Diners, Buffet Suppers, and Teas

(Food Preparation III)

A 4-H girl and a 4-H boy make ice cream.

The 4-H club girl in the third year of the Food Preparation project learns to plan, prepare and serve appetizing and nutritious dinners, buffet suppers and teas. This takes wise planning, skillful preparation and careful serving.

Good meals look attractive, taste good, are nicely served, include healthful foods and are moderate in cost of time and money.

*Prepared by Flora Carl and Josephine Flory, Extension Nutritionists, in collaboration with Dorothy Bacon, State Club Agent.
With good planning, preparation, and service, most people will eat the right food because they enjoy it.
Each meal should be planned in relation to the other meals of the day so the three meals give the foods needed and in the desired amounts for one day.

**FOOD FOR THE DAY**

Foods may be divided into three main groups according to what they do for the body.

The **Energy Foods** or fats, sugar and starches. They provide heat, strength and fatty tissue. In this group are bread, cereals, potatoes, sweets, butter, lard, cream, salad dressing and others. Cold weather, work and exercise increase the need for energy foods. Protein foods also may furnish energy.

The **Building Foods** or proteins, mineral salts, and water, build and maintain all body fluids and tissues except fatty tissues. The best protein foods are milk, eggs, meat, fish and cheese. The best sources of mineral salts are milk, vegetables, fruits, egg yolk, whole grain cereals and liver. Young people need much of the building foods because they are growing. Milk is excellent for building the body as it contains calcium and phosphorus to build bones and protein for muscle tissue.

The **Regulating Foods** are mineral salts, vitamins and water. These help regulate body processes, promote growth, prevent disease and maintain a healthy, vigorous body. Milk, fruits, vegetables, whole grain cereals, liver, egg yolk and cod liver oil are in this group.

Water is as essential as any food. It is a part of all tissues and fluids. It makes up 76 per cent of the body weight. Water regulates temperature, dissolves food for assimilation and helps remove waste.
CLASSES OF FOOD

Each day’s meals should include some energy foods, some building foods, and some regulating foods. These will be provided if each day’s meals contain some food from each of the following classes. The amounts given are for the normal person more than 6 years of age.

1. **Milk.**—One quart of milk for each boy or girl as long as he is growing, which is usually until the age of 21. After that, at least one pint of milk a day. This amount of milk may be taken as a beverage or eaten in soups, in desserts, with cereals, or in other foods.

2. **Vegetables and Fruits.**—Three cups or more of fruit and vegetables. One vegetable should be leafy or dark green or deep yellow; and one fruit or vegetable should be salad greens, a raw fresh fruit or vegetable, tomatoes or citrus fruit.

3. **Eggs and Meats.**—One egg, and a serving of meat, fish, cheese, or dried beans or peas.

4. **Bread and Cereal.**—One-half cup or more of oatmeal, whole wheat cereal, or other whole grain. Two or more slices of whole grain bread. All other breads and cereals enriched.

5. **Fats and Sweets.**—One to 4 tablespoons butter or other fat. One to 4 tablespoons sorghum, jelly, sugar, or other sweets.

No two foods in one class are exactly alike in food value, but may be used interchangeably. This classification is of some help in food buying. It separates foods that have little in common and brings together foods that are enough alike in food value to be compared in price. It helps little to know that eggs are 40 cents a dozen when bananas are 15 cents a pound; but it does help to know that bread is 10 cents a pound, while a cereal is 3 cents a pound.

It is easier to have an adequate diet with a variety of foods than when the number of foods is limited. It is desirable to learn to like all foods and to have a pleasing variety of foods from meal to meal. It is not necessary to have all classes of food in each meal. The day’s meals together should meet the food requirements of the individual.

The planning of balanced, adequate, attractive, palatable meals is a very important problem. The less money and time you have for meal preparation, the more thought and care will be needed for planning.

People as well as animals look and act better if they get enough of the right kinds of food every day. It is a good plan to eat first the foods you need then other foods you want. Most people can learn to like all kinds of foods.

To have a clean plate at the end of every meal is one indication of being a good citizen.
PLANNING THE DINNER

Dinner is the heartiest meal of the day. It provides the most food in quantity and variety of the three meals. Dinner may be served at noon or in the evening depending on the activities and habit of the family. It can be the time when the members of the family all sit down together and enjoy each other, as well as the food.

Menus are always in demand, but they seldom entirely suit anyone's need. They furnish suggestions, but a pattern to follow in planning the meal is often more helpful. The following is a pattern for a simple dinner:

1. A main dish which is usually meat, a meat-like or a combination meat dish;
2. 1 hot starchy food such as potatoes, rice, macaroni, corn bread, or dressing;
3. A hot vegetable as greens, peas, beans, beets, or carrots;
4. A fruit, raw vegetable or a salad;
5. Bread and butter;
6. A beverage;
7. A sweet or a dessert.

To the above pattern for a dinner may be added: a light soup, tomato or fruit juice, a melon, or a fruit or fish cocktail as a beginning to stimulate the flow of digestive juices; a relish, pickle, jelly, or other similar food to add color and flavor; and nuts or mints.

In planning meals you should consider the time and energy available for preparation and the cost and the attractiveness of the different dishes as well as the nutritive value of the food.

An attractive meal is one in which the food is well but simply cooked and the natural color, flavor, texture and form of the food are retained. A well planned meal has different kinds of foods prepared in a variety of ways. Foods of definite flavors are best when served with foods of bland flavors. For example a relish tastes good with a cream soup. Foods that are crisp, such as cabbage, radishes, or toast, may well be served with soft foods, such as scalloped or creamed dishes. Dry foods are served with moist ones.

Nothing adds more to the palatability of a meal than having all the foods at the right temperature. There are some hot and some cold foods in each well planned meal.

Usually, meat is so different from other foods that it makes a
center around which to plan. Any vegetable or fruit looks good and tastes good with meat. But a white vegetable like potatoes needs a contrasting neighbor on the plate, such as green peas, green cabbage, yellow carrots, or red beets. With the bland taste and soft texture of potatoes and peas, something flavorful and something crisp are needed. A green salad, radishes, raw carrot sticks, or freshly cut cabbage wedges would add such flavor and crispness. Crisp bacon points up bland fish, onion or sharp cheese gives character to a salad and nuts add flavor to various salads, desserts, and breads.

Food is at its best as soon as it is cooked. With careful planning all foods may be ready at the same time. Hot dishes should be served hot and cold dishes cold. This is difficult unless families form the habit of observing a definite time for meals.

Foods should be suited to the season; for instance, pancakes, doughnuts, pie, and heavy puddings are enjoyed in the winter, but when the warm days come less hearty foods are more appropriate.

### Menu-making Score Card

<table>
<thead>
<tr>
<th>Standard menu</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>100</td>
</tr>
<tr>
<td>1. Balances as to protein, sugars, starches, fat, and bulk</td>
<td>20</td>
</tr>
<tr>
<td>A dinner should have one protein dish, one hot starchy food, two vegetable or fruit dishes besides potatoes or dried beans, and sufficient volume to provide a feeling of comfortable fullness.</td>
<td></td>
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<tr>
<td>2. Suited to the family and the occasion</td>
<td>25</td>
</tr>
<tr>
<td>The food is suited to the age and activities of the various members of the family. The meal fits in with the other meals of the day and is sufficiently hearty but does not contain many foods difficult to digest. The family's likes and dislikes and the occasion are considered. The menu is appropriate for the time of year and weather.</td>
<td></td>
</tr>
<tr>
<td>3. Attractive to the eye and pleasing to the palate</td>
<td>20</td>
</tr>
<tr>
<td>There is variety in texture, flavor, and preparation. The food is colorful, well cooked, and has contrast in temperature. There is a minimum repetition of foods and the foods are served when they are at their best.</td>
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</tr>
<tr>
<td>4. Economical as to time, energy, and money costs</td>
<td>20</td>
</tr>
<tr>
<td>There is variety in the meal and no food or flavor is repeated. The meal contains not more than one dish that is difficult to prepare. The cooking utensils are few and easy to wash; the food is easily served; most of the foods used are home produced foods; few foods are purchased “ready-to-serve”; and there are no leftovers nor waste.</td>
<td></td>
</tr>
<tr>
<td>5. The food is nicely served</td>
<td>15</td>
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<tr>
<td>Hot foods are served hot and cold foods cold. There is cleanliness, order, dignity, a bit of gayety, and a feeling of leisure.</td>
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</table>
In an economical meal, home produced and home prepared foods are used. There may be a variety of foods served from day to day, but there is little variety in any meal. One kind of jelly or preserves, one starchy dish, and one meat or other protein food are sufficient.

Tested recipes and accurate measurements are used. The cooking is watched so that no food is wasted by improper or careless preparation.

PLANNING MENUS

The following are menus for a breakfast and a supper for a day in June.

**Breakfast**
- Fresh Strawberries
- Oat Meal - Milk
- Whole Wheat Muffins - Butter
- Milk - Coffee

**Supper**
- Scrambled Eggs
- Chopped Vegetable Salad
- Rye Bread
- Cookies - Milk

Consider these menus as two meals of the day. Check the foods you would include for dinner in order to have a day’s well-balanced food supply.

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Supper</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Pork chops</td>
<td>9. Cabbage salad</td>
</tr>
<tr>
<td>2. Creamed eggs</td>
<td>10. Tomato gelatin salad</td>
</tr>
<tr>
<td>3. Salmon souffle</td>
<td>11. Cornstarch pudding</td>
</tr>
<tr>
<td>4. Baked potatoes</td>
<td>12. Baked custard</td>
</tr>
<tr>
<td>5. Fried potatoes</td>
<td>13. Stuffed baked apples</td>
</tr>
<tr>
<td>7. Stewed tomatoes</td>
<td>15. Coffee</td>
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<tr>
<td>8. Salmon salad</td>
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</tbody>
</table>

In choosing the foods (marked x) consideration was given to the pattern for a day’s meals and the pattern for a dinner (1 meat or meat-like dish, 1 hot starchy food, 1 hot vegetable, 1 other vegetable, a fruit or a salad, a sweet or dessert and a beverage).

1. Pork chops (meat or a protein dish needed).
2. Creamed eggs (eggs have already been served).
3. Salmon souffle (number of eggs used in souffle).
4. Baked potatoes (for the hot starch food).
5. Fried potatoes (not as good as baked potato because meat is broiled or fried).
6. Rice (may be used, but baked potatoes seem to go better with pork—rice with beef or chicken).
7. Stewed tomatoes (the hot vegetable needed).
8. Salmon salad (not this salad, since there is a protein food used, a vegetable is needed).
9. Cabbage salad (the other vegetable, fruit or salad).
10. Tomato gelatin salad (have tomatoes as a vegetable).
11. Cornstarch pudding (need a fruit—have ample amount of starchy material).
12. Baked custard (need a second serving of fruit).
13. Stuffed baked apple (need a fruit and a dessert).
14. Milk (needed for a quart of milk a day for children—adults may prefer coffee).

Check these menus and other menus you plan on the following points:

1. It is satisfying? 
2. Does it contain not more than one food hard to digest?
3. Is it colorful and attractive?
4. Are foods of different consistency?
5. Are no foods or flavors repeated in the meal?
6. Is there contrast in method of preparing food?
7. Is there a contrast in flavor?
8. Is there plenty of bulk or roughage?
9. Is there only one starchy food?
10. Is it suited to the family?
11. Is it seasonable?
12. Is it economical?
13. Were most foods used farm grown?
14. Does it take too long to prepare?
15. Does it have contrast in texture?
16. Does it have some hot and some cold foods?
17. Was there only one food high in protein?
18. Was the dessert appropriate?
19. Were there few last minute preparations?
20. Does it follow a pattern not having too much variety?

PREPARING THE MEAL

Good cooking is associated with good meals and satisfying family life. Most girls enjoy cooking if they see it is creative work and learn to do it well. A good cook considers getting herself ready to prepare a meal as part of her work. Being spick and span with comfortable shoes and a becoming hair dress is the first step in preparing a good meal.

A good cook also plans her meals and her shopping list at least 2
or 3 days ahead. When she starts to prepare a meal she knows exactly what has to be done. She plans so everything will be done at just the right time.

Good Working Habits in Food Preparation.—When cooking make it a rule to:

1. Be accurate in measuring.
2. Keep the kitchen orderly by having a place for everything and keeping it in order.
3. Use equipment for what it is meant.
4. Avoid spilling, splashing, and making extra noise.
5. Put surplus foods away immediately after using from them.
6. Keep stove at proper temperature.
7. Prepare for cleaning as you go along, putting pans to soak, etc.
8. Learn to time your preparation accurately so the food will be done at just the right time.
9. Leave the kitchen clean and in order.
10. Enjoy your work.

SUITABLE DISHES FOR BEGINNING A DINNER

A small serving of a light food with a pleasing flavor is frequently served at the beginning of a meal to stimulate the appetite and to make the meal a special occasion. Sometimes it is desirable to serve tomato juice, or other vegetable or fruit juices, in the living room before the guests come into the dining room. If the appetizer requires the use of a spoon or fork, it is preferable to serve it at the table. A cup or small bowl of hot soup, especially a clear soup, as a consumme or bouillon is a good first course for a dinner, as is a fresh fruit, section of melon or a combination of fruit.

Tomato Cocktail.—Use canned tomato juice or strain the juice from a can of tomatoes, or stew fresh tomatoes with little or no water, and strain. Salt and serve ice cold in glass cups or small glasses at the beginning of the meal. Tomato cocktails may be varied by adding a little celery salt, onion juice, lemon juice, or by diluting about ⅛ with water in which celery has been cooked, or with the juice from kraut, or any other well flavored vegetable.

Fresh Fruit.—A handful of unstemmed strawberries on a grape
leaf or strawberry leaves, or around a mound of powdered sugar; a colorful peach with a few green leaves; a bunch of grapes with a leaf or two may be served on a bread and butter plate or salad plate. Half of a grapefruit is often served as the first course of a good dinner.

**Fruit and Melon Cocktails.**—Sections of fruit combined in a pleasing color and flavor combination and held together with a fruit juice or thin sirup make a good fruit cocktail. Serve a fruit cocktail cold, in a stem glass or a glass dessert dish. Balls of one or more kinds of melon, or melon and pieces of fruit with about two tablespoons of thin sirup in a glass dish may be served at the beginning of a meal.

**Bouillon:**

- 2 lbs. lean beef
- 2 qts. cooked tomatoes
- 4 carrots, chopped
- 6 stalks celery and leaves, chopped
- 1 small onion, sliced
- 1 small green pepper, chopped
- 3 whole cloves
- \( \frac{1}{2} \) tsp. whole peppercorns
- \( \frac{1}{4} \) cup vinegar
- Salt and pepper

Select beef shank, or neck, or some other inexpensive cut. Cut the meat into small pieces, cover with water, and simmer for 2½ to 3 hours. This makes about 1 pint of well-flavored broth. Then add all the other ingredients except the vinegar, salt, and pepper. Simmer for half an hour. Strain through a thick layer of cheesecloth, add the vinegar, and season to taste. Reheat and serve piping hot. If desired, place chopped parsley or a thin slice of lemon in each cup of bouillon.

**DINNER WITH MEAT**

Meat is one of the most popular foods in the American diet. It is the main dish around which other parts of the meal are planned. Because of its fine flavor, meat stimulates the appetite and the flow of the digestive juices.

A well planned dinner that includes meat gives a feeling of satisfaction for a longer period after eating, than one in which meat is omitted. However, because of its high flavor, it may sometimes, particularly with young children, crowd out other essential foods such as milk, plain vegetables and cereals, resulting in a diet that is not balanced.

- Meat is one of our good sources of material to build muscle tissue and red blood. In addition, it contains fat which will yield heat and other forms of energy. The lean part contains a good proportion of iron, copper, phosphorus, and vitamin B. The glandular organs of the animal, especially the liver, contain unusual amounts of iron and vitamin A. Many diets are low in these elements, particularly during the winter months. It is a great waste to throw away the liver, kidneys, sweetbreads or other organs of the slaughtered hog, beef, lamb or other animal.
Fish is classed as a meat. It has about the same nutritive value. The oil of fish is a good source of vitamin D. Fish from the ocean are an excellent source of iodine.

**Characteristics of Good Meat.**—Good meat is firm and elastic to the touch. It is free from odor, moist but not watery, and has a reasonable amount of creamy fat.

The tenderness of a freshly cut piece of meat is judged by the color and grain of the lean. The light red or pink color would indicate a younger animal and usually a more tender and less flavorful piece of meat than a dark red or purplish red color. The grain of tender meat is fine, velvety, free from connective tissue, stringiness, and gristle. It is well marbled or mottled with creamy white fat. The meat should have a good outer coating or covering of this same creamy white fat.

A red, porous, soft bone indicates a young animal and therefore tender and less flavorful meat. Bones of old animals are hard and white.

As the amount of fat increases, the tenderness increases because the fat keeps the connective tissue from binding the bundles of fiber so closely together. If the fibers of meat are cut lengthwise instead of across, the teeth have to cut through the fibers and this makes the meat seem less tender. Less tender meats have about the same nutritive value as tender cuts, and are less expensive to buy. The palatability of any cut of meat depends on the quality or grade and the cooking. Good meat can be ruined by poor cooking.

**Meat Charts—Retail Cuts***

Beef is more tender and palatable if allowed to age for 10 days or longer; while pork gets stale on standing.

All cuts of pork are tender. Pork should always be cooked to the well done stage. Beef has more juice and flavor if cooked rare.

All meat should be cooked at a low or moderate temperature. The thick pieces may well be roasted; and the thinner pieces may be braised, rather than broiled, since the higher temperature of broiling drains off fat. Bacon and ham may be broiled.

Veal cuts are similar to beef cuts but are about ⅔ to ½ the size. Veal cutlets are similar to roast steak in beef. Veal is tender but contains considerable connective tissue which requires long, slow cooking to soften it. Braising, steaming, and roasting are favorite methods of cooking veal.

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*Adapted from charts from the National Livestock and Meat Board.*
To braise meat, brown in a small amount of fat and then cook it slowly in a small amount of liquid in a covered utensil. The liquid may be juice from the meat or added water, milk, cream, or meat stock.

Veal contains too little fat and too much connective tissue to pan broil or broil. Veal chops and cutlets are usually browned first and then cooked slowly in a covered container. Veal is usually cooked to the well done stage or 170° F.

All cuts of lamb are tender. Roasting, braising, and broiling are the preferable methods of cooking lamb. Lamb combines well with vegetables and is frequently used in stews. Lamb is usually cooked to the medium or well done stage. It should always be served piping hot or very cold.

MEAT CHARTS—RETAIL CUTS

MEAT COOKERY

Meat is cooked to make it more palatable, to give a more desirable color and texture, and to destroy any bacteria, trichina, or other harmful life that may be present. The bacteria that causes tuberculosis, however, are not killed by the ordinary cooking of meat; hence, all animals slaughtered for human consumption should be known to be free from these bacteria.
If necessary, meat should be wiped with a clean damp cloth. Putting meat under running water, or letting it stand in water removes flavor and food value. Much of the palatability of meat depends upon the way it is cooked. All meat should be cooked at low temperature. A high temperature hardens the protein, causes greater loss of juices and fat, and thus makes the meat less palatable and nutritious. Even in browning meat a moderate oven temperature should be used. The browning will go deeper and be more flavorful also the lower temperature will avoid making the outside of the meat hard and tough and prevent the kitchen being filled with hot fat odor. Whether the meat is a tender or a less tender cut will determine the method of cooking.

**Tender Cuts.**—Tender cuts of meat are usually broiled or roasted to retain as much of the flavor and the juices as possible. In broiling, tender meat is cooked by direct heat, or in a heavy weight pan without a lid. This method may be used for steaks, chops, fish, and young fowl. Cut tender steak 1 to 2 inches thick. Use a little of the fat from meat to oil the skillet or broiler rack. Heat the pan and put in the meat. Cook slowly on top of the stove, in the oven or under the flame, and do not pierce or turn frequently. Steaks 1½ inches thick require about 10 minutes for a rare steak and about 12-15 minutes for one that is medium done. Salt may be added anytime. Serve broiled meat on a hot platter immediately after it is cooked. A choice steak is one from high quality meat, cut thick and broiled so that it is juicy and puffy and browned to a depth of about ½ inch.

Rare meat cuts clean, while in raw meat the tissue drags as the knife goes through.

Thick lamb or pork chops and fowl take longer than steak to broil. Pork chops ¾ to 1 inch thick should be broiled 15 to 20 minutes or until well done.

In roasting meat, the same principles of cooking meat are used as in broiling. You merely use a larger piece of meat and cook it in the oven. The temperature of the oven should be 300-350° F. In roasting, no moisture is used and the meat is cooked by dry, slow heat in a pan without a cover. Fat from the cut of meat or a strip of bacon may be placed on top of the roast to baste it. A tender piece of meat should not be covered while it is cooking.

Ordinarily you can count on about 20 minutes per pound for beef, and 25 minutes to 30 minutes per pound for roasting lamb or pork. This time varies, however, with the amount of fat and bone present, and the size and shape of the roast. Boneless roasts take longer to cook than do cuts with bone as bone is a good conductor of heat.
Score Card for Cooked Meat

Appearance.—Plump; well browned—not shriveled, burned or pale.

Texture.—Tender; moist; juicy when cut; not dry, stringy or tough; some fat between tissues.

Flavor.—Natural; not over seasoned, tasteless, burned or raw.

Roasting Chicken and Other Birds.—Place the stuffed bird breast down on a rack in a shallow pan. Do not add water and do not cover. Keep the oven temperature moderate to slow according to the dressed weight of the bird. See the time table for young birds below.

Start roasting the bird with the breast down. Keeping the back up most of the time allows the thighs to cook thoroughly without cooking the meat away from the breastbone.

Turn the bird and baste with the pan drippings or with other melted fat.

To test for “doneness”, run a cooking fork carefully into the thickest part of the breast and into the thigh next to the breast. If the meat is tender and the juice does not show a red tinge, the bird is ready for the carver’s knife.

Time Table for Roasting Young Birds (Older birds require more time)

<table>
<thead>
<tr>
<th>Weight of Bird*</th>
<th>Oven Temp.</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken</td>
<td>4-5 lbs.</td>
<td>350°</td>
</tr>
<tr>
<td>Duck</td>
<td>5-6 lbs.</td>
<td>350°</td>
</tr>
<tr>
<td>Goose</td>
<td>10-12 lbs.</td>
<td>325°</td>
</tr>
<tr>
<td>Guinea</td>
<td>2-2½ lbs.</td>
<td>350°</td>
</tr>
<tr>
<td>Turkey</td>
<td>6-9 lbs.</td>
<td>325°</td>
</tr>
<tr>
<td></td>
<td>10-13 lbs.</td>
<td>300°</td>
</tr>
<tr>
<td></td>
<td>14-17 lbs.</td>
<td>275°</td>
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<tr>
<td></td>
<td>18-25 lbs.</td>
<td>250-275°</td>
</tr>
</tbody>
</table>

*Dressed weight, that is, picked but not drawn, and including head and feet. Drawn weight is about a fifth less than dressed weight.

Roast Fresh Pork Shoulder With Savory Stuffing.—Select a 5 to 6 pound fresh pork shoulder, skin it, and remove the bones. Make a savory stuffing (see recipe p. 14). Sprinkle the meat inside with salt, and pile in stuffing. Begin to sew the edges of the shoulder together to form a pocket, and gradually work in the rest of the stuffing. Do not pack tightly.

Sprinkle the outside of the shoulder with salt and if desired with flour also. Place the roast, fat side up, on a rack in a shallow pan. Do not add water. Do not cover. Cook until tender in a moderate oven (325° F.). Allow 4 hours for a 5 pound picnic shoulder. Turn the roast occasionally for even cooking. Make gravy with the pan drippings. Remove the strings before serving.
Savory Stuffing:

1 ¼ cup chopped celery and leaves
1 tbsp. chopped onion
1 tbsp. chopped parsley
2 tbsp. fat
2 cups soft bread crumbs
¼ tsp. savory seasoning
Salt to taste

Cook the celery, onion and parsley in the fat for a few minutes. Then add the bread crumbs and other seasonings and stir until well mixed and hot.

Fried Chicken.—For pan frying in shallow fat, cut your chicken into serving portions.

Before cooking, wipe the chicken as dry as possible, season with salt, and roll in flour; or dip chicken in egg batter with a tablespoon of water and coat with very fine bread crumbs or corn meal.

Have ready a thick skillet with a half inch or more of fat heated to frying temperature, but not to the smoking point.

Put the thickest pieces of chicken in the skillet first. Leave space for the fat to come up around each piece; do not crowd.

Cover, cook at moderate heat, and turn when brown. The thickest pieces of a 3 pound chicken (dressed weight) need from 20 to 25 minutes.

Many cooks prefer to finish fried chicken in a moderate oven (300° F.) particularly when cooking several birds and skillet space is limited. Shift the well-browned pieces to a pan with a rack to let the fat drain through, cover, and let the cooking continue until no pink remains near the bone. Serve with cream gravy made with the pan drippings.

Cream Gravy.—To every 2 tablespoons of fat in the skillet allow 2 tablespoons of flour and blend well. Add 1½ cups of milk, and cook until thickened and continue cooking that long again. Add salt to taste and serve hot.

“Boiled” Ham or Shoulder.—The hock end of a ham, the picnic shoulder, and the boneless shoulder butt, are all good low-cost cuts of cured, smoked pork.

Scrub the meat before cooking. Cover with cold water and simmer (do not boil) until the meat is tender. Allow 3 to 4 hours for the hock end of a ham or for a picnic shoulder, and 2 to 2½ hours for a boneless shoulder butt. A whole ham usually requires about 25 minutes to the pound. The meat will be more juicy if allowed to cool in the broth for an hour or more.

Save the broth for cooking beans, greens or for making a soup or chowder.

Pot Roast of Beef or Veal with Vegetables.—Select from the chuck, shoulder, rump, or round, a piece of beef or veal weighing 3 to
5 pounds. Salt, flour, and tie in a compact shape. Toothpicks or metal or wooden sticks or skewers may be used to hold meat in place. Brown the meat in a heavy pot; use suet if the meat is very lean. Then slip a low rack under the meat to keep it from sticking to the pot. Add \( \frac{1}{2} \) cup of water, cover with a close-fitting lid, and cook slowly over a low fire for 2\( \frac{1}{2} \) to 3 hours or until the meat is tender when pierced with a fork. During the last hour or when the meat is almost tender, add onions, carrots, or potatoes. Cook until both meat and vegetables are tender, then remove them to a serving platter and keep hot. Make gravy with the drippings.

**Cured Pork with Sweet Potatoes:**

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\begin{align*}
1 \frac{1}{2} \text{ lbs. sliced ham or shoulder} & \quad 1 \text{ cup hot water} \\
3 \text{ cups raw sliced sweet potatoes} & \quad 1 \text{ tbsp. drippings or other fat} \\
2 \text{ tbsp. sugar} &
\end{align*}
\]

Cut the ham or shoulder into pieces for serving. If the meat is very salty, parboil it in water and drain. Brown the meat lightly on both sides and arrange the pieces to cover the bottom of a baking dish. Spread the sliced sweet potatoes over the meat, sprinkle with sugar. Add the hot water to the drippings in the frying pan and pour over the sweet potatoes and meat. Cover the dish and bake slowly until the meat and sweet potatoes are tender. Baste the sweet potatoes occasionally with the gravy. Toward the last, remove the lid and let the top brown well.

**Cooking Meat to Make it More Tender.**—Less tender cuts of meat can be made more tender (1) by slow cooking with water; (2) by pounding or grinding, which breaks the connective tissue; (3) by adding an acid such as that of tomato juice, other vegetables or vinegar.

Many attractive, palatable dishes can be made by using one or all three of these methods in cooking meats. A Dutch oven or any heavy utensil with a rack and well fitted lid is preferable for cooking less tender cuts of meat. This type of container may be used on top of the stove for cooking the meat if the oven is crowded or not being used.

**Hamburg Steak with Cream Gravy:**

\[
\begin{align*}
1 \text{ lb. ground raw beef} & \quad 1 \text{ cup top milk, or undiluted evaporated milk, or medium white sauce} \\
1 \text{ tbsp. flour} & \quad 2 \text{ tbsp. suet, butter or other fat} \\
\frac{1}{2} \text{ cup soft bread crumbs} & \\
1 \text{ tsp. salt} &
\end{align*}
\]

Add the flour and salt to the ground meat and mix thoroughly. Blend the bread crumbs and liquid, add to the meat and mix thoroughly.
Melt two tablespoons of suet, or other good flavored fat in a heavy skillet. Drop the soft meat mixture by spoonfuls into the fat and flatten out into cakes. Fry slowly until the cakes are brown on both sides. Serve immediately or keep hot until ready to serve. Make cream gravy with the pan drippings and serve hot with the meat.

**Meat Loaf:**

- 2 lbs. ground raw lean meat
- ¼ lb. suet or mild salt pork
- 2 or 3 stalks of celery, chopped
- Sprig of parsley, cut fine
- 1 small onion, chopped

For a meat loaf select one kind of meat or a mixture of two or more kinds. Cut the suet or salt pork into small pieces, and fry until crisp. Cook the celery, parsley, and onion in the fat for a few minutes. Stir in the flour and gradually add the milk, stirring constantly and cooking until thickened. Combine all the ingredients and mix well.

To make a meat loaf, mold the loaf on a piece of tough paper. Place the meat and paper on a rack in an uncovered shallow pan and bake in a moderate oven (350°F). Do not add water, allow about 1½ hours for baking. Serve hot or cold.

**Veal Birds:**

- 2 lbs. veal steak, cut in 3x4" pieces
- ½" thick
- 1 cup bread crumbs
- 1 egg

If there are veal trimmings, grind and add to the bread crumbs, slightly beaten egg, seasoning and enough water to moisten. (1 tablespoon lemon juice and crisp bacon add flavor to this stuffing). Spread stuffing over each piece of veal. Salt roll and fasten with toothpicks. Roll in flour and brown on all sides in butter. Add cream and simmer, covered for about ½ hour or until tender. Serve hot with the cream gravy.

**Fish Fry Picnic.**—Few foods are more delicious than freshly caught fish cooked in a frying pan over an open fire. To have a fish fry instead of a hamburger picnic, take along a paper sack containing a well sifted mixture of yellow corn meal and white flour, half and half, and salt to taste. You will also need a pancake turner to turn the fish, a heavy metal frying pan and enough fat to have about a ¼ inch layer in the frying pan.

Have the fire built long enough ahead to allow it to burn down to a bed of coals as this provides the most even heat for frying. Have the fat hot—but not smoking when the fish are placed in the pan.
After the fish are dressed and ready for cooking, dip them in cold water and then shake them in the meal and flour mixture until well coated on all sides. Place in the hot fat, brown on one side, then on the other and serve immediately.

A green salad, bread, a drink and a sweet along with the fried fish make a good meal for a campfire fish fry.

**Variety in Preparation.**—By preparing meats in a variety of ways one can avoid monotony. The following list, for instance, gives 17 ways of serving chicken.

<table>
<thead>
<tr>
<th>Broiled</th>
<th>En casserole</th>
<th>Croquettes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fried</td>
<td>A la king</td>
<td>Chicken in aspic jelly</td>
</tr>
<tr>
<td>Smothered</td>
<td>Patties</td>
<td>Salad</td>
</tr>
<tr>
<td>Roasted</td>
<td>Loaf</td>
<td>Cold-sliced</td>
</tr>
<tr>
<td>Stewed with</td>
<td>Braised</td>
<td>Chicken pie</td>
</tr>
<tr>
<td>dumplings</td>
<td>Hash</td>
<td></td>
</tr>
<tr>
<td>Creamed</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Left-over Meat.**—Small portions of meat can be made to go a long way and be made very appetizing by serving in the following ways: combined with rice, noodles, bread, or cracker crumbs to form meat loaf or croquettes or to use in stuffing peppers, tomatoes, cucumbers, and onions for baking; in meat pies with baking powder biscuit or mashed potato crust on top; with vegetables, dumplings, spaghetti, or noodles; in stews, scalloped dishes, hash, or creamed meats; and in salads.

Roasted, broiled, braised, or fried meats may be accompanied by canned, freshly cooked, pickled, or spiced, tart fruits such as cherries, plums, apples, peaches, and gooseberries. Tart jellies or sauces are also frequently served with meat.

**VEGETABLES FOR DINNER**
Vegetables are an essential part of a dinner. Because of their color, form, texture, and flavor they contribute much toward making the meal attractive and appetizing. Usually two vegetables are served for dinner; one hot and one cold. Often one is a dark green or a yellow vegetable.

All vegetables are better if they have grown rapidly; are gathered when young and tender, and are cooked soon after they are gathered. Corn, peas, and asparagus, in particular, lose much of their sweet flavor if they have to wait. If it is necessary to gather them some time before cooking, they should be kept in a damp, cool place and not be husked, shelled or peeled until time to begin cooking them.

**COOKING VEGETABLES**

Much of the nutritive value, flavor, texture, and attractiveness of vegetables depends on how they are cooked and served.

Certain vegetables give more food value to the body when eaten raw than when cooked. Some persons cannot tolerate much roughage and need to eat sparingly of coarse raw vegetables. Cabbage, carrots, endive, Chinese cabbage, turnip, rutabagas, spinach, romaine, and lettuce are very palatable served raw in salads. Sections of small tender carrots and strips of green pepper may be served like celery. Their crisp crunchiness, fresh flavor, and bright color make them an addition to almost any meal.

Cooking vegetables softens their cellulose or fiber and cooks the starch. Cooking quickly helps retain food values and palatability. Long, slow cooking of fresh vegetables impairs color and texture and often develops strong flavors and odors.

Since much of the important food value of vegetables is next to the skin, baking and boiling in the skin are good methods of cooking.

Stirring, especially, while hot, causes loss of vitamins and may injure the appearance of a vegetable.

Form the habit of cooking vegetables according to the following seven rules:

1. Choose fresh firm, crisp vegetables and wash them thoroughly.
2. Peel, cut or soak in water as little as possible.
3. Start all vegetables cooking in boiling salted water.
4. Use as small a quantity of water as possible and use a flat bottomed pan with straight sides and a well fitted lid. With green vegetable remove the lid for about the first two minutes of rapid steaming.
5. Cook vegetables until they are just tender, not soft.
6. Season them simply. All cooked vegetables taste good with only salt and 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.

Most homemakers prefer to cook just enough vegetables for one meal. It may save time to cook a larger quantity and warm them for the next meal, but reheating wastes food value and impairs the flavor, color, and texture of the vegetable.

Suggested Score for Cooked Vegetables

<table>
<thead>
<tr>
<th>Points</th>
<th>Color.—Natural, bright, not brown, grey or dull</th>
<th>Texture.—Tender but not soft or cooked to pieces, not hard or having a raw, starchy taste</th>
<th>Flavor.—Natural, not lost or diluted. Not strong flavors due to over-cooking, not covered up with other flavors</th>
<th>Food Value Retained.—Minerals and vitamins not lost by prolonged soaking, cooking, standing, bruising, wilting, or by discarding any of the liquid used</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
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<td>30</td>
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</tr>
<tr>
<td>40</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>100</td>
<td></td>
<td></td>
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<td></td>
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</tbody>
</table>

The time required for cooking vegetables varies with the variety, the size of the pieces, the quality of the vegetables and its maturity, as well as the method of cooking. In using the following table, bring the vegetable to the boiling point as soon as possible and begin counting time when the vegetable begins to boil. Have oven temperature 350° to 400° F. Cook each vegetable the shortest time possible to give a palatable product.

Approximate Time Table for Cooking Vegetables

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Baked</th>
<th>Boiled</th>
<th>Vegetable</th>
<th>Baked</th>
<th>Boiled</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>10-20 min.</td>
<td></td>
<td>Eggplant</td>
<td>20-30 min.</td>
<td>10 min.</td>
</tr>
<tr>
<td>Beans, fresh lima</td>
<td>20-30 min.</td>
<td></td>
<td>Kale</td>
<td>10-25</td>
<td></td>
</tr>
<tr>
<td>Beans—</td>
<td></td>
<td></td>
<td>Kohlrabi</td>
<td>20-25</td>
<td></td>
</tr>
<tr>
<td>navy or lima 3-4 hrs. Simmer 2-3 hrs.</td>
<td></td>
<td></td>
<td>Okra</td>
<td>10-15</td>
<td></td>
</tr>
<tr>
<td>Beans, snap</td>
<td>20-30 min.</td>
<td></td>
<td>Onions</td>
<td>30-45 min.</td>
<td>30</td>
</tr>
<tr>
<td>Beets</td>
<td>40-60 min.</td>
<td>30-45</td>
<td>Parsnips</td>
<td>30-40</td>
<td>20-30</td>
</tr>
<tr>
<td>Beet greens</td>
<td>10-20 “</td>
<td></td>
<td>Peas</td>
<td>10-20</td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td>10-20 “</td>
<td></td>
<td>Potatoes</td>
<td>45-60</td>
<td>35 “</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>10-20 “</td>
<td></td>
<td>Rhubarb</td>
<td>15-25</td>
<td>5 “</td>
</tr>
<tr>
<td>Cabbage, quarters</td>
<td>10-15 “</td>
<td></td>
<td>Spinach</td>
<td>5-10</td>
<td></td>
</tr>
<tr>
<td>Cabbage, shredded</td>
<td>5-10 “</td>
<td></td>
<td>Squash</td>
<td>45-60</td>
<td>10-20</td>
</tr>
<tr>
<td>Carrots</td>
<td>40-60 min.</td>
<td>15-20 “</td>
<td>Sweet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td>15-25 “</td>
<td>7-20 “</td>
<td>potatoes</td>
<td>45-60</td>
<td>20-30</td>
</tr>
<tr>
<td>Corn on cob</td>
<td>10-15 “</td>
<td></td>
<td>Turnips</td>
<td>10-20</td>
<td></td>
</tr>
<tr>
<td>Dandelion greens</td>
<td>10-20 “</td>
<td></td>
<td>Salsify</td>
<td>30-40</td>
<td>20 “</td>
</tr>
</tbody>
</table>
Steaming vegetables without pressure, requires about 20 per cent more time than boiling but the steamed vegetable retains its form better than the boiled vegetable. When steaming with pressure follow the directions that are given with the pressure sauce pan used.

**Panned Vegetables.**—Panning is a very satisfactory method of preparing watery vegetables, such as cabbage, okra, spinach, and mushrooms. The vegetable is cut into small pieces and cooked on top of the stove in a flat, medium, or heavy weight pan with a well fitted lid. A little fat is added to prevent sticking. The water that cooks out of the vegetable evaporates so there is no excess of liquid. If the panning is carefully done, it is possible to add some milk or cream without having the cooked vegetable too moist. The vegetable then contains all its own flavor and food value, as well as that of the milk or cream.

**Scalloped Vegetables.**—Many vegetables, such as celery, onion, cabbage, peas, carrots, string beans, egg plant, cucumbers, potatoes, tomatoes, or spinach and other greens, may be scalloped. Boil the vegetable in salted water until it is tender. Make about $\frac{1}{2}$ as much white sauce as vegetable using the proportion of 2 tablespoons butter, 2 tablespoons flour, and $\frac{1}{2}$ teaspoon salt to 1 cup of milk. Melt the butter, add flour, and when it has bubbled up thoroughly add the milk gradually. Stir constantly and cook until it has thickened. Butter a baking dish, put in a layer of cooked vegetables, then a layer of white sauce, and repeat until several layers are formed. Cover with buttered crumbs and bake in the oven until the vegetable is thoroughly heated and the crumbs are browned.

Cheese, hard cooked eggs, fish, or meat may be added between the layers of vegetables to make a “one dish meal.”

**CANNED, FROZEN AND DRIED VEGETABLES**

Canned vegetables are especially desirable for quick meals. All the preliminary preparation and cooking is done and little time and labor are required to make them appetizing and appealing. All the juice from the canned vegetables should be used since it contains a good portion of the food value and the flavor of the vegetables. Family meals are very likely to be low in minerals and vitamins if the juices from freshly cooked and canned vegetables are repeatedly drained off and if this liquid cannot be served in any way that cooked vegetables are served.

Canned vegetables should not be used if the food looks spoiled or if there is the slightest off odor. All home canned vegetables with the exception of tomatoes, sauerkraut, and other acid vegetables
should be boiled 10 minutes before they are tasted to avoid the danger of botulinus poisoning. This poison is eliminated by boiling.

When preparing frozen vegetables it is desirable to avoid letting them thaw. They should be placed in boiling water while still frozen and cooked only until tender. They cook in about half the time required for the fresh vegetable. Frozen vegetables should be served as soon as they are cooked as that quality of freshness for which they are valued is quickly lost if the vegetables are over-cooked or have to stand or wait.

Before cooking dried or dehydrated vegetables refresh them in water. The water that was dried out of them needs to go back into the vegetable. Warm or hot water will usually go back into the vegetable more quickly than cold, and just enough to cover the dried or dehydrated vegetable nicely should be used to refresh it. The time for refreshing will vary from 3 minutes to 3 hours depending on the vegetable and the size of the pieces. As soon as the vegetable is refreshed or plump looking it should be put on to cook in the liquid in which it was refreshed. Allow the vegetable to simmer rather than boil. Cook the dried vegetable, as other vegetables, only until tender. Season the cooked dried vegetable simply and serve immediately.

Vegetable Plates.—The vegetable plate is becoming one of America's favorite meals. Generally, it includes a dark green or deep yellow vegetable, another vegetable to add color, a starchy vegetable for filling, and a raw vegetable or a fruit served as a relish, or a salad. To add crispness and contrast in flavors, some cheese, crisp bacon, dried beef, eggs, or bits of ham are usually included in the preparation of one of the vegetables, or they are served as a part of a vegetable plate. A hot bread, butter, a glass of milk, and a simple dessert served with the vegetable plate make it a well balanced, satisfying luncheon, supper, or dinner.

Suggestions for Vegetable Plates

1. Harvard beets, green beans buttered, hard cooked egg, white radishes, corn fritters.
2. Scalloped greens with cheese, baked squash, buttered okra, carrot sticks.
3. Asparagus and endive salad, baked potato, celery and carrots with cream, new potatoes buttered.
4. Cucumber stuffed with ham, steamed tomatoes with yellow corn, green lima beans, little green onions.
5. Buttered spinach, baked potato, baked stuffed onions, sections of cabbage, hard cooked egg.
6. Whole tomatoes stuffed with cottage cheese, green lima beans and corn, buttered spinach.
7. Baked potato, broccoli with cheese sauce, fried or broiled tomatoes, celery.
8. Corn-on-the-cob, baked tomato stuffed with left-over meat, shredded green beans topped with slices of hard cooked egg, buttered onions.
9. Shelled beans or blackeyed peas, cooked with ham hock, panned okra, slices of onion, and pickled beets.
10. Stuffed green pepper, fried eggplant, succotash, buttered carrots and parsley with lemon butter.

**Green Beans A La Russe**

| 1 pt. green beans | 1 tbsp. vinegar |
| ½ cup sour cream | 2 tbsp. chopped parsley |
| 2 tbsp. flour | 2 tbsp. chopped onions |
| 1 tbsp. sugar | Salt |

Fry onions and parsley in melted butter. Add flour, stir, add ½ cup liquid from beans, seasoning, sugar, and vinegar. Add beans and heat thoroughly. Just before serving add sour cream and serve hot.

**Escalloped String Beans.**—Put drained beans in shallow greased, baking dish. Pour tomato sauce over beans, cover with buttered bread crumbs, mix with grated cheese and bake in moderate oven until the sauce bubbles and the crumbs are brown.

**Tomato Sauce:**

| 2 tbsp. flour | 1 cup tomato juice |
| 2 tbsp. butter | ¼ tsp. salt |

Blend flour and butter together. Add tomato juice and salt and cook until it thickens and then a few minutes longer to make sure the flour is well cooked.

**French Green Beans.**—Slice green beans lengthwise. Add a small amount of boiling, salted water. Cook about 15 minutes or until tender. Add butter or diced bacon and serve immediately.

**Green Bean Salad.**—Marinate the small, whole, cooked, green beans by letting them stand in a French dressing. Arrange on salad greens with a thin slice of onion and pickled beets.

**Vegetable With Cheese Sauce.**—To hot, well-drained cooked broccoli, greens or green beans, add a ribbon of cheese sauce made as follows:

| 2 tbsp. flour | 1 cup milk |
| 2 tbsp. butter | ¼ tsp. salt |
| ¼ cup grated cheese |

Blend flour and butter together. Add milk and salt. Cook until it thickens and then a few minutes longer. Remove from fire and add grated cheese. Stir until the cheese is melted. Pour cheese sauce over the hot, well-drained green vegetable.

**Kale and Rice Ring.**—Cook 2 quarts of kale, drain if necessary and add 2 tablespoons of bacon fat or salt pork drippings. Make a ring with 3 cups of hot cooked rice and fill the center of the ring with the
vegetable. Or mix the seasoned vegetable and the rice together and serve. Hot, fluffy, mashed potatoes may be used for the ring instead of the rice.

**Escaloped Greens:**

- ¾ cup canned spinach or other greens
- 1 cup medium white sauce
- 1 cup buttered crumbs

Place a layer of vegetables in a greased baking dish then a layer of white sauce. Repeat until all of materials are used. Sprinkle top with buttered crumbs. Bake in a moderate oven (350° F.) until sauce bubbles up and crumbs are browned.

**Stewed Okra and Tomatoes.**—Add 3 cups each of diced okra and tomatoes to 3 tablespoons of melted fat in a saucepan. Salt. Cover and cook for about 10 minutes. Remove the cover and cook a little longer for the liquid to evaporate. Serve piping hot.

**Ham and Vegetable Chowder:**

- 2 cups diced raw potatoes
- 1 cup chopped cabbage
- 1 onion, chopped
- 1 green pepper, chopped
- 2 cups ham liquor
- 1 pt. milk
- 1 cup chopped cooked ham
- Salt

Boil the vegetables in the ham liquor until they are tender. Then add the milk and ham. When heated, season to taste.

**With Wheat.**—Follow the recipe above but instead of the vegetables listed use 2 cups of cooked cracked or whole-grain wheat, 2 cups of diced raw carrots, and a slice of onion. Add more milk or ham liquor if needed.

**Club Sandwich:**

- Toast
- Lettuce
- Cooked bacon or ham
- Cold sliced chicken
- Large ripe, skinned tomatoes, sliced thin
- Thick salad dressing
- Radishes, olives, or pickles

Make double-decker sandwiches with slices of toasted bread, buttered. Arrange the other ingredients in layers of lettuce, bacon or ham, chicken, and tomato, with enough salad dressing to moisten. Insert toothpicks to hold the sandwiches together and garnish with crisp lettuce and radishes, olives, or pickles.

**Scalloped Cabbage and Apples:**

- 2 qts. shredded cabbage
- 1 qt. tart sliced apples
- 1 tbsp. sugar
- 2 tsp. salt
- 2 tbsp. fat
- 1 cup bread crumbs

Grease a baking dish, and place a layer of cabbage and then of apple. Sprinkle with sugar, salt, and dot with fat. Repeat until all ingredients are used. On the top layer sprinkle the crumbs. Cover and bake until the cabbage and apples are tender. Remove the cover for the crumbs to brown. Serve from the dish.
Scalloped Onions and Peanuts.—Measure 3 cups of cooked onions, 1 cup of ground roasted peanuts, 1 cup of thin white sauce, 1 cup of bread crumbs blended with a little melted fat. In a baking dish make layers consisting of onions, peanuts, and sauce. Cover the top with bread crumbs. Bake in a moderate oven until the crumbs are golden brown.

SALADS

Salads help us achieve variety in our menus because of the number of different foods and food combinations that can be used. A salad is one of the best ways of serving left-overs. Fruit and vegetable salads add nutritive value, color, flavor, and a crisp texture to meals; and for these reasons they may well be served each day.

A pleasing salad for the family should not require many minutes for preparation. It really takes no longer to prepare a carrot and cabbage salad than cole slaw, or a spring salad of raw spinach and lettuce than plain wilted lettuce.

Salads need not be expensive. A large variety of excellent salads may be made from home produced foods. Hickory or hazel nuts, crisp pickles, tart apples, cottage cheese, a variety of fresh, dried and canned fruits and vegetables for salads, and sweet or sour cream, eggs, and milk for salad dressings are usually available in the farm home.

A salad may be served with the main course or served as a separate course. In either case, it should not contain a fruit or vegetable that is used in any other way in the meal. Dinner is a hearty meal and usually the best salad to serve with it is a fruit salad or a light vegetable salad with a simple dressing.

When served with the main course, the individual salads may be placed on the table before the meal, or the salad may be served from a salad bowl or platter by the hostess, or it may be served on the dinner plate with the main course. An extra fork is not necessary but may be used.

Salad Greens.—Some salad greens that can be raised at home and used are lettuce, parsley, endive, Chinese cabbage, chicory, spinach, escarole, romaine, nasturtium leaves, or any young, tender, edible leaves.

The salad greens may be shredded with a cutter or scissors to form a bed for the salad, or arranged as a nest or cup to hold the rest of the salad. The method of serving depends somewhat upon the kind of greens and the salad material that is used.

Salad greens, whether used as the foundation of the salad or as
a garnish, should be cold, crisp, thoroughly clean, and dry. Each leaf should be washed separately and shaken lightly before it is placed on the plate. If the green is to be kept for a time, wrap it in a clean damp towel or place in a damp bag which may be made from a flour sack, and keep it in a cool place. Wilted greens may be freshened by placing in cold water for not longer than an hour.

**SALAD DRESSINGS**

An easy way to vary the salad is to use a different kind of dressing. A variety of salad dressings can be made from a plain cooked salad dressing, a mayonnaise, or a French dressing.

Any salad dressing contains three essential ingredients: an acid, (usually lemon juice or vinegar), a fat, and seasoning. In the uncooked dressing the fat is usually cream or one of the vegetable oils, olive oil, or a combination of olive oil and one of the less expensive oils. Any fat of desirable flavor that is liquid at room temperature may be used. Bacon fat, rendered chicken fat, and drippings from fresh pork or cured ham are excellent in French dressing.

A cream or a French dressing may be used on such raw vegetables as cabbage, lettuce, or other salad greens, tomatoes and cucumbers; it may be used on cooked vegetables such as beets and asparagus. French dressing made with vegetable oil may be used on fruit salad. It is also used to marinate foods for salads. To marinate, pour the French dressing over the food and let it stand for about an hour, drain off the excess dressing, and then add the marinated food to the rest of the salad.

Cooked dressing and mayonnaise may be used with any salad combination. Thousand Island, Russian, and cheese dressing are used for plain lettuce or other leafy salads; on such vegetables as cucumbers, tomatoes, and asparagus; and on fruits.

A Russian dressing is made by adding chili sauce to mayonnaise dressing. Catsup is sometimes used instead of chili sauce. A Thousand Island dressing is made by adding chili sauce or catsup, chopped pickle, hard cooked egg, carrot, or other solid bits of firm, tasty foods to the mayonnaise.

Plain chopped pickle, chow-chow, cheese, minced onion, olive, hard cooked egg, raw carrot, celery or any such food material may be added to a French or plain cooked dressing for variety.

**French Dressing:**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>1 tsp. salt</td>
<td>4 tbsp. vinegar or lemon juice</td>
</tr>
<tr>
<td>¼ tsp. cayenne</td>
<td>8 tbsp. oil, chicken or bacon fat</td>
</tr>
<tr>
<td>¼ tsp. paprika</td>
<td>1 tsp. sugar</td>
</tr>
<tr>
<td></td>
<td>onion juice or other seasoning</td>
</tr>
</tbody>
</table>
Combine seasonings and vinegar, mix well. Add oil and beat with fork just before using. This dressing may be made in large quantities and put in a glass jar or vinegar cruet and shaken just before using.

**Fruit Salad Dressing:**

- 2 egg yolks
- $\frac{1}{4}$ cup sugar
- $\frac{1}{6}$ tsp. salt
- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{4}$ cup pineapple or orange juice
- 1 cup whipped cream (sweet or sour)

Blend the sugar, salt, and egg yolks. Add liquid and cook until thickened. Stir constantly while mixture is cooking. It is a good precaution to cook dressing in a double boiler. Cool, and just before using, fold in whipped cream. Whipped cream alone or mixed half and half with any salad dressing is also good dressing for fruit salad.

**Sour Cream Salad Dressing (Cooked):**

- 1 cup sour cream
- 2 eggs
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. mustard
- 1 tbsp. sugar
- $\frac{1}{2}$ cup vinegar
- A few drops of tabasco sauce

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

**Suggestions For Salad Preparation**

1. Salad greens should be crisp, cold, and dry.
2. The ingredients should be cut in small pieces and yet the pieces should be large enough to be identified.
3. The ingredients should be cold and moist but not sloppy. They should be mixed by tossing lightly with forks. Stirring gives a broken, messy, heavy looking salad. Some salads as a fruit and a cooked vegetable salad, do not need mixing and seem more attractive if each fruit and vegetable is kept separate. Since nuts and chopped raisins tend to darken a mixture they should be added at the last.
4. The flavor of meat, fish, beets, asparagus, and some other vegetables may be improved by marinating.
5. All home canned vegetables used in salads should be boiled for ten minutes and chilled to avoid any chance of food poisoning.
6. Meat and potato salads are best when made several hours before using and allowed to stand to develop flavor; but nearly all other salads except congealed salads should be put together just before serving. Almost any food can be put in a congealed or jellied salad and thus gotten ready ahead of time.
7. To keep apples or bananas from turning dark, one should cut them immediately before using, or cut and sprinkle with lemon or other tart juice, or cut them directly into the salad dressing.
8. Something crisp or crunchy, such as nuts, celery, raw apples, cabbage, cucumber, pepper, or raw carrot will improve most salads.
9. Most salads have ingredients with such bright fresh colors that they do not need to be decorated. When garnishes are used, they should be edible food materials.
10. Salads should not appear to have been handled or to have been too carefully placed or patted down.
4-H RECORD
Project - Food Preparation III

DINNERS, BUFFET SUPPERS AND TEAS

<table>
<thead>
<tr>
<th>Name</th>
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<tr>
<td>Address</td>
<td>County</td>
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<tr>
<td>Date Project Started</td>
<td>194</td>
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<tr>
<td>Name of Club</td>
<td></td>
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<tr>
<td>Project Leader</td>
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**Club Activities**

I attended ______Club meetings.

I attended ______ Food Preparation project meetings.

I gave or assisted in giving ______ demonstrations at club and project meetings.

I made ______ exhibits of my products and helped to make ______ educational exhibits.

I attended County Achievement Day ______, Camp ______

District Round-up ______ State Fair ______

---

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
REQUIREMENTS

<table>
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<th>Prepare and Serve:</th>
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<tr>
<td>Salad</td>
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<tr>
<td>Dessert</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Soup</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Yeast bread</td>
<td>5</td>
<td></td>
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<td>Appetizer</td>
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<table>
<thead>
<tr>
<th>Prepare and Serve Meats:</th>
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<tbody>
<tr>
<td>Fish or wild game</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Liver, kidneys, heart, brains or sweetbreads</td>
<td>1 each</td>
<td></td>
</tr>
<tr>
<td>A tender cut</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>A less tender cut</td>
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<td></td>
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</tbody>
</table>

| Plan, Prepare and Serve Family Meals | 3 days |        |

Experiences I Had in My Dinner Project
Suggested Score Card for Salad

**Appearance.**—Colorful, bright not dull, dry and glossy rather than watery or juicy. Amount on plate or in bowl in good proportion to size of bowl or plate.

**Texture.**—Crisp, tender, not wilted, tough, over mature or soft. Pieces suitable size, not too large or small.

**Flavor.**—Pleasing—tart—amount and kind of salad dressing suitable to type of salad and all in one place or each part coated.

**Suggested Combinations for Salad.**—Recipes for salads are unnecessary, as ingredients may be combined with any desired proportion, the amounts varied according to the supply on hand. Cabbage, apples, cheese, or nuts can be added to practically any kind of salad for variety or to increase the amount of food value. The following are some suggested combinations for salad:

- **Cabbage** combined with carrots; with carrots, raisins and apples; with carrots, nuts, and coconut; with green pepper and minced onions; with equal parts of raw turnips and apples; with tomatoes and cucumbers; with apples and peanuts or bananas; with horseradish and beets.

- **Tomatoes** combined with cottage or cream cheese; with cucumber, onion or green pepper; with hard cooked egg and celery, stuffed with a cabbage combination, chicken salad, cheese and green pepper.

- **Potatoes** combined with hard cooked egg, celery, and green pepper or onion; with crisp bacon or ham bits, pickle, and onion; with fresh tomato, hard cooked eggs, and parsley.

- **Lettuce** combined with equal parts of raw chopped spinach, cabbage, or water cress and small quantity of radishes, and minced onion or green pepper; shredded with hard cooked eggs, with green beans, and pickled beets or onions.

- **Lima or kidney beans** combined with onions and pickles; with string beans and slices of onions or green peppers and pickles; with cheese, hard cooked eggs, and pickle.

- **Apples** combined with nuts and celery or raisins; with water cress; with dates; with raw turnips or rutabagas; with celery or cabbage and mint leaves; with bananas and nuts. Pared, cored, and boiled in sirup with or without red hots and served cold with celery or nuts or other fruit.

- **Prunes** stuffed with cottage or other cheese; with any other fruit or nuts.

- **Other fruits** such as canned or fresh peaches, pears, or pineapple, combined with cottage cheese or American cheese, celery or nuts; any
combinations of drained, diced, canned, or fresh fruit that give a pleasing color and flavor.

*Chicken* with ham and celery or with apple; celery and pecan or bacon; cucumber and celery.

*Cottage Cheese* in jellied lemon and ginger ale salad or with shredded spinach or mixed with sour cream and used as a dressing for cole slaw or other salad.

**Cranberry-Apple Salad:**

2 apples  
2 cups fresh cranberries  
1 orange  
1 package raspberry or cherry jello

Put apple, including peel, cranberries and orange (with peel) through the food chopper. Dissolve jello in 1 cup of boiling water and chill until partly set. Add ground fruits with approximately 1 cup juice, mix well, pour into mold and chill.

**Jellied Veal Salad:**

1 veal knuckle, about 2 lbs.  
2 qts. cold water  
1 onion, sliced  
2 tbsp. gelatin  
4 tbsp. cold water  
½ cup finely cut celery  
Salt  
2 tbsp. finely chopped parsley  
2 tbsp. finely chopped green pepper or pimento

Crack the bones. Wash the knuckle well and cover with the 2 quarts cold water. Add the onion. Heat slowly to the boiling point, then simmer for about 3 hours, or until the meat is tender. Pour off and measure the liquid. There should be about 3 cups. Remove the meat from the bones, discarding all gristle and bone splinters, and either grind or chop the meat very fine. Soften the gelatin in the 4 tablespoons of cold water and add to the hot stock, chill, and when partly set add the meat and seasonings, and stir until well mixed. Rinse a large mold or individual molds, pour in the mixture, and allow to stand some hours or overnight in a refrigerator or other cold place. When thoroughly stiffened, turn the jellied meat out on crisp lettuce. Serve with salad dressing. Garnish with thinly sliced cucumber and tomato, if desired.

**BREAD FOR DINNER**

The type of bread served with a dinner will vary with the other foods served and the likes and dislikes of the family. A quick bread, such as corn bread, biscuits, or muffins, makes the meal seem more filling than if yeast bread were used. A hot bread is frequently used in place of the hot starchy food. When hot breads are served, it is necessary to allow more time and energy for last minute preparation and for serving the meal. It will cost less to use yeast bread for the family than to use hot or quick breads. But a common-place meal
can be turned into something special with a good hot bread. Orange muffins are nice for dinners, buffet suppers or for teas if made in small tins.

**Orange Muffins:**

<table>
<thead>
<tr>
<th>2¼ cups flour</th>
<th>8 tbsp. sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 tsp. baking powder</td>
<td>¾ cup orange juice</td>
</tr>
<tr>
<td>1 tsp. salt</td>
<td>2 eggs</td>
</tr>
<tr>
<td>8 tbsp. sugar</td>
<td>8 tbsp. melted fat</td>
</tr>
</tbody>
</table>

Sift dry ingredients together. Add the orange juice and melted fat to the slightly beaten eggs, then pour into the dry ingredients. Bake in well oiled tins for about 15 minutes at 375° F.

Any 4-H girl would be proud to serve these muffins.

**Prune Whole Wheat Bread:**

| 1⅛ cups whole wheat flour | 1 egg, beaten slightly |
| 1 cup enriched white flour | 1 cup liquid—milk and prune juice |
| 6 tablespoons sugar | 1 cup cooked chopped prunes |
| 3 teaspoons baking powder | 2 tablespoons melted fat |
| 1 teaspoon salt | |

Combine dry ingredients. Combine beaten egg, chopped prunes, and liquid. Combine dry and liquid mixtures and fat. Bake in a greased loaf pan 1 hour at 350° F.
Spoon Corn Bread.—Cook 1 cup of yellow corn meal for about 5 minutes in 2 cups of milk and 1 teaspoon of salt. Add 2 tablespoons butter, 1 teaspoon sugar, 1 cup milk, and 2 egg yolks—fold this mixture into 2 well beaten egg whites. Pour into a buttered dish and bake about 40 minutes in a slow moderate oven (350° F.). Serve at once from the baking dish with a spoon.

YEAST BREAD*

Homemade yeast bread will always be a favorite with some persons and many families find it more economical to make rather than to buy their bread. Making yeast bread is not a difficult task, and yeast bread can be made at any season of the year.

Since temperature is one of the important factors in the growth of the yeast plant, and consequently in the texture and flavor of the bread, a thermometer is an aid to making good bread. A dairy thermometer is inexpensive and can also be used for other products.

In making yeast bread, there are three necessary ingredients: flour, liquid, and a leavening agent. Other materials may be added to improve the flavor, texture, and appearance of the bread.

Flour.—Flour from the wheat grain is best for making bread because it contains a large amount of gluten. This is the part of the flour which mixed with a liquid gives an elastic, sticky material that makes it possible to form dough. The gummy mass left in the mouth after chewing wheat grains is gluten.

Spring wheat contains a larger amount and a different kind of gluten than winter wheat. The flour made from spring wheat is called hard wheat flour, while the flour made from winter wheat is called soft wheat flour. Most persons prefer soft wheat flour for biscuits, pastry, and cake because it gives a more tender and a lighter product than does hard wheat flour. For light or yeast breads, however, hard wheat flour is usually preferred because it absorbs more liquid, making a larger and a different textured loaf. Delicious bread can be made of Missouri soft wheat flour, but a different recipe and method of making must be followed than that used with hard wheat flour.

Bread made from soft wheat flour requires the use of more sugar and more yeast. A softer dough must be used than in making bread from hard wheat and the dough must be kneaded less, and handled more gently. The dough rises more quickly but not so high. Consequently, the loaves are smaller than those made from an equal quantity

*For more information on the making of bread, ask your home demonstration agent or county agent for Missouri Extension Circular 521, "Betty Bakes Bread".
of hard wheat flour, but are just as nutritious. The bread has a finer, more cake-like texture, a different flavor, and it dries out a little more readily.

Graham or whole-wheat flour is made from the whole grain of either hard or soft wheat. There is no standard formula for manufacturing graham or whole-wheat flour and samples from different mills vary.

**Liquid.**—The liquid used in bread-making may be either water, milk, buttermilk, or potato water, or a combination of any of these. The moistness of the bread depends upon the kind of liquid used, the amount used, and the way in which the bread is baked and cooled. Bread made with potato water or milk keeps fresh longer than bread made with water.

**Yeast.**—Yeast is a tiny, colorless, oval-shaped plant. For growth it needs air, food, moisture, and the right temperature.

The kind and amount of yeast used in bread-making depends upon the time allowed for the process. Either dry, compressed, granulated, or a liquid yeast may be used successfully if the yeast plants are in a good growing condition.

There are four general forms of yeast used: granulated yeast, compressed yeast, dry yeast cake, and ferment starter or liquid yeast.

In compressed and in granulated yeast the plants are active, living cells. The yeast is moist and bread is made with it by the straight dough or short process. This yeast must be kept in a cool place before it is used in order to prevent it from growing, using up the food supply, and then dying, and to prevent mold and bacteria from growing upon it. Compressed yeast should be of uniform creamy color, even texture, and should break with a clean break. If it is dark or streaked, stringy, moldy or ropy, or if it has an off odor, it should not be used.

In dry yeast cakes, the yeast plants are kept in a dry state. The yeast is mixed with corn meal, or a similar material, pressed into cakes, and the moisture dried out. There is no growth of the yeast while the plants are kept in this manner. When using dried yeast use the sponge or long process of bread making.

Liquid yeast is sometimes spoken of as a starter. In this form the one doing the baking grows the yeast plants in a liquid which contains some substance that the yeast plant uses for food, such as sugar, flour, or potato. To have starter for the next baking, a part of the liquid is taken out, a little sugar or starch material added, and this set aside so more yeast plants can grow for the next baking of bread.

Unless you bake often and keep this form of yeast under the most
sanitary conditions in clean, well covered utensils in a cool place, bacteria are likely to get into it and a sour-tasting bread will result. The jar in which the yeast is kept should be scalded and well aired each time before using so that it will be relatively free from bacteria.

Fat is used to make bread tender and it adds to the fuel value of the bread.

Sugar added in a small quantity increases the activity of the yeast, causes the loaf to brown nicely, and adds to the flavor of the bread.

Salt is added to improve flavor. In too large quantity it will retard the growth of yeast. 2 to 2½ teaspoons of salt for each pint of liquid is the amount usually used.

METHODS FOR MAKING BREAD

There are two general methods used for making bread—the straight dough, quick or short process and the long process. If the temperature is kept between 80 and 84° F. bread can be made by the straight dough or quick process in about 4 hours from the time the dough is mixed until the loaves are put into the oven. By the long process it takes about this same time after the sponge is made up in the morning. The time can be shortened by the use of the larger quantity of yeast and more sugar, but then the dough must be watched very closely or a bread with less desirable texture and flavor will result.

Bread Using Dry Yeast—Long Process:

3 cups milk 2 tbsp. fat
1 cake dry yeast 3 tbsp. sugar
4 tsp. salt About 10 cups flour

1. Scald the milk to kill bacteria which spoil the flavor or texture of bread.

2. Place yeast in ¼ cup luke warm water. This softens it so it can be distributed easily through the sponge. A luke warm liquid should be used because a high temperature will kill the delicate yeast plants.

3. Add the sugar and salt to the scalded milk and cool. They may be added in the morning when the sponge is made into a dough.

4. When the liquid is luke warm, add the softened yeast cake and mix.

5. Add about half the flour, or enough to make a light batter or sponge and beat well. Add the melted fat and beat. Beating incorporates air for the yeast plants and develops the gluten.

6. Cover this sponge with a clean cloth and let stand in a warm place (80-85° F.) until light and bubbly. Usually the sponge is set
in the evening and allowed to stand over night. Yeast grows best at 80-85°F., which is a little higher temperature than in a comfortable room. If the yeast is chilled or overheated it will stop growing and consequently delay and perhaps diminish the rising process.

7. In the morning or when the sponge is light and bubbly, gradually add the remainder of the flour or just enough so the dough comes clean from the bowl and can be placed on a board and kneaded. Different flours absorb different amounts of liquid so the amount of flour needed can be determined only by experience. The flour should be added gradually because if too much is added, the bread will be harsh, dry and crumbly.

8. Sprinkle a small amount of flour on a dry, clean board, turn the dough on the floured board, and knead. Use a quick even stroke, gathering up the dough with the fingers, pushing the lifted portion down twice with the lower part of the palms, and turning the dough one quarter of the way around in the second downward stroke. Kneading is necessary to develop the gluten and to distribute the gas bubbles which are formed by the action of the yeast plants on the flour.

9. Knead the dough until it does not stick to the hands or board, and until it is smooth, velvety, spongy, and elastic to the touch. A bread mixer makes it possible for an inexperienced person to mix and knead the bread.

10. After kneading, place the dough in a bowl, grease lightly and put in the thermometer, cover tightly, and put in a warm place (80-85°F.) to rise. If the dough is not greased or covered tightly, a crust may form which will cause streaks in the loaf of bread. If the dough is kept too warm, more than 90°F. while it is rising, the bread may have a coarse texture and sour flavor.

11. When the dough has doubled in bulk, and when, if lightly pressed with the finger, it retains the dent, push the center in, pull the sides over and press into the center, and turn the ball of dough over so the smooth side is up. This can be done in less than 2 minutes and is preferable to taking the dough out of the bowl and kneading. The object of this kneading is to break up the gas bubbles so that fermentation can continue without injuring the gluten by stretching it too far.

12. Grease, put in thermometer or cover tightly and allow it to rise, at 80-85°F., until doubled again. This usually requires about an hour.

13. When doubled in bulk, turn onto the board, knead lightly until reduced to its original bulk, then shape into loaves and place in the pan in which it is to be baked. Bread baked in single loaves
bakes evenly, has a better crust, color, and shape than when several loaves are baked in the same pan.

14. Set the pans containing the dough in a warm place, cover, and when double in bulk, put in a medium hot oven, about 400° F. for 15 min. then lower the temperature to 350° F. and bake until well done. This requires about 45 minutes to an hour for a one pound loaf. Bread should sound hollow when thumped and should shrink from the pan at the end of the baking period.

15. Remove from the pan and place on a rack or across the bread pans to cool. Wrapping up the loaves, or putting them in the box while still warm, favors the growth of mold and frequently results in undesirable odors and flavors and a soft instead of a crisp crust.

16. Store the bread in a ventilated tin container, or in a covered earthenware container, which is frequently emptied, scalded, and sunned, so it will be free from mold and odor, and yet will keep the bread moist.

Yeast Bread—Short Process.—This method of making bread differs from the long process only in the length of time needed for making the bread, and in the method of adding the flour. In the short process no sponge is set overnight. Compressed or granulated yeast is used and the dough is made the morning of the day the bread is to be baked.

The liquid, yeast, flour, sugar, salt, and fat are all mixed as in making the sponge in the long process except that all the flour is added and the dough is kneaded at once. It is set in a warm place (80-85° F.) until it is double in bulk, then punched down, allowed to rise again, made into loaves, allowed to rise, and baked.

Bread Variations.—A variety of breads may be made by adding to the first mixing, some flavorful foods such as diced fruits, nuts, peanut butter, cocoanot, or cheese. Fruit bread keeps well, and cheese and nut breads are especially good toasted. All of these breads are especially good in sandwiches and are very good in picnic or school lunches. Use the same proportions as given for white bread; increase the sugar to 6 tbsp. and add 1½ cups of soaked, drained, and chopped dried fruit (raisins, apricots, prunes, figs, or dates), 2 cups of nuts (hickory, peanuts, pecans, or walnuts), 1½ cups of shredded cocoanot, or 1½ cups of peanut butter. For cheese bread, add 2 cups of grated cheese but do not increase the sugar.

Graham and Whole Wheat Bread.—Bread made from whole wheat flour contains more mineral salts, vitamins and flavor than does bread made from white flour. It is desirable to have about half of the bread you eat made from a whole grain or dark flour.
Graham or whole wheat bread can be made by the long or short process method. Whole wheat flour has less gluten than white flour, the dough ferments more quickly, and is softer and more moist. Great skill is required to make light yeast bread with all whole wheat flour. It is easier to make bread using about \( \frac{1}{2} \) whole wheat flour and \( \frac{1}{2} \) white flour. The following ingredients will make 3 pounds of whole wheat bread:

- 3 cups milk
- 1 cake yeast
- 4 tbsp. brown sugar
- 3 tbsp. fat
- 4 tsp. salt
- About 8 cups whole wheat flour

**Score Card—Yeast Bread**

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<td>Shape—well proportioned, evenly rounded top</td>
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<tr>
<td>Crust—uniform browning except slightly darker on top, about ( \frac{1}{6} ) or an inch deep, crisp, tender, smooth, free from cracks and bulges</td>
<td>10</td>
</tr>
<tr>
<td>Volume—light in weight in proportion to size</td>
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</table>

<table>
<thead>
<tr>
<th>Internal characteristics</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>Texture—tender elastic crumb, free from dryness or doughiness</td>
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</tr>
<tr>
<td>Grain—fine cells elongated upward, evenly distributed, cell walls thin</td>
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</tr>
<tr>
<td>Color—characteristic of ingredients used, free from dark streaks</td>
<td>10</td>
</tr>
<tr>
<td>Flavor</td>
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<tr>
<td>A blend of well-baked ingredients, free from undesirable flavor from bacterial action (sourness) or of yeast or other ingredients</td>
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</tr>
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</table>

**Total** | 100

**Ice Box Rolls:**

- 1 cake compressed yeast softened in \( \frac{1}{2} \) cup lukewarm water
- \( \frac{1}{2} \) cup fat
- \( \frac{1}{2} \) cup sugar
- 1 cup hot mashed potatoes
- 1 cup potato water
- 2 tsp. salt
- 1 egg, beaten
- About 6 cups flour


**Sweet Rolls:**

- 1 cup milk
- 1 cake compressed yeast softened in \( \frac{1}{4} \) cup lukewarm water
- \( \frac{1}{4} \) cup sugar
- \( \frac{1}{4} \) cup fat
- 1 egg
- 1 tsp. salt
- About 5 cups flour

Proceed as for yeast bread, adding the well beaten egg just before

*Farmers' Bulletin 1775.*
the flour. After the first rising make into coffee cakes, breakfast or any type of fancy rolls. When three-fourths done brush with egg yolk mixed with powdered sugar moistened with cream or with ¼ cup milk sweetened with 1 tablespoon sugar.

**Parker House Rolls:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1 cup milk</td>
<td></td>
</tr>
<tr>
<td>1 cake yeast softened in ¼ cup lukewarm water</td>
<td></td>
</tr>
<tr>
<td>1 tbsp. sugar</td>
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</table>

Proceed as for whole wheat bread. Let rise until double in size then make into rolls. Let rise until double in bulk. Bake from 10 to 15 minutes at 425°F.

If 4 tablespoons sugar and 2½ tablespoons fat are used in this recipe the dough may be stored in the refrigerator and used over a period of several days. These refrigerator rolls should be given time to warm up and double in size before baking—about 2 hours or so.

**Orange Rolls:**

<table>
<thead>
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<th>Ingredient</th>
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<tr>
<td>1 cup mashed potatoes</td>
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</tr>
<tr>
<td>1 cup scalded milk</td>
<td></td>
</tr>
<tr>
<td>1 cake compressed yeast softened in ¼ cup lukewarm water</td>
<td></td>
</tr>
<tr>
<td>About 5 cups flour</td>
<td></td>
</tr>
</tbody>
</table>

Mix hot milk with mashed potatoes and when lukewarm, add crumbled yeast cake and half the flour, and beat thoroughly. Cover and let rise in warm place until doubled in bulk. Combine egg, salt, sugar, orange rind, juice and fat. Add to light sponge and beat well; gradually stir in remaining flour and knead until smooth. Put in greased bowl and cover. Proceed as for parker house rolls.

**YEAST ROLL VARIATIONS**

**Parker House.**—Roll ¾ inches thick, lift from board to allow it to shrink. Cut 2 inch rounds, crease in middle, brush with melted fat; fold, place 1 inch apart on oiled tins, brush with melted fat to keep soft.

**Twists.**—Roll in 8 inch strips, twist from ends in opposite directions and then bring ends together. Place 1 inch apart, brush with egg yolk diluted with 1 tablespoon of milk.

**Bread Sticks.**—Fold a beaten egg white into parker house mixture before adding the flour. When light form into small rolls, then roll with palms of hands into long smooth rolls the thickness of a pencil. Cut in 6 inch lengths and place 1 inch apart. Bake slowly until dry and crisp.

**Salad Sticks.**—Make as bread sticks and sprinkle with salt before baking.
All these different rolls were made from the same basic dough.

**Crescents.**—Roll dough \( \frac{1}{4} \) inch thick, cut in 3 inch squares and cut each square diagonally, brush with melted fat and roll each triangle from base to point. Press point down firmly and bring ends together to form a crescent.

**Fan Tans.**—Roll dough very thin—\( \frac{1}{8} \) inch—brush with fat, cut in strips 1 inch wide, pile 6 or 7 together and cut into \( 1 \frac{1}{2} \) inch pieces. Place cut side down in oiled muffin tins.

**Braids.**—Roll dough \( \frac{1}{4} \) inch thick, cut in \( \frac{1}{2} \) inch strips, then braid using 3 or 4 strands.

Swedish tea ring, an attractive variation of yeast rolls.

**Clover leaf or Shamrock Rolls.**—Shape small bits of dough into small balls. Fit 3 or 4 into oiled muffin tins.

**Swedish Tea Ring.**—Roll to \( \frac{1}{8} \) or \( \frac{1}{4} \) inch thick, spread with
melted butter, sprinkle with chopped nuts, currants or raisins, cinn­mon and sugar. Roll as for jelly roll, cut small piece off each end and join to form a ring on oiled cookie sheet. Cut gashes 1 to 2 inches apart beginning at outside and extending about to center.

CAKE AND OTHER DESSERTS

Desserts may be classified as light, medium, and heavy, according to the kinds of materials used. Fruit whips, fruit gelatin, sponge cakes, and sherbets are light; custards, milk puddings, simple frozen desserts, gingerbread, and cup cakes are medium; and pies, whipped cream desserts, rich frozen desserts, rich puddings, and rich cakes are among the heavy desserts. The dessert should be as carefully planned in relation to the meal as is the main dish.

Cake.—Cake may be served as the entire dessert; with fruit or a frozen dessert; as a short cake with fresh or canned fruit; with a light dessert such as those made with custard or gelatin; or as a pudding with a fruit or sweet sauce. Sponge cake may be spread with jelly or rolled into a jelly roll. Cake is really a luxury, rather than one of the essential foods; and one should use only the best available ingredients for making it.

A good grade of soft wheat flour, makes the best cake, whether the flour is packaged and sold under a special name, or bought by the sack. If it is necessary to use a hard wheat, or bread flour, reduce the amount by 2 tablespoons for each cup of flour required in the recipe. Use fine sugar, fresh eggs, and good fat or shortening. Butter gives a fine flavor, but chicken fat, lard, or other cooking fats may be used if of good flavor. If substituting lard or another cooking fat for butter in a cake, reduce the amount of fat 2½ tablespoons and add ½ teaspoon salt for each cup of butter required in the recipe. Cream may be used in place of butter. One cup light cream replaces ¾ cup milk and ¼ cup butter. One cup medium cream replaces ⅔ cup milk and ⅛ cup butter. One cup whipping cream replaces ½ cup milk and ½ cup butter. When using sour cream, add ½ teaspoon soda for each cup sour cream and use less flour.

THREE GENERAL METHODS FOR MIXING CAKES

1. The creaming or conventional method:
   (a) Cream fat until waxy looking.
   (b) Add sugar gradually and continue creaming after all sugar is added, until mixture is fluffy and light in color.
   (c) Add the flavoring and egg yolk beaten until light. Blend.
(d) Add sifted dry ingredients alternately with the milk, being careful never to add enough milk to let the fat separate (curdled appearance). Begin and end with flour. Beat thoroughly.

(e) Fold in stiffly beaten whites.

2. The quick whip, or bowl method:
   (a) Have all ingredients at room temperature. Sift all dry ingredients.
   (b) To the fat, which should be warmed to room temperature and stirred just to spread out, add the unbeaten egg, flavoring, half of milk and the sifted dry ingredients. Beat thoroughly for 1 minute by the clock or 100 full strokes.
   (b) Add rest of liquid and beat thoroughly for 2 minutes.

3. The muffin or batter method:
   (a) Sift dry ingredients into mixing bowl.
   (b) Make a well in this mixture.
   (c) Beat eggs, add liquid, flavoring and melted fat.
   (d) Turn liquids into the dry ingredients.
   (e) Beat 2 minutes or give 200 strokes.

Any of the three methods may be used for most cakes and cookies containing fat. Good products can be prepared by any of these methods in which one has developed skill. The whip and the batter methods save time and effort. The resulting product is at its best when served hot or fresh. These cakes have a crumb which is flaky but lacks fineness of grain. The creaming method produces a cake with a more stable emulsion than either of the others. It is recommended for cakes that are not eaten fresh. The crumb is velvety and the cake has a fine even grain. This conventional method is usually recommended for rich cakes.

A tapering earthenware or glass mixing bowl and a light, well shaped wooden spoon are most efficient for mixing cakes. A good wooden spoon is more comfortable to handle, leaves no trace of color on bowl or mixture, and makes less noise than a metal spoon.

Plain Cake with Fat—Basic or “Pattern” Recipe:

1 cup sweet milk 3 tsp. baking powder
3 cups soft wheat flour ½ tsp. salt
2 eggs 1 cup sugar
½ cup fat 1 tsp. vanilla

Bake in moderate oven 350-375° F.

Hot Sponge Cake:

2 eggs 1 tsp. baking powder
1 cup sugar ½ tsp. salt
1 tsp. vanilla ½ cup milk
1 cup enriched flour 2 tbsp. butter
Combine eggs, sugar, and vanilla and beat until thick. Add sifted dry ingredients. Heat milk and butter, add to above mixture. Bake in buttered pan 8x8" in a moderate oven (350° F.) 30 to 40 minutes. Remove from oven and frost.

**Frosting**.—¾ cup brown sugar, 1 cup cocoanut, ¼ cup cream, ½ cup butter, melted. Combine all ingredients, blend well. Frost cake, return to hot oven or broiler to brown.

**Lemon Filling:**

1 cup sugar
2 tbsp. cornstarch
2 lemons, grated rind of 1

Mix together the dry ingredients, add the lemon rind and the juice and the slightly beaten egg. Cook the mixture in a double boiler for about 10 minutes, remove it from the fire, add the butter, then spread it on the cake.

**Sour Cream Applesauce Cake:**

½ cup heavy sour cream
¾ to 1 cup sugar.
½ cup unsweetened thick applesauce
½ tsp. salt
1 tsp. cinnamon
2 cups sifted flour

Mix sour cream, sugar, and applesauce. Sift the dry ingredients together and add to the first mixture with the raisins and nuts. Mix well. Pour into a well greased bread pan and bake in a moderate oven (350° F.) for about 1 hour.

**Honey Tea Cakes:**

½ cup fat
½ cup honey
½ cup sugar
2 eggs

Cream the fat, gradually add the honey, and sugar. Add eggs and beat until well blended. Sift dry ingredients and add alternately with milk to the honey mixture. Pour into individual paper baking cups or oiled small muffin tins. Bake 25 to 30 minutes in oven at 375° F. For variety, 1 cup chopped nuts, hickory preferred, may be added.

**Orange Cake:**

½ cup butter
1 cup sugar
1 egg
1 cup sour milk
½ tsp. salt
½ tsp. soda
1 tsp. baking powder
2 cups flour
2 oranges
1 cup raisins
½ cup nuts
1 cup powdered sugar

Cream the butter and add the sugar gradually. Continue creaming. Beat egg and add milk. Sift other dry ingredients together. Juice the oranges. Grind the rind and the raisins.
Add the liquid and dry ingredients alternately to the fat mixture and beat. Add the nuts and \( \frac{3}{8} \) of the ground raisins and orange rind. Pour in oiled cake pan and bake 45 minutes at 350° F.

Pour \( \frac{1}{2} \) of the orange juice over the cake while still warm so it will soak in. Make an icing out of the rest of orange juice, powdered sugar and that other \( \frac{1}{6} \) of rind and raisin mixture. Ice cake while still warm.

**Cocoa Cake:**

| 2 cups flour | \( \frac{1}{2} \) cup cocoa |
| 1 tsp. baking powder | \( \frac{1}{2} \) cup butter |
| 1 tsp. salt | 1 tsp. vanilla |
| \( \frac{1}{2} \) tsp. soda | 3 eggs |
| 1 \( \frac{1}{2} \) cup sugar | 1 cup sour milk |

Measure dry ingredients into sifter. Measure fat into mixing bowl and stir just to soften. Sift in dry ingredients, add \( \frac{1}{2} \) of milk, vanilla and eggs. Mix until all flour is dampened, then beat 1 minute (allow at least 100 full strokes per minute if mixing by hand. When using electric mixer, mix at low speed and time by the clock). Add the rest of the milk, blend and beat 2 minutes longer. Turn batter into two greased 9" layer pans and bake at 350° F. for 30 minutes.

**Sponge Cake:**

| \( \frac{1}{2} \) cup egg yolk | 1 cup soft wheat flour |
| \( \frac{1}{2} \) cup egg whites | 3 tbsp. lemon juice |
| 1 cup sugar | \( \frac{1}{2} \) tsp. salt |

Add salt to egg whites and beat until stiff enough to stay in the inverted bowl. Add half the sugar gradually to the whites. Beat the yolks until thick and lemon colored and add the last half of the sugar gradually to the yolks. Add the lemon juice to the yolk mixture. Fold the sifted flour (measure after sifting) into the yolks, alternately with the whites. Bake in an ungreased pan in a slow oven (300° F.) for about 1 hour. Invert the pan and cool before removing.

**Baking a Cake.**—Much of the success of the cake depends on its baking. Sponge cakes should be baked from 40 to 60 minutes in a slow oven—300 to 350° F. Butter loaf cakes are baked from 45 to 60 minutes in a moderate oven—350 to 400° F., and butter layer cakes, 20 to 30 minutes in a moderate oven. Fruit and pound cakes require 1\( \frac{1}{2} \) to 4 hours in a slow oven. The shape and size of the cake determine the time required. A loaf cake takes more time and slower oven than does a sheet or layer cake.

The time required for baking a cake should be divided into quarters. 1. During the first quarter the cake should begin to rise. 2. During the second quarter it should continue to rise and begin to brown. 3. During the third quarter it should continue to brown. 4. In the fourth quarter it should finish baking. Cakes, when done,
Score Card for Cake Without Fat (Sponge)

External characteristics .......................................................... 30
Shape—symmetrical, level top ..................................................... 10
Surface ......................................................................................... 10

Unfrosted: Smooth, uniform light brown.
Frosted:
Consistency—characteristic of kind, creamy, moist, free from stickiness, crystals, or crustiness.
Flavor—characteristic of kind, delicate, and pleasing in combination with cake.
Distribution, style, and color—suitable to kind of cake and frosting.
Volume—lightweight in proportion to size ................................ 10

Internal characteristics ............................................................... 40
Texture—tender, feathery, resilient crumb ................................. 20
Grain—fine, round, evenly distributed cells with thin cell walls;
free from tunnels ........................................................................ 10
Color—uniform, characteristic of the kind of cake ............... 10
Flavor ............................................................................................ 30

Delicate, free from excessive flavor of egg, flavoring, or acid .... 30

PERFECT SCORE 100

Score Card for Cakes Containing Fats

External characteristics ................................................................. 30
Shape—symmetrical, slightly rounded top, free from cracks or peaks ................................................................. 10
Surface .......................................................................................... 10

Unfrosted: Smooth, uniform light brown except where ingredients darken the color.
Frosted:
Consistency—characteristic of kind, creamy, moist, free from stickiness, crystals, or crustiness.
Flavor—characteristic of kind, delicate, and pleasing in combination with cake.
Distribution, style, and color—suitable to kind of cake and frosting.
Volume—light in weight in proportion to size ......................... 10

Internal characteristics ................................................................. 40
Texture—tender, moist crumb, velvety feel to the tongue .... 20
Grain—fine, round, evenly distributed cells with thin cell walls;
free from tunnels ........................................................................ 10
Color—uniform, characteristic of the kind of cake ............. 10
Flavor ............................................................................................ 30

Blended flavor of ingredients. Free from undesirable flavor from fat, leavening, flavoring, or other ingredients ........... 30

PERFECT SCORE 100
shrink from the sides of the pan, spring back quickly when pressed with the fingers, and a tooth-pick or wire cake tester, inserted into the center of the cake will come out clean.

After baking, turn the cake out on a cake rack or onto a clean brown paper. If the cake is inclined to stick, loosen it carefully around the edges and rest the pan on its four sides successively and the weight of the cake will help it out. A cold wet cloth placed on the bottom of the pan will also help loosen it.

Any cake of the sponge variety is best left suspended in the pan in which it was baked until it is cold, when it will come out by itself. A cake cooled in a draft may fall.

Recipe for Gingerbread:

\[
\begin{align*}
\frac{1}{4} \text{ cup fat} & \quad 1 \text{ tsp. ginger} \\
\frac{1}{2} \text{ cup sugar} & \quad 1 \text{ tsp. soda} \\
\frac{1}{2} \text{ cup molasses} & \quad \frac{1}{2} \text{ tsp. salt} \\
2 \text{ cups flour} & \quad \frac{1}{4} \text{ cup sour milk} \\
1 \text{ egg} &
\end{align*}
\]

Melt fat and mix with sugar. Add molasses and mix thoroughly. Sift in part of the dry ingredients which have been well stirred together. Add some of the sour milk and continue adding dry ingredients and milk alternately until all have been used. Add well beaten egg. Put into a well greased pan and bake in a slow oven about 25 minutes.

Oatmeal Crispies:

\[
\begin{align*}
\frac{1}{4} \text{ cup fat} & \quad 1\frac{1}{2} \text{ cups flour} \\
1 \text{ cup brown sugar} & \quad 3 \text{ cups rolled oats} \\
1 \text{ cup sugar} & \quad 1 \text{ tsp. salt} \\
2 \text{ eggs} & \quad \frac{1}{2} \text{ tsp. soda} \\
1 \text{ tsp. vanilla} & \quad \frac{1}{2} \text{ cup nuts}
\end{align*}
\]

Cream the fat, gradually add the brown sugar, the white sugar and the vanilla. Sift the dry ingredients together. Beat the eggs and add alternately with the dry ingredients. Add the nuts. Mix well. Form in a long roll. Chill thoroughly. Slice \(\frac{1}{4}''\) thick. Bake in ungreased cookie sheet in a moderate oven (350° F.) about 10 minutes or until done through and brown.

Cherry Pudding:

\[
\begin{align*}
1 \text{ cup sugar} & \quad \frac{1}{2} \text{ tsp. salt} \\
1 \text{ cup milk} & \quad 1 \text{ qt. canned cherries or other tart fruit} \\
2 \text{ tbsp. butter} & \quad 2 \text{ tbsp. butter} \\
2 \text{ cups flour} & \\
2 \text{ tsp. baking powder} &
\end{align*}
\]

Sift the dry ingredients together, add the melted butter and milk. Beat well. Pour into an oblong baking dish or pan. Heat the canned fruit, add the butter and pour over the batter in the pan. Bake and serve hot with cream or a fruit sauce.

Blue plums, peaches, blackberries or gooseberries may be used.
Bavarian Cream:

1 qt. fruit
1 cup sugar
1 pt. whipping cream
2 tbsp. gelatin
½ cup cold water
¼ tsp. salt

Soften the gelatin in cold water. Mash the fruit with the sugar and rub it with the juice through a sieve. Place in a sauce pan and simmer for 5 minutes. Remove from the fire and add the gelatin and stir until dissolved. Chill and when the mixture begins to thicken, fold in whipped cream. Place in wet mold. When set, serve with plain or whipped cream.

FROZEN DESSERTS

One part of salt should be used to 8 parts of ice. The can should not be more than ¾ full of the dessert mixture because it expands on freezing, and crowding causes a coarse texture. The dasher should be turned at an even rate, slowly at first, but rapidly thereafter. After freezing is completed, the dasher should be removed, the opening stopped, the freezer packed with ice, covered well and set aside to ripen. It takes about 3 hours to ripen a frozen cream, sherbet or ice. Gelatin or junket added to frozen milk desserts improves their texture, gives more body and the product does not melt down so rapidly.

Lemon Sherbet:

1 qt. milk
1½ cup sugar
1 tbsp. gelatin
1 tbsp. grated lemon rind
¾ cup lemon juice (3 or 4 lemons)
2 eggs

Soften gelatin in ¼ cup water. Blend sugar and eggs, beat until light, add 1 pint of the milk which has been scalded and continue heating in a double boiler until it coats a spoon. Add softened gelatin; cool, add to the remaining cold milk, then add the lemon rind and juice, strain and freeze to a mush-like consistency using 6 to 8 parts ice to one of salt. Remove dasher. Pack, using 3 to 4 parts ice to 1 part salt and allow to ripen 1 to 2 hours.

For pineapple sherbet replace half the lemon juice with orange juice and add 1 cup drained crushed pineapple.

Blackberry Sherbet.—Grind 1 quart of fresh blackberries. Add 1¼ cups of sugar and heat until the sugar is melted. Pour 1 quart of whole sweet milk or of fresh, strained buttermilk in a freezer. Add ¼ teaspoon salt. Add the berries and sugar. Freeze.

Velva Fruit (1 gal.):

6 cups fruit puree
1½ 2 cups sugar
2 tbsp. lemon juice (omit for acid fruits)
⅛ tsp. salt
2 tbsp. granulated gelatin
½ cup water

Mix fruit puree, sugar, lemon juice if used, and salt. Soak gelatin
in cold water 5 minutes to soften, then dissolve by heating over boiling water 10 minutes.

Fruit puree should be cool (70° F.) when added to gelatin. If it is too cold, the gelatin will congeal; if too warm, the mixture will expand too much when whipped in the freezer.

Add puree mixture slowly to the gelatin, stirring continuously. Pour into ice cream freezer. Using a mixture of 8 parts ice to 1 part salt, freeze until the mixture is somewhat firm and begins to cling to dasher. Remove dasher. Velva fruit may be served immediately; packed, then served several hours later or packed into moisture-vapor-tight containers and placed in the freezer locker.

**Vanilla Ice Cream:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups scalded milk</td>
<td>½ tsp. salt</td>
</tr>
<tr>
<td>1 tbsp. flour</td>
<td>1 qt. thin cream</td>
</tr>
<tr>
<td>1 cup sugar</td>
<td>2 tsp. vanilla</td>
</tr>
<tr>
<td>1 egg</td>
<td></td>
</tr>
</tbody>
</table>

Mix flour, sugar, and salt; add egg, slightly beaten, and milk gradually. Cook over hot water 20 minutes, stirring constantly at first. When cool, add cream and flavoring. Strain and freeze.

**THE COMPANY DINNER**

Setting the table for a company meal using the fall menu given.

Dining is an art as well as a pleasure. To acquire the art of dining, a family must have not only well cooked food, nicely served,
but time and inclination to relax, enjoy the food, and take part in the conversation.

A simple meal carefully planned, well cooked, and nicely served makes “company for dinner” a real pleasure to the hostess. Often an elaborate menu tires her so that she cannot enjoy her guests and means so much work that she does not entertain as often as she would like.

The meal should be carefully planned with a minimum of cooking to be done at the last minute, and the dishes should be familiar ones so there will be no doubt about the results. Preparation of the food should be done far enough in advance to allow time for relaxation before the guests arrive.

Suggestions For Preparing The Meal.—For company, as well as home meals, it is important to plan each step in the preparation and serving of the meal. Many persons find it a real help in planning company meals to write out the complete menu and follow it with a time schedule. The following is a sample menu and time schedule for a 12:00 o'clock dinner for a day in July.

Menu:

<table>
<thead>
<tr>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Melon</td>
</tr>
<tr>
<td>Braised Chicken - Gravy - Steamed Rice</td>
</tr>
<tr>
<td>Buttered Green Beans - Sliced Tomatoes</td>
</tr>
<tr>
<td>Bread - Butter - Preserves</td>
</tr>
<tr>
<td>Raspberry Ice - Sponge Cake</td>
</tr>
<tr>
<td>Coffee or Milk</td>
</tr>
</tbody>
</table>

Time Schedule:

9:00 Put melons, tomatoes, and opened jar of pickles in the ice box—preferably done night before.
9:15 Prepare, freeze, and pack raspberry ice.
10:00 Snap the beans and wash the rice.
10:15 Start the fire.
10:30 Brown the chicken and put in the oven.
10:45 Prepare sponge cake.
11:00 Put sponge cake in the oven.
11:15 Put the beans and the rice on; set the table.
11:35 Get out all the dishes needed for the food and the butter for beans. Pour water from the rice and put over hot water to steam.
11:40 Make the chicken gravy, the coffee, slice the tomatoes, ice in glasses.
11:55 Fill water glasses, put bread, butter, cream, tomatoes, pickles, on the table.
12:00 Take up the hot food and serve.
12:20 Remove cake from pan, unpack raspberry ice, and serve.
Suggested Menus for Company Dinner

**Spring Menu**
- Fruit Cocktail
- Lamb Chops - Mint Jelly
- Parsley Potatoes - New Peas
- Spring Salad
- Strawberry Shortcake
- Coffee or Milk

**Winter Menu**
- Tomato Juice
- Roast Pork - Broiled Peaches
- Baked Potatoes - Buttered Carrots
- Chinese Cabbage - Salad Dressing
- Bavarian Cream - Crisp Cookies
- Milk or Coffee

**Fall Menu**
- Tomato stuffed with Chicken Salad
- Buttered String Beans - Spiced Pears
- Hot Rolls - Butter
- Upside-Down Cake
- Milk or Coffee

Serving the Company Dinner.—Usually the first course is placed on the table before the guests come into the dining room. A fresh fruit, tomato juice, melon or congealed bouillon will not lose palatability during the slight delay which occurs between announcing the meal and starting the eating. If the first course is hot, it should be placed after the guests are seated. A relish such as pickles, carrot strips, celery, or radishes is frequently served with soup.

The used dishes should be removed before the next course is served. They may be passed to the hostess who remains seated and, as inconspicuously as possible, places the dishes on a serving table or a tray, at her right. If no appetizer is served, the main course should be on the table before the guests are seated.

In serving the main course, place the warmed plates in the center...
of the cover at the head of the table. Place the meat directly at the
top of the cover in front of the plates, the potatoes at one side of the
plates, and on the other side the vegetables that are to be served on
the plates. The silver for serving the food may be laid with the
cover of the one who is to serve, or the silver needed for serving
the meat or main dish may be placed by this dish.

Place remaining food with the needed silver at its right, near
hostess or others who are to help with the serving, and set the bread,
jelly, and pickles so they can be conveniently reached for passing
around the table.

In serving, only one hand is used, except when cutting or lifting
a serving that cannot be managed with one hand. It is better to
place the dish containing the food near the plate so it can be served
with one hand. Two small servings of food are usually preferred to
one large one.

The salad may be placed before the guests are seated or served
by the hostess after the main course is started. The beverage is
poured by the hostess. She asks the guests their preference as to
sugar or cream and places these in the cup before filling.

The beverage may accompany the main course and be replenished
for the dessert or served with, or after the dessert. The cups and
saucers for the beverage are stacked, two cups on two saucers, at
the left of the hostess and the beverage is placed at her right. To
serve the beverage she lifts the top saucer and the two cups with
her right hand, places it near the beverage container. She returns
the top cup to the other saucer, and then pours the beverage and
passes it.

The plates are placed in front of the host and the silver for
serving the main course is placed with his cover. The carving knife
and fork may be placed by the main dish. The salad plates are placed
at the left and near the top of the fork, though they are sometimes
placed at the right and near the top of the knife.

If individual salts are used they are placed at the top of the cover;
but if only one or two salt and pepper holders are used, they are
placed in line with the cover.

The bread and the beverage are placed near the hostess. Relishes,
jelly, etc., are placed with the silver for serving, near the cover so
they can be reached easily.

After the main course is eaten the food is removed from the
table and then the used dishes are removed. The dinner plate is
removed, then the other dishes. Do not stack dishes before those
dining or pile more than a few dishes together.
The daughter may remove the food and the plates be passed to the hostess, who places them on the serving table or tray which the daughter can take to the kitchen.

Crumb the table, when necessary, using a folded napkin and a plate. Refill the cups and water glasses. Refill glasses and cups without removing them from the table. Place the dessert either in front of each person at the table or in front of the hostess who will serve it.

In serving or removing dishes, the hostess is usually served first, and her cover cleared first. Use the left hand in placing and removing dishes. Dishes and food, with the exception of the beverages are usually placed from the left and removed from the left. In serving food from which the guest helps himself, hold the dish low and offer from the left.

Seating.—The hostess or the person helping to serve the meal sits where she is convenient to the kitchen. Ordinarily the host and hostess sit at opposite ends of the table.

The honor guest, if a woman, is seated at the right of the host; if a man at the right of the hostess. Other guests may be seated as desired. No one sits down at the table or leaves it until the hostess gives the signal or permission to do so.

If everyone sits and rises from the left side of the chair, it will avoid confusion. If it is possible, the mother, or hostess, remains at the table throughout the meal.

A COVER PROPERLY ARRANGED FOR SERVING THE FOLLOWING MENU:
Fruit cocktail and saltines, roast lamb, new potatoes, fresh garden peas, carrot sticks, broiled peaches, whole wheat muffins, current jelly, ice cream, crisp cookies, coffee.

The fruit cocktail glass is placed on a small plate which is in the center of the cover. The bread and butter plate is placed at the top of the fork. The dinner plates are stacked in front of the host
who will serve them. The dinner plate with the used silver and the bread and butter plate are removed before the dessert is served. The spoon for the dessert might have been laid when the cover was laid, or placed just before the dessert was brought in; or it may be brought in on the plate with the dessert.

**BUFFET MEALS**

For this type of meal the food is arranged on the dining table or buffet and the guests pass along and serve themselves. It is an attractive and easy way for the hostess to have guests for a meal, especially when the number of people or the time for the meal is indefinite. The number of dishes is cut to a minimum. Its informality makes it a friendly affair.

Usually a main course and a dessert, are served. The main course is on the central table when the guests come in and the dessert in the kitchen, on the buffet, a side table or a tea cart.

Large plates are preferred and the foods served should not include those which are hard to handle such as pork chops or pickled peaches, or any food which has to be cut. Neither should juicy or watery foods, as tomato salad with French dressing, be included in the menu. One should be able to eat all the foods with a fork or spoon. Dishes that can be prepared ahead of time and can wait if necessary are desirable. Casserole dishes and foods arranged in individual servings are popular. When rolls are used they are buttered, and bread and butter sandwiches are frequently served. Pressed meat or meat loaf, cheese spreads or slices, molded desserts or salads, are foods which are easily served and eaten. Unusual breads, hard or sweet rolls, head cheese, summer sausage, tongue, cold sliced meats, creamed, fried or baked chicken, various kinds of cheese relishes, fruits, preserves, marmalades and conserves are other desirable foods.

Small tables with napkins, silver and glasses of water, may be placed about the house, on the porch, or lawn, or the guests may hold trays or plates on their laps. The hostess or a friend may sit at the head of the table and serve the main dish. Another person may pour the beverage at the opposite end of the table. The cream and sugar may be placed on the small tables or passed. If small tables are not used the silver, napkins and water glasses may be arranged at the end of the table or on a side table.

When people serve themselves care should be taken to eliminate unnecessary silver and dishes. Tall sherbet dishes and goblets should not be used for buffet service. Cups are set on the plate and saucers are not used unless the guests are seated at small tables.
After the main course, the hostess may clear the small tables or take the plates from the guests, but at very informal affairs each person puts his plate at a designated place when he has finished. Having the guests not only serve themselves but also put their own food together is very informal and easy for the hostess. It is better adapted to the snack or light supper than to the more substantial meal. If a toaster, or chafing dish, is available, it may be used to prepare different dishes.

The following type of menu may be prepared by the guests for themselves: (1) Toasted cheese sandwich, fruit salad, and cocoa. (2) Creamed or cold sliced chicken on toast, a combination or a green salad with French dressing, coffee, and cookies. (3) Club sandwiches (toast, sliced chicken, crisp bacon, lettuce, tomato and mayonnaise) milk or coffee, and cherry cobbler topped with ice cream.

A real spirit of friendliness and hospitality is the most essential element in entertaining guests. The charm of guest meals and refreshments lies in the daintiness of the food and the manner in which it is served.

The object of having food is to promote sociability rather than to feed the hungry. Inexperienced hostesses are likely to serve too much food.

Usually the best linen, best china, shining silver, and carefully arranged flowers are used to make the occasion more enjoyable.

Every girl would like to be a gracious hostess. Answering the following questions might help her to gain that goal.

Were the food, the house, and the family, in order when the first guest arrived?
Did I really enjoy the occasion? Did the members of my family enjoy it?
Was there a relaxed atmosphere and interesting, animated conversation in which everyone participated?
Did I find it possible to be the gracious hostess until all the guests were gone?
Did the serving of the food take anyone away from the guests for too long a time?
Did the food look attractive? Was it the right temperature? Was there just enough or too much or too little?
Could it have been served more attractively? More conveniently?
Did practically all the guests eat all their food and seem to enjoy it?
Were the dishes removed quietly and efficiently?
Was the money cost of the occasion within our budget?
TEAS AND RECEPTIONS*

The success of any social affair depends on the spirit of friendliness and hospitality. At a reception, there is usually a reception line. A guest mentions her name to the first one in line, who in turn introduces her to the next person in line. Guests wear street clothes, and do not remove their hats. Friends of the hostess invite the guest to the dining room and serve the refreshments.

A tea is an informal social affair. There may be only two or three guests or a hundred.

A reception is usually a rather formal affair. It is often used to introduce a person, for instance, a teacher or a new family, to a large group of people.

For a tea, the refreshments may be served in the living room or dining room. The hostess may pour the tea herself or ask a relative or friend to pour so she will be free to greet her guests and see that all are comfortable and enjoying a social hour. The guest usually goes to the person pouring, for the plate and beverage, and then chooses the sandwiches, small cakes, and nuts and seats herself near the person with whom she wishes to talk.

The food served at a tea or reception should be dainty, colorful,

*A adapted from N. Beth Bailey's "Meal Planning and Table Service."
and attractive, rather than filling. The best linen, the best china, shining silver, and flowers are used. Napkins are used if the food is of the type to require them. Only small, dainty napkins should be used. Wafers, dainty cookies, little cakes, muffins, thin slices of fruit cake, or cinnamon toast with a beverage is sufficient food.

Two or three dainty sandwiches, mints, and nuts, with a beverage, are very appropriate for a tea. The following are sample menus:

1. Nut bread sandwiches, candied orange peel, hot tea.
2. Assorted cookies, nuts, coffee.
3. Cheese sticks, hot spiced grape juice.
4. Dainty sandwiches, cocoa, nuts.

A Table Arranged for an Informal Tea

The table is arranged to serve hot spiced grape juice, dainty assorted sandwiches, and salted nuts. If the tray is large enough, the cups, stacked by twos, may be placed on the tray along with the small plates and pitcher of hot grape juice. The hostess or her friend serves the beverage to the guests as they come to the table. The guests help themselves to the sandwiches, nuts, and table napkins.
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