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UNIVERSITY OF MISSOURI

COLLEGE OF AGRICULTURE



AGRICULTURAL EXTENSION SERVICE



COLUMBIA, MISSOURI

4-H Club Circular 72

JUNE, 1943

Suppers and Picnic Lunches



Girls in the Mt. Hope community, Cole county, prepare a picnic supper for the folks in their community.

When father says, "Jeanie, this is the best dish", or, "This is the best meal I've ever eaten", doesn't it make you feel good? You really feel that you have accomplished something. Then, too, if you know that Father, Brother John and the whole family are eating a meal or a dish that has been prepared to provide food for health, you feel another satisfaction in doing your share with the meals.

When you help mother with the "three meals a day" you will want to remember a few of these things when planning. The family needs:

1. Bone, muscle and blood builders as milk, cheese, eggs and lean meat.

Prepared by Flora L. Carl and Letha K. Jopling, Extension Specialists in Food and Nutrition, in collaboration with Jane Hinote, Helen Church and May Sontag, State Club Agents.

2. Foods that keep the body in good running order, aid it in resisting disease and promote growth as milk, fruits, vegetables, eggs, liver and whole grain cereals.

3. Food that keeps the body warm and gives it ability to work and play as bread, potatoes, cereals, sweets, butter, other fats, sugars, and starches.

Plenty of water each day is needed for building and repairing body tissues and for good digestion, proper blood circulation and keeping other body processes going.

KEEP THE HEALTH YARDSTICK

Even with careful planning we may find we are not getting the right foods, so it is a good idea to check the foods eaten occasionally. Keeping the HEALTH YARDSTICK is part of this project and you can check foods eaten twice during each season.

ONE CAN LEARN TO COOK

To prepare a meal that the family will enjoy a girl needs first to know how to read and understand standard recipes and, second, to acquire skill in following the directions given for mixing and cooking the product.

MEASURING

Correct measurements are necessary for good results. Standard measuring cup and spoons should be used. All measures are level unless otherwise indicated. Flour and meal should be sifted before measuring.

To measure dry ingredients dip with spoon to fill the cup, piling lightly above the top and level off with the straight edge of a spatula or knife.

To measure a liquid, fill the container exactly to the desired marked line.

TABLE OF EQUIVALENTS

3 tsp. = 1 tbsp. dry material	2 cups sugar or fat = 1 lb.
16 tbsp. = 1 cup dry material	4 cups white flour = 1 lb.
12 tbsp. = 1 cup liquid	1 square chocolate = 1 oz.
2 cups = 1 pint	$\frac{1}{4}$ cup cocoa = 1 oz.
2 tbsp. water = 1 oz.	4 tbsp. cocoa plus 1 tbsp. butter = 1 sq. chocolate
4-6 eggs = 1 cup eggs	4 tbsp. lemon juice = 1 juicy lemon

Saving Recipes

A good recipe is the foundation of good cooking. Many girls and women find that it is an interesting and very worthwhile hobby to collect and file recipes that they know are worth keeping. A notebook, a box or a recipe file box is all the equipment one needs to start collecting good recipes. Metal and wood recipe file boxes with index charts can be purchased for a very small sum in dime or variety stores. Good recipes that have been tried may be written

or typed or pasted on the cards and then grouped under different headings as:

Appetizers	Eggs	Puddings
Beverages	Fish	Salads
Breads	Fruit	Salad Dressing
Cakes and Icings	Frozen Desserts	Sauces
Candy	Meats	Sandwiches
Cereal	Milk	Soups
Cheese	Pastry, Pies	Tried Menus
Cookies		Vegetables

Include in your recipes the number of servings it will yield, the approximate time it will take to prepare it, and the cost if that seems desirable. Pictures of the food or a similar food nicely served will be helpful.

SIMPLE DESSERTS

Desserts for supper and picnics should be easily prepared. Besides the fruit dishes and dropped cookies you learned to prepare in "Adventures in Cooking", there are custards, puddings, and other kinds of cookies, that are simple to prepare and will be enjoyed by the family or guests.

Custards and Puddings

CUSTARDS (BASIC RECIPE)

2 cups milk	$\frac{1}{8}$ tsp. salt
2 eggs, or 4 yolks	$\frac{1}{4}$ tsp. vanilla, nutmeg, or cin-
4 tbsps. sugar	namon

Fewer yolks can be used in a soft custard if $\frac{1}{2}$ tbsps. cornstarch or 1 tbsps. of flour is mixed with the sugar for each egg yolk omitted.

BAKED CUSTARD

Scald milk in double boiler. Beat eggs slightly, add sugar, salt, flavoring and gradually the scalded milk. Strain into custard cups, set in a pan of water, and bake in a slow oven until firm. If custard is baked in a large pan, 3 eggs are needed for a pint of milk.

SOFT CUSTARD

Mix like baked custard, cook in a double boiler, stirring constantly until the mixture will coat a metal spoon. Remove at once from the heat and set in cold water. Be careful not to over-cook as this gives a curdled mixture.

CUSTARD PUDDINGS

1. *Fruit and cake.* Layers of cake (if dry, toast it), and pieces of canned peaches, apricots, or oranges arranged in a glass dish and soft custard poured over them. The cake may be omitted.

2. *Ginger Pudding.* Soft custard served over gingerbread.

3. *Floating Island.* Soft custard served in dessert dishes with meringue on top. Jelly or chocolate sauce may be used as a garnish.

4. *Caramel Custard.* One-third cup caramelized sugar added to the scalded milk. Make as plain custard omitting the sugar.

5. *Rice or Tapioca Pudding.* Soak $\frac{1}{4}$ cup of rice or pearl tapioca for one hour in enough water to cover or use $1\frac{1}{2}$ tbsps. minute tapioca. Cook

the soaked rice, pearl tapioca or minute tapioca in 3 cups of scalded milk. Finish as for plain custard, using this as the scalded milk.

STANDARD FOR CUSTARDS

Custard—tender, smooth, not curdled or watery; if baked—firm, compact and smooth.

Soft custard—like whipping cream, pleasing delicate flavor, not flat, eggy, too sweet, too much vanilla, or other flavor.

JUNKET

1 pt. milk	$\frac{1}{3}$ tsp. vanilla or
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ tsp. nutmeg or
1 junket tablet	2 tbsp. caramel or chocolate sirup

Heat milk to lukewarm. Add sugar and flavoring. Crush junket tablet thoroughly, dissolve in the tablespoon cold water and add to milk, stirring quickly. Pour into individual dessert dishes. Let stand in warm place until set, then place in ice box until ready to serve. Nuts may be added or fruit used when vanilla is used for flavoring.

BREAD PUDDING

1 qt. milk	$\frac{1}{2}$ cup sugar
2 cups bread crumbs	2 eggs
$\frac{1}{4}$ tsp. spice or vanilla	$\frac{1}{2}$ tsp. salt

Beat eggs slightly. Add sugar, salt, milk, crumbs, and flavoring. Let stand about half an hour. When crumbs become soft, stir well if lumps need to be broken. Turn into baking dish and bake in slow oven (300° - 325° F.) until firm.

To vary this pudding add (1) $\frac{1}{2}$ cup chopped raisins, figs, dates, or currants; (2) omit spice, add an additional $\frac{1}{4}$ cup sugar and 2 squares melted chocolate or $\frac{1}{2}$ cup cocoa mixed with the sugar; (3) separate eggs, adding yolks and 1 cup cocoanut to pudding and making meringue of whites and $2\frac{1}{2}$ tbsp. of sugar, spreading it over pudding when nearly done and browning in very slow oven (250° F.).

CHOCOLATE PUDDING

2 squares chocolate or $\frac{3}{8}$ cup of cocoa	1 cup sugar
6 tbsp. cornstarch	$\frac{1}{4}$ tsp. salt
1 qt. milk	$\frac{1}{2}$ tsp. flavoring

Melt 2 squares of chocolate in $\frac{1}{2}$ cup of hot milk. Stir smooth (or add $\frac{3}{8}$ c. of cocoa to the sugar). Moisten the cornstarch to a smooth paste in 1 c. of cold milk. Scald the rest of the milk in a double boiler, add sugar, salt, cornstarch and chocolate mixture. Cook in double boiler stirring constantly until thick. Cook about 15 minutes, remove from fire, add flavoring and pour into individual dishes or molds. Chill, serve with cream.

CREAMY RICE PUDDING

1 qt. milk	Grated rind of $\frac{1}{2}$ lemon or
3 tbsp. rice	sprinkling of nutmeg
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup sugar

Wash rice, mix ingredients, and pour into baking dish. Bake in slow oven (300° F.) until creamy, which takes from 2 to 3 hours. (Looks like rice with heavy cream.) Stir several times during first hour to prevent rice from settling and crust from forming too early. If desired, $\frac{1}{2}$ cup of raisins may be added.

Cookies and Bars

ICEBOX COOKIES

Icebox cookies are easy to make and can be baked as needed or baked at one time and stored for a week or longer. This recipe may be used to make

plain or chocolate cookies or a combination of the two known as "cart-wheel" cookies.

1½ c. brown sugar	2 tsp. baking powder
1½ c. granulated sugar	½ tsp. salt
3 eggs	4 oz. chocolate
6 c. flour	1 tsp. vanilla
1 lb. butter	

Cream butter, add sugar and cream together. Add beaten eggs and mix well. Add flour sifted with salt and baking powder. Keep mixture as cool as possible. Add melted chocolate to about one-half the mixture and add vanilla to the remaining half. Shape into rolls and chill. Cut thin slices from the roll and bake in a moderate oven—350° F. The baking sheet need not be greased.

MOLASSES SQUARES

½ cup sugar	1½ cups nut meats
½ cup butter	¼ tsp. salt
½ cup molasses	1 tsp. vanilla
1½ cups flour	3 eggs

Cream butter and gradually cream in sugar, add beaten eggs, then molasses; stir in flour gradually, add vanilla; add nuts, pour into greased pan and bake in moderate oven about 30 minutes; when cool cut into two-inch squares. This is a form of cake-candy.

MOLASSES BARS

¾ c. sorghum	1 c. enriched flour
⅓ c. fat	½ tsp. soda
1 egg	½ tsp. cinnamon
¼ c. sour milk	½ tsp. cloves
1 c. sugar	½ tsp. salt
2 c. whole wheat flour	½ c. raisins or nuts

Beat eggs, add sugar and milk. Heat molasses and shortening slowly until shortening just melts. Add to egg mixture. Add dry ingredients and mix thoroughly. Spread ¼ inch thick on greased tins and bake in a moderate oven (350° F.) for about 20 minutes. When cool cut into bars of size desired. The bars may be rolled in powdered sugar. Makes two tins 7x11x½".

DATE BARS

⅔ c. flour	½ c. chopped nuts or 1 c. grated
¼ tsp. salt	chocolate
½ tsp. baking powder	2 eggs
1½ to 2 c. dates (sliced)	½ c. sugar

Sift flour, measure, add the salt and the baking powder and sift again. Add the dates and nuts to the dry ingredients. Beat the eggs until light, add the sugar gradually, and beat. Combine the dry ingredients, dates, and nuts with the eggs and sugar. Spread thin in well oiled pans, and bake in a very moderate oven (325° F.) for about 40 minutes. When cool cut in strips 1 inch by 3 inches. Roll the strips in powdered sugar. They will keep well in a tightly covered can or box.

BEVERAGES

A beverage may contribute to the food value of the meal. The one chosen will depend upon the other food served at the meal and upon the food eaten at the other meals that day. If there are no milk dishes for supper and the quart of milk has not been drunk or eaten in food at breakfast and dinner, the beverage may be milk, buttermilk, hot chocolate, or iced cocoa, or other milk drink

as suggested in "Adventures in Cooking." If there is to be soup or pudding made with milk, so that the amount of milk in it with that eaten at breakfast and dinner completes the required quart, a fruit drink will probably be enjoyed more. Adults frequently prefer coffee or tea. The beverage should be hot if the other food served in that meal is cold.

Tea

Tea is often used as a base for various fruit punches because it brings out the flavor of juices and increases the amount of the beverage.

BASIC RECIPE

1 cup rapidly boiling water 1 teaspoon tea

Pour boiling water over tea leaves and allow to steep for 1 to 3 minutes. Strain and serve. The use of a tea ball is more convenient, since the tea will not have to be strained. For a stronger tea use more tea rather than steeping longer. Long steeping makes bitter tea.

ICED TEA

Iced tea should be prepared in the same way as hot tea except that since ice is added a stronger tea should be made than for hot tea. It is best made by pouring the freshly made tea over ice, since the tea loses flavor and fragrance if allowed to stand. It is more economical of ice, however, to prepare the tea long enough in advance for it to cool and be chilled before pouring it over the ice. In this case it should be covered closely during cooling to prevent loss of flavor and discoloring of the tea.

Picnic Drinks

A cold or hot drink may be prepared at home and carried to the picnic in a thermos jug or just the concentrated beverage may be taken and hot water or cold water and ice added there. Be sure to take something large enough to mix the drink in, a cup or dipper to serve it with a cup or glass for each person.

Fruit drinks are popular on picnics. Juices extracted from fresh fruits, the sirup drained from canned or cooked fruit and canned fruit juices can be used to make a variety of fruit drinks. Most people prefer fruit drinks that are strained to those in which there are floating pieces of fruit. Adding lemon juice and a bit of salt improves most fruit drinks. Care needs to be taken to avoid making drinks too sweet.

Sliced or whole fresh or canned strawberries, cherries or raspberries, fresh mint sprigs; or thin sections or slices of lemon or orange are attractive garnishes for fruit beverages.

LEMONADE

Use 1 lemon and $\frac{1}{4}$ to $\frac{1}{2}$ cup of sugar to each pint of water. It is desirable to make a sirup of the sugar by bringing it to a boil with half as much water as sugar. Orange, pineapple, raspberry, mint leaves, or grape juice may be added to the lemon juice.

ORANGEADE

$\frac{1}{2}$ cup sugar	2 cups chipped ice and water
1 $\frac{1}{2}$ cups orange juice	Few grains of salt
1 lemon	

Add $\frac{1}{2}$ cup water to the sugar and bring to a boil. Chill and add the salt, orange and lemon juice and the chipped ice and water.

SPICED GRAPE JUICE

1 qt. unsweetened grape juice	6 whole cloves
$\frac{1}{2}$ c. sugar	2 short sticks cinnamon
	3 allspice berries

Heat all together in a double boiler or over a slow fire. Do not boil. Strain out spice. Serve hot in tall glasses or tea cups with a whole clove on top of each cup. Serve with fresh doughnuts, salty pretzels, crisp cookies, cheese straws or beaten biscuits. Pineapple juice goes very well with grape juice and may be added to the spiced grape juice.

FRUIT PUNCH

1 c. sugar	1 pt. grape juice
2 tsp. tea	1 pt. pineapple juice
1 c. boiling water	6 c. chipped ice and water
2 lemons	$\frac{1}{8}$ tsp. salt
2 oranges	

Pour the cup of boiling water over the tea. Let it stand for 3 minutes and strain. Dissolve the sugar in the hot tea. Cool, add other ingredients and serve. Mint leaves, fresh sliced strawberries, cherries or other garnishes may be added to each glass. Other juices than those mentioned may be used. Ginger ale added just before serving gives a different taste which many people enjoy. ($\frac{1}{2}$ gal. or 7-8 servings.)

QUICK BREADS

Breads in which baking powder or soda is used for leavening (making the product light) are called quick breads.

In "Adventures in Cooking" we learned to make biscuits, muffins, and corn pone. Now we are ready to learn to make loaf quick breads, waffles, spoon corn bread, and some sweet breads.

Leavening

Baking powder is made from one part soda to two parts of cream of tartar or some other acid substance and a starchy filler. The amount of baking powder to be used in any given recipe varies with the kind of baking powder used. On the label of every can of baking powder is printed the number of teaspoons of baking powder to use for each cup of sifted flour. These proportions should be used rather than the amounts of baking powder given in the recipe.

Soda is used with sour milk, sour cream or molasses. One-half teaspoon is needed for each cup of liquid. It reacts with the acid of these products and will leaven 1 cup flour, therefore, less baking powder is required when soda is used.

Soft wheat flour is preferable for the making of quick breads, as it gives a more tender product. Soft wheat flour, or flour made from winter wheat, often called pastry flour, contains less gluten and a different kind of gluten than does hard wheat flour. When flour is moistened, the gluten becomes a thick paste. If this paste is stirred, it develops the gluten which becomes elastic and tough.

Milk is the *liquid* preferred for most quick breads although water, fruit juice, or sour or sweet cream produce very satisfactory products.

Any good shortening, such as butter, chicken fat, lard, or combinations of these, may be used. The tenderness of the bread is due to the shortening and also to the careful mixing and handling of the batter or dough.

Sugar is added to quick breads for flavor, browning, and fine texture. If too much sugar is added the flavor is undesirable for bread and the bread becomes heavy, sticky, and coarse grained. Honey, molasses, or sirup may be used instead of sugar.

Eggs act as thickening agents although in the unbaked product they seem to add moisture. One egg is considered equivalent to one tablespoonful of flour in thickening power and, when beaten, it is equivalent to one-half teaspoonful of baking powder in leavening power. In quick bread, the egg and melted fat are frequently put into the milk, so they will be more evenly mixed through the product.

When solid fat is mixed with the flour it gets between the particles of flour and gives a flaky appearance.

Most quick breads are baked in a moderate or hot oven, 350° to 450° F. and the time varies from 12 to 40 minutes. Heat hastens the action of the soda or baking powder, causes the water to evaporate, the proteins to harden, and it cooks the starch and browns the crust. The correct baking temperature will depend on the kind of leavening, the proportion of ingredients, and the size and shape of the product. Large thick masses take longer to heat through than small, thin, flat ones and should, therefore, be baked more slowly. The oven-door should be opened only when necessary and the pan moved as little as possible when the mixture is setting. The product is done when it is a golden brown in color; when it shrinks from the pan, when the crust, if pressed gently with the finger, springs back into place; and when no batter or dough sticks to a toothpick that has been inserted.

Oven Temperature

It is important when baking or roasting any product, to have the correct oven temperature. If the oven does not have a heat indicator, an oven thermometer may be purchased for a relatively small sum. If one does not have an indicator or oven thermometer, the oven may be tested by placing a thin layer of flour on a pan in the center of the oven to determine the temperature. When the flour turns to golden brown in the given time the oven temperature is:

Time	The Oven	Temperature
2 minutes	Very hot	450-500 degrees F.
3 minutes	Hot	400-450 degrees F.
3½ minutes	Moderate	375-400 degrees F.
4 minutes	Slightly moderate	350-375 degrees F.
5 minutes	Slow	300-350 degrees F.
6 minutes	Very slow	250-300 degrees F.

Quick Loaf Breads

Quick loaf breads, plain or with nuts or fruits are made of the richer muffin mixtures baked in a loaf pan. The fruit or nuts should be added to the batter according to the directions for muffins. The oven temperature should be low enough for the bread to expand before a crust forms on top, and to bake through before the crust becomes too hard or brown. For a small or medium loaf a moderate oven (350° F.) is used. A larger loaf requires a lower temperature.



Agnes is making a tasty nut bread for a family picnic supper.

NUT BREAD

- | | |
|-------------------|----------------------------|
| 1 egg | 3 tsp. baking powder |
| 1 c. milk | $\frac{1}{2}$ tsp. salt |
| 1 c. sugar | $\frac{3}{4}$ c. nut meats |
| 3 c. sifted flour | |

Sift together the flour, sugar, baking powder, and salt. Beat egg well. Add to the beaten egg the milk and the dry ingredients. Do not over mix. Add the nut meats. Pour into a bread pan in which has been placed a greased paper. Bake for 30 to 35 minutes in a moderate oven (325°-350° F.). Remove from pan when taken from the oven. Makes one loaf.

DRIED FRUIT QUICK BREAD

- | | |
|---------------------------------|---|
| 1 $\frac{1}{2}$ c. sifted flour | $\frac{1}{2}$ c. juice from dried fruit |
| $\frac{1}{2}$ tsp. soda | 1 egg, beaten |
| 2 tsp. baking powder | 1 c. sour milk |
| $\frac{3}{4}$ to 1 c. sugar | 1 c. cooked dried fruit, chopped fine |
| 1 c. whole wheat flour | 2 tbsps. melted fat |

Sift together the dry ingredients, except the whole wheat flour, which should be added unsifted. Stir into this mixture the juice from the dried fruit, beaten egg, sour milk, dried fruit, and then the melted fat. Pour into well greased bread pans and bake in a moderate oven (350° F.) for about 1 hour.

SOUR CREAM PRUNE BREAD

1 c. sour cream	2 tsp. baking powder
1 c. cooked prunes drained and cut fine	$\frac{3}{4}$ to 1 c. sugar
$1\frac{1}{2}$ c. sifted white flour	1 c. whole wheat flour
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ c. prune juice
1 tsp. soda	1 egg, beaten
	2 tbsp. melted butter or other fat

Sift together the dry ingredients, except the whole wheat flour which should be added unsifted. Stir into this mixture the prune juice, beaten egg, sour cream, cooked prunes, and finally the melted fat. Pour into two well greased bread pans and bake in a moderate oven, 350° F., for about 1 hour.

WHOLE WHEAT PEANUT BUTTER BREAD

2 c. whole wheat flour	4 tbsp. sugar
4 tsp. baking powder	$\frac{1}{2}$ c. peanut butter
1 tsp. salt	$1\frac{1}{2}$ c. milk

Mix dry ingredients, cut in peanut butter until mixture looks crumbly. Add the milk and mix only until flour is moistened. Pour into greased loaf pan. Bake in moderate oven, 350° F., until it shrinks from side of pan and is done at the center, usually 40 to 60 minutes depending upon the size and shape of the pan.

WAFFLES
(4 waffles)

$1\frac{1}{2}$ c. sifted flour	1 to 2 eggs
2 tsp. baking powder	1 cup milk
$\frac{1}{2}$ tsp. salt	2 tbsp. fat, melted
1 tbsp. sugar	

Combine the ingredients as for griddlecakes, except when two eggs are used. In that case fold the beaten egg whites into the batter after all the other ingredients have been mixed. Bake in a waffle iron hot enough to brown the waffle quickly.

FRITTERS

2 cups sifted flour	1 cup milk
3 tsp. baking powder	1 tbsp. fat, melted
1 tsp. salt	1 cup fruit or vegetable pulp
2 tbsp. sugar	Fat for frying
2 eggs, beaten	

Sift the dry ingredients together. Combine the beaten egg, milk, and melted fat. Add gradually to the dry ingredients, stirring only until the batter is smooth; then add the pulp of a fruit or vegetable and drop the batter by spoonfuls into deep fat heated to 365° to 370° F. Remove when light brown on both sides (about 2 minutes), and drain on absorbent paper. Fruit fritters may be sprinkled with powdered sugar.

This batter is used with vegetables and fruit. To make a cover batter for frying pieces of pineapple, bananas, apples or similar fruits, increase the quantity of milk by one-fourth cup. Dip the pieces of fruit into the batter and fry in the same way as the fritters.

SPOON CORN BREAD

2 c. milk or water	1 to 2 tbsp. butter
1 c. milk	2 eggs
1 c. corn meal	1 tsp. salt

Heat the 2 cups of milk or water, stir in the cornmeal, bring to the boiling point and cook until very thick or about 5 minutes. Add the other cup of milk, then the butter, salt, and the beaten eggs. Beat mixture well, pour into a baking dish and bake for twenty-five minutes in a moderate oven. Serve with a spoon from the dish in which it was baked. This amount will serve six.

TO SAVE TIME, TRY "HOMEMADE MIXES"**BISCUIT MIX**

12 cups flour
Baking powder according to kind

4 tsp. salt
1-1½ cups lard

Sift flour and measure. Read directions on can of baking powder and measure amount suggested for 12 cups of flour, add flour, add salt and sift the three together. Cut in the lard until the mixture has a fine even crumb. Place in a closed container and keep in cool place, refrigerator preferred. This mix will keep at least a month in the refrigerator. This recipe will make about a gallon of the mix. Whole wheat or graham flour may be substituted for the white flour.

Note: This mix may also be used for dumplings, shortcake, waffles, muffins, or quick coffee cake.

ROLL BISCUIT

Combine ¾ cup milk with 2 cups of the mix. Turn out on a slightly floured board. Too much flour worked into the mix will make it dry. Knead 10-15 times lightly. Roll lightly to ¼ or ½ inch thick. The biscuit will be about twice as thick when baked. Cut with biscuit cutter first dipped into flour. Bake on an ungreased baking sheet in hot oven (450° F.) 12 to 15 minutes.

DROP BISCUIT

Combine ¾ cup milk with 2 cups of the mix. Mix lightly. Drop from a spoon on an ungreased baking sheet. Space the biscuits about an inch apart. Bake in a hot oven (450° F.) 12-15 minutes.

CHEESE BISCUIT

Add ¼-½ cup grated cheese to 2 cups of the mix and proceed as for biscuit.

JAM TEA BISCUIT

Make a deep impression in the top of each biscuit. Fill with jam and bake.

One-half cup of nuts may be added to 2 cups of mix.

PINWHEEL BISCUIT

Make a short biscuit dough by using top milk for the liquid, and roll out ⅓ of an inch thick. Brush with melted butter and sprinkle with sugar and cinnamon mixed together, using ½ teaspoon cinnamon to ¼ cup sugar. Sprinkle with seedless raisins and press them well into the dough. Then roll up like a jelly roll and cut thin slices from the ends. Bake in a quick oven.

APPLE ROLL

Make like the pinwheel biscuits, but spread with chopped apples instead of raisins. Sprinkle with sugar and cinnamon, roll up, and cut in ½ inch slices. Bake in moderate oven until the apple is well done.

APPLE COFFEE CAKE

2 cups biscuit mix
¼ cup sugar

1 egg
¾ cup milk

Combine homemade biscuit mix and sugar, beat egg slightly and add milk, combine with first mixture. Place in oiled coffee cake pan, brush liberally with melted butter. Sprinkle evenly with a mixture of cinnamon and sugar. Arrange thin uniform slices of apple over the top. Bake at 375° F. for 40-45 minutes.

SHORTCAKE

Add 1 tablespoon of sugar and ⅓ cup of liquid for each cup of mix.

MUFFINS

Add 2 tablespoons of sugar and 1 egg and 1 cup of milk for each 2 cups of mix.

SALADS

Salad supplies a raw food and adds roughage to the diet. Raw fruits and vegetables also are good sources of vitamins. Adding a fresh fruit or vegetable salad is a good way to introduce variety, color, flavor, and texture into the meal. The salad may be served on individual plates, in a large salad bowl, on a large chop plate or in a vegetable dish.

The ideal salad is served on a cold plate; the salad green is clean and crisp; the salad mixture is lightly tossed together with a small amount of well chosen dressing and topped with a suitable garnish.

Supper salads may be light or heavy depending upon what other foods are served. Often a meat, fish, poultry, cheese, egg, or bean salad is used for the main dish for supper. If the salad is the main dish the servings are more generous than if the salad accompanies the main dish. A salad of fresh green leafy vegetables with a sour cream or a French dressing is often served with a cream soup or a hearty sandwich for a simple lunch or supper.

Suggestions for Making Salads

Foods used in preparing salads should be cold, crisp, and clean. Wash salad greens thoroughly and make crisp by putting in the ice box or other cool place in a clean damp towel or enamel ice box pan. Cutting out the core of a head of lettuce and allowing a stream of cold water to run through the cavity helps separate leaves and makes them crisp and clean.

Vegetables and fruits are best if chilled thoroughly before mixing and mixed with dressing just before serving. Mix all salads lightly to prevent mushing and have the pieces cut in pieces neither too large or too small.

POTATO SALAD

Potatoes for salad should be of the waxy rather than the mealy type. They should be well seasoned with salt, and a well seasoned, fairly acid salad dressing used. There should always be something crisp used in the salad. The salad dressing should be well mixed with the potatoes and it is better if it is mixed an hour or more before serving. Always taste the salad after mixing as it may need additional salt and vinegar.

One or more of the following foods may be used to add crispness and flavor to potato salad: cabbage, celery, apple, cucumber, green pepper, carrot, onion, or pickle. Olives or celery seed or salt are sometimes used for additional flavor and hard cooked eggs, beets, or pimento for additional color or food value.

ECONOMY SALAD

1 cup shredded cabbage	1 cup diced cooked carrots
1 cup diced celery	1 cup cooked peas
½ cup shredded red cabbage	1 cup mayonnaise
½ cup chopped green pepper	

Toss all ingredients together lightly. Place crisp lettuce in salad bowl and arrange salad on lettuce. Garnish with stuffed olives.

PEACH CUP SALAD

Lettuce leaves	¼ cup seeded raisins
12 medium halves canned peaches	2 or 3 tbsp. apple butter
½ cup celery	Mayonnaise
¼ cup nuts, if desired	

Arrange twin nests of lettuce on individual salad plates. In each nest, place a half of a peach. Combine celery, nuts, raisins, and apple butter. Fill the centers of the peaches with mounds of this mixture. Place a spoonful of mayonnaise between the peach halves.

VITAMIN SALAD

- | | |
|---|----------------------------------|
| 1 cup ground raisins | 1 cup diced raw apple |
| 1 cup shredded raw carrots
(about 2 large carrots) | (about 2 large apples) |
| | $\frac{1}{2}$ cup salad dressing |
| | $\frac{1}{4}$ tsp. salt |

Wash and soak raisins a few minutes before grinding. Mix fruit and vegetables lightly together and serve on lettuce leaves with spoonful of dressing on top.

APPLE AND CABBAGE SALAD

- | | |
|----------------------------|--------------------|
| 4 firm apples | Cream dressing |
| 1 small head crisp cabbage | Grated horseradish |
- Wash and dice apples. Combine apples with finely shredded cabbage. Mix with salad dressing. Sour cream dressing, seasoned with horseradish, is a good dressing for this salad. Serve at once from bowl or on salad greens.

WALDORF SALAD

- | | |
|--|-------------------------------|
| 4 firm apples | walnuts) |
| 1 cup chopped crisp celery | 1 head lettuce or other salad |
| $\frac{1}{4}$ cup broken nuts (hickory
nuts, pecans, almonds or | greens |
| | Mayonnaise or cream dressing |
- Wash and dice apples and combine with the crisp celery and nuts. Add enough dressing to moisten. Serve at once on crisp lettuce or other salad greens. If using walnuts, it is better to sprinkle the nuts on top of the salad just before serving, as the nut skins tend to darken the fruit.

CINNAMON APPLE SALAD

- | | |
|------------------------------------|---|
| 6 firm tart apples | $\frac{1}{2}$ to 1 cup red hots or cinna- |
| 3 cups boiling water | mon candies—enough to make |
| $\frac{1}{2}$ cup granulated sugar | the apples rose color |
- Pare and core apples, leaving whole. Make sirup of candies, water and sugar. Cook apples slowly in sirup until transparent but not soft. Chill, place on lettuce leaf, fill the center with one of the following combinations and serve with mayonnaise or boiled salad dressing:
- Broken nut meats and cream cheese.
 - Nut meats, cottage cheese and thick sour or sweet cream.
 - Nut meats and chopped raisins.
 - Cheese and grated coconut.

POINSETTIA SALAD

Use fresh or firm canned tomatoes. Cut the tomatoes in sections, cutting from stem end down almost to the bottom of the tomato. Place on a lettuce leaf or other greens. Arrange in the shape of a flower and put a spoon of cottage cheese in the center. Garnish with cooked or mayonnaise dressing. Celery, olives, chopped parsley, or bits of green pepper may be added to the cottage cheese.

SALAD DRESSINGS

COOKED SALAD DRESSING

- | | |
|---------------------------|-----------------------------|
| $\frac{1}{2}$ tsp. salt | $1\frac{1}{2}$ tbsp. butter |
| 1 tsp. mustard | 2 egg yolks |
| $1\frac{1}{2}$ tsp. sugar | $\frac{3}{4}$ c. milk |
| 1 tbsp. flour | $\frac{1}{4}$ c. vinegar |

Mix dry ingredients and cream with butter. Add egg yolks and milk. Stirring constantly, cook until mixture thickens, adding vinegar just as it begins to thicken.

SOUR CREAM SALAD DRESSING (COOKED)

1 cup sour cream	1 tbsp. sugar
2 eggs	½ cup vinegar
½ tsp. salt	A few drops of tabasco sauce
¼ tsp. mustard	

Beat the eggs very light, add the sour cream and other ingredients, stir and cook over hot water until thickened.

SOUR CREAM SALAD DRESSING (UNCOOKED)

½ cup sour cream, whipped	A little pepper
1 tbsp. sugar	1 tsp. lemon juice
¼ tsp. salt	2 tbsp. vinegar

Mix the sugar, salt, and pepper in a bowl. Add the lemon juice and vinegar; then stir this mixture gradually into the whipped cream. Serve on cabbage, cucumbers, or lettuce.

MOCK OR QUICK MAYONNAISE SALAD DRESSING

<i>Part I</i>	½ tsp. red pepper
1 egg	1 tsp. dry mustard
1 c. salad oil	Onion juice may be added
Juice of 1 lemon <i>or</i>	<i>Part II.</i>
4 tbsp. vinegar	2 tbsp. butter
1 tsp. salt	½ c. flour
1 tsp. sugar	1 c. water

Place the ingredients of Part I in a bowl but do not mix.

Soften the butter (Part II) in a sauce pan, add the flour and stir until well blended. Add the water gradually, stirring constantly. Cook until the flour is well cooked and the mixture comes away from the bottom of the pan. This can be cooked in a double boiler for 15 minutes if that method is preferred.

Add this mixture to Part I while hot. Beat with a rotary beater until thoroughly blended. Cool before using.

VEGETABLES

Vegetables, like fruits, are important in the diet because of the large amount of minerals and vitamins they contain which have much to do with the health and development of the body. They furnish bulk and roughage to help keep the digestive tract in good condition. Vegetables furnish some starchy foods for energy; and dried beans and peas also contain protein for muscle building material.

Two to four servings of vegetables may well be eaten every day. The dark green vegetables, such as young string beans, new peas, and greens; the leafy vegetables, such as lettuce, cabbage, spinach, and mustard; and the yellow vegetables, such as carrots and sweet potatoes are of special importance in the diet. It is desirable to have one serving of a dark green, yellow, or leafy vegetable; one serving of potatoes; and one serving of a fresh raw vegetable or tomatoes each day.

Care of Vegetables

Fresh vegetables should be kept in a cool dry place until they are to be cooked. Peas, corn, and green lima beans lose some of

their sweetness on standing so they should be gathered just before they are to be cooked. Carrots, beets, green beans, spinach, mustard, and other vegetables lose moisture and become wilted and shriveled if kept in a warm kitchen or anywhere where the air is warm and dry. They should be washed and placed in the hydrator of the ice box or wrapped in a damp cloth and placed in the coolest place. Wilted vegetables may be improved by soaking in cold water a half hour. Too long soaking causes a loss of desirable texture and also more loss of food value. Stem and stalk vegetables will freshen more quickly if the stem or stalk is freshly cut before soaking.

Some people do not enjoy cooked vegetables because they are not offered when they are bright and colorful, nicely seasoned, and steaming hot. To have the best looking, best tasting, and most nutritive cooked vegetables, form the habit of cooking vegetables according to the following seven rules:

1. Use fresh, firm, crisp vegetables.
2. Peel, cut or soak in water as little as possible.
3. Start all vegetables except dried ones in boiling salted water.
4. Use as small a quantity of water as possible. A pan with well fitted lid is desirable.
5. Cook vegetables only until they are tender—don't cook them until they are soft, grey, watery, or strongly flavored.
6. Season them simply. All cooked vegetables taste good with only cream or butter added.
7. Serve vegetables as soon as they are done. Few vegetables are at their best after they have stood on the back of the stove 10 minutes or longer.

Color in Vegetables

The color of the vegetable has much to do with its attractiveness. In cooking and serving, very great care should be taken to retain the natural bright color. The *green* color of vegetables is not soluble in water if the vegetable is cooked in water that has an alkaline reaction. A green vegetable cooked in alkaline water has an intense green color, while if the same vegetable is cooked in water which is acid a dull olive green will develop. Most vegetables contain sufficient volatile acid that will escape with the steam to make the water slightly acid if it is held in. Most of these volatile acids come out in the first few minutes of fast steaming. If the lid is left off the kettle for the first few minutes of rapid steaming in cooked vegetables, it aids greatly in keeping the green color. If the vegetable is over-cooked, however, the heat alone will impair the color. If an acid, such as vinegar or lemon juice, is to be added as seasoning to a green vegetable, it is preferable to add it when served, as there is not so much time for the brown color to develop.

Red vegetables are just the opposite of green vegetables as they will retain their color better if cooked in milk rather than in water, or if vinegar is added to the cooking water.

Yellow vegetables are said to be color fast, as the yellow coloring matter is not water soluble nor is it greatly affected by heat, by acid, or by an alkaline solution. Some yellow vegetables, like corn and carrots, will darken with intense heat or over-cooking, due to the caramelization of sugar, but not to a change in the yellow pigment.

White vegetables are also said to be color fast; yet potatoes, cauliflower, white cabbage, and white onions cooked in alkaline water often become yellow in color. If white or yellow vegetables are over-cooked, however, they have a grey or brownish color which is very objectionable.

VEGETABLES COOKED IN MILK

Cut cabbage in sections or shred fine. Heat milk until steaming hot, add salt and the cabbage. Cook 2 to 5 minutes, depending on the quality of the cabbage and how fine it is cut. Watch carefully or it will boil over. Serve as soon as tender. Grated turnips, potatoes, or small onions are very good cooked in milk instead of water.

CREAMED AND ESCALLOPED DISHES

Prepare a medium white sauce using 2 tablespoons of flour, 2 tablespoons butter, $\frac{1}{2}$ teaspoon salt to each cup of milk and cook until the flour is well done—about 5 minutes. Add this white sauce to freshly cooked or hot canned vegetables, fish, or meat, use about one-half as much white sauce as vegetables, meat, or fish. The vegetables, fish, or meat may be placed in alternate layers with the white sauce in a baking dish topped with buttered bread crumbs.

Potatoes

Potatoes are usually one of the cheapest foods we have but they are not used to the best advantage when they are fried. Better ways of preparing potatoes, from the standpoint of health, are baked, boiled (with or without skins), panned, mashed, scalloped, or creamed, combined with eggs as in potato soufflé, or in salad.

ESCALLOPED POTATOES

Wash, pare, and cut waxy type of potatoes in slices. Put a layer in a buttered baking dish, sprinkle with salt and pepper, dredge with flour and dot with butter. Repeat. Add hot milk until it may be seen through top layer. Bake about $1\frac{1}{4}$ hours or until tender. Scalloped potatoes may also be prepared with cooked potatoes. Grated cheese or hard cooked eggs may be added to scalloped potatoes if made with cooked potatoes. Ham or bacon may be added to the cooked or uncooked potatoes.

POTATOES COOKED IN JACKETS

Scrub potatoes well. Put them in a kettle, cover with boiling water and boil slowly until tender. Pour the water out of the kettle. Hold each potato on a fork and peel with a knife while they are hot. Serve with butter or cream sauce. These potatoes may be browned in a frying pan containing a few tablespoons of fat or they may be sliced and fried in fat. They may be covered with a cream sauce to make creamed potatoes, or they may be mixed with celery, onion, cucumber, pickle, egg and salad dressing for potato salad.

Rice, although a cereal is often used as the starchy vegetable.

BOILED RICE

1 c. rice
2 tsp. salt

8 c. water

Look the rice over, wash in hot water, drain, and add to rapidly boiling salted water. Reduce the heat so the rice boils gently. Rapid boiling may break the kernels while a temperature below boiling allows them to absorb so much water they become sticky. Cook with the pan uncovered until the grains are tender and have no hard centers—20 to 25 minutes depending on the variety of rice and how dry it is. As soon as the rice is done, drain, place in a colander or a strainer and pour hot water thru the rice to remove any loose starch and separate the grains. Cover with a cloth and set in a warm place as over hot water or in a warm oven. The grains will continue to swell.

In properly boiled rice the grains are tender but whole, they keep their own distinct shape and are white or creamy white in color.

Brown rice does not keep as well as white rice but is higher in food value. It does not become sticky and all the water it is cooked in should be used. Wild rice has a distinctive flavor which is especially nice with poultry and all game. It is not really a rice but the seed of a wild marsh grass.

Tomatoes

Of all the vegetables, tomatoes retain their vitamin C content the best. So in winter months we depend on tomatoes, along with citrus fruits, for special help in building and maintaining healthy bodies. Fresh tomatoes offer many possibilities for salads, or they may be cooked and then prepared in the same ways as canned tomatoes. Canned tomatoes may be strained and served as tomato juice, or stewed, or combined with white sauce in cream of tomato soup, or creamed on toast, or combined with cheese and bread crumbs (tomatoes au gratin), or scalloped, or used in a soufflé, or combined with other vegetables in soups, stews, or salads.

TOMATO SAUCE

Tomato sauce is made as in medium white sauce, except that strained tomato is used in place of milk. It may be seasoned with onion, celery, or other flavorings.

Ground left-over meat, hard cooked eggs, cooked string beans, corn, or onions may be served in tomato sauce, or it may be served on hot buttered toast, or with cooked rice, spaghetti, hash, meat cakes, loaf, or chops, or in scalloped meat or cheese dishes. Cheese is a good addition to rice and tomato or to spaghetti and tomato dishes.

CREAM OF TOMATO SOUP

2 c. canned tomatoes
1 qt. milk
4 tbsp. flour

1 slice of onion
2 tsp. salt
4 tbsp. butter

Scald milk with onion, remove onion and make a white sauce of the flour, butter, milk, and salt. Put the tomatoes through a sieve and season. Just before serving, combine tomatoes and white sauce adding the tomato to the white sauce, stirring constantly to prevent curdling. Serve hot.

SCALLOPED TOMATOES

Drain the juice from 1 quart of tomatoes. Season with salt, pepper, a few drops of onion juice, and sugar if preferred sweet. Cover the bottom

of a buttered baking dish with buttered cracker or bread crumbs. Bake in a hot oven until crumbs are brown.

One-half to one green pepper cut up fine, thin slices of onion or celery may be added to the scalloped tomatoes. Raw eggs may be broken on top of the scalloped dish and the whole baked in a slow oven until the tomato is hot and the egg done.

TOMATO CHEESE RABBIT

4 tbsp. butter
4 tbsp. flour
2 c. tomato juice

1 c. grated American cheese
Toast or crackers
1 tsp. salt

Melt butter and add flour; blend. Add tomato juice gradually, cook stirring constantly until smooth, thick, and the flour is cooked. Add seasonings and cheese, stir until cheese melts. Serve hot over toast, crackers, or rice.

SUGGESTIONS FOR USING LEFT-OVERS

1. Scalloped dishes may be made of small amounts of meat and vegetables, with gravy, tomato or white sauce and rice, potatoes or bread crumbs used as a filler.

2. Green peppers, tomatoes, cucumbers, or onions, may be stuffed with various combinations of left-over vegetables, bits of bacon, or meat, and baked.

3. Soufflés, and omelets may be made with left-over vegetables, cheese, or meat.

4. Chowders and cream soups may be made from one or various combinations of left-over vegetables or meats.

5. Salads may be made of small amounts of raw or cooked vegetables, or fresh or canned fruit, arranged in separate groups or put together in an orderly way on shredded or plain lettuce, cabbage, or spinach. The dressing may be mixed first with each vegetable or fruit or added at one side of the salad.

6. Left-over bread may be cut in fingers or $\frac{1}{2}$ inch cubes, toasted, and served with soup or salads. The cubes are called croutons. Stale bread may be used for bread puddings, dressing, or bread, or bread crumbs for finishing many oven dishes.

STANDARDS FOR VEGETABLE DISHES

A creamed or scalloped dish has pieces that are uniform and suitable in size and crisp golden brown crumbs, not greasy or unbrowned or soft. The creamed or escalloped food holds its shape on the plate with good proportion of white sauce and the product. The solid parts are tender and not hard or mushy. The sauce is like whipped cream, not too thick, too thin, lumpy or curdled. The whole is well seasoned, not over seasoned or having a flat or starchy flavor.

Mashed potatoes are creamy white, not grey or pinkish in color. They are smooth and fluffy, not lumpy, dry, pasty or watery. They are well seasoned, not flat, salty, or over seasoned.

A vegetable salad is crisp and tender, not wilted, rubbery or tough. It is colorful rather than dull or insipid looking. The pieces are suitable in size, not too small or too large and appear dry and glossy

rather than watery or juicy. The amount on the salad plate or in the bowl is in good proportion to size of plate or bowl. The taste is a pleasing tart flavor and not uninteresting.

Good cream soup is of a smooth creamy consistency like whipping cream with no extra fat or scum at top. It is not lumpy, curdled, too thick or too thin. It has a characteristic color of vegetable, is not uninteresting or overgarnished. It has the distinct natural flavor of the vegetable used, is well seasoned with no starch, salty, strong, burned or flat flavor.

Cooked vegetables have their natural color, not darkened, greyed, browned or faded. The pieces retain their natural form and are not ragged, too tender, nor mushy or flabby. There is no excess of liquid nor are they too dry. The natural flavor is emphasized but is not strong or over seasoned, flat, raw, tasteless, or lacking in flavor.

MAIN DISHES FROM MILK AND EGGS

Whole *milk* is the best single food for young and old. One quart of milk for growing persons and one pint for adults may well be used each day. Milk aids in building good muscle, promotes growth, build up resistance to disease, builds and keeps teeth and bones in good condition, and furnishes some food material for energy. It is a bland food and does not appeal to some persons as a drink, so it is essential to know a variety of ways in which it can be prepared. Some ways of serving milk as a food rather than a drink are: creamed soups, creamed and scalloped dishes, cocoa, cottage cheese, custards, bread puddings, gelatin milk desserts, ice creams, and milk sherbets.

Eggs are one of our best sources of protein. The yolk is the more valuable part of the egg, for it is an excellent source of iron, phosphorus, and vitamin A. It also contains some protein, fat, and vitamins B, G, and D. Many diets are low in the valuable minerals and vitamins which eggs contain. One egg per person per day is desirable. If eggs are not plentiful, adults could manage on an egg every other day; or for a family of three children and two adults, at least two dozen eggs a week would be desirable.

Temperature for Cooking

The secret of success in cooking dishes in which eggs and milk are predominant is to cook the product slowly at a moderate even heat.

DEVILED EGGS

6 hard cooked eggs	$\frac{3}{4}$ tsp. Worcestershire
1 tbsp. mayonnaise or cream	$\frac{3}{8}$ tsp. salt
$\frac{1}{2}$ tbsp. vinegar or lemon juice	$\frac{1}{8}$ tsp. pepper
$\frac{1}{4}$ tsp. mustard	

Cut hard cooked eggs in half crosswise or lengthwise. Remove yolk and put through sieve. Add seasonings and beat until smooth and fluffy. Refill shells, garnish top with chopped chives, parsley, paprika, and add other seasonings such as onion juice, finely chopped parsley,

celery, nuts, anchovies, ham, sardine, or cheese, to the yolk mixture if desired.

CREAMED EGGS

6 hard cooked eggs 2 cups medium white sauce

Add the hard cooked eggs which have been sliced or chopped to the sauce. Serve on toast or in a vegetable dish. One of the egg yolks may be held back and crumbled over the top for a garnish.

CHICKEN, EGG, AND CELERY SALAD

1 cup cooked cubed chicken 1 cup chopped celery
1 hard cooked egg ¼ cup nuts

Mix lightly together with salad dressing to moisten. Serve on bed of salad greens.

SOUFFLE

3 tbsp. butter 1 cup milk
3 tbsp. flour 4 eggs
1 tsp. salt ¼ lb. cheese

Make a thick white sauce of butter, flour, and milk and add the cheese which has been grated or pushed through a strainer. When the cheese is melted pour over the yolks of eggs which have been beaten, fold into the stiffly beaten egg whites. Turn into a baking dish and bake in a slow oven (300° F.) until firm. This takes about an hour. Bread crumbs may be used instead of the flour or in combination with it.

To vary the souffle, add one of the following in place of the cheese: (1) Add ½ to 1 cup chopped meat or fish. (2) Add 1½ to 2 cups of well flavored, well drained vegetable pulp such as peas, lima beans, corn, asparagus, or spinach. (3) Adding 1½ squares of unsweetened chocolate and ½ cup sugar to a soufflé made with bread crumbs makes a pudding or dessert.

CREAM VEGETABLE SOUP

2 tbsp. flour 2 cups milk
2 tbsp. butter 1 cup vegetable puree and 1 cup
1 tsp. salt of milk *or*
1 pt. strained vegetable juice

Make a thin white sauce by cooking the milk, flour, butter, and salt together for about 5 minutes over direct flame or 15 minutes in a double boiler. Heat the vegetables or puree and add slowly to white sauce. Heat until steaming hot and serve. Peas, asparagus, corn, navy beans, raw or cooked spinach, tomatoes, and many other vegetables may be used in cream soups. Left over vegetables may well be used in cream soups.

In making cream soups, allow ¾ cup of thin white sauce and ⅓ cup of vegetable pulp or puree to each person. Croutons made of small cubes of bread toasted in the oven may be served with cream soup.

VEGETABLE CHOWDERS

4 tbsp. salt pork Salt and pepper
4 potatoes, cut in ½" pieces 3 c. milk
1 onion ½ c. rice or barley
2 c. other vegetables 8 soda crackers
Green pepper if desired

Cut pork in small pieces and fry out in a kettle large enough so that chowder can be cooked in it. Cut up onion and brown slightly in fat. Cut vegetables in ½ inch cubes. Add the vegetables, potatoes, rice, or barley and enough boiling water to cook them. If the chowder is made of a vegetable that needs little cooking, do not add the potatoes or rice until the vegetables will just get done. When vegetables are tender, add the milk; and when hot through, break crackers in the chowder and serve.

Some kinds of chowder are: (1) Canned or fresh corn and potato, and green pepper if desired; (2) salsify and potato or barley; (3) lima bean, carrot, and rice; (4) tomato, potato, carrot alone or with green peppers and celery.

CORN CHOWDER

2 slices bacon	2 cups diced cooked potatoes
½ small onion	2 cups scalded milk
1 cup water	Salt and pepper
1 cup corn, cooked or canned	

Cut bacon in small pieces and fry. Add the onion and cook. Pour into a stew pan, add water, and cook five minutes. Add corn, potatoes, and milk, and heat slowly for 10 minutes. Season and serve with cheese crackers.

CREAM OF TOMATO SOUP

1 cup tomatoes	2 tbsp. flour
2 cloves	¼ tsp. salt
1 bay leaf	1 cup milk
2 tbsp. butter	Pepper to taste

Simmer tomatoes with cloves and bay leaf and press through a sieve. Make a white sauce of other ingredients. Add the hot tomato pulp to the white sauce. Season to taste. Serve at once after combining.

SPLIT PEA SOUP

1 cup dried split peas	2 tbsp. flour
2½ quarts cold water	1½ tsp. salt
2-inch cube fat salt pork	½ tsp. pepper
½ small onion	1 pint milk
3 tbsp. butter	

Pick over and wash the peas. Soak several hours, drain. Add cold water, pork and onion, and cook slowly until peas are soft. Rub through a sieve. Melt butter, add flour, seasoning and milk, and stir over fire until smooth. Add peas and more milk if necessary.

COTTAGE CHEESE

One gallon of skim milk will make about 1½ pounds of cottage cheese. It will take about 30 hours for the milk to sour and clabber at a temperature of 75° F. To hasten the process, add 2 tablespoons of freshly clabbered milk to a gallon of sweet milk. As soon as it is firmly clabbered, cut into 2 inch cubes. Stir. Heat by placing the pan of milk in a pan of hot water and raise the temperature of the milk to 100° F. or until it is barely lukewarm, and hold it at that temperature for about 30 minutes, stirring it gently at 5 minute intervals.

Pour the curd and whey into a cheese cloth bag and hang up and drain. As soon as the whey has ceased to drain off, pour the curd into a bowl. It may be worked until it becomes fine in grain, smooth, and of the consistency of mashed potatoes, or it may be left as it is in small tender grains. Add 1 teaspoon of salt to each pound of curd, and sweet or sour cream to suit the taste.

PLAIN OMELET

4 eggs	Salt
4 tbsp. milk	Butter

Beat the egg whites until stiff. Beat the yolks until thick and lemon colored. Add the milk and salt. Cut and fold together the yolks and stiffly beaten whites. Melt enough butter in an omelet pan to grease the bottom and sides of the pan. Heat the pan, turn the egg mixture into the pan and cook over a slow even fire until it is puffy and light brown underneath, then place in the oven until the top is dry. Touch the top of the omelet lightly with the finger and if the egg does not stick to the finger, the omelet is done.

Loosen the edges of the omelet, slip a spatula or flexible knife under the side next to the handle of the pan, fold one-half over the other and press lightly to make it stay in place, slip it onto a hot plate, and serve at once. If the milk is heated and added to the egg yolk, it will cook the yolk slightly and give a smoother consistency. One-half cup of medium white sauce used instead of the milk will give a larger omelet with more body.

VARIATIONS OF PLAIN OMELET

1. Ham or other meat. Scatter finely chopped meat over the center of the omelet while cooking.
2. Cheese, parsley, or cooked vegetable as peas, asparagus, mushrooms, or combination or chopped green pepper, celery and parsley, added to the mixture before it is cooked.
3. Jelly or jam may be spread over the omelet just before folding.

WHITE SAUCE

White sauce, often called cream sauce, is used in making all kinds of cream soups and in creamed or scalloped egg, fish, meat, and vegetable dishes. The thin white sauce is used in making cream soups, and the medium white sauce for creamed and scalloped dishes.

Material	To make 1 cup	To make 2 cups	To make 3 cups	To make 1 qt.
Thin Sauce				
Milk	1 cup	1 pt.	3 cups	1 qt.
Butter	1 tbsp.	2 tbsp.	3 tbsp.	$\frac{1}{4}$ cup
Flour	1 tbsp.	2 tbsp.	3 tbsp.	$\frac{1}{4}$ cup
Salt	$\frac{1}{2}$ tsp.	1 tsp.	$1\frac{1}{2}$ tsp.	2 tsp.
Medium Sauce				
Milk	1 cup	1 pt.	3 cups	1 qt.
Butter	2 tbsp.	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup
Flour	2 tbsp.	$\frac{1}{4}$ cup	6 tbsp.	$\frac{1}{2}$ cup
Salt	$\frac{1}{2}$ tsp.	1 tsp.	$1\frac{1}{2}$ tsp.	2 tsp.

WASHING COOKING UTENSILS

Utensils containing sugar mixtures or greasy mixtures should be filled with hot water as soon as one is through using them. Utensils that contained, or were used for egg, flour, or mixtures other than sugar and greasy mixtures should be filled with cold water so they will be easy to clean.

Aluminum utensils will discolor if a food or a liquid containing iron or an alkali is left in it for some time. This discoloration is not harmful and it may be removed by boiling in the utensils a mild vinegar solution—2 tbsp. vinegar to 1 qt. of water—for a few minutes or by cooking some acid food in the vessel as tomatoes or a fruit. Clean, hot, soapy water should be used for soaking aluminum utensils. Food containing salt should not be allowed to stand in aluminum for any length of time as the salt may cause pitting of the aluminum.

Enamelware is a material covered with glass so one should never let it boil dry or subject it to quick change of temperature. When

foods stick to enamelware they should be soaked with a solution of soda water or in boiling water. Coarse abrasives and sharp pointed instruments might chip the coating if used for removing food which sticks to the vessel.

When food sticks to or burns on tinware remove it by heating the pan in a soda solution. Never scour a tin pan as the scouring would eventually wear thin the coating of tin exposing the metal base to rust. Tin should be thoroughly dried to prevent rusting. If tin or cast iron utensils are to be stored for some time rub with some unsalted fat or oil to guard against rust and keep absolutely dry. Cast iron absorbs flavors readily so clean it thoroughly. Chromium is a soft metal and wears off easily so no cleaning powders or metal polishes should be used on it.

WHOLESOME SUPPERS

Supper and luncheon may be the same kind of meal as dinner but usually more quickly prepared foods are served. Too, only very readily digested foods are selected so there will be no interference with sound sleep or mental activity. If part of the family cannot get home for the noon meal and must eat a cold lunch, the light meal of the day usually is served at noon and called luncheon. Supper should always be planned with reference to what one had for breakfast and dinner. Since supper is the last meal of the day, it affords an opportunity to balance up the diet of the day by including those needed foods that were not eaten at breakfast or dinner.

SUPPER PATTERNS

Light	Medium	Heavy
Soup or sandwich	Hot dish	Soup or cocktail,
Salad	Salad	Main dish
Beverage	Breadstuff	Salad
	Dessert	Breadstuff
	Beverage	Dessert
		Beverage

SUPPER MENUS

Light	Medium	Heavy
Toasted cheese sandwich	Toasted cheese sandwich	Vegetable soup
Fresh asparagus salad	Fresh asparagus salad	Toasted cheese sandwich
Milk or tea	Rhubarb shortcake	Fresh asparagus salad
	Milk or tea	Rhubarb shortcake
		Milk or tea
Creamed eggs on toast	Creamed eggs on toast	Mixed fruit cocktail
Lettuce salad	Lettuce salad	Creamed eggs on toast
Cocoa	Cocoa	Stuffed baked apple
Chicken soup	Chicken soup	Cocoa
Crackers	Crackers	Tomato juice
Mixed vegetable salad	Mixed vegetable salad	Chicken loaf
Cocoa	Bread pudding	Mixed vegetable salad
	Cocoa	Bread pudding
		Cocoa

Try preparing and serving one or more of the following supper or luncheon menus:

Cream of pea soup, tomato, cucumber and egg salad, whole wheat muffins, glazed apple and cup cookies.

Potato salad, bacon or cold meat, whole wheat bread and butter, cocoa, cantaloupe.



Virginia is making a simple pudding for the family supper.

Creamed eggs or meat on toast, sliced tomatoes, brown betty, milk. Spoon corn bread, combination fruit salad, carrot sticks, cheese and crackers, a beverage.

Mush with top milk, a crisp vegetable salad, gingerbread with a fruit sauce.

Fruit Plates for Supper or Lunch

For a Sunday night supper or a luncheon on a hot summer day, a fruit plate with a hot beverage and some special kind of bread is very pleasing to most people. The bread might be hot rolls, crisp crackers, Melba toast, nut or date bread sandwiches or brown bread. On each fruit plate there should be contrast in color, texture, and flavor. The fruit may be placed in lettuce cups or the plate may be garnished with other salad green as parsley or endive. Some combinations are:

1. Red cinnamon apples whole, stuffed with cottage cheese. Grapefruit sections and thick slices of canned peaches, sections of bananas covered with salad dressing and chopped nuts.

2. Canned peaches sliced and arranged in alternate lines with prunes, halves of canned pears filled with grated yellow cheese, candied fruit berries, and candied orange peel.
3. Slices of cantaloupe, combination salad of fresh peaches, apple, nuts, plums. Small bunch of grapes, a spiced pear, and a hard cooked egg.

Meal Management

In getting a meal it is well to keep every step of the preparation in mind. List the work in the order it is to be done.

1. What foods require the longest time to cook?
2. What foods must be cooked and then cooled before serving?
3. What can be done while foods are cooking? Setting table, warming dishes, preparing sauces or quick bread, tidying up self, washing preparation dishes.
4. What must be done just before the meal is served?
5. Plan to go from one step to another without loss of time or effort. Collect all materials and tools needed before starting.

Company Suppers

Hospitality is an important phase of homemaking. Preparing and serving a meal to guests makes for poise and personal growth. If guests are to be entertained with grace and ease, some thought should be given to planning, preparing, and serving company meals. The menu for a company meal should follow the same general rules for a home meal. For guest meals it is preferable to have foods that can be prepared ahead of time, leaving little to do after the guests arrive. It is preferable to serve only the foods one can do perfectly and with ease. Dishes which are expensive or elaborate, or which require much time and effort to prepare rarely fit in with the time or the occasion. There is a real satisfaction in arranging special table decorations, getting out the best linens, silver, and china, and in serving simple foods of high quality, beautifully cooked.

The following are some special supper or luncheon menus which one might serve for family anniversaries or for guests.

FOR A SPRING EVENING

Fresh strawberries with stems
on plate around mound of powdered
sugar
Cheese soufflé—Crisp bacon strips
Pickled beets or spiced pears
Oatmeal muffins—Preserves
Crisp cookies—Milk

FOR WINTER NIGHTS

Cream soup—Croutons, relish
Scalloped potatoes
Fruit salad (canned and fresh fruit)
Gingerbread—Honey topping
Coffee

SUMMER SUPPERS

Creamed chicken on toast
Potato chips—Sliced tomatoes
Peach Melba (cake, ice cream,
peach half, raspberry sauce)
Coffee

WAFFLE SUPPER

A tart crisp salad
Waffles
(Made at the table if possible)
Crisp bacon—Honey or maple sirup
Coffee—Nuts—Fresh fruit

Supper and Luncheon Menus (Continued):**BAKED BEAN SUPPER**

Boston baked beans—
 Steamed brown bread
 Baked apples *or* Baked whole
 tomatoes
 Boston cream pie *or* Fruit short cake
 Beverage

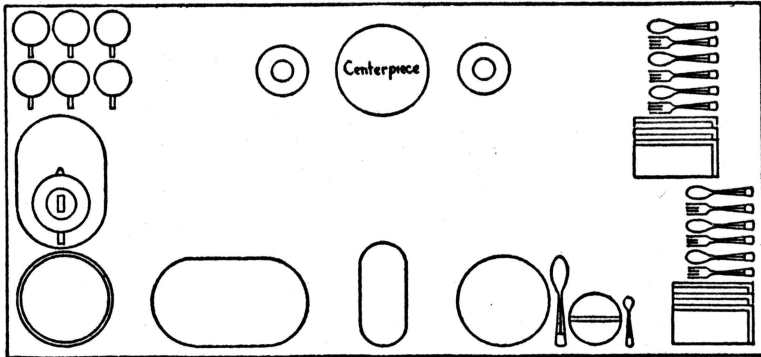


Table arrangement for a Sunday night buffet supper with the following menu: Hot chocolate, sandwiches, carrot sticks, spiced apples, nuts.

For this arrangement the table is near the wall and there is more room for the guests. If the table is near the center of the room, the guests may pass around the table. The dishes of food would then be placed along both sides of the table and the centerpiece and candles in the center of the table. The cups may be placed by twos on the tray with the beverage if the tray is large enough, and the plates above the tray.

TABLE DECORATIONS

The effect of the table as a whole should be considered when the extra dishes and the centerpiece are chosen. There should be a harmonious color combination of dishes, linen, and centerpiece. Centerpieces of flowers and of fruit or vegetables may add to the attractiveness of a table set for any meal, or for a tea or other social function. Candles add a festive note when artificial light is needed. The centerpiece should not be bushy or wide and high unless it is used as a background and the food is placed along the front of the table. The centerpiece should be suited to the occasion and the season. Flowers of mild odor and delicate colors and textures are usually preferable for a tea. Flowers with a heavy odor are rarely used as they may be very disagreeable to some of the guests. Cut flowers should be loosely arranged. Many bouquets are too crowded.

The flower container should be well proportioned to the type of flower; that is, a low dish should be used for pansies or a violet plant, a graceful dish or basket for roses, and a straight, rather high bowl for jonquils and other very straight stemmed flowers. A few well arranged flowers are often more lovely than a big bouquet or

mass of flowers. A mixed bouquet can be very interesting or pleasing. It is difficult to put stiff, formal flowers with drooping ones. The vase, bowl, or basket should hold enough water for the flowers, and the holes in the frogs or other flower holders should be large enough to hold the stems easily.

Colorful fruits or vegetables arranged on a tray or plate, or in a bowl or basket, make an attractive table decoration and some growing plants make attractive table decorations. Paper flowers or crepe paper decorations are not used except for Hallowe'en or other feature parties. Place cards may be used when a large number of guests are expected. They should be small and plain and placed above the cover or on the napkin. Decorative place cards are used only for feature parties. Menu cards are used only for meals of a commercial nature when no hostess is seated at the table. In decorating the table, one should be careful to avoid a disorderly, crowded, weary looking table. Beth Bailey, in her book on table service, says: "A well set table, in perfect balance and order, requires little table ornamentation."

TABLE SERVICE AND MANNERS

In the family type of meal service, the main part of the meal is on the table when the family is seated. The meat and vegetables are grouped around the father's cover, the salad is usually at each person's place, and the beverage is near the mother's cover. The father serves the plates and they are passed from person to person, first to the mother, next to the one at her right, and down on that side of the table until all are served. If there are guests, they are usually served after the hostess or mother. When there are older persons at the table, as a grandmother or aunt, it is more courteous to serve them before the plates are passed to the others.

The dessert may be served from the kitchen or at the table, but in either case, the used dishes should be removed. The following suggestions might well be used in the serving of another course:

1. Remove first the meat, vegetables, butter, bread, and other dishes of food with the serving silver.

2. Remove the hostess' dishes first, then the others in regular order.

3. In removing or placing dishes use the hand farthest from the guest, at the left side use the left hand and at the right side the right hand as this avoids hitting the guest with the elbow. When two dishes are to be removed use the hand farthest from the guest and transfer to the other hand before removing the second dish.

4. Do not try to remove the dishes from more than one cover at a time or do not "stack" them; that is, do not put the salad plate or other dishes on to the dinner plate in front of the person whose

dishes are being removed, as this is noisy and unattractive.

5. Remove all dishes except the cup and saucer and the glass from the left of the person. These should be removed from the right. The glasses and often the coffee cups are not removed until the close of the meal.

6. Remove crumbs, using a folded napkin and plate. Remove the crumbs from the left of each person.

7. Serve all food from the left except the beverage. Serving the foods and removing the dishes from the left makes the person being served more comfortable as he knows on which side to expect the server.

8. The water or milk glasses or coffee cups are filled either by passing the glass to the person serving the beverage at the table or by someone's filling the glasses from the right at the various covers, preferably without moving them. If it is necessary to move the glass, the hand should be placed near the bottom of the glass so that the fingers will not come in contact with the portion of the glass from which the person drinks.

9. If one not seated at the table is passing a dish from which persons are asked to help themselves, the dish should be held at the left and low enough so that the persons served can easily help themselves with their right hands.

These suggestions may be followed on such occasions as family gatherings, church suppers, and club suppers.

A GRACIOUS HOSTESS

One of the duties and fine opportunities of every girl and woman is to be a charming hostess. A girl is always seen to the best advantage when she is a gracious hostess in her own home. Some people are naturally more gracious hosts than others but everyone can learn to be a better one by intelligent practice. In inviting her guests she states clearly the place, time, and the kind of party and about how many will be there. Refreshments and the other details of the party need to be carefully planned and everything ready before the guests arrive if the hostess is to feel at ease and ready to enjoy the party. She greets the guests, sees that their wraps are removed, that they meet the members of her family and other guests, and that all are included in the conversation which is usually gay and light and of interest to all. The hostess forgets herself in trying to see that all her guests have a good time. She does not leave the party longer than is absolutely necessary and is present when the guests are leaving to receive their appreciation remarks.

Some Don'ts for the Hostess

Don't try to serve elaborate or expensive foods or dishes you have never tried.

Don't serve too many things but keep the menu and service simple.

Don't discuss the cost of any food at the table.

Don't over crowd a plate when serving it.

Don't do all the talking but try to draw all the guests into the conversation.

Don't let one or a group at one end of the table monopolize the conversation.

Don't leave the table during the meal any more than absolutely necessary.

Don't let your guests feel that you have gone to a great deal of trouble for the party or meal.

Don't go off and leave your guests but stay and remain the gracious hostess until the last guest has said farewell.

Good Manners In The Dining Room

Good manners show consideration for others. Good manners are habits one practices all the time. Certain rules for good table manners have become established through long usage in our country. Application of these rules makes a person feel at ease and inconspicuous while eating and they show consideration for others.

Check yourself and see if you regularly practice the following table courtesies. Give yourself 5 for each one you can check "yes".

- 1. Prompt at meals, and neat and clean in appearance.
- 2. Stand at left of the chair until mother or hostess is seated, and sit and rise from left of the chair.
- 3. Sit straight at the table with feet on the floor; keep the elbows close to the body when waiting, cutting food, and when eating.
- 4. Unfold the napkin below the edge of the table and at the end of the meal place the napkin in an orderly manner at the left of the plate.
- 5. Do not begin to eat until all are served or until the hostess gives the signal.
- 6. After knife, fork, and spoon are used lay them across the plate—never have a "gangplank" or allow the spoon to stand in the cup, glass, or sherbet dish.
- 7. Take small bites, chew with mouth closed, and eat slowly and noiselessly.
- 8. Do not talk with food in the mouth, or with knife, fork, or spoon in the air.
- 9. Take a drink only when the mouth is empty.
- 10. Be considerate of others—do not reach in front of them and make sure those near you are served and that dishes near you are passed.
- 11. Keep up your share of the conversation but do not monopolize it or interrupt others who are talking.
- 12. Do not make uncomplimentary remarks about the food, or express a dislike for any food that is on the table. If you do not care for the food that is served, eat a little of it so as not to attract attention.
- 13. Do not use your own silver to help yourself from the serving dish as sugar bowl, bread plate, meat platter, etc.
- 14. In using a spoon dip from you, and drink noiselessly from the side of the spoon.
- 15. Try to remove pits from fruit and bones from meat while they are on the dish before beginning to eat.

- 16. Break the bread in small pieces and butter one piece at a time.
- 17. If an accident occurs ask your hostess to pardon you, remedy the difficulty as much and as quickly as possible and try to forget it.
- 18. Never criticize the manners of older people.
- 19. Do not leave the table until all are through or until you are excused by the hostess.
- 20. Do not use a tooth pick in the presence of others.

PICNIC SUPPERS

The food for picnic suppers may be prepared ahead of time, or all or part of it may be cooked out of doors. Most people prefer to cook at least part of the meal over the camp-fire. Cooked vegetables, stews, or scalloped dishes can be taken in pans and re-heated. If the food is prepared at home, it should be the kind that can easily be eaten out of doors, and it should be packed so that it will be as wholesome, palatable and as attractive when eaten as when prepared. A bushel basket, lined with paper and carefully packed to exclude flies and dust, makes a good container for the lunch. Newspapers to eat on and towels, napkins, plates, cups, spoons, and forks make it possible to eat the lunch with some degree of cleanliness and comfort. The picnic grounds should be cleaned up and the fire put out before the group leaves the camp site.

Fish fries, steak fries, and wiener roasts are always fun and require very little preparation at home. Rolls or buns; some crisp food such as apples, head lettuce, celery, pickles, or carrot strips; a beverage; and a little sweet are all that are needed. One would need to carry a container for coffee if it is to be the beverage, and one to cook the meat in, salt, and a long handled fork. The following are other suggested menus: (1) Potato salad, meat sandwiches, radishes, onions, fresh fruit, fruit drink, and cookies. (2) Scalloped potatoes and cheese; lima beans; fresh sliced, whole, or stuffed tomatoes; gingerbread; and cider. (3) A meat and a vegetable sandwich, fruit salad, cookies, iced cocoa. (4) Cold sliced meat, potato chips, pickle, a hot vegetable, molasses cookies, fresh fruit.

Things to Remember When Planning the Picnic Lunch

1. Include some vegetable and some fruit. Raw carrot sticks, radishes, cucumbers, raw turnips, tomatoes, celery; any kind of fresh fruit or melon.
2. If there is no safe supply of water at or near the picnic place, take a generous amount along.
3. Paper napkins are very much in demand when many "finger" foods are included.
4. Try to have at least one hot dish—as scalloped potatoes, baked beans or a hot drink.
5. Wrap all food carefully and keep the food covered until you are ready to eat.

WHEN MAKING SANDWICHES:

1. Use a variety of breads. Brown bread, white bread, whole wheat bread, raisin bread, nut bread, prune bread, banana bread.
2. Cut the bread to suit the type of sandwich needed. A tea sandwich should be thin, small, and dainty—a sandwich for a 14-yr.-old boy should be big, fat, and filling.
3. All bread should be spread with butter which has been creamed so that it will spread well all the way to the edge of the bread before any type of filling is put on.
4. Sandwich filling should be high in flavor, and somewhat moist, but not soft enough to soak into the bread.
5. Sandwiches should be cut so they will be easy to eat and wrapped so they will not dry and so they will be easy to serve and to eat.

SUGGESTED SANDWICH FILLINGS

Egg—Hard cooked eggs, and green peppers, chopped and seasoned with salt and salad dressing. Chopped hardcooked eggs mixed with bits of bacon or ham.

Cheese—Shredded yellow cheese and chopped nuts. A thin piece of cheese covered with raisins or apricots put through the food chopper.

Vegetables—Mashed baked beans, slice of onion spread on brown bread. Layer of green pepper slices or of raw carrot.

Meat—Chopped meat moistened with a heavy gavy. Chopped or ground meat, pickle, salad dressing.

Sweet—Grind dried fruit, raisins, apricots, dates, figs, etc., moistened with lemon or orange juice. Chopped nuts and ground dried fruit. Peanut butter and jelly or honey or banana.

OTHER PICNIC SUGGESTIONS

Baked Beans—Punch a hole in the top of a can of baked beans and place the can in a bed of coals.

Any canned food can be heated in this way. Always be sure to make a hole in the can to allow the steam to escape or the can will explode.

Corn-on-the-Cob—Take off the outer husks. Pull out silks and remove tip ends and any spoiled areas. Bind husks over the open end of ear. Place ears in hot ashes, cover with ashes and coals and cook about 30 minutes.

Picnic Baked Potatoes—Place clean body type of potatoes—Irish or sweet—in hot ashes, cover with coals and let cook about 1 hour depending on size. Break open and serve with salt and butter.

Angels on Horseback—Use 16 bacon slices and 1 pound of cheese for about 8 people. Cut the cheese into 1 inch cubes. Wrap around with bacon, and if necessary fasten with a toothpick. Then run it through with a sharp pointed stick and toast quickly over a hot fire. Have ready a split roll with lettuce when the "angel" is ready to unhorse, or if it seems likely to fall off or run away.

Pioneer Drumsticks—Cut a stick with a diameter of about $\frac{3}{4}$ of an inch at the end. Mix a little cornflakes or other prepared cereal with hamburger. Take a small handful and press down around the end of the stick for about 4 inches making sure it holds firmly to the end. Broil over coals by rotating the stick. This won't take long and the hole left when the stick is removed is an appropriate place for pickle or relish when you put the hamburger in a toasted bun.

SUPPER AND PICNIC LUNCH

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 this year were _____

Things to Do in This Project

1. Prepare and serve 20 dishes from the following list:
Milk, eggs, salads, beverages, quick breads, vegetables and meats.
2. Plan, prepare and serve 5 family suppers or picnic lunches.
3. Set the table correctly at least 10 times.
4. Keep the Health Yardstick.

If there are several in your project group, you may enjoy planning and serving a supper, picnic lunch or other meal for 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..... | _____ |
| _____ | Eat an egg every day..... | _____ |
| _____ | Eat a dark green or yellow vegetable each day..... | _____ |
| _____ | Eat tomatoes, or a citrus fruit, or a fresh raw
leafy vegetable each day..... | _____ |

When Preparing and Serving Meals

- | | | |
|-------|---|-------|
| _____ | Plan each meal carefully..... | _____ |
| _____ | Consider kinds of foods needed each day | _____ |
| _____ | Plan a time schedule before starting to prepare the
meal | _____ |

When Preparing Vegetables

**I will
try to**

I did

_____ Use cooking methods which retain food value _____

_____ Cook them correctly to retain color..... _____

When Setting the Table

_____ Place knife at right of plate _____

_____ Place fork at left of plate..... _____

_____ Place spoon at right of knife..... _____

_____ Place napkin at left of fork _____

When Eating

_____ Hold fork in left hand with forefinger on back part
of fork when cutting...;..... _____

_____ Keep used silver on plate or other dish having none
in gangplank fashion _____

_____ Do my part to keep the conversation pleasant and
interesting _____

What I Did at Home and at Project Meetings

Prepared and served: Salads_____times, quick breads_____times,
vegetables_____times, meats_____times, simple desserts_____
times, beverages_____times. I planned, prepared and served meals
_____times.