It contains, in better proportion than any other food, all the food elements needed for the growth and development of the body. It is especially important because of the large amount of calcium and phosphorus it contains which are needed to build and to maintain strong bones and strong teeth. And milk helps the body do its work in many other ways. Milk contains good protein which is needed to build muscles and keep them fit. Whole milk and cheese are excellent foods from which to get the vitamins needed for good eyes and healthy skin.

One of the easiest ways to get the desired 3 or 4 cups of milk in each day's meals is to form the habit of drinking milk each meal. Most people enjoy good clean milk if it is served cold, heated or as cocoa or hot spiced milk. Milk may be flavored with fruit or fruit juices, with maple or caramel sirup, with molasses and cinnamon or with honey. Since cocoa and chocolate are made with milk they have more food value than coffee and tea. Cocoa or chocolate may be served very hot or ice cold.

Good cocoa is creamy smooth, and well blended with a pleasing chocolate flavor. It is not scorched, bitter, nor too sweet; nor is it watery or weak tasting.

COCOA (8 servings)

4 tbsp. cocoa	6 c. milk
4 tbsp. sugar	1 c. water
Few grains salt	

Mix the cocoa, sugar, and salt, add the water, blend well, and boil about 5 minutes. Scald the milk and add to the cooked cocoa sirup, beat with a rotary egg beater. Serve immediately. For special occasions a cut marshmallow or a half teaspoon of whipped cream may be added to each cup.

COCOA SIRUP (1 pint)

1 c. cocoa	$\frac{1}{4}$ tsp. salt
1 c. sugar	2 c. water
1 tbsp. cornstarch	$\frac{1}{4}$ tsp. vanilla

Mix the cocoa, sugar, cornstarch, and salt, add the water and boil for 5 or more minutes. Add the vanilla. Pour into a clean jar, seal, store in a cool place and use as needed.

Use 2 tbsp. of cocoa sirup to 1 cup of hot or cold milk for cocoa or chocolate milk. Beat about 1 minute with an egg beater before serving.

GRADE THE COCOA YOU HAVE MADE

	Perfect	1st time	2nd	3rd	4th	5th
	Score					
Appearance	25					
No scum on top. Light cocoa color. Not muddy or gray. Specks or sediment indicate undercooking.						
Consistency	25					
Creamy smooth, not thick or watery.						
Flavor	50					
Pleasing milk and chocolate flavor, not too sweet, too weak, too strong, or scorched.						
If not well cooked it will seem watery, taste weak and particles of incompletely cooked cocoa may be felt on the tongue.						
TOTAL	100					

COLD MILK DRINKS**GRAPE-ADE (3 servings)**

1 c. grape juice
1 tbsp. sugar

1 tbsp. lemon juice
2 c. milk

Combine grape juice, sugar, and lemon juice. Chill, add to the cold milk gradually, beating constantly. Serve ice cold in tall glasses.

Variations: Prune, apricot, strawberry, or other fruit juices with high flavor may be used in place of the grape juice.

ORANGE EGG NOG (2 servings)

1 egg
1 tbsp. sugar

1 c. cold milk
1 orange—medium

Juice the orange. Beat the egg. Add the sugar and orange juice.

Add to the cold milk—beating vigorously. Strain. Pour into tall cold glasses.

Use an orange wedge for a garnish.

CHOCOLATE MILK (3 servings)

$\frac{1}{2}$ c. chocolate or cocoa sirup
1 c. chilled evaporated milk

1 c. ice water

Pour the milk, water and sirup into a bowl.

Beat about one minute with a rotary egg beater.

Pour into cold glasses and serve with crisp crackers or melba toast. Boiling water and hot milk may be used in place of the iced liquids.

SPICED MILK (2 servings)

2 c. sweet milk
2 tsp. sugar
 $\frac{1}{8}$ tsp. nutmeg

$\frac{1}{8}$ tsp. cloves
 $\frac{1}{8}$ tsp. cinnamon
Few grains salt

Heat milk in double boiler. Blend sugar, spices, and salt. Add to the hot milk.

Beat until spices blend. Chill and serve.

BANANA MILK SHAKE

$\frac{3}{4}$ c. or 2 bananas
3 tbsp. honey
3 tbsp. orange juice

Few grains salt
2 c. ice cold milk
 $\frac{1}{4}$ tsp. vanilla

Push bananas through a strainer or mash well with a fork. Add the orange juice, honey, and flavoring. Mix well and strain.

Add to the cold milk and beat until smooth and creamy.

Chill and serve in tall glasses. A sprinkling of nutmeg may be added if desired.

CARE OF MILK

Milk will not taste good and it may carry harmful bacteria if it is not properly cared for. The milk cows should be healthy. They should be tested to make sure they do not carry the bacteria which may cause tuberculosis or undulant fever. Absolute cleanliness is needed in the care of milk. A person who has a cold or other contagious disease, should not handle milk.

Milk should be cooled immediately after milking and kept in covered bottles or jars in a cold place. If you are not sure that the milk is free from bacteria which will cause illness, the milk should be pasteurized.

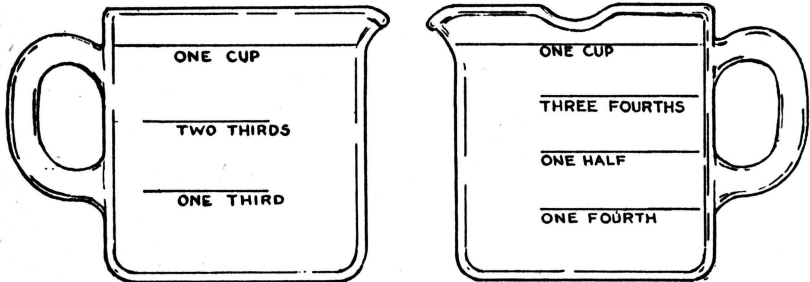
To pasteurize milk, put it in a covered double boiler or in a covered stew pan over a low fire and heat it to 160° F.—a light simmer—hold it at this temperature about 1 minute. When the time is up, cool the milk as quickly as possible and store in clean capped bottles or covered jars in a cold place.

Pasteurized milk is not boiled milk. Care should be taken not to let it get too hot or form a scum on top. This scum is good food material and if it forms and is thrown away the milk loses some of its food value.

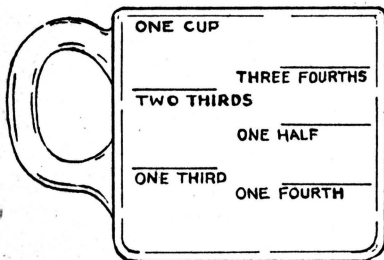
MEASURING

All measurements should be level. Standard measuring cups and spoons should be used.

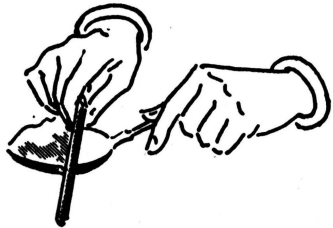
A good measuring cup is accurate. It has straight sides. The divisions are marked so they can easily be seen from both inside and outside the cup. There are no grooves that make it hard to wash.



These cups are good for measuring liquid, and hold more than one cupful each.



When level full, this cup holds exactly one cupful. Good for measuring dry ingredients.



With knife blade level off the contents of the spoon when used in measuring.

For measuring dry ingredients, use a glass cup, without a lip, which holds just an even cupful, so the ingredients can be leveled off with a knife edge.

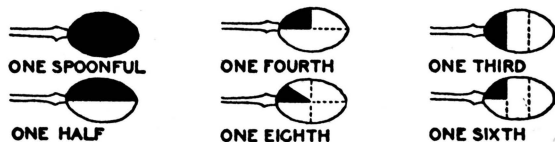
For measuring liquids, an aluminum, glass, or a block tin cup with a lip and the mark for one cupful below top is preferable because it helps avoid spilling. Sets of cups may be purchased which include 4 cups— $\frac{1}{4}$ cup, $\frac{1}{2}$ cup, $\frac{1}{3}$ cup, and a full cup. Frequently each size cup is a different color.

Part of a cup of solid fat may be measured by putting as much water in a cup as the difference between a full cup and the amount of

fat desired, and then add fat until the water and fat fill the cup. Make sure the fat is under the water. For example, if $\frac{1}{3}$ cup of butter is needed to fill a measuring cup which is two-thirds full of water, add enough butter to just fill the cup when the butter is under the water, then pour off the water. If the fat is in oblong 1-pound molds, it is easier to measure it by cutting it into fourths. A fourth of a pound of fat is equal to one-half cup or 8 tablespoons. One-eighth of a pound is half of $\frac{1}{4}$, or 4 tablespoons. Of course a half of $\frac{1}{8}$ pound is 2 tablespoons, etc.

To measure a spoonful of any dry ingredient, fill a standard measuring spoon, then level it off with the blade of a knife held at a right angle to the spoon. If different-sized measuring spoons are not available, divide a level standard spoonful lengthwise for one-half spoonfuls; divide a half crosswise for one-fourth spoonful; and for a third, divide a level spoonful crosswise into thirds.

Butter and other fat will have to be packed down in the spoon with the flat side of the blade of the knife. Flour should be sifted before it is measured. Baking powder, soda, and cocoa pack easily, so they should be stirred before being measured.



How to measure the fraction of a spoonful.

TABLE OF ABBREVIATIONS

Tsp. or t. = teaspoon	pkg. = package
Tbsp. or T. = tablespoon	pt. = pint
oz. = ounce	qt. = quart
lb. = pound	F. = Fahrenheit temperature
c. = cup	

TABLE OF EQUIVALENTS

3 tsp. = 1 tbsp. dry ingredients	2 c. fat = 1 lb.
16 tbsp. = 1 cup dry ingredients	2 c. sugar = 1 lb.
2 cups = 1 pt.	4 c. white flour = 1 lb.
2 tbsp. water = 1 oz.	1 sq. chocolate = 1 oz.
4-6 eggs = 1 cup eggs	$\frac{1}{4}$ c. cocoa = 1 oz.
4 tbsp. lemon juice = 1 juicy lemon	

FRUIT AS YOU LIKE IT

Most people like fruit. The fresh flavor, bright color, interesting shape and juicy texture of fruit guarantee its popularity. One of the best times in the day to serve fruit is for breakfast but it may well be served for any meal and for a snack. Its color and tart flavor stimulate

the appetite and the flow of digestive juices. Most people will eat a better breakfast if they have fruit at the beginning of the meal.

Fruit adds energy foods which help the body do its work. It adds minerals, vitamins, and some cellulose that are needed for the proper functioning of the body. Ideally, everyone would eat two different fruits every day and one of them would be a fresh raw fruit, tomatoes, tomato juice, or citrus fruit (oranges, grapefruit, tangerines).

Fresh fruit spoils easily and needs to be handled carefully to prevent bruising. It should be stored in a cold well-ventilated place. Canned, frozen, and dried fruits are easy to keep. They may be used in many of the same ways that fresh fruits are used.

Ways of Serving Fruit for Breakfast, Dinner or Supper

Fresh: Fresh fruits as strawberries, raspberries, blackberries, dewberries, pears, peaches, plums, cantaloupe, or a bunch of grapes, freshly cut from the vine, may be washed and served on a fresh grape leaf, other leaves, or a paper doily. Sliced or sectioned oranges and grapefruit look attractive and are delicious when properly prepared and served.

As Juice: Tomato or a fruit juice as orange juice, grapefruit juice, berry juices, pineapple juice, prune juice, or a combination of canned fruit juices with some lemon juice is most acceptable at the beginning of a meal or as a refreshing beverage between meals.

Heated: Cooked fruits as freshly stewed or fried apples or slightly heated berries are good served hot. They may be chilled and served very cold. Broiled grapefruit and baked peaches, pears, or apples are delicious on a cold day.

Canned: Canned fruits as berries, cherries, grapefruit sections, peaches, pears, figs, or a combination of fruits may be used for the beginning of a meal, for the salad, or for the dessert.

Dried: Cooked dried fruit—prunes, apples, raisins, figs, pears, apricots, peaches, or a combination of dried fruits—are always good if properly prepared.

The serving of the fruit has much to do with its attractiveness. Most fresh fruits, to be at their best, need only be washed well, chilled, and placed on a plate with a green leaf or a small paper doily under them. A combination of fresh fruits may be arranged attractively on a plate or tray, or in a bowl made of wood, pottery, glass, or silver.

Fresh fruit should not be cut and sugar added until it is time to serve. Sugar draws out the juice leaving the fruit wilted and toughened. Also, most fruits discolor after being cut. Citrus fruits may be peeled and sectioned or sliced, or they may be cut crosswise into halves and then cut around each section of pulp. On a cold day, grapefruit is delicious if it is cut, sprinkled lightly with brown sugar and a bit of cinnamon and put under a broiler or in a very hot oven until the sugar is crusted over and browned.

Dried fruits are usually less expensive than canned or any out-of-season fresh fruit. They are a rich source of food materials frequently lacking in many winter diets. Dried fruits may be cooked and served alone, they may be used to add flavor and sweetness to cereals or they may be added to a dough or batter to make a hot bread unusual or something "extra special."

Cooking Fresh Fruit

Since all fresh fruits contain much water, only enough water to prevent sticking should be used when you start to cook fresh fruits. All fruits should be cooked in shallow flat-bottomed pans with well fitted lids so the fruit will cook evenly. Add some sugar to all cooked fresh fruit as the sugar helps hold a clear color, makes the texture firm and if used in proper amounts enriches the flavor. If the sugar is added at the end of the cooking period the fruit will break much more than if it is added at the beginning of the cooking. So when making apple sauce add the sugar at the end but add it at the beginning for scalloped apples.

Most fruits will develop a strong flavor and a darker color if cooked too long. Only small amounts of fruit should be cooked at one time. Fresh fruit should be cooked rapidly and only until done.

Sometimes fresh fruits are cooked just to add variety (as apples are baked, or stewed). There are some fruits as green apples or other unripe fruit as gooseberries and cranberries which need to be cooked to develop flavor or to give a desirable flavor and texture.

Using Canned Fruit

Canned fruit is usually chilled and served as taken from the can with bread and butter, crackers or cookies. Canned fruit may be broiled and served with meat, taking the place of salad. Some canned fruits are cooked with vegetables such as apples or peaches with sweet potatoes or squash. Canned fruits make excellent salads and fruit cups. Jellied salads and cold and hot drinks may be made from the juice of canned fruits. Canned fruit is often used for short cake, fruit crisp, tarts, pie, fritters, cobblers, puddings, and upside-down cakes.

GLAZED APPLES

Varieties suggested: Jonathan, Stayman Winesap, Rome Beauty and Black Twig.

Core and slit skin, at right angles to the core, around the middle of the apple. Place in a sauce pan and put 2 to 3 teaspoons of sugar in the core openings of each apple.

Add $\frac{1}{4}$ cup water for each apple. The exact amount of water needed will depend on the number of apples, the size and kind of pan used, and how well the cover fits.

Cover and cook over a low fire until tender (usually 7 to 15 minutes). Do not overcook as apples cook to a mush quickly.

Remove cover during last few minutes of cooking and turn apples to produce a glaze.

BAKED APPLES

Varieties suggested: Stayman Winesap, Jonathan, Rome Beauty and Black Twig.

Prepare as for glazing.

Bake in a hot oven (400°F.) for 30 to 45 minutes depending upon the variety and size of the apple.

Serve baked apples hot or cold and with or without cream. They are good served with oatmeal.

Apples may be stuffed before baking with raisins, nuts, red hots, or honey or a combination of these.

APPLE SAUCE

Varieties suggested: Transparent, Duchess, Early June, Wealthy, Golden Delicious, Stayman Winesap and Black Twig.

Wash apples and remove the flower end and any undesirable portions.

Do not peel or core but slice in thin slices about $\frac{1}{8}$ inch thick.

Place in a flat bottomed sauce pan and add 1 to 2 tablespoons of water for each medium sized apple. More water may be needed for certain varieties but most varieties can be cooked with very little water if a tightly covered kettle is used.

Cook only until apples are transparent and somewhat broken.

Put through a food mill or strainer.

Add about one tablespoon of sugar for each apple used and a pinch of salt.

Heat only long enough to dissolve the sugar. Serve hot or cold or can. If apples are not well flavored, add lemon juice, orange juice and grated rind, cinnamon, whole cloves, or nutmeg. Honey or brown sugar may be used in place of white sugar.

WHOLE BAKED PEARS

Wash and core pears. Pare or not as desired.

Place in a deep baking dish.

Fill centers with coarsely cut nut meats.

Sprinkle generously with light brown sugar and dust with cinnamon.

Add water.

Bake in slow oven until tender.

Serve hot or when chilled.

BAKED RHUBARB

Wash the rhubarb thoroughly and cut off the leaf and the root end of the stem.

Cut the stems into $\frac{1}{2}$ to 1 inch lengths being careful not to peel as the peel gives the lovely clear pink color. Cutting the rhubarb on-a board with a very sharp knife usually makes it easier to preserve the peeling.

Measure the cut rhubarb and for each 4 cups add $\frac{1}{2}$ cup of sugar.

Butter a baking dish and fill with alternate layers of the rhubarb and the sugar.

Bake in a hot oven just until the rhubarb is tender.

Chill and serve.

USING FRUIT JUICES

FRUIT PUNCH

1 pt. grape, raspberry, strawberry,
cherry or cranberry juice

Juice of 4 lemons or

2 c. grapefruit juice

1 pt. freshly made tea

Pinch of salt

Sugar sirup to taste

Make sirup by mixing 1 c. sugar and 1 c. water and heat to near boiling temperature.

Combine fruit juices, tea, and sirup and let stand about 1 hour.

Pour into glasses half filled with finely chopped ice and serve.

PLUM MILK SHAKE (4 servings)

1 c. cold plum juice, sweetened

1 c. evaporated milk

1 c. ice water

Add the ice water to the plum juice. Add gradually to the milk—beating constantly. Pour into tall glass and serve immediately.

CHERRYADE

2 c. juice from canned cherries

Juice of 2 lemons or 2 oranges

$\frac{1}{2}$ c. water

Sugar to taste

Mix ingredients well. Pour over cracked ice in glasses.

GRAPE PUNCH

2 c. grape juice

2 c. water

$\frac{1}{2}$ c. sugar

Juice of 1 lemon

$\frac{1}{2}$ c. orange juice

Mix ingredients and let them ripen together, for about 30 minutes.

Pour into tall glasses half filled with finely chopped ice, and serve immediately.

SPICED FRUIT JUICE

Berry, grape, currant, rhubarb or apple juice may be used.

1 tbsp. grated lemon rind	½ c. boiling water
2 tbsp. lemon juice (1 lemon)	2 c. fruit juice
2 tbsp. sugar (or more)	3 cloves
1 inch stick cinnamon	

Add boiling water to lemon rind and sugar. Let stand 15 minutes.

Add fruit juice, cinnamon, and cloves. Heat to boiling. Simmer 15 minutes.

Add lemon juice and serve hot or pour into tall glasses ¾ full of ice.

APPLE-CHERRY ALE

1 c. apple juice	1 c. ginger ale
1 c. cherry juice	

Pour into tall glasses half full of finely chopped ice and serve immediately.

Cooking Dried Fruit

Wash the fruit, place in a glass or enamel sauce pan. Cover with boiling water. Refresh about 1 hour. The exact time needed will vary with the dryness and hardness of the fruit. Soaking too long may darken the fruit and draw out too much of the flavor. Cook the fruit in the same water in which it has been refreshed. Add a few grains of salt, cover closely and simmer slowly just until tender. Over-cooking gives an inferior product.

Most dried fruits need little if any sugar. Dried peaches and apples, however, need about ½ cup to each pound. A small amount of honey instead of sugar goes well with prunes and with peaches. Most people prefer serving dried fruit chilled. A different flavor and more food value may be had from dried fruit by adding lemon, orange, or grapefruit juice to the cooked dried fruit just before it is served.

HOW GOOD IS THE FRUIT YOU HAVE COOKED?

Apple Sauce	Perfect Score	1st	2nd	3rd	4th
Appearance—Has luster, light, not brownish	20				
Texture—Granular, smooth, not pasty or lumpy	20				
Consistency—Thick enough to mound, no liquid separating out at edge	20				
Defects—No core, skin, specks or other undesirable material	20				
Flavor—Natural, not lacking in flavor, too sweet or too spicy	20				
Total.....	100				
Dried Fruit	Perfect Score	1st	2nd	3rd	4th
Appearance—Light color, not brown or dulled; plump, not withered or ragged	25				
Texture—Tender, not hard or mushy or tough	25				
Consistency—Nice proportion of juice and fruit	15				
Flavor—Natural, not too sweet or covered with spice or other flavors	35				
Total.....	100				

LET'S MAKE COOKIES

Cookies are small cakes made thin and baked quickly. It takes skill and experience to make perfectly shaped well flavored cookies. There is no end to the kinds and shapes of cookies you can make, but they might all be grouped under five heads: drop cookies, rolled cookies, cookie press cookies, ice box cookies, and cookies made in a large sheet and cut after they are baked. All types of cookies are excellent for lunches, for refreshments and to serve with fruit and with certain milk desserts. Drop cookies are the easiest to make and are time savers.

Cookies should be cooled thoroughly before they are stored. Soft cookies store better than others. Chocolate drop cookies dry out in a very short time, while oatmeal cookies are not affected by a few days' storage. Cookies containing fruit, honey, or molasses are frequently better after several days of storage. Ice box or other cookies with much fat become rancid rather quickly. The kind of cookies you bake will depend on how long it will be before they are all eaten.

OATMEAL COOKIES

$\frac{1}{4}$ c. fat	1 c. uncooked oatmeal
$\frac{1}{2}$ c. sugar	1 c. flour
1 egg, beaten	$\frac{1}{2}$ tsp. cinnamon
$\frac{1}{3}$ c. milk	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ c. dates or raisins	2 tsp. baking powder

Cream, fat, add sugar gradually and cream until fluffy. Sift together the flour, salt, cinnamon and baking powder and mix with the oatmeal and dried fruit.

Mix the milk and egg.

Add alternately with the flour and beat well—about 100 strokes.

Drop by spoonfuls on a cookie sheet and bake at 350°F. for 10 minutes.

They become crisp when cool.

FRUIT NUT BARS

1 c. sugar	1 c. chopped nuts
$\frac{1}{4}$ c. cocoa	1 c. chopped dried dates, or prunes
$\frac{3}{4}$ c. flour	2 eggs—beaten
$\frac{1}{2}$ tsp. baking powder	2 tsp. milk

Sift dry ingredients.

Mix egg, milk, chopped dried fruit and nuts. Add to dry ingredients and stir enough to combine and then beat about 50 strokes.

Turn into a shallow oiled baking pan—9" x 5" x 2".

Bake in a slow oven (300°F.) 35 to 40 minutes.

Cut while hot but do not remove from pan until cool.

PEANUT BUTTER COOKIES

$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{2}$ c. brown sugar	1 egg, beaten
$\frac{1}{4}$ c. fat	1 $\frac{1}{2}$ c. flour
$\frac{1}{2}$ c. peanut butter	$\frac{1}{2}$ tsp. soda

Cream the fat, peanut butter and vanilla. Add sugar gradually and blend well. Add soda to the flour and sift.

Add the egg and flour to the creamed fat and sugar and mix well—about 100 strokes.

Roll in one inch balls, put on cookie sheet. Press flat with a fork.

Bake in slow moderate oven (325°F.) until light brown—yields 40 to 50 cookies.

OLD FASHIONED SUGAR COOKIES

½ c. butter	2½ c. flour
1 c. sugar	1½ tsp. baking powder
2 eggs—beaten	¼ tsp. salt
1 tbsp. cream	½ tsp. nutmeg
1½ tsp. grated lemon rind	

Cream the butter, add the lemon rind and sugar and continue creaming, until fluffy. Sift dry ingredients. Mix the eggs and cream and add alternately with the flour to the fat and sugar.

Blend well and then chill until firm enough to roll. Roll ⅛" thick on slightly floured pastry cloth. Cut in desired shapes, sprinkle with sugar.

Bake on ungreased cookie sheet in hot oven (400°F.) for 10 minutes. Yields 3 dozen cookies 3½ inches in diameter.

CHOCOLATE BARS

⅓ c. butter	½ c. milk
1 c. sugar	¾ c. flour
½ tsp. vanilla	¼ tsp. salt
2 squares chocolate	1 tsp. baking powder
2 eggs	1 c. pecans or other nuts

Put the chocolate over hot water to melt. Sift the flour, salt and baking powder together. Cream the butter adding sugar gradually. Add the melted chocolate and vanilla and beat.

Add one egg and beat, then add the other egg and beat. Add flour and milk alternately and beat. Add the nuts. Cut them if pieces are large.

Pour into an oiled shallow oblong pan. Bake in a moderate oven (350°F.) about 30 minutes. Cut in bars or squares while still hot. Remove from pan when cool.

COOKIE TROUBLES

Bulged or Cracked Top: Caused by too stiff batter, overheating, too hot oven at first or overbaked in too slow oven.

Dry Texture: Caused by too stiff batter, overworked, baked too long in slow oven.

Tough: Caused by too stiff batter or dough, over-beating, or too slow an oven.

Sugary or Wrinkled Top: Caused by too much sugar or fat or both; coarse-grained sugar, or too hot oven at first.

Thin, Uneven Spreading Edges That Run Into Each Other: Caused by too hot oven, too thin or too rich a batter which runs to thin edge and burns or darkens.

SCORE THE DROP COOKIES YOU HAVE MADE

	Perfect Score	Your Score
Shape—Irregular with peak towards center; even free from thin, runny edge or spreading	15	
Surface—Smooth, pebbled or rough, characteristic of kind, uniform color free from darkened or burned edge but not underdone	10	
Texture—Soft, tender	15	
Grain—Fine, even cells	15	
Color of Crumb—Uniform and characteristic of kind of cookie	10	
Flavor—No outstanding flavor or odor. A delicate, pleasing blend of flavors of well baked ingredients	35	
TOTAL SCORE	100	

CEREALS ARE GOOD, AND GOOD FOR YOU

Whole grain cereals and breads are one of our cheapest and best foods. Whole grain cereals and flours are those in which little, if any, of the grain is taken out when the cereal or flour is made. Some cereals and the plain white flour, have the germ and most of the outer coat of the grain of wheat taken away and only the center, starchy part of the grain remains. The germ and the outer coats of the grain have food elements that are needed to keep you well and strong.

Some white breads, cereals and flours have had put back into them some of the important food materials which were removed in the milling process. These products are labeled "Restored" or "Enriched." They are better than the plain white product but not as good as the whole grain. Form the habit of looking for "Whole Grain" or "Enriched" on the label of sacks of flour and on boxes or packages of cereal and buy those which are so labeled. The "Enriched" products look, cook, and taste the same as those that are not enriched.

Cooking and Serving Cereals

The amount of liquid needed to cook cereal varies. If the cereal is a ground cereal like cracked wheat, it will usually take 4 cups of water for each cup of cereal. If the cereal is a flake-like rolled oats, only 2 cups of water for each cup of cereal is required. Add $\frac{1}{4}$ teaspoon of salt for each cup of liquid. In determining the amount of cereal to cook for a given number, count each cup of liquid used as two servings. That is, if there are four persons, use 2 cups of liquid and the amount of cereal given on the label of the package.

When cooking cereal, carefully measure the amount of water needed, heat it to the boiling point, add the salt and gradually add the cereal, stirring enough to prevent lumping or sticking to the pan. Boil rapidly until it has thickened, about 5 minutes, then place over water or on very low heat and cook slowly until of desired flavor, from 15 to 50 minutes. Long cooking improves the flavor of most cereals but may cause some loss of vitamins. The cereal should be covered tightly to prevent a crust from forming.

Milk may be used in place of water when cooking cereals and it will be more nutritious and have a different flavor. Cereal cooked in milk is often called porridge and may well be served for supper or lunch as well as for breakfast. Dried fruit may be cooked with the cereal, or fresh or canned fruit may be served with the cereal to add variety and interest to the cereal dish.

Ready-to-eat cereals cost more than home cooked cereals. They do add variety to the diet, and a variety of these may be kept on the pantry shelf for occasional use. If the cereal box has been opened, the cereal may absorb moisture and lose its crispness. The flavor and

texture of the cereal will be improved by spreading the cereal in a shallow pan and placing in a medium oven for a few minutes.

All breakfast cereals, as well as flour, will take on moisture, odors, and flavors, so they should be stored in a dry place some distance from soaps, cleaning materials, and strong flavored foods.

WHOLE WHEAT PORRIDGE

- 1 c. cracked wheat 1¼ tsp. salt
- 5 c. milk

Heat the milk to near boiling in the top of a double boiler.

Add the salt and stir in the cracked wheat; continue to stir to prevent lumping, sticking, and boiling over.

Cook until thickened, about 5 minutes.

Cover closely and cook until all starchy flavor has gone, 20 to 30 minutes.

Dried fruit may be added just before taking it from the direct heat or cooked or fresh fruit may be added when it is served.

CORNMEAL MUSH

- 2 c. cornmeal (yellow preferred) 1 tsp. salt
- ½ c. cold water 4 c. milk

Stir water and meal together. Heat milk to near boiling. Add the salt and moistened meal.

Cook until it is thickened. Stir to prevent sticking, lumping, and boiling over.

Place over very low heat or in a double boiler and cook 15 to 60 minutes depending on the flavor desired.

Serve hot with butter or with milk or pour into a straight sided pan to cool.

When cold and firm, slice and brown in a heavy pan with a small amount of fat.

Serve piping hot with honey, preserves, jam, or sirup.

Cereal should be served piping hot with top or whole milk rather than cream, especially for boys and girls. Milk, not cream, contains the important food materials needed for good growth and health. Cereal is best without sugar as sugar covers up its fine flavor.

If part of the cereal needs to be kept for a member of the family who is late for breakfast, keep the cereal tightly covered and over hot water.

After serving the cereal, immediately put some cold water in the pan in which the cereal was cooked. Soaking will make dishwashing easier.

SCORE THE CEREAL YOU HAVE COOKED

Cooked Cereal	Perfect Score	Your Score
Appearance—Steaming hot, proper amount in dish, natural color—not gray	15	
Texture—Grains or flakes are separate, soft but not pasty or lumpy	25	
Consistency—Thick enough to mound slightly; not too thick or too thin	25	
Flavor—Real flavor of cereal; not salty or lacking salt; not scorced, raw or starchy	35	
TOTAL.....	100	

Using Left-Over Cereals

Never throw away left-over breakfast cereals. Delicious and nutritious dishes can be prepared with them, as the following:

1. Cornmeal mush, cream of wheat, rolled oats, or any similar cereal may be molded, sliced cold, browned in a small amount of fat in frying pan and served with honey, sirup, molasses, preserves, or other sweet. Cold cereals may be mixed with beaten egg and molded into small cakes, browned and served instead of potato cakes.

2. The left-over cereal may be used in a meat or vegetable loaf, in hamburger, in meat or fish patties or in croquettes.

3. Mold in small cups with sugar and fruit and serve with cream as a dessert.

Avoid Scorching Food

A little scorching on the bottom of the kettle can effect both the flavor and the appearance of the food. A bad scorch can entirely spoil a food and also damage the kettle. Milk scorches easily. The protein in the milk coagulates when heated, sticks to the pan, soon becomes dry and burns if it is not stirred or moved. This is why it is better to use a double boiler when heating milk and when making such milk dishes as cocoa, white sauce and custards.

Eggs and cheese also scorch easily. Their protein thickens when heated and sticks to the pan. Always cook eggs and cheese with a low even heat.

Some foods as cereals, soups, chowders, dried beans, and cooked fruit have heavy solid parts which settle to the bottom of the kettle in a close layer. When heated this layer soon scorches unless it is stirred frequently and low heat used.

Sweet foods with molasses or honey scorch easily. So cookies, cakes or breads made with them need to bake at a lower temperature than plain cakes and cookies.

Chocolate scorches easily, so melt it over water. Use a low temperature to cook foods containing considerable chocolate.

When cooking foods that scorch easily on top of the stove choose a pan with a flat bottom that distributes the heat evenly, or use a double boiler. If the heat cannot be turned low, place an asbestos mat under the kettle. Enamelware and stainless steel do not distribute heat evenly. A glass baking dish requires a lower temperature than a metal one.

BREADS FOR BREAKFAST, DINNER OR SUPPER

Toast

Toast is an excellent bread for many meals. Dry, crisp toast is usually preferable to soft buttered toast. Toast can be made from various kinds of breads—whole wheat bread, enriched bread, nut bread, raisin bread, rye bread, and other kinds. Left-over muffins, biscuits, and other quick breads are delicious if sliced, toasted, and served immediately.

Toast is usually made from bread that is a day or more old, and should be evenly sliced. The slices should be from $\frac{1}{8}$ to $\frac{1}{2}$ inch thick. Place slices in or on a toaster, or on the rack in the oven, or under the broiler; toast until an even golden brown on both sides. Turn the slices to brown and to avoid warping. Slices that are cut rather thick and toasted quickly will be moist and soft. Crisp toast takes a lower temperature and more time. Crisp toast is usually cut thin. Toast should be served as soon as it is prepared. If it is piled up and kept hot, it becomes soggy and tough. Buttered toast is best if buttered and served as soon as toasted.

MILK TOAST

3 c. milk
2 tbsp. butter

6 slices of bread
 $\frac{1}{8}$ tsp. salt

Heat the milk and add the salt. Toast the bread. Butter it. Dip slices separately into hot milk.

Place in the serving dish, pour remaining milk over it. Serve immediately. Thin cream may be used in place of the milk, and the butter omitted.

MELBA TOAST

A fine textured bread, like salt rising, is preferable for Melba toast but any type of yeast bread may be used.

Cut the bread in very thin slices, $\frac{1}{8}$ inch or less, and remove crust or not, as desired.

Place in a slow oven (300° F.), or brown slowly under the broiler. Turn several times to brown evenly and prevent warping. Toast to a golden brown. This takes from 20 to 30 minutes depending on the freshness of the bread and how thick it is cut.

It may be served at once or served cold instead of crackers with soup, salad, or fruit juice.

CINNAMON TOAST

Slice bread thin and toast.

While hot, spread immediately with butter and sprinkle generously with a mixture of sugar and cinnamon—(1 teaspoon cinnamon to 1 cup sugar).

Place on the top shelf of the oven or under the broiler, just long enough to melt the sugar.

Serve at once. Honey may be used in place of sugar. Use approximately 1 tablespoon for each slice of bread.

FRENCH TOAST

4 eggs
2 c. milk
1 tsp. salt

10-12 slices bread
2 tsp. sugar

Beat eggs slightly, add milk, salt, and sugar, and mix thoroughly.

Dip the bread in this mixture.

Brown on each side in a heavy pan containing a small amount of butter or other fat.

Serve with powdered sugar, honey, jelly, preserves, or jam. Crisp bacon or sausage served with French toast makes an excellent supper or breakfast dish.

BAKING IN THE OVEN

About a third of the success of baked cookies, bread, cake or pie is due to baking. Correct temperature is important. If the oven is too hot the texture of the baked product will be heavy and compact with a coarse and

irregular grain; the crust cracked, thick and tough. If the temperature of the oven is too low the texture will be coarse with a soggy layer near the bottom. It will not have sufficient volume and the crust will be unattractive in appearance and flavor.

Some pans and baking dishes absorb heat—as glass, crockery, granite, black tin and cast iron—others like shiny tin and bright aluminum reflect heat. These latter pans need a higher temperature while the former need lower temperatures.



Agnes uses exact measurements when making muffins.

Pans with high sides prevent heat from circulating around the product. Biscuits or cookies in a deep pan may burn on the bottom and not brown on top. Turn these pans upside down for biscuits and cookies or use cookie sheets.

There should be sufficient space for free circulation of heat about each pan for even baking. The pans in the oven should not touch each other or the sides of the oven. If only one pan is used place it near the center of the oven. If more are used stagger the pans so they will not be directly over each other or touch each other or the side of the oven.

The oven rack should be straight. A warped rack may cause uneven baking. If the oven is not level the temperature may vary considerably from the back to the front.

Muffins, Biscuits and Pone

PLAIN MUFFINS (12 Medium Sized Muffins)

2 c. enriched flour	0 to 1 tbsp. sugar
2 tsp. baking powder	1 c. milk
½ tsp. salt	2 tbsp. melted butter or other fat
1 egg	

Measure all dry ingredients into sifter and sift together in a bowl. Oil the muffin pans.

Beat the egg and add the milk and melted fat. Pour into the dry ingredients all at once and stir just enough to smooth out. It should have a rough appearance like cement. Over-mixing causes tunnels.

Immediately pour into the greased muffin pans, filling them $\frac{2}{3}$ full with batter.

Bake in a hot oven, 425° F., from 20 to 30 minutes, depending on the size of the muffins. Use a lower temperature and longer time for larger muffins. The muffins will be thoroughly baked when they are brown, firm to the touch and come away from the edge of the pan.

Serve immediately.

Variations:

Whole Wheat Muffins—Use 1 cup of whole wheat flour for one of the cups of white flour.

Fruit Muffins—Add $\frac{1}{2}$ cup of raisins, dates, figs, prunes, or other dried fruit to the dry ingredients.

Bacon Muffins—Add from $\frac{1}{4}$ to $\frac{1}{2}$ cup of small pieces of crisp cooked bacon to the dry ingredients and omit the fat.

Peanut Butter Muffins—Add $\frac{1}{3}$ cup of peanut butter and omit the fat.

Corn Meal Muffins—Use $\frac{2}{8}$ cup corn meal in place of one of the cups of flour.

FRUIT MUFFINS

2 c. sifted flour	1 egg, beaten
2 tbsp. sugar	1 c. milk
3 tsp. baking powder	2 tbsp. melted fat
½ tsp. salt	½ c. chopped dates, raisins, or other dried fruit

Sift dry ingredients. Combine egg, milk, fat and chopped dried fruit. Add to dry ingredients and stir just enough to combine—about 16 strokes.

Fill muffin pans $\frac{2}{3}$ full handling the batter as little as possible.

Bake in a hot oven (400° F.) for 15 to 25 minutes depending on the size of the muffins. Yields 8 to 12 muffins.

Use All the Muffins

Left-over muffins may be reheated or toasted. To reheat, sprinkle lightly with water and put in a covered pan or paper sack and place in a moderate oven, 350° F., for about 10 minutes. To toast, cut in halves or slices and toast in the oven or a toaster.

SCORE THE MUFFINS YOU HAVE MADE

	Perfect Score	Your Score
Appearance—Well-rounded top, free from peaks or knobs.....	10	
Crust—Tender, thin with rough surface, evenly browned.....	10	
Volume—Light in weight in proportion to size.....	10	
Texture—Medium fine, moist, tender crumb.....	20	
Grain—Round, even cells, free from tunnels.....	10	
Color of Crumb—Characteristic of the kind of muffin.....	10	
Flavor—Blended flavor of well baked ingredients.....	30	
Total.....	100	

DROP BISCUITS

2 c. flour
2 tsp. baking powder
1 tsp. salt

4 tbsp. fat
 $\frac{2}{3}$ to 1 c. milk

Sift the dry ingredients together. Cut in the fat until it looks like small grains of wheat. If a pastry blender is used, do about 100 strokes. If two knives are used, 250 strokes.

Make a well in this mixture and add the milk. Stir with a fork until a soft dough is formed, about 25 strokes. If $\frac{2}{3}$ cup of milk is not sufficient for wetting all the flour mixture, add more gradually.

Drop by spoonfuls on a baking sheet, leaving space between so they will not touch. Bake in a hot oven—400° F.—until done, about 15 minutes.

Serve immediately.

CUT OR ROLLED BISCUITS

Prepare as for drop biscuits. Place the ball of biscuit dough on a pastry cloth or floured board and knead about 10 to 15 strokes.

Roll out to $\frac{3}{4}$ inch thickness, 6 strokes. Cut in round, square or oblong biscuits, folding the edge under as each round biscuit is cut.

Place biscuits on a cookie sheet far enough apart so they will not touch.

Bake in a hot oven (400° F.) until done—about 15 minutes.

VARIATIONS

Sour Milk Biscuits—Use sour milk in place of the sweet milk and use $\frac{1}{2}$ teaspoon of soda in place of the 2 teaspoons baking powder.

Lemon Pin Wheels—After the dough is rolled out $\frac{3}{4}$ inch thick, spread with butter and sprinkle with sugar and grated lemon rind. Roll up as a jelly roll. Cut in 1-inch pieces. Place on baking sheet and bake about 15 minutes at 400° F.

Orange Biscuits—Add 1 cup of ground orange skins or 4 tablespoons of grated orange rind to the dry ingredients and continue as for cut or rolled biscuits.

Peanut Butter Biscuits—Use 2 tablespoons of fat and 4 tablespoons of peanut butter instead of the 4 tablespoons of fat and proceed as for cut or rolled biscuits.

Whole Wheat Biscuits—Use $1\frac{1}{2}$ cups of whole wheat flour and $\frac{1}{2}$ cup of white flour instead of the 2 cups of white flour. Proceed as for drop biscuits or cut biscuits.

SCORE THE BISCUITS YOU HAVE MADE

	Perfect Score	Your Score
Appearance—Uniform, free from bulges on sides or top.....	10	
Crust—Evenly browned, free from yellow or brown spots, fairly smooth, tender.....	10	
Volume—Almost twice the volume of the unbaked.....	10	
Texture—Medium fine, tender crumb.....	20	
Grain—Flaky, peeling off in thin strips with fine even cells.....	10	
Color of Inside—Naturally creamy rather than grey, free from brown or yellow spots.....	10	
Flavor—Blended flavor of well-baked ingredients, free from any undesirable flavor from fat, baking powder, or salt	30	
Total.....	100	

CORN PONE (DODGER)

1 c. corn meal
1 tsp. salt

1 to $1\frac{1}{2}$ c. boiling water, enough to make soft dough
1 tbsp. melted fat

Sift the meal and salt. Add the boiling water and mix well.

Let stand for 10 or more minutes. Add fat. Make into oblong cakes or pones with the hands, place on a sizzling hot greased iron pan and place in a hot oven.

Bake until golden brown.

Serve immediately. Corn pone is especially good served with fish or with a vegetable plate.

EGGS FOR ANY MEAL

Eggs are one of our best foods because they contain generous amounts of food materials that people need in order to grow and keep well. They are easily digested and utilized in the body. If hens are well fed their eggs will have more food value than if they are poorly fed.

Eggs are very perishable and should be given the same care that is given milk. They should be gathered two or three times a day, especially during very hot or very cold weather; cooled and kept in a cold dark place free from undesirable odors.

It is desirable to eat one egg each day. This egg may be used in cooked or baked products or served alone. If eggs are expensive or difficult to get, adults can do on 3 or 4 eggs a week. A family of five—two adults and three children—should have at least 2 dozen eggs a week.

Eggs may be served at any meal and in a great variety of ways. Breakfast is one of the favorite times for serving eggs. Only choice, fresh eggs should be used for poached, scrambled, shirred or other breakfast egg dishes.

A fresh egg when broken in a plate, has no unpleasant odor and the yolk stands up high above the white surrounding it. A stale egg has a flattened yolk, the white is watery and when cooked, the flavor is very different from a really fresh egg.

Eggs, and all dishes which contain a goodly amount of eggs, should be cooked at a low to moderate temperature, with the heat evenly distributed. Eggs should never be boiled but cooked below the boiling temperature.

POACHED EGGS

Break eggs into boiling salted water in a shallow pan. Have the water deep enough to come over the top of the eggs.

Remove the pan from the heat as soon as the water commences to simmer again. Cover and let stand for about 5 minutes, or until the eggs are as firm as desired.

Remove the eggs carefully with a perforated spoon or lifter and serve immediately.

A little melted butter, salt, and about 1 tablespoon of finely chopped parsley or bread crumbs may be added. Poached eggs are frequently served on rice, toast, spinach or other greens. Eggs may be poached in milk or tomato juice in place of water. A small amount of these liquids is used and may be served with the egg.

Poached Eggs	Perfect Score	Your Score
Appearance—Have luster. White is shiny, thick with rounded outline. Yolk stands up and is coated with white. No ragged edges.....	30	
Texture—Are uniformly coagulated. White is tender, not leathery	30	
Flavor—Is fresh well seasoned. Not flat, stale, salty or unpleasant	40	
Total.....	100	

EGGS COOKED IN SHELLS

There are two general methods for cooking eggs in the shell.

Method I

Place eggs in sauce pan, preferably on a rack. Add cold water to come at least 2 inches over the top of the eggs.

Cover closely and heat gradually to near boiling. DO NOT BOIL. Simmer 20 minutes for hard cooked and 2 to 5 minutes for soft cooked eggs. Cool quickly.

Remove at once, or reduce heat and hold the number of minutes to give the desired consistency.

Method II

Pour boiling water into lower part of a double boiler and over eggs in upper part.

Cover closely. Keep water in lower part boiling. Cook 4 to 7 minutes for soft cooked eggs, 25 minutes for hard cooked eggs. Cool immediately.

Hard cooked eggs should have a tender, firm white, crumbly dry yolk. There should be no green color line between the white and the yolk.

FRIED EGGS

Method I

Cook ham or bacon, transfer to warm serving platter. Have fat approximately $\frac{1}{8}$ inch deep and moderately hot.

Slip eggs into the fat. Cover with a lid or dip fat over eggs until cooked to desired doneness. Turn if desired.

Method II

Slip eggs into moderately hot skillet that has just enough fat to grease it well. Cook eggs until partially set. Add 1 teaspoon water for each egg, decreasing proportion slightly for each additional egg.

Cover tightly. Cook slowly to desired doneness.

EASILY PREPARED MEATS

Bacon, ham, liver and ground meat are the popular breakfast, luncheon and supper meats. They are high in flavor and nearly everyone enjoys them. They are the more expensive items on the usual breakfast or supper menu and some families find that it is not possible to include them in each day's meals. When they are included great care should be taken to cook them properly so they can be enjoyed to their fullest extent. They should be cooked at low to moderate temperature, cooked only until done and served immediately.

Bacon

Bacon is classed as a fat rather than as a meat. The flavor and texture of bacon make it a desirable food to serve alone or in combination with other foods. Crisp bits of bacon may be used in sandwiches, escalloped dishes, dressings, stuffings, scrambled eggs, and other dishes.

Some people prefer bacon that has been cooked only until it begins to brown, but most people like it crisp and brown.

There are a number of ways to cook bacon so it will be crisp. In all methods use a slow to moderate heat, have the bacon cut in thin slices, and keep the bacon out of the fat which collects as the bacon cooks. A very easy way is to place the slices on a rack in a pan, put in the oven, and bake until the bacon is crisp. It will need to be turned once. The bacon may be placed in a cold, heavy frying pan and kept over a low to moderate heat

until the bacon is crisp and brown, draining off the extra fat as it forms. Do not let the fat get hot enough to smoke or there may be an odor or flavor of burned grease. Drain the cooked bacon on paper and place on a hot platter.

SCORE THE BACON YOU HAVE COOKED

	Perfect Score	Your Score
Appearance—Even golden brown, straight and flat, not humped	30	
Texture—Crisp but not brittle, no extra fat.....	30	
Flavor—Mild meaty flavor, not strong or burned.....	40	
Total.....	100	



Agnes is using a low temperature to cook meat.

Favorite Ways of Using Liver

Liver is the storehouse for the animal. It is exceptionally rich in iron, in many of the vitamins and in excellent quality protein for muscle building.

Pork, beef, lamb, and calves' liver are all capable of being prepared in a wide variety of interesting and delicious ways.

If pork or beef liver is not liked by the family because of its strong flavor, covering it with boiling water to which vinegar (1 teaspoon for each cup) has been added and letting it stand for five minutes before cooking will make it more palatable. Some food value is bound to be lost by doing this, however.

GENERAL RULES FOR COOKING LIVER

1. Do not wash.
2. Remove skin and veins.
3. To fry, dip in flour.
To broil, dip in melted butter.
4. To chop or grind, place in boiling water 10 minutes before grinding.
5. Use low temperature.

Ground Meat

HAMBURGERS

- | | |
|---------------------|----------------------------|
| 1 tsp. salt | 2 slices of bread |
| 1 pound ground beef | $\frac{3}{4}$ to 1 c. milk |
| 1 tbsp. flour | 2 tbsp. fat |

Crumb the bread. Add the milk. Blend salt, flour and meat.

Add softened bread and enough milk to make thick batter consistency. Melt fat in a heavy skillet.

Drop meat mixture by spoonfuls into the hot fat. Brown on both sides and serve immediately.

BREAKFAST IS IMPORTANT

The word breakfast means just what it says—break the fast. It is probably the most important meal of the day because it comes after the longest time without food—usually 12 or more hours—and because most people do their hardest work in the morning. The time when you want food depends a great deal on habit.

The “no breakfast” habit is a serious health hazard. It is almost impossible for growing young people to regularly eat enough of the right kind of food if they skip or slight the first meal of the day. A boy or girl should not go to school without breakfast. The pangs of an empty stomach cause a fagged out feeling before noon and school work will become difficult and exhausting. By noon you may lose the hungry feeling and not eat the wholesome foods needed, or eat too heartily and cause indigestion. It is wise for most people to start the day right by eating a good breakfast.

Planning the Breakfast

What you want for breakfast is influenced greatly by your nationality and the place where you live. New England people like codfish for breakfast; Southern folks like grits. In Missouri, we rarely have either of these for breakfast. People who live in town usually have a lighter breakfast than families who live in the country. The kind of breakfast eaten will vary with your age and what you do. Women and girls like different amounts of breakfast from those which boys and men eat.

In planning a breakfast or any other meal the likes and dislikes of the persons who are to eat it, as well as their age and activities, should be considered. The following are patterns you might use in planning breakfast. Bread is used here to denote toast, muffins, waffles, biscuits, rolls, pancakes, etc.

Breakfasts Can Be Different

Variety does not seem as important in the breakfast as in the other meals of the day. But even here the same breakfast served day after day becomes monotonous and lacking in interest to the person who prepares and

serves it, as well as to those who eat it. If you plan ahead, it is possible in most homes to have a variety of fruits, cereals, and bread stuffs to choose from in planning menus for all seasons of the year.

It is desirable from the standpoint of good habits and of time for preparation in most families to have only one kind of fruit, one cereal, and one main dish and one kind of bread at a time. Everyone should eat some of each thing that is served, even though it may not be her favorite cereal or fruit. It does not make for good food habits, economy, good use of time or desirable citizenship for each member of the family to have a different breakfast.

BREAKFAST PATTERNS

<i>Light Breakfast</i>	<i>Heavy Breakfast</i>	<i>Breakfast for Club Members</i>
Fruit	Fruit	Cereal
Cereal - Egg - or Meat	Cereal or Potatoes	Egg, Meat, or Bacon
Bread - Butter	Bacon and Eggs	Bread and Butter
Sometimes a Sweet	or Meat	Sweet, if desired
A Beverage	Bread and Butter	Milk, Cocoa, or other
	Some Sweet	Milk Drink
	A Beverage	

The light breakfast is for persons who do little physical work, such as stenographers, teachers, or bankers. The heavy breakfast is for persons who do much physical work, such as truckers, athletes, or farmers. The third breakfast is for growing, active persons between the ages of 10 and 18 years.

A well-planned breakfast contains something hot. Some fruit is preferable for breakfast, as it is usually colorful and adds flavor and zest to the meal. Jam, jellies, and preserves are not considered as fruit, but as sweets. In a breakfast for a growing girl or boy the fruit should be followed by a cereal, preferably a whole grain cereal, served with top milk and no sugar, then crisp bacon or an egg, toast or other bread, and milk or a milk drink.

Toast and coffee, or cookies and a glass of milk is not a satisfactory breakfast for an active, growing person. A bowl of hot, whole grain cereal with top milk is a better breakfast, but is not sufficient for an active growing girl or boy.

Following are 10 different breakfasts girls might like to serve. Choose one of these or plan one that will better suit your particular family. Write down the different things you will need to do to prepare and serve it. Rewrite, putting down what you will do first, second, third, and so on, so you will be more certain everything will be ready when it should be. Then one morning let your mother stay in bed and see how well you can carry-through your breakfast plans.

(1)
 Tomato Juice
 Oatmeal with Milk
 Toast - Butter
 Blackberry Jam
 Milk - Coffee

(2)
 Fresh Blackberries
 Scrambled Eggs
 Toast - Butter
 Cocoa

(3)	(7)
Orange Juice	Rolled Oats with Dates
Ready-to-eat Cereal - Top Milk	Milk
French Toast - Honey	Poached Egg
Milk - Coffee	Toast - Butter
(4)	Cocoa
Half Grapefruit	(8)
Cracked Wheat Cooked in Milk	Baked Apples
Bacon - Toast	Oatmeal with Milk
Strawberry Preserves	Sausage
Milk - Coffee	Biscuits - Preserves
(5)	Milk - Coffee
A Fresh Peach on Grape Leaf	(9)
Ham - Whole Wheat Muffins	Cold Canned Peaches
Butter - Honey	Shredded Wheat Biscuit - Milk
Milk - Coffee	Corn Muffins - Cherry Jam
(6)	Cocoa
Stewed Prunes	(10)
Wheatena with Milk	Combination of Fruit Juices
Soft Cooked Egg	Griddle Cakes - Ham
Toast - Butter - Jelly	Syrup - Butter
Milk - Coffee	Milk - Coffee

Good cooking plays an important part in a successful breakfast. A steaming hot, properly cooked cereal gives a feeling of satisfaction while no one enjoys a lumpy, half cooked cereal that has no salt or too much salt. A few foods well prepared and nicely served are always more enjoyable than many foods hastily prepared and carelessly served.

SETTING THE TABLE

A most attractive covering for a dining table is a linen tablecloth. Linen wears better than cotton, does not retain stains so easily but it does cost more. If the table is well finished, the use of doilies or table runners saves work. The table covering of whatever material it may be, should be put on the table squarely. If it is a cloth, the crease should run lengthwise of the table and not at an angle, as straight lines are used throughout the table setting.

There should be as little noise as possible from dishes at the table and, therefore, it is well to have a silence cloth under the table cloth. This silence cloth also protects the table from being marred by hot dishes. It may be made of felt, asbestos, cotton flannel, or other materials. A folded, stitched cotton blanket is sometimes used.

A cover consists of the silver, china, and glass needed by each person. To be seated comfortably, 26 inches or more are desirable for each cover.

The knife and fork should be placed on the table far enough apart that the arrangement of the silver will not be upset and the table disarranged when the dinner plate is set between them. All silver is placed about an inch from the edge of the table, so that the silver will not be accidentally moved when a person sits down at the table.

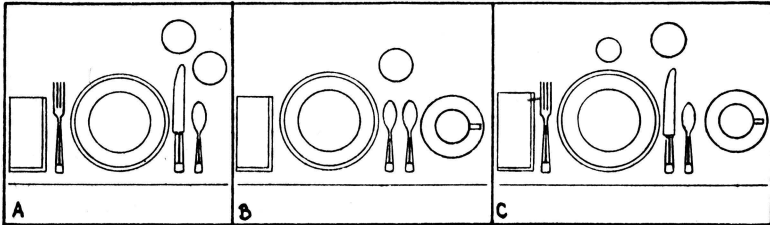
The fork is placed at the left of the dinner plate. The tines are up because the fork rests steadier in that position. The knife is placed at the

As the hostess or mother usually pours the beverage served with the meal, the milk pitcher, coffee, or tea pot is placed at the right of her place so as not to interfere with her cover. The cream and sugar are directly in front of her, and enough above her cover so as not to appear crowded. Cups and saucers are stacked at the left of her cover.

The decoration, which may be a bowl of flowers or fruit, candles, or a plant, usually is placed in the center of the table. The table decoration should be low or so slender that no one has difficulty in seeing the other persons at the table.

The chairs should be placed so that the seats are just touching the edge of the tablecloth.

When the covers are laid and the accessories added, the table is ready for placing the food.



Three covers correctly set for the following breakfast menus:

- A. Baked apple, poached egg, toast, butter, preserves, milk.
The glass of milk is placed below the water glass. A bread and butter plate may be used.
- B. Oatmeal with raisins, buttered toast, cocoa.
The cereal dish is placed on the breakfast plate.
- C. Tomato juice, bacon and eggs, whole wheat muffins, jelly, coffee, or cocoa.
The tomato juice is placed just above the breakfast plate. It may be placed just below the water glass or placed on a small plate and removed before the main part of the breakfast is served.

Plates of bread, butter, jelly, cheese, and dishes of other food which are to be passed at the table should be placed near enough to a cover so they can be conveniently reached. Place the food so the table will have a balanced, neat appearance. Any silver needed for serving these dishes is placed on the table at the right of the dish. Place the silver in a straight line, with the handles toward the person in front of whom the dish is placed.

If these dishes of food are placed the same distance from the table edge in straight lines, and spaced so the arrangement seems to balance, the table will look orderly.

Glasses should be filled with water or milk to within three-fourths of an inch from the top. A pitcher of water or one of milk may be placed near the cover of one of the older boys or girls to help divide the serving responsibility.

If the father serves the main dishes, place the hot plate, the meat platter or dish of hot food above his cover and the dishes of other food at each side of the platter near the plates.

The silver needed for serving the foods is placed at the right of the father's cover.

Usually, the mother sits at the foot of the table and the father at the head. The mother serves the beverage and dessert, unless these are served in the kitchen.

The salad is often arranged on individual plates which are placed at the left, below the bread and butter plate. This keeps the table balanced when a hot beverage is served.

It is customary to serve all food on the dinner plate except juicy ones, which may be served in separate dishes.

SERVING A BREAKFAST

Make the breakfast table attractive. The table cloth or mats should be spotless, the silver, glasses, and dishes shining clean and placed in an orderly manner. Serve cold foods very cold and hot foods really hot.

Glasses for water and milk should be filled. Butter, preserves, salt and pepper, cream and sugar, and the fruit should be on the table before the family or guests are seated.

The coffee should be on the mother's right, cups and saucers stacked 2 by 2 at her left.

The order of serving the rest of the food will vary with the family's habits and with what is served for breakfast.

There are four general methods for serving breakfast.

(1) The food is on the table when the family sits down. It is placed in an orderly manner and each dish is within easy reach of some person. The serving silver is at the right of each dish. The main dish is placed in front of the father. All foods are passed in one direction and after everyone is served the dishes are returned to a convenient place on the table.

(2) Hot plates and the main dishes are placed in front of the father who serves the plates. The butter, sweet, etc., are placed near some person, and passed.

(3) The plates are served in the kitchen and placed in front of each person.

(4) The dishes of food are brought in from the kitchen to the mother and then passed to the left around the table.

In most American homes the teen age boy or girl of the family usually acts as waiter or waitress and sees that the glasses, bread plates, etc., are kept filled. The cups are passed to the mother for re-fills of the coffee or other hot beverage. In all types of service, all dishes and foods, except the beverage, are placed and removed from the left of the seated person. If you plan well, few trips to the kitchen will be needed.

Too often breakfast is a hurried, snack-type meal. Preferably everyone should sit down to the table at the same time and remain until all are through eating. All family meals should be pleasant affairs where all members of the family cooperate to make it so.

TABLE MANNERS

Certain rules for good table manners have become established through long usage in our country. They have been generally accepted because, if followed, they make the person eating feel at ease and because they show consideration of others.

1. Sit and rise from the left side of the chair.
2. Wait until all are served before you begin to eat.
3. Sit up straight with feet flat on the floor, arms and elbows off the table. When not eating, hands should rest in the lap. Do not play with the silverware or arrange clothing or hair at the table.
4. Eat what is served, if only a little. Comments on a dislike for the food are inconsiderate of the person who planned or prepared the meal.
5. Bread should be broken. It is awkward to hold and eat from a whole slice. Bread is buttered as eaten.
6. Keep mouth closed when chewing. Talking when the mouth is filled is not pleasing to others at the table.
7. If an accident occurs, as little attention as possible should be paid to it. Simply express regret, remedy the difficulty as quickly and quietly as possible, and try to think of other things.
8. Serve only the quantity of food which can be eaten. It is better to have a second small serving than a first serving which is too large to be eaten.
9. The knife is used for cutting foods too firm to be cut with a fork. It is also used for spreading butter. Never use the knife to carry food to the mouth. The knife is held in the right hand with the forefinger resting lightly on the back edge of the blade. The knife is usually held close to the middle of the handle. When cutting, the elbows are kept close to the body. One or two bites are cut at a time.
10. The fork is used for cutting foods like pie, watermelon, and creamed foods. When the knife is used for cutting, the fork is held in the left hand with the tines turned down. Most food is carried to the mouth with the fork held in the right hand, the tines up to keep the food on the fork more easily.
11. Knives or forks are rested across the upper right hand part of plate when not in use, or when plate is passed for a second helping.
12. The spoon is used for all soft foods which cannot be eaten with a fork. Custards, soups, and soft vegetables like stewed tomatoes are eaten with a spoon. The food should be taken from the side of the spoon. The spoon is filled by dipping away from you so any drop that forms on the bottom of the spoon will fall into the dish. A spoon is used to stir sugar in a

beverage and to test the temperature. After tasting to see if a drink is sweet enough or not too hot, the spoon is placed on the saucer.

How To Make Dishwashing Easy

Sparkling clean dishes add to our enjoyment of good food as truly as does the way food is prepared and served. Often as much time is spent after the meal in dishwashing and putting the kitchen in order as is spent in preparing the food. Every means should be used to make this a more pleasant and less time consuming work without sacrificing cleanliness to speed.

Dish cloths and towels are more often lacking in number than in quality. Make sure there are enough dish cloths and towels and keep the clean ones in a convenient drawer in the kitchen so that soiled ones need never be used.

Chip or bar soap made into a jelly by dissolving the soap in hot water will save time in getting a pan of suds. If the water is hard, you will save money, by first adding washing soda to the dish water. When soft water is not available for dishwashing, dissolve one pound of washing soda in a quart of boiling water and use two or three tablespoons of this mixture to each gallon of dish water, then add soap to make a suds.

When water must be conserved a medium size dishpan is better than a large one. The same amount of water will stay hotter and will more nearly fill the smaller pan so that the washing is more quickly and thoroughly done. Oblong and rectangular pans with straight sides fit into sinks better than do round pans.

A wire dish drainer is inexpensive and is a time saver. When the drainer is fitted into a deep pan, the boiling hot rinse water may be used again for fresh suds so that the dish water need not be cold or greasy at any time during the dishwashing process. Dishes rinsed with boiling hot water and air dried are cleaner than dishes dried with towels. Quick drying, so that dishes do not have to be wiped depends on getting the dishes really hot. If a dish drainer is not available, rinse the dishes with boiling water and stack loosely in another pan to air dry.

Start the actual dishwashing only when the water is hot and the washing can be done with few interruptions.

To make dishwashing easier three things need to be done before beginning to wash the dishes. (1) Put all the food away. (2) Get all dishes thoroughly scraped and like dishes stack together at the right of the dishpan. (3) Make sure there is an abundance of boiling hot water for washing and for rinsing.

Scrape dishes with a dish scraper, a piece of crumpled paper, or a spoon. Soak dishes with cold water if they have had egg or milk in them and with hot water if they have held a sweet food or a fat. Use a tray to carry dishes as it saves steps and time.

Steps in Dishwashing

1. Clear dining room table. Make sure hot water will be available.
2. Put dining room in order.
3. Put away all food.
4. Clear sink or table for dishwashing. See that cooking equipment has been put to soak.
5. Scrape and sort dishes, putting like kinds together and at the right of dish pan.
6. Fill the dish pan half full of hot water and make a good suds using soap and washing soda solution if needed.
7. Wash the dishes in the following order using a dish mop or cloth: (a) glasses; (b) silver; (c) saucers; (d) cups; (e) bread and butter plates, salad plates, other plates (f) bowls and platters; and (g) cooking utensils.
8. Stack the glasses and silver as washed in the dish drainer. Scald, dry, and put away.
9. Stack all other dishes in the drainer as washed. Stack them so that boiling water can strike all the dishes on the inside.
10. After rinsing with the boiling water turn the cups, pitchers, and bowls upside down and then set the loaded drainer aside for the dishes to dry.
11. Carefully dry all metal cooking equipment and store.
12. Wash and wipe kitchen table, drain board, tea kettle, and stove.
13. Wash the sink strainer, sink and dish pan.
14. Rub the dish cloth with soap, rinse and hang up to dry.
15. Wash hands, dry, and rub with hand lotion.

ADVENTURES IN COOKING

Report Blank



Name Age

Address County

Name of 4-H Club

Project Leader

Club Activities

I attended.....club meetings and.....Project meetings.

No. of times I demonstrated.....

No. of times I exhibited.....

No. times I judged at project meetings.....

Supplementary activities studied by the club were:

.....
.....

Club activities outside my community which I attended last year were,

.....
.....
.....

UNIVERSITY OF MISSOURI COLLEGE OF AGRICULTURE AND THE UNITED STATES

DEPARTMENT OF AGRICULTURE COOPERATING

J. W. Burch, Director, Agricultural Extension Service

Distributed in furtherance of the Acts of Congress of May 8, and June 30, 1914

Things To Do in This Project

1. Prepare and serve at least 3 dishes from each of the following: Fruits, milk, cereals, egg dishes and hot breads.
2. Plan, prepare and serve at least 3 meals for the family.
3. Keep the Health Yardstick.
4. Set table correctly for at least 5 meals.
5. Wash dishes correctly at least 10 times.

If there are several girls in your project group, plan and serve a meal to invited guests.

To Improve My Food Habits

I will try to		I did
.....	Have some milk at every meal
.....	Have some whole grain bread or cereal every day
.....	Have a good breakfast every morning
.....	Eat an egg every day

When Preparing and Serving Foods

.....	Use accurate measurements
.....	Follow direction carefully
.....	Serve foods attractively

When Making Muffins

.....	Mix muffin ingredients only slightly
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When Cooking Eggs, Meat and Fruit

I will
try to

I did

- | | | |
|-------|--|-------|
| | Cook eggs at a low temperature | |
| | Cook meat at a low temperature | |
| | Simmer dried fruit (never boil) until tender | |

When Setting the Table

- | | | |
|-------|--|-------|
| | Put spotless cloth on straight with table | |
| | Put fork at left and knife and spoon at right of plate | |

When Dishwashing

- | | | |
|-------|---|-------|
| | Scrape and stack like dishes together | |
| | Wash in hot suds and rinse with boiling water | |

When Eating

- | | | |
|-------|---|-------|
| | Sit up straight with feet flat on the floor | |
| | Hold fork in left hand with fore finger on back part of fork when cutting | |

What I Did at Home and at Project Meetings

Prepared and served: Milk dishes.....times, eggs.....times,
cereal.....times, fruits.....times, muffins or biscuits.....
times, cookies.....times.

I planned, prepared and served:

Meals.....times

Washed dishes correctly.....times.

Menus of two meals I planned and served are given below.