

Suppers and Picnic Lunches



Esther and Virginia use accurate measurements when they cook.

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

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

1. Bone, muscle and blood builders as milk, cheese, eggs and lean meat.
2. Foods that keep the body in good running order, aid it in resisting disease and promote growth. Some such foods are milk, fruits, vegetables, eggs, liver and whole grain cereals.
3. Foods that keep the body warm and give it ability to work and play as bread, potatoes, cereals, sweets, butter, other fats, sugars, and starches.

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

A girl who is attractive, well poised, and healthy, selects her meals with care and with some idea of what the various foods will do for her body as well as how they will satisfy her appetite.

KEEP THE HEALTH YARDSTICK

Even with careful planning we may find we are not getting the right foods, so it is wise to sometimes check the foods eaten. Keeping the HEALTH YARDSTICK is part of this project. Check food score card at least twice during each season.

YOU CAN LEARN TO COOK

To prepare a meal the family will enjoy you need first to know how to read and understand standard recipes. Second, you must acquire skill in following the directions given for mixing and cooking the food.

MEASURING

Correct measurements are necessary for good results. Use standard measuring cup and spoons. All measures are level unless otherwise indicated. Sift flour and meal before measuring.

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

To measure liquid, place the cup on a flat surface and fill to the desired marked line.

TABLE OF EQUIVALENTS

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

SIMPLE DESSERTS

Desserts for supper and picnics should be easily prepared. Besides the fruit dishes and drop cookies you learned to prepare in "Adventures

in Cooking", there are custards, puddings, and other kinds of cookies, that are simple to prepare and will be enjoyed by the family or guests.

Custards and Puddings

CUSTARDS (BASIC RECIPE)

2 cups milk	1/8 tsp. salt
2 eggs, or 4 yolks	1/4 tsp. vanilla, nutmeg, or cinna-
4 tbsp. sugar	mon

Scald milk in double boiler. Beat eggs slightly, add sugar, salt, flavoring, and gradually the scalded milk.

For baked custard. strain into custard cups, and bake in a slow oven, 300°F., or set in a pan of water, and bake in a moderate oven 350°F., until firm. To test for firmness, insert a silver knife at the center—if it comes out clean the custard is done. If custard is baked in a large pan, 3 eggs are needed for a pint of milk.

For soft custard, prepare as baked custard. Strain into a double boiler, and cook over water just below boiling, stirring constantly until the mixture will coat a metal spoon. Remove at once from the heat and set in cold water. Be careful not to over-cook as this gives a curdled mixture. Pour into individual serving dishes.

CUSTARD PUDDINGS

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

Ginger Pudding. Soft custard served over gingerbread.

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

Caramel or Chocolate Custard. One-third cup caramelized sugar added to the scalded milk. Proceed as for baked custard. 2 squares chocolate, or 1/3 cup of chocolate sauce may be used in place of the caramel sauce.

Rice or Tapioca Pudding. Soak 1/4 cup of rice or pearl tapioca for one hour in enough water to cover, or use 1 1/2 tbsp. minute tapioca. Cook the soaked rice, pearl tapioca or minute tapioca in 3 cups of scalded milk. Finish as for plain custard, using this as the scalded milk.

Standards for Custards

Custard—tender, smooth, not curdled or watery; if baked, firm, compact, smooth, no holes; if soft custard, consistency of whipping cream, smooth and glossy. Pleasing delicate flavor, not flat, egg like, too sweet, or too much vanilla, or other flavoring.

JUNKET

1 pt. milk	1/3 tsp. vanilla, or
1/4 cup sugar	1/4 tsp. nutmeg, or
1 junket tablet	2 tbsp. caramel or chocolate sirup

Heat milk to lukewarm. Add sugar and flavoring. Crush junket tablet, thoroughly dissolve in one tbsp. cold water, and add to milk, stirring quickly. Immediately pour into individual dessert dishes. Let stand in warm place until set, then place in refrigerator or other cold place until ready to serve. Serve with crushed fruit, whipped cream, chocolate cream, butterscotch sauce or chopped nuts.

BREAD PUDDING

1 qt. milk, scalded	1/3 cup sugar
2 cups bread crumbs	2 eggs
1/4 tsp. spice or vanilla	1/2 tsp. salt

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

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

CHOCOLATE BLANC MANGE

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

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

$\frac{1}{2}$ cup of chopped dried fruit, nuts or coconut may be added in place of the chocolate.

CREAMY RICE PUDDING

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

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

Cookies for Snacks and Desserts

Cookies may be of various shapes. They may be large or small; crisp or soft, according to the recipe used. Crisp cookies require generous amounts of fat, and comparatively small amounts of flour. Cookies may be dropped, molded, sliced, pressed, rolled, or cut in bars or squares when baked. Whatever the method of shaping cookies, make them uniform in size and thickness and they will bake evenly. Place them far enough apart so they will not touch as they spread in baking.

Before starting to make cookies, arrange the racks in the oven so the lower rack is in the middle, and the upper one about 3 inches higher. Bake cookies on a cookie sheet, or on the reverse side of a pan that has sides, so they will brown evenly.

With a spatula remove cookies carefully from the cookie sheet so they will not break. Place in a single layer on a cooling rack. When cool, place in a metal container with a sheet of waxed paper between each layer of cookies. Keep tightly covered.

Shaping Cookies of Different Types

Drop Cookies might well be called "pushed cookies" since the cookie mixture is too stiff to drop and requires pushing from the spoon. Keep the cookies uniform in size by heaping teaspoon to the same height. Push mixture onto baking sheet with another teaspoon leaving about 2 inches between cookies for spreading. They may be flattened by smoothing with a wet knife.

Molded Cookies have somewhat the same symmetrical form as rolled

cookies. They are easier to do. Heaping teaspoons of dough are rolled between the dry palms of the hands to form balls. These balls are placed about 2 inches apart on an oiled cookie sheet. They may be allowed to flatten as they bake, and so have a crackled surface, or they may be pressed with a floured fork in two directions—for a criss-cross pattern, or with a flat bottomed glass covered with a wet cloth.

Sliced Cookies are made from dough containing lots of fat. These cookies are crisp and buttery. Their great advantage is that the dough can be kept and the cookies sliced off and baked when needed. The dough must be chilled until quite firm (several hours in a refrigerator). The dough may be pressed into a special metal mold, in cracker or butter cartons, or shaped into rolls about 2 inches in diameter and wrapped in oil paper. When the dough is hard, remove from the mold, and cut into slices $\frac{1}{8}$ of an inch thick. Place on a baking sheet and bake at 375°F. for 10 to 15 minutes.

Pressed Cookies also contain lots of fat. They are shaped by being pushed through a special cookie press. The dough must be chilled.

Rolled Cookies are much easier to make if the dough is chilled thoroughly and small quantities are rolled out at one time. It is important not to use much flour. A canvas cloth and a stockinette cover on the rolling pin make it possible to have more delicate crisp cookies. Roll the dough very thin. A variety of shapes are possible by using different fancy cookie cutters. Lift the cookies to the cookie sheet with a spatula. Sugar is often sprinkled over the top, or nut meats or pieces of candied fruit are dipped into egg white and arranged on the cookies in a conventional design. They are baked in a relatively hot oven for a short time—5 to 10 minutes.

Cookie Bars are a cross between a simple cake and a cookie. They are baked in a flat layer like a cake and cut in bars or squares as soon as turned out of the pan to cool.

OATMEAL MACAROONS

1 egg	$\frac{2}{8}$ cups rolled oats (uncooked)
$\frac{1}{2}$ cup sugar	$\frac{1}{3}$ cup shredded coconut
2 tbsp. melted butter	$\frac{1}{4}$ tsp. salt and $\frac{1}{2}$ tsp. vanilla

Beat the egg. Gradually beat in the sugar and stir in remaining ingredients. Place by teaspoonfuls on a well greased cookie sheet 2 inches apart. Spread into flat cookies with a knife dipped in cold water. Bake in a moderate oven 350°F. until delicately browned (about 10 minutes). While hot remove from the pan with a spatula.

FILLED COOKIES

$\frac{1}{2}$ cup fat	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{2}$ cup sugar	$1\frac{3}{4}$ cups flour
1 egg yolk	2 tbsp. milk
$1\frac{1}{2}$ tsp. baking powder	

Cream the fat and stir in the sugar gradually. Add egg yolk and vanilla. Blend well. Stir in about half the flour. Add milk, and the remainder of the flour. Shape as for sliced cookies and chill. While the dough is chilling, prepare the filling. Put a spoonful in the center of a slice of dough, cover with another slice, press the edges together with the fingers or floured fork. Bake in a moderate oven about 12 minutes.

FILLING FOR COOKIES

1 cup dried fruit cut in small pieces (dates, raisins, figs or apricots)	1 tbsp. honey or corn sirup
1/4 cup chopped nuts	1 tbsp. butter
	2 tbsp. orange or lemon juice

Put all ingredients in a pan and stir over a low heat until a thick paste is formed. Cool and place on cookie slices.

MOLASSES BARS

3/4 cup sorghum	1 cup enriched flour
1/3 cup fat	1/2 tsp. soda
1 egg	1/2 tsp. cinnamon
1/4 cup sour milk	1/2 tsp. cloves
1 cup sugar	1/2 tsp. salt
2 cups whole wheat flour	1/2 cup raisins or nuts

Beat eggs add sugar and milk. Heat molasses and shortening slowly until shortening just melts. Add to egg mixture. Add dry ingredients and mix thoroughly. Spread 1/4 inch thick on greased tins and bake in a moderate oven (350° F.) for about 20 minutes. When cool cut into bars of size desired. The bars may be rolled in powdered sugar. Makes two tins 7x11x1/2".

BEVERAGES

Beverages are meant to refresh. They help supply the 1 to 2 quarts of water we need daily to help regulate body processes.

A beverage may contribute to the food value of the meal. The one chosen will depend upon the food served at the meal and upon the food eaten at other meals that day.

If there are no milk dishes for supper and you have not had your quart of milk in drink or food at breakfast and dinner, the beverage may well be milk, buttermilk, hot chocolate, iced cocoa, or other milk drink as suggested in "Adventures in Cooking".

If, for supper, there is to be soup or pudding made with milk to complete your need of one quart of milk daily, a fruit drink may be more enjoyable.

Cold tomato juice is very refreshing. Its flavor may be changed by adding a little lemon juice, onion juice, celery water, horseradish or spice. Adults frequently prefer coffee or tea. The beverage should be hot if the other food served in the meal is cold.

Tea

3 cups hot water

3 tsp. tea

Pour hot water in clean teapot—an earthenware pottery, glass, enamel or china teapot is preferable, as metal may give the tea an undesirable flavor. Heat the fresh water to the boiling point. Water that has been boiled or heated for some time loses much of its air, and tastes flat. Pour hot water out of the teapot; put tea in the hot teapot (1 tsp. for each cup water), and add freshly boiling water. Let steep 3 to 5 minutes, strain from tea leaves, and return to teapot. If tea balls are used, simply remove the ball. Serve immediately—with lemon or cream.

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

ICED TEA

Iced tea is usually made from black tea as it gives more color. Prepare as for hot tea only use 3 to 4 teaspoons of tea to 2 cups of water. Do not steep longer than 5 minutes, or allow the water to boil as this makes a bitter tea. Fill glasses with ice and pour in the hot tea. If ice is scarce, prepare the tea in advance, so it can be chilled before pouring into the ice-filled glasses.

Picnic Drinks

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

Fruit drinks are popular on picnics. Juices extracted from fresh fruit and canned fruit juices can be used to make a variety of fruit drinks. Most persons prefer strained fruit drinks to those in which there are floating shreds or pieces of fruit pulp. Adding lemon juice and a bit of salt improves most fruit drinks. Avoid making drinks too sweet.

For an attractive fruit drink garnish use sliced or whole fresh or canned strawberries, cherries, or raspberries, fresh mint sprigs, or thin slices or sections of lemon or orange.

LEMONADE

Use one lemon and $\frac{1}{4}$ to $\frac{1}{2}$ cup of sugar to each pint of water. It is desirable to make a sirup of the sugar by bringing it to a boil with half as much water as sugar. Mint leaves, orange, pineapple, strawberries, raspberries, or slices of lemon may be added for garnish.

ORANGEADE

$\frac{1}{2}$ cup sugar	3 cups chipped ice
$1\frac{1}{2}$ cups orange juice	Few grains of salt
1 lemon	

Blend half a cup of water with the sugar and bring to a boil. Chill, add the salt, and the orange and lemon juice. Fill glasses with chipped ice and pour in the orangeade.

SPICED GRAPE JUICE

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

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

FRUIT PUNCH

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

Pour the freshly boiling water over the tea. Let it stand for 3 minutes. Strain. Dissolve the sugar in the hot tea. Cool, add the salt and fruit juices. Fill glasses with chipped ice, pour in the juice and serve. Mint leaves, fresh sliced strawberries, cherries or other garnishes may be added to each glass.

Other juices than those mentioned may be used. Ginger ale added just before serving gives a different taste which many people enjoy. ($\frac{1}{2}$ gal. to 7 - 8 servings.)

QUICK BREADS

Quick breads are mixed and baked quickly. Baking powder, soda, or steam are used for leavening or making the product light. Quick breads require light handling and quick mixing.

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

Leavening

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

Soda is used with sour milk, sour cream, molasses, or other acid foods. One half-teaspoon is needed for each cup of liquid. It reacts with the acid of these products and will leaven 1 cup flour, therefore less baking powder is required when soda is used. Too much soda gives a slightly bitter or soapy flavor and sometimes an off color.

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

Milk is the liquid preferred for most quick breads, although water, fruit juice, or sour or sweet cream produce very satisfactory products. The milk or other liquid should be at room temperature when used. Any good fat, such as butter, chicken fat, lard, vegetable fat or oil, or combination of these, may be used. Fats are often called shortenings because they shorten the strands of dough and make it more tender. The tenderness of the bread is due to the amount of fat, and also to the careful mixing and handling of the batter or dough.

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

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

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

Most quick breads are baked in a moderate or hot oven, 350° to 450°F. and the time varies from 12 to 40 minutes. Heat hastens the action of the soda or baking powder, causes the water to evaporate and the proteins to harden. It cooks the starch and browns the crust. The correct baking

temperature will depend on the kind of leavening, the proportion of ingredients, and the size and shape of the product. Large thick masses take longer to heat through than small, thin, flat ones and should, therefore, be baked more slowly.

The oven door should be opened only when necessary and the pan moved as little as possible when the mixture is setting. The product is done when it is a golden brown in color; when it shrinks from the pan, when the crust, if pressed gently with the finger, springs back into place; and when no batter or dough sticks to a toothpick that has been inserted.

Oven Temperature

It is important when baking or roasting any product, to have the correct oven temperature. If the oven does not have a heat indicator, an oven thermometer may be purchased for a relatively small sum.

Type and Shape of Pan Make a Difference

Pans rather than the recipe or the oven may be blamed when muffins, cookies, cakes, biscuits or other baked products do not brown properly. The same recipe baked in the same oven for the same length of time at the same temperature may brown quite differently in different pans. In one kind of pan it may come out a nice even medium brown. In another it may be too pale, and in still another, too dark, or unevenly browned.

In many testing kitchens where recipes are developed today, aluminum pans are used because they do not change much with age or use, and do not corrode, chip or break. Because recipes developed in aluminum may give different results in enamelware, glass or tin, the cook may need to change the baking time and temperature accordingly. Oven temperature may well be reduced 25 degrees below that given in the recipe, and the baking time increased 5 minutes if glass or enamelware is used for cooking.

In general, enamelware baking pans give the deepest brown and glass ranks next in rapid browning. In enamelware, the browning often is mottled because this material does not distribute heat evenly. In aluminum and tin, the browning is less rapid but more even than enamelware unless the pan is unevenly dark, or thin and warped so that the heat is uneven. Warped pans should not be used as the cakes or bread baked in them will be lopsided and unevenly browned.

The shape of the pan also influences browning. A sweet bread or cake baked in a square pan, especially if the pan is enamelware, is likely to become too brown at the corners. Browning is more even in pans with rounded corners. In a deep, high-sided pan, biscuits and cookies often come out too pale because the high sides "shade" them from the radiant heat. They brown better on a flat sheet, a cookie sheet, or on the bottom of an inverted pan that has sides.

Pan size counts too, in browning. If the pan is too large for the recipe, a cake or bread mixture may be spread too thin and become too brown, humped in the middle, and be hard and dry. The pan should be placed near

the center of the oven. If more than one pan needs to go in the oven, keep them as near the center as possible. Do not let the pans touch. They should not touch the sides of the oven as the heat needs to flow around them. Do not place pans directly over each other but stagger them for proper baking.

Quick Loaf Breads

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



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

NUT BREAD

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

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

DRIED FRUIT QUICK BREAD

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

Sift together the dry ingredients, except the whole wheat flour, which should be added unsifted. Stir into this mixture the juice from the dried fruit, beaten egg, scur milk, dried fruit, and then the melted fat. Pour into No. 2 tin cans or a loaf pan, and bake in a moderate oven (350°F.) for about 1 hour.

BROWN BREAD

1 cup whole wheat flour	1 egg
½ cup corn meal	1 cup molasses
½ cup white flour	¾ cup sour milk
1 tsp. soda	1 cup raisins, or
1 tsp. salt	½ cup nut meats or both

Sift and mix dry ingredients and add raisins and nuts. Combine egg, molasses, and sour milk. Put circle of paper in bottom of 3 No. 2 tin cans or a loaf pan. Pour liquid mixture into dry ingredients and smooth out the batter. Pour into the tin cans or loaf pan, filling them about two-thirds full. Bake in a moderate oven 350°F., for about 45 minutes, or place on a rack in the pressure saucepan. Have 3 cups water in pressure saucepan or pressure cooker. Steam with vent open for 30 minutes, then at 15 lbs. for 20 minutes.

WHOLE WHEAT PEANUT BUTTER BREAD

2 cups whole wheat flour	4 tbsp. sugar
4 tsp. baking powder	½ cup peanut butter
1 tsp. salt	1½ cups milk

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

WAFFLES
(4 waffles)

1½ cups sifted flour	1 to 2 eggs
2 tsp. baking powder	1 cup milk
½ tsp. salt	2 tbsp. fat, melted
1 tbsp. sugar	

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

SPOON CORN BREAD

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

Heat the 2 cups of milk or water, stir in the cornmeal. Bring to the boiling point and cook until very thick or about 5 minutes. Add the other cup of milk, then the butter, salt and egg yolks. Beat egg whites until stiff and glossy. Fold the mixture into the egg whites. Pour into a baking dish and bake for 25 minutes in a moderate oven. Serve with a spoon from the dish in which it was baked. This amount will serve 6 to 8.

TO SAVE TIME, TRY "HOMEMADE MIXES"

BISCUIT MIX

12 cups flour	3 - 4 tsp. salt
Baking powder according to kind	1 - 1½ cups lard, or other fat

Sift flour and measure. Read directions on can of baking powder and measure amount suggested for 12 cups flour. Add baking powder to flour, add salt. Sift the three together. Cut in fat using 250 strokes when using two knives or 150 with a pastry blender. The mixture should look like grains of wheat, and have a fine even crumb. Place in pint or quart jars or other closed

containers and keep in a cool dark place. This mixture will keep at least a month in the refrigerator.

This recipe will make about a gallon of the mix. Whole wheat or graham flour may be substituted for part or all of the white flour.

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

ROLL BISCUIT

To each cup of the mixture add from $\frac{1}{3}$ to $\frac{1}{2}$ cup of milk—just enough to keep the dough together. Turn out on a slightly floured cloth or board. Too much flour is undesirable. Knead 10-15 times lightly. Roll lightly (about 6 strokes) to $\frac{1}{4}$ or $\frac{1}{2}$ inch thick. The biscuit will be about twice as thick when baked. Cut with biscuit cutter, first dipped in flour. Bake on an ungreased baking sheet in hot oven (450°F.) 12 to 15 minutes.

DROP BISCUITS

Combine $\frac{2}{3}$ to 1 cup milk with 2 cups of the mix. Mix lightly—16 to 20 strokes. Drop from a spoon on an ungreased baking sheet. Space the biscuits about 1 inch apart. Bake in a hot oven (450°F.) 12-15 minutes.

JAM TEA BISCUITS

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

PINWHEEL BISCUIT

Make a short biscuit by using top milk for the liquid, and roll out $\frac{1}{3}$ of an inch thick. Brush with melted butter and sprinkle with sugar and cinnamon mixed together, using half a teaspoon cinnamon to $\frac{1}{4}$ cup sugar, or grated lemon rind and sugar. Then roll up like a jelly roll and cut in half-inch slices. Bake in a quick oven.

SHORTCAKE

Add 1 tablespoon of sugar and $\frac{1}{3}$ cup of liquid for each cup of mix.

MUFFINS

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

APPLE COFFEE CAKE

2 cups biscuit mix
 $\frac{1}{4}$ cup sugar

1 egg
 $\frac{3}{4}$ cup milk

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

SALADS

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

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

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

Suggestions for Making Salads

Foods used in preparing salads should be cold, crisp and clean. Wash salad greens thoroughly and make crisp by putting in the ice box or other cool place in a clean damp towel or ice box pan. Do not let them stand in water more than 5 to 10 minutes.

Cutting out the core of a head of lettuce and allowing a stream of cold water to run through the cavity helps separate leaves and makes them crisp and clean.

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

POTATO SALAD

Potatoes for salad should be of the waxy rather than the mealy type. It is preferable to cook them in their jackets. Season the diced potatoes with salt, and a well seasoned, fairly acid salad dressing. Use something crisp in the salad: cabbage, celery, apple, cucumber, green pepper, carrot, onion, or pickle. Mix an hour or more before serving. Always taste the salad after mixing as it may need additional salt and vinegar.

Olives or celery seed or salt are sometimes used for added flavor and hard cooked eggs, beets, or pimento for more color and food value.

HOT POTATO SALAD

3 cups cooked diced potatoes	2 hard cooked eggs
2 tbsp. grated onion	1 chopped green pepper
4 slices of bacon, cooked and diced	½ cup vinegar
½ cup water	3 tbsp. sugar
2 tbsp. bacon fat	2 tsp. salt

Combine potatoes, eggs, vinegar and bacon in top of a double boiler. Combine all of remaining ingredients, and add to the potato mixture. Mix lightly. Heat thoroughly and serve hot.

FRESH GARDEN SALAD

2 cups shredded green lettuce	2 cups shredded spinach
2 cups coarsely diced tomatoes	1 cup diced cucumber
1 tbsp. finely chopped onion	Sour cream dressing

Lift until all parts are coated with dressing. Serve immediately.

CARROT, RAISIN AND COCONUT SALAD

1 cup chopped raisins	½ cup salad dressing
2 cups shredded raw carrots	¼ tsp. salt
1 cup shredded coconut	

Wash and soak raisins a few minutes before chopping. Mix all ingredients lightly together and serve on lettuce or other salad greens.

APPLE, SPINACH AND CABBAGE SALAD

4 firm tart apples	2 cups raw shredded spinach
1 small head crisp cabbage	Salad dressing

Wash and dice apples. Combine apples with shredded cabbage and spinach. Mix lightly but well with the salad dressing. Sour cream dressing, seasoned with horseradish, is a good dressing for this salad. Serve at once from the salad bowl.

CINNAMON APPLE SALAD

6 firm tart apples	½ to 1 cup red hots or cinnamon candies—enough to make the apples rose color
3 cups boiling water	
½ cup granulated sugar	

Pare and core apples, leaving whole. Make sirup of candies, water and sugar. Cook apples slowly in sirup until transparent but not soft. Chill, place on lettuce leaf, fill the center with one of the following combinations and serve with mayonnaise or boiled salad dressing:

Broken nut meats and cream cheese.

Nut meats, cottage cheese and thick sour or sweet cream.

Nut meats and chopped raisins.

Cheese and grated coconut.

POINSETTIA SALAD

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

SALAD DRESSINGS

COOKED SALAD DRESSING

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

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

FRENCH DRESSING

1 cup salad oil	1 tsp. onion juice
$\frac{1}{2}$ cup vinegar	2 tsp. salt
$\frac{2}{3}$ cup catsup	3 tbsp. sugar
1 lemon	1 tsp. paprika

Combine all ingredients and put in pint jar or bottle and shake well each time before using.

SOUR CREAM SALAD DRESSING (COOKED)

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

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

MOCK OR QUICK MAYONNAISE SALAD DRESSING

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

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

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

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

VEGETABLES

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

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

Care of Vegetables

Fresh vegetables should be kept in a cool dry place until they are to be cooked. Peas, corn, and green lima beans lose sweetness on standing so should be gathered just before being cooked.

Carrots, beets, green beans, spinach, mustard, and other vegetables lose moisture and become wilted and shriveled if kept in a warm kitchen or where the air is warm and dry. They should be washed and placed in the hydrator of the ice box or wrapped in a damp cloth and placed in the coolest place.

Wilted vegetables may be improved by soaking in cold water 5 to 10 minutes. Too long soaking causes loss of desirable texture and also more loss of food value. Stem and stalk vegetables will freshen more quickly if the stem or stalk is freshly cut before soaking. Discard all coarse and over-mature vegetables and strip out stems and midrib from leafy vegetables.

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

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

Color in Vegetables

The color of the vegetable has much to do with its attractiveness. In cooking and serving, great care should be taken to retain the natural bright color. The *green* color of vegetables is not soluble in water if the vegetable is cooked in water that has an alkaline reaction.

A green vegetable cooked in alkaline water has an intense green color. But the same vegetable cooked in acid water will develop a dull olive green color.

Most vegetables contain sufficient volatile acid that will escape with the steam to make the water slightly acid if it is held in. Most of these volatile acids come out the first few minutes of fast steaming. If the lid is left off the kettle for the first few minutes of rapid steaming in cooked vegetables, it aids greatly in keeping the green color. If the vegetable is over-cooked, however, the heat alone will impair the color.

If an acid, such as vinegar or lemon juice, is to be added as seasoning to a green vegetable, add it when served, as there is not so much time for the brown color to develop.

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

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

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

VEGETABLES COOKED IN MILK

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

CREAMED AND ESCALLOPED DISHES

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

Potatoes

Potatoes are usually one of the cheapest foods we have but are not used to the best advantage when fried. Better ways of preparing potatoes, from the standpoint of health, are baked, boiled (preferably with skins), panned, mashed, scalloped, and creamed, combined with eggs as in potato soufflé, or in salad.

POTATOES COOKED IN JACKETS

Scrub potatoes well. Put them in a kettle, cover with boiling water and boil slowly until tender. Drain. Return to heat to dry. Serve immediately. Or peel while they are hot and serve with butter or cream sauce. These potatoes may be browned in a frying pan containing a few tablespoons of fat or sliced and fried in fat. They may be covered with a cream sauce to make creamed potatoes, or mixed with celery, onion, cucumber, pickle, egg and salad dressing for potato salad.

PANNED GREENS

Clean and cut young tender greens with scissors (mustard, spinach, wild greens, mixed greens, etc.). In a heavy skillet melt 3 to 4 tbsp. butter, bacon grease or other well-seasoned fat. Add 1 to 2 tbsp. finely chopped onion if desired. Add cut greens, cover tightly and cook 3 to 5 minutes or until greens are tender. Add salt, and serve immediately in a hot bowl. Garnish with crisp bacon and hard cooked egg.

GREEN BEANS AND BACON

3 slices of bacon	1 qt. canned or cooked beans
$\frac{1}{2}$ cup onion diced	

Cut bacon in small pieces. Cook until crisp. Remove from fat, add onion and cook until golden color. Add beans. Heat, then turn into hot vegetable dish and garnish with the small pieces of bacon.

CREAMED CARROTS AND CELERY

Cut carrots and celery in thin strips or small pieces. Cook until tender (about 7 min.) in a minimum of water. Add cream and salt to taste. Simmer 2 to 3 minutes and serve.

Tomatoes

Of all the vegetables, tomatoes retain their vitamin C content the best. So in winter months we depend on tomatoes along with citrus fruits, for special help in building and maintaining healthy bodies.

Fresh tomatoes offer many possibilities for salads, or they may be cooked and then prepared in the same ways as canned tomatoes.

Canned tomatoes may be strained and served as tomato juice, or stewed, or combined with white sauce in cream of tomato soup, or creamed on toast, or combined with cheese and bread crumbs (tomatoes au gratin), or scalloped, or used in a soufflé, or combined with other vegetables in soups, stews, or salads.

CREAM OF TOMATO SOUP

2 cups canned tomatoes	1 slice of onion
1 qt. milk	2 tsp. salt
4 tbsp. flour	4 tbsp. butter

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

SCALLOPED TOMATOES

Drain the juice from 1 quart of tomatoes. Season with salt, pepper, a few drops of onion juice, and sugar if preferred sweet. Cover the bottom of a buttered baking dish with buttered cracker or bread crumbs. Add tomatoes, cover with buttered bread crumbs. Bake in a hot oven until crumbs are brown.

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

TOMATO CHEESE RABBIT

4 tbsp. butter	1 cup grated American cheese
4 tbsp. flour	Toast or crackers
2 cups tomato juice	1 tsp. salt

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

SUGGESTIONS FOR USING LEFT-OVERS

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

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

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

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

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

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

STANDARDS FOR VEGETABLE DISHES

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

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

A *vegetable salad* is crisp and tender, not wilted, rubbery or tough. It is colorful rather than dull or insipid looking. The pieces are suitable in size, not too small or too large and appear dry and glossy rather than watery or juicy. The amount on the salad plate or in the bowl is in good proportion to size of plate or bowl. The taste is a pleasing tart flavor and interesting.

Good cream soup is smooth and creamy like whipping cream with no extra fat or scum at top. It is not lumpy, curdled, too thick or too thin.

It has the characteristic color of the vegetable and should be attractively garnished. It has the distinct natural flavor of the vegetable used, is well seasoned, with no starchy, salty, strong, burned or flat flavor.

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

MAIN DISHES FROM MILK AND EGGS

Whole *milk* is the best single food for young and old. One quart of milk for growing persons and one pint for adults may well be used each day. Milk aids in building good muscle, promotes growth, build up resistance to disease, builds and keeps teeth and bones in good condition, and furnishes some food material for energy. It is a bland food and does not appeal to some persons as a drink, so it is essential to know a variety of ways in which it can be prepared.

Some ways of serving milk as a food rather than a drink are: creamed soups, creamed and scalloped dishes, cocoa, cottage cheese, custards, bread puddings, gelatin milk desserts, ice creams, and milk sherbets.

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

Temperature for Cooking

The secret of success in cooking dishes in which eggs and milk are predominant is to cook the product slowly at a moderate even heat. (See 4-H Circular 71, Adventures in Cooking.)

DEILED EGGS

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

Cut hard cooked eggs in half crosswise or lengthwise. Remove yolk and put through sieve. Add seasonings and beat until smooth and fluffy. To the yolk mixture may be added such seasonings as onion juice, finely chopped parsley, celery, nuts, anchovies, ham, sardines or cheese. Refill shells, garnish top with chopped chives, parsley, or paprika.

CREAMED EGGS

8 hard cooked eggs	spinach, chopped
$\frac{1}{4}$ cup parsley, green pepper or raw	2 cups medium white sauce

Add the hard cooked eggs, which have been cut in eighths, to the hot sauce. Add the green chopped vegetables, lift gently until mixed. Serve on toast or in a vegetable dish. One of the egg yolks may be held back and crumbled over the top for a garnish.

CHICKEN, EGG AND CELERY SALAD

1 cup cubed cooked chicken	1 cup chopped celery
1 hard cooked egg	$\frac{1}{4}$ cup nuts.

Mix lightly together with salad dressing to moisten. Serve in a tomato or on salad greens.

SOUFFLE

2 tbsp. butter	1 cup milk
3 tbsp. flour	4 eggs
1 tsp. salt & 1 tsp. cayenne pepper	$\frac{1}{4}$ lb. cheese

Make a thick white sauce of butter, flour and milk. Add the cheese which has been grated or pushed through a strainer. When the cheese is melted, add the yolks of eggs which have been beaten. Blend well, and then fold into the stiffly beaten egg whites. Turn into a baking dish and bake in a slow oven (325° F.) until firm. This takes about an hour.

CREAM VEGETABLE SOUP

2 tbsp. flour	1 cup vegetable puree and 1 cup
2 tbsp. butter	of milk <i>or</i>
1 tsp. salt	1 pt. strained vegetable juice
2 cups milk	

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

In making cream soups, allow $\frac{2}{3}$ cup of thin white sauce and $\frac{1}{3}$ cup of vegetable pulp or puree to each person. Croutons made of small cubes of bread toasted in the oven may be served with cream soup.

VEGETABLE CHOWDER

2 cups sliced carrots	$\frac{1}{2}$ tsp. pepper
3 cups diced potatoes	3 cups water
4 cups shredded cabbage	4 cups milk (scalded)
1 tbsp. salt	2 tbsp. butter
1 tsp. sugar	(or salt pork cubes)

Bring water to boil. Add salt and vegetables—the vegetables in order given. Boil until tender, 5 to 10 minutes depending on the size of the pieces. Add sugar, pepper and hot milk. Mix, add butter and serve.

CREAM OF TOMATO SOUP

1 cup tomatoes	2 tbsp. flour
2 cloves	$\frac{1}{4}$ tsp. salt
1 bay leaf	1 cup milk
2 tbsp. butter	Pepper to taste

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

SPLIT PEA SOUP

1 cup dried split peas	2 tbsp. flour
2 $\frac{1}{2}$ quarts cold water	1 $\frac{1}{2}$ tsp. salt
2-inch cube fat salt pork	$\frac{1}{8}$ tsp. pepper
$\frac{1}{2}$ small onion	1 pint milk
3 tbsp. butter	

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

COTTAGE CHEESE

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

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

PLAIN OMELET

4 eggs	Salt
4 tbsp. milk	Butter

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

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

VARIATIONS OF PLAIN OMELET

1. Ham or other meat. Scatter finely chopped meat over the center of the omelet while cooking.

2. Cheese, parsley, or cooked vegetable as peas, asparagus, mushrooms, or combination of chopped green pepper, celery and parsley, added to the mixture before it is cooked.

3. Jelly or jam may be spread over the omelet just before folding.

WHITE SAUCE

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

Material	To make 1 cup	To make 2 cups	To make 3 cups	To make 1 qt.
Thin Sauce				
Milk	1 cup	1 pt.	3 cups	1 qt.
Butter	1 tbsp.	2 tbsp.	3 tbsp.	¼ cup
Flour	1 tbsp.	2 tbsp.	3 tbsp.	¼ cup
Salt	½ tps.	1 tsp.	1½ tsp.	2 tsp.
Medium Sauce				
Milk	1 cup	1 pt.	3 cups	1 qt.
Butter	2 tbsp.	¼ cup	½ cup	½ cup
Flour	2 tbsp.	¼ cup	6 tbsp.	½ cup
Salt	½ tsp.	1 tsp.	1½ tsp.	2 tsp.

WASHING COOKING UTENSILS

Utensils containing sugar mixtures or greasy mixtures should be filled with hot water as soon as you are through using them. Utensils used for egg, milk, flour, or starchy foods, or mixtures other than sugar and greasy mixtures, should be filled with cold water so they will be easy to clean. Put egg beater in cold water immediately after using. Rinse knife immediately after cutting fruit.

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

Enamelware is a material covered with glass so you should never let it boil dry or subject it to quick change of temperature. When foods stick to enamelware they should be soaked with a solution of soda water or in boiling water. Coarse abrasives and sharp pointed instruments might chip the coating if used for removing food which sticks to the vessel.

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

WHOLESOME SUPPERS

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

SUPPER PATTERNS

Light	Medium	Heavy
Soup or sandwich	Hot main dish	Soup or cocktail,
Salad	Salad or a vegetable or	Main dish
Beverage	fruit	Salad or fruit or vegetable
	Breadstuff	Breadstuff
	A Sweet	Dessert
	Beverage	Beverage

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

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

Hot potato salad, whole wheat bread and butter, cocoa, cantaloupe.

Creamed eggs or meat on toast, sliced tomatoes, brown betty, milk.

Spoon corn bread, combination fruit salad, carrot sticks, cheese and crackers, a beverage.

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



Virginia is making a simple pudding for the family supper.

Fruit Plates for Supper or Lunch

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

1. Red cinnamon apples whole, stuffed with cottage cheese. Grapefruit sections and thick slices of canned peaches, sections of bananas covered with salad dressing and chopped nuts.
2. Canned peaches sliced and arranged in alternate lines with prunes, halves of canned pears filled with grated yellow cheese, candied fruit berries, and candied orange peel.
3. Slices of cantaloupe, combination salad of fresh peaches, apple, nuts, plums. Small bunch of grapes, a spiced pear, and a hard cooked egg.

Meal Management

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

1. What foods require the longest time to cook?
2. What foods must be cooked and then cooled before serving?
3. What can be done while foods are cooking? Setting table, warming dishes, preparing sauces or quick bread, tidying up self, washing preparation dishes.
4. What must be done just before the meal is served? Nothing that can be done earlier should be left until the last minute and no foods that are injured by standing should be prepared before needed.
5. Plan to go from one step to another without loss of time and effort. Collect all materials and tools needed before starting.
6. Use good technique—accurate measurements; stir with a wooden spoon; save food and time by using rubber scrapers to clean out bowls, pans and plates. Try using a vegetable brush for washing rather than a mop or cloth.

Company Suppers

Hospitality is an important phase of homemaking. Preparing and serving a meal to guests makes for poise and personal growth. If guests are to be entertained with grace and ease, some thought should be given to planning, preparing, and serving company meals.

The menu for a company meal should follow the same general rules as for a home meal. For guest meals it is preferable to have foods that can be prepared ahead of time, leaving little to do after the guests arrive. It is preferable to serve only the foods you can do perfectly and with ease. Dishes which are expensive or elaborate, or which require much time and effort to prepare rarely fit in with the time or the occasion. There is a real satisfaction in arranging special table decorations, getting out the best linens, silver, and china, and in serving simple foods of high quality, skillfully cooked.

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

FOR A SPRING EVENING

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

SUMMER SUPPERS

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

FOR WINTER NIGHTS

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

WAFFLE SUPPER

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

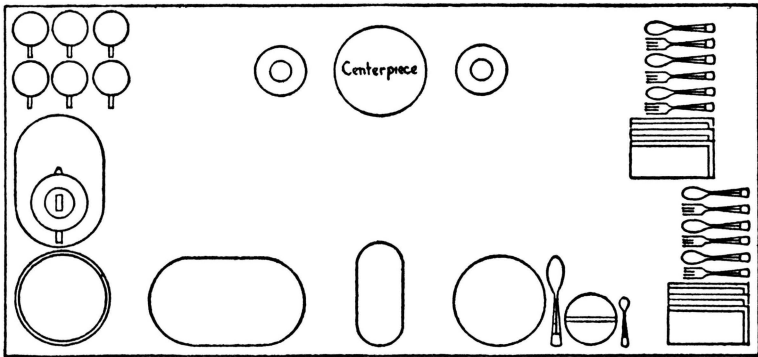


Table arrangement for a Sunday night buffet supper with the following menu: Hot chocolate, sandwiches, relish tray, spiced apples, nuts, etc.

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

TABLE DECORATIONS

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

The flower container should be well proportioned to the type of flower; that is a low dish should be used for pansies or a violet plant, a graceful dish or basket for roses, and a straight, rather high bowl for jonquils and other very straight stemmed flowers. A few well arranged flowers are often more lovely than a big bouquet or mass of flowers. A mixed bouquet can be very interesting or pleasing. It is difficult to put stiff, formal flowers with drooping ones. The vase, bowl, or basket should hold enough water for the flowers, and the holes in the frogs or other flower holders should be large enough to hold the stems easily.

Colorful fruits or vegetables arranged on a tray or plate, or in a bowl or basket, make an attractive table decoration and some growing plants make attractive table decorations. Paper flowers or crepe paper decorations are not used except for Hallowe'en or other feature parties. Place cards

may be used when a large number of guests are expected. They should be small and plain and placed above the cover or on the napkin. Decorative place cards are used only for feature parties. Menu cards are used only for meals of a commercial nature when no hostess is seated at the table. In decorating the table, watch to avoid a disorderly, crowded, weary looking table. Beth Bailey, in her book on table service, says: "A well set table, in perfect balance and order, requires little table ornamentation."

TABLE SERVICE AND MANNERS

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

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

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

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

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

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

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

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

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

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

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

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

A GRACIOUS HOSTESS

One of the duties and fine opportunities of every girl and woman is to be a charming hostess. A girl is always seen to the best advantage when she is a gracious hostess in her own home. Some people are naturally more gracious hosts than others but anyone can learn to be a better one by intelligent practice.

When inviting guests state clearly the place, time, and the kind of party and about how many will be there. Refreshments and the other details of the party need to be carefully planned and everything ready before the guests arrive if the hostess is to feel at ease and ready to enjoy the party. She greets the guests, sees that their wraps are removed, that they meet the members of her family and other guests, and that all are included in the conversation which is usually gay and light and of interest to all. The hostess forgets herself in trying to see that all her guests have a good time. She does not leave the party longer than is absolutely necessary and is present when the guests are leaving to receive their appreciation remarks.

Some Don'ts for the Hostess

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

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

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

Don't over-crowd a plate when serving it.

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

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

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

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

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

Good Manners In The Dining Room

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

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

- 1. Prompt at meals, and neat and clean in appearance.
- 2. Stand at left of the chair until mother or hostess is seated, and sit and rise from left of the chair.
- 3. Sit straight at the table with feet on the floor; keep the elbows close to the body when waiting, cutting food, and when eating.
- 4. Unfold the napkin below the edge of the table. At the end of the meal place the napkin in an orderly manner at the left of the plate.
- 5. Wait to eat until all are served or until the hostess gives the signal.
- 6. After knife, fork, and spoon are used lay them across the plate—never have a "gangplank" or allow the spoon to stand in the cup, glass, or sherbet dish.
- 7. Take small bites, chew with mouth closed, and eat slowly and noiselessly.
- 8. Talk only when there is no food in the mouth, and the knife, fork, or spoon is not in the air.
- 9. Take a drink only when the mouth is empty.
- 10. Be considerate of others—do not reach in front of them and make sure those near you are served and that dishes near you are passed.
- 11. Keep up your share of the conversation but do not monopolize it or interrupt others who are talking.
- 12. Do not make uncomplimentary remarks about the food, or express a dislike for any food that is on the table. If you do not care for the food that is served, eat a little of it so as not to attract attention.
- 13. Help yourself from the serving dish (sugar bowl, bread plate, meat platter, etc.) with the serving silver.
- 14. In using a spoon dip from you, and drink noiselessly from the side of the spoon.
- 15. Try to remove pits from fruits and bones from meat while they are on the dish before beginning to eat.
- 16. Break the bread in small pieces and butter one piece at a time.
- 17. If an accident occurs ask your hostess to pardon you, remedy the difficulty as much and as quickly as possible and try to forget it.
- 18. Never criticize the manners of older people.
- 19. Wait at the table until all are through or until you are excused by the hostess.
- 20. Use a tooth pick only when you are alone.

PICNIC SUPPERS

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

Fish fries, steak fries, and wiener roasts are always fun and require very little preparation at home. Rolls or buns; some crisp food such as apples, head lettuce, celery, pickles, or carrot strips; a beverage; and a little sweet are all that are needed. One would need to carry a container for coffee

if it is to be the beverage, and one to cook the meat in, salt, and a long handled fork. The following are other suggested menus: (1) Potato salad, meat sandwiches, radishes, onions, fresh fruit, fruit drink, and cookies. (2) Scalloped potatoes and cheese; lima beans; fresh sliced, whole, or stuffed tomatoes; gingerbread; and cider. (3) A meat and a vegetable sandwich, fruit salad, cookies, iced cocoa. (4) Cold sliced meat, potato chips, pickle, a hot vegetable, molasses cookies, fresh fruit.

Things to Remember When Planning the Picnic Lunch

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

WHEN MAKING SANDWICHES:

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

SUGGESTED SANDWICH FILLINGS

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

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

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

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

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

OTHER PICNIC SUGGESTIONS

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

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

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

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

Dough Boys.—To 2 cups of biscuit mix add 1 cup of milk. Mix using about 25 strokes. Mold into balls. Shape balls over end of green sticks (about 1" in diameter). Have dough not more than ½ inch thick. Bake over hot coals until done. Fill with jam and eat.

Heavenly Crisp

Chocolate Bar—Graham crackers or other kinds—Marshmallows

Toast marshmallows over the red coals until crisp and "goeey". Slice chocolate bar. Place hot marshmallows and chocolate bar slices between two crackers. The heat from the marshmallows should melt the chocolate and hold the two crackers together. Eat immediately.

UNIVERSITY OF MISSOURI COLLEGE OF AGRICULTURE AND THE UNITED STATES DEPARTMENT OF AGRICULTURE COOPERATING

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