

MEAL MANAGEMENT

Food For A Week-End



FOODS 7

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MEAT COOKERY

Meats are usually classed as tender and less tender, and thick and thin cuts. Tender cuts come from those muscles of the animal which are used very little. These cuts are cooked with dry heat. Thick cuts are roasted, and thinner cuts are broiled, pan broiled and fried. Less tender cuts come from the muscles that are used a great deal and are made tender by cooking with moist heat; thick pieces as pot roasts, and thinner and smaller pieces as braised or stewed. The meat is surrounded by liquid or steam.

Time

Less tender meat usually requires a longer period of time than tender cuts. It is important to allow sufficient time to let the less tender meat cook done. Large, chunky pieces of meat take a longer cooking time than smaller or flat pieces. Beef and lamb may be served when cooked to the rare or medium rare stage. Pork should always be cooked to the well-done stage. Trichina is a parasite which may be found in pork and is harmful to man. However, it is destroyed by thorough cooking.

Temperature

A low temperature is best for cooking all protein foods, including meats. At low temperatures, cooking losses in meat are less than at high temperature, and the meat is more juicy and flavorful. When cooking losses are small, there is less shrinkage of the meat, and you have more servings per pound of raw meat.

Storage of Meat

Fresh meat, poultry and fish are very perishable foods. It is important to keep them refrigerated--placing them in the coldest part--temperature 35° to 40° F.

Poultry, fish and unsmoked meat--such as roasts, chops and steaks--must be allowed some air. (Drying prevents rapid growth of bacteria and causes loss of freshness and flavor). Loosen any tight transparent coverings. Cover again loosely and use within a few days.

Ground fresh meat and variety meats, especially liver and brains, spoil more quickly even than fresh meats. Store loosely wrapped; cook within 2 days for best flavor.

Smoked meats--such as ham, frankfurters, bacon, and sausage (smoked or unsmoked)--may be kept tightly wrapped during storage. They keep longer than unsmoked meats, although bacon and sausage are likely to change flavor.

Keep cooked meat, poultry, and fish and also broth and gravies covered and in the refrigerator. Use within a few days.

Buying Meat

Consider the number of servings per pound when you buy any kind of meat. One pound of boneless meat will make four or five servings, while meat cuts which contain much bone, gristle or fat yield as little as two or three servings per pound.

The quality and cut of meat makes the difference in the price you pay for it. Top grades of meat and tender cuts are more expensive buys. Lower grades and less tender

cuts take long, slow cooking and are less expensive, and yet these have the same food value and sometimes more flavor. You can often save money by buying the less expensive cuts.

Some beef, veal and lamb are government graded for quality. The grades are stamped on the meat in a purple ribbon across the carcass. This federal grade is your best guide for selecting the quality of meat you want. A round purple stamp on the meat lets you know that the meat has been inspected and passed as wholesome food. All graded meat is inspected, but not all inspected meat is graded. Fresh pork varies less in quality and tenderness, and therefore is not graded. Meat packers, wholesalers, and retailers may use their own quality grade letters or names, but they are not the same as U. S. grades which are always in a shield such as illustrated:



In buying beef when you plan to have broiled steaks or rare roasts, select Choice or Good grades. But when you want pot roasts, hamburger, meat loaf and stews, you may find the lower grade to be just as satisfactory, and often it is more economical.

The lower grades of meat have less fat in proportion to lean than the higher grades. If you buy ungraded meat, you can be reasonably sure of high-quality beef when the lean meat is light red, velvety-appearing, and liberally veined with fat, when bones are red, and the fat is flaky and white.

Plan your meat buying before you leave home. Buy the cut of meat that will fit the type of cooking you plan to do. Be sure your refrigerator can hold the supply. Larger pieces of meat are often better buys than small ones.

Prepared meats and meats that take little time to prepare usually cost more per serving than those that require time and skill to make into tasty dishes.

Meat Tenderizers

The basic problem of using tenderizers is to obtain uniform distribution of the tenderizer. Too often the tenderizing agent works only on the structure of the muscle tissue on the outside but not on the inside of a piece of meat. If the tenderizer is allowed to stay on the meat for too long a time, it results in a mushiness of the steak surface.

Ham--From the Market

There are only TWO kinds of ham sold in most retail stores today. They are either FULLY COOKED or COOK-BEFORE-EATING hams. Your meat packer today is branding hams with one or the other of these terms so that you can tell at a glance what kind you are purchasing.

FULLY-COOKED hams can be served cold, without further cooking. Or, if you prefer, they may be reheated. Canned hams are also fully cooked and may be served cold or reheated according to taste.

COOK-BEFORE-EATING hams require additional cooking before being served.

Another kind of ham, the so-called "Country Style" ham, is not readily available in all localities. These hams are heavily cured and usually require soaking and simmering

in water before baking.

How to Cook Ham

To bake a ham, place the meat, fat side up, on a rack in a shallow roasting pan. Do not add water or cover and do not baste. Insert a meat thermometer in to the thickest part of the meat and bake in a 325° F. oven.

COOK-BEFORE-EATING hams should be baked to an internal temperature of 160° F. according to the cooking time indicated below. Center slices can be cooked by oven-baking, broiling or frying.

FULLY COOKED hams (which include all canned hams) may be reheated to an internal temperature of 125° F. to 130° F. according to the cooking time indicated below. Center slices can be browned lightly on each side to heat through.

RECOMMENDED COOKING TIME

Cut	Minutes Per Pound
Cook-Before-Eating	
Whole Ham18 to 20
Half Ham22 to 25
Roll-Shaped, Boned Ham.30
Fully Cooked	
Whole Ham10
Half Ham14
Roll-Shaped, Boned Ham12 to 15
Canned, 8-13 pounds10 to 15
6 pounds15 to 20

Glazing Ham

Half an hour before end of cooking time, stud the ham with cloves and glaze with one cup of red jelly mixed with $\frac{1}{2}$ teaspoon mustard and 2 teaspoons horse-radish, or your favorite glaze.

Cooking Frozen Meat

Frozen meat may be cooked while frozen or after thawing. Usually it is preferable to start cooking thin pieces of meat while still frozen but to thaw thick pieces. There seems to be less loss of juice if the meat is thawed slowly, as in a refrigerator, than at room temperature. Do not remove the packaging material until the meat is near refrigerator temperature (35-45° F.). Ground meat, liver and other variety meats are very perishable and should be used shortly after thawing. Large pieces of meat should be loosely wrapped and placed in the coldest part of the refrigerator if not used as soon as thawed.

It takes around five hours per pound to thaw meat in the refrigerator. It will thaw in half that time at room temperature in front of a fan.

Cook frozen meat as you would a similar piece of fresh meat. If the meat is still frozen when the cooking begins, increase the time of cooking according to the thickness of the piece of meat.

Two Good Rules For Cooking All Meats - Including Poultry and Fish Are:

- (1) Cook at low to moderate temperatures; and
- (2) Don't overcook. The meat is more juicy and there is less shrinkage.

Roasting - Beef, Veal, Lamb and Pork

Place roast, fat side up, on a rack in a shallow pan. Do not add water, do not cover, do not season or flour. If you have a meat thermometer insert it so the bulb is at the center of the thickest part of the meat and does not touch bone or fat. Place in a slow oven - 325° F.

Roast beef until thermometer reaches 140° F. or about 20 minutes per pound for rare and 30 minutes per pound for well done meat. Roast veal and lamb to 170-180° F., fresh pork to 185° F. and cured pork to 170° F. For precooked ham, roast to 160° F.

Roasting Poultry

Sprinkle bird inside with salt. Stuff body and neck cavities loosely. If opening is large, hold stuffing in at tail by slipping in the heel of a loaf of bread.

Tie legs and tail together. For ducks and geese, sew together the cut edges of skin and tie legs close to body.

Fold loose neck skin toward back, sew or fasten with poultry pins. Fold wing tips back of heavy wing bone.

Brush skin of chicken or turkey with soft fat. Ducks and geese do not need added fat.

Place bird on rack in shallow pan and roast uncovered without adding water (see the roasting guide). If desired, start bird breast down and turn two or three times during cooking. Cooking may be a little more even this way.

Baste a chicken or turkey several times with melted fat or drippings. Since ducks and geese are fat, they do not need basting. In fact, when roasting a goose, prick the skin from time to time to let fat run out. Always roast a goose breast side up.

The bird is done when flesh is slightly shrunken beneath the skin, thick portions of breast and thigh prick tender, and juice running out has no pink color. Joints can be moved easily.

While bird roasts, simmer the giblets and neck until tender. Use enough salted water to cover. Cool and chop fine to add to gravy or save to use in creamed dishes with leftover meat from the roast bird.

ROASTING GUIDE

Bird	Ready-to-cook weight	Crumbs for Stuffing	Oven Temperature	Time
	Pounds	Quarts	F.	Hours
Chicken	3 to 4 $\frac{1}{2}$	1 to 2	325°	2 to 3
Duck	4 to 5 $\frac{1}{2}$	1 to 2	325°	2 to 3
Goose	8 to 10	2 $\frac{1}{2}$ to 3	325°	3 $\frac{1}{2}$ to 4 $\frac{1}{2}$
Turkey	5 to 8 $\frac{1}{2}$	1 $\frac{1}{2}$ to 2	325°	2 $\frac{1}{2}$ to 3
	9 to 12	2 to 3	325°	3 to 3 $\frac{1}{2}$
	12 $\frac{1}{2}$ to 15 $\frac{1}{2}$	3 to 4	325°	3 $\frac{1}{2}$ to 4 $\frac{1}{2}$
	16 to 21	4 to 5 $\frac{1}{2}$	300°	4 $\frac{1}{2}$ to 6
	21 $\frac{1}{2}$ to 26	5 $\frac{1}{2}$ to 7	300°	6 to 7 $\frac{1}{2}$

Stuffing

Bread stuffing is popular for roast turkey. For making it, bread that is at least a day old is better than fresh.

The recipe for bread stuffing given below is based on one quart of $\frac{1}{2}$ -inch crumbs cut or torn from the loaf or from sliced bread. For the number of quarts to use for a bird the size you are cooking, see the Roasting Guide. Then multiply each ingredient in the recipe by this number.

1 quart bread	2 tbsps. chopped onion
$\frac{1}{3}$ cup fat	$\frac{1}{2}$ tsp. savory seasoning
$\frac{3}{4}$ cup chopped celery	$\frac{1}{2}$ to $\frac{3}{4}$ tsp. salt
3 tbsps. chopped parsley	Pepper to taste

Melt fat in fry pan, add celery, parsley and onion, and cook a few minutes. Add to crumbs with the seasonings. Mix lightly but well.

For Variety

Oyster Stuffing - Omit celery and reduce parsley and onion to 1 tablespoon each. Add $\frac{1}{2}$ pint oysters, heated in their own liquid and drained.

Nut Stuffing - Omit parsley and savory seasoning and add $\frac{1}{2}$ cup chopped nut meats (pecans, roasted almonds, filberts, or cooked chestnuts).

Buying Poultry

Chicken, turkey, duck and goose are family favorites. Golden roast turkey, chicken fried to a **crispy turn**, stewed chicken with dumplings, turkey steaks and turkey rolls are popular main dishes.

How to cook any kind of poultry depends on the bird's age, weight, quality and fatness. In general, plump young birds are best for broiling, frying or roasting. Older birds and lean young ones are best braised, stewed, or steamed.

When buying poultry look for the U. S. Inspected Label and U. S. Quality Grade.

For top quality in poultry, look for a plump bird with well-fleshed breast and legs, well-distributed fat, and skin that has few blemishes and pinfeathers. Too much fat is wasteful. The larger, well-fleshed birds are often better buys than the smaller ones. They usually have more meat in proportion to bone.

Most turkeys are marketed when young and tender-meated, suitable for roasting. Small, very young turkeys, that can be broiled or fried, as well as roasted, are on some markets now. Turkeys range from $2\frac{1}{2}$ to 25 pounds, ready to cook. Halves or quarter roasts suit needs of smaller families.

Ducks have less range in size than turkeys. Ducks may weigh from $3\frac{1}{2}$ to $5\frac{1}{2}$ pounds, ready to cook. Most of them are marketed young, as ducklings. The heavier the duck, the fatter it usually is.

Geese come larger than ducks and are usually fatter. Geese as most commonly marketed run 8 to 10 pounds, ready to cook.

For One Serving Buy:

Broiling.....	$1/4$ to $1/2$ bird	Ducks.....	$3/4$ to 1 lb.
Frying, Roasting....	$2/3$ to $3/4$ lb.	Geese.....	$2/3$ to $3/4$ lb.
Stewing.....	$1/4$ to $2/3$ lb.	Turkeys.....	about $1/2$ lb.

Using Dried Eggs

Dried eggs make a handy addition to staple food supplies. It is easy to carry home from the market. It takes up little storage space. It will keep for many months. And it has many uses in cooking!

When eggs are dried, only the water is removed. The solids that remain are made into a fine powder. When the liquid is added to replace the liquid taken out, dried eggs can be used in place of shell eggs in many recipes.

Dried egg will stay sweet and mild in flavor for about a year if it is properly stored. Keep unopened packages of dried eggs in a dry, cool place, (not over 55° F.) preferably in the refrigerator. Once a package is opened, put the unused portion into a container and store in the refrigerator or other cool, dry place.

Unless kept tightly covered, dried egg like dried milk takes up moisture from the air and becomes lumpy and will not mix readily with liquid.

Reconstitute only as much dried egg as you will need for the recipe you are preparing. Dried egg that has been blended with water should be used within an hour.

For Shell Eggs	Whole Egg, + Sifted	Lukewarm Water	Egg White + Water	Egg Yolk + Water
1	2½ Tbsp.	+ 2½ Tbsp.	2 tsp.+ 2 Tbsp.	2 Tbsp. + 2 tsp.
2	5 Tbsp.	+ 5 Tbsp.	4 tsp.+ 4 Tbsp.	4 Tbsp. + 4 tsp.
3	½ cup	+ ½ cup	2 Tbsp+ 6 Tbsp.	6 Tbsp. + 2 Tbsp.

Corn Fondue

½ cup sifted dried whole egg	1 cup grated cheese
½ cup lukewarm water	2 cups canned cream-style corn
½ cup bread crumbs	1½ tsp. salt
2¼ tsp. finely chopped onion	2/3 cup hot milk
1 tbsp. chopped green pepper	

Sprinkle the egg over the water, stir to moisten and beat until smooth. Combine all ingredients. Pour into a greased shallow baking dish, 1½ quart size. Set in a pan of hot water and bake at 350° F. (moderate oven) for 1 hour and 20 minutes.

Makes 6 (¾ cup) servings.

Cooked Salad Dressing

3 tbsp. sugar	1/3 cup vinegar
1 tsp. salt	2 tsp. melted butter or margarine
2 tbsp. sifted all-purpose flour	¼ cup sifted dried whole egg
1½ tsp. dry mustard	¼ cup lukewarm water
2/3 cup water	

Combine the sugar, salt, flour and mustard in the top of a double boiler. Add the 2/3 cup water and stir until smooth. Gradually stir in the vinegar and butter or margarine. Cook over hot water, stirring constantly, until the mixture thickens (about 3 min.) Remove from heat and cool for 5 minutes. Sprinkle the egg over the water, stir to moisten and beat until smooth. Gradually add the cooled mixture to the egg, stirring to blend. Return to double boiler and cook over hot water until thickened (about 2 minutes) stirring constantly. Cool quickly by setting container in cold water and stirring. Makes 1¼ cups.

Brownies

2 oz. unsweetened chocolate	½ tsp. baking powder
¼ cup shortening	½ cup milk
1 cup sugar	1 tsp. vanilla
5 tbsp. sifted dried whole egg	½ cup chopped nuts
2/3 cup sifted all-purpose flour	

Melt the chocolate and shortening over low heat or hot water. Add the sugar and blend well. Sift together the egg, flour and baking powder. Add alternately with the milk to the chocolate mixture. Stir in the vanilla and nuts. Place in a greased baking pan (9" X 9") and spread evenly. Bake at 350° F. (moderate over) for 30 minutes. Cool and cut in squares.

MAKING AND BAKING PIES

Tender, delicate pastry, in a variety of forms, has a popular place in American meals. The use of pastry to enclose meat or poultry had its beginning hundreds of years ago on the other side of the Atlantic but the various pies and tarts to which we are accustomed are truly American origin. Real skill is needed to make good pastry consistently.

"Easy as Pie" is an old and familiar saying, but many cooks don't think they're quite that simple. Let's see what pie making involves.

First there's the crust -- a most important part. A good pie crust should be flaky and tender enough to cut with a fork, but not so tender that it crumbles. It should have a rough blistered surface, and be a golden brown on the bottom. You'll use these ingredients for a pie crust: flour, salt, fat and water.

Excellent pastry can be made with any type of fat. Ice water contributes to the flakiness of the crust - hot water, properly used also gives a desirable crust - milk and fruit juices are sometimes used for the liquid - nuts, seeds, grated fruit rinds or cheese are sometimes added to compliment the flavor of the pie filling.

The crust is tender, flaky and crisp on the bottom as well as on the sides. It is uniformly brown and has no bulges. The crust has a rich good flavor and the filling has a good flavor and texture. The fruit is well cooked, has its natural fruit flavor and color and pieces hold their shape. It is juicy but of a good consistency, and has the right amount of fruit. Custard fillings are tender, quivery and do not weep on standing and are not too thin. Cream fillings are smooth and have a pleasing flavor with no raw or starchy taste. If there is a meringue on top it is free from cracks and beads. It is light, moist, golden brown and is attached to the crust around the edge of the pie.

Suggestions In Pastry Making Are:

1. Have fat soft enough to measure easily, but not so soft that it blends to readily with the flour.
2. Cut solid fat into the salt and flour mixture until the mixture resembles coarse cornmeal. Leave a few pieces of shortening about the size of small peas. These small lumps of fat tend to make the crust flaky.
3. Add just enough water to form a soft dough that is neither sticky nor dry.
4. Avoid handling dough more than necessary.
5. When rolling out dough, use as little flour as possible to prevent a tough crust.

Pastry For Two 9" Crusts

$2\frac{1}{4}$ cups flour
 $1\frac{1}{2}$ Tbsp. salt

4-6 Tbsp. cold water
 $\frac{3}{4}$ cup fat

Sift flour with salt. Cut in fat until mixture is granular. Sprinkle water over mixture, blending lightly with fork. Add water sparingly until dough clings together but is not wet. Let stand for 5 minutes before rolling.

Baked Pastry Shells

Roll pastry thin; place in pie pan or muffin pans. Trim 1/3 to 1/2 inch from edge. Double edge of pastry over and pinch with fingers to make an upright rim. Or shape pastry to outside of pans and trim close.

Prick bottom and sides of pastry well with a fork to keep crust flat.

Baking Guide for Pies

<u>Pie</u>	<u>Minutes</u>	<u>Oven</u>
Pie or tart shells	10-12	425° F. (hot)
Custard-type, unbaked shell	15 Continue 25-30	450° F. (very hot) Reduce to 350° F. (moderate)
Fruit, two-crust	30-50	425° F. (hot)

Two-Crust Fruit Pie

Make pastry for two crust pie. Roll a little more than half of dough to thin round sheet 1/2 inch larger than pan.

Settle sheet into pan without stretching. Pat in place to force out air underneath; trim close to rim.

Fill crust heaping full with raw fruit such as berries or pitted cherries or thinly sliced apples or peaches.

Mix 3/4 to 1 cup sugar with 1 to 2 tablespoons flour and a pinch of salt. If desired add up to 1 teaspoon mixed spices. Sprinkle this mixture over fruit, dot with table fat. For mild fruits add about 1 tablespoon lemon juice.

Roll rest of dough to thin round sheet. Make cuts to let out steam during baking.

Moisten rim of lower crust. Place top crust over fruit. Press down firmly at edge and trim close to rim of pan.

Bake in a 425° F. oven 30 to 50 minutes depending on the type of fruit.

With cooked or canned fruits -- Drain fruit and fill crust just full. Mix juice with sugar, flour, salt and spices. Cook juice mixture until slightly thickened; pour over fruit and add top crust.

Tips for Making the Soft Meringue

Have egg whites at room temperature.

Add a small amount of salt--this toughens the whites and may increase the volume and make the meringue stiffer.

Use 2 tablespoons very fine sugar for each egg white. Too much sugar gives a sticky, or sugary product. Too little gives a less fluffy and tougher meringue.

Add sugar gradually, after the whites are foamy. If all is added at beginning, the meringue has a finer texture, holds up a longer time but has a smaller volume.

Beat until rounded peaks form when beater is lifted out of the mixture. Overbeating may cause shrinkage.

Put meringue on hot filling and spread to touch edge of crust all around. Bake at 450° F. for about 5 minutes.

Deep Dish Fruit Pie (One 9-inch pie)

1½ cups sifted flour
½ teaspoon salt
½ cup shortening
3 tbsps. cold water
1 quart apples or cherries
1/8 tsp. salt
2 tbsps. butter or margarine

For fresh apple pie add:
1 teaspoon cinnamon
¼ tsp. nutmeg
2 tablespoons flour
¾ to 1 cup sugar
For fresh cherry pie add:
4 tbsps. flour
1½ to 2 cups sugar

1. Sift together flour and salt.
2. Cut in the shortening using a pastry blender.
3. Add cold water and toss with a fork until all the flour-coated bits are dampened.
4. Roll to fit top of pan. Cut several slits in dough.
5. Combine fruit with remaining ingredients and put in pan.
6. Place crust over top of fruit and seal edge to edge of pan.
7. Bake at 375° F. (moderate oven) 40 to 45 minutes.

Pecan Pie

3 eggs, beaten
½ cup sugar
1 cup dark corn syrup
¼ tsp. salt

1 tsp. vanilla
¼ cup melted table fat
1 cup pecan meats
Unbaked 9-inch pastry shell

Mix eggs, syrup, sugar, salt, vanilla and fat.
Spread nuts in bottom of shell, pour in filling.
Bake. (see Baking Guide)

Graham Cracker Shell - 9" shell

15 graham crackers
1/3 cup melted table fat

1/3 cup sugar
¼ tsp. each cinnamon,
cloves, nutmeg

Roll crackers fine. Mix with other ingredients.
Turn into piepan and pat into firm smooth shell.
Chill until firm.

Lemon or Lime Chiffon Pie

1 tbs. gelatin
1/4 cup cold water
3 eggs, separated
3/4 cup sugar
1/2 cup unstrained lemon
or lime juice

1/2 tsp. grated lemon or lime
rind
1/4 tsp. salt
Few drops green coloring (for
lime pie)
Baked 9-inch pastry shell or
graham cracker shell

Sprinkle gelatin on water and soak for a few minutes.

Beat egg yolks slightly, add half the sugar and the lemon or lime juice and rind.

Cook over boiling water, stirring constantly until thick.

Add gelatin to hot mixture; stir until dissolved. Add coloring for lime pie.
Cool until thick but not set.

Add salt to egg whites and beat until stiff. Add rest of sugar slowly, beating constantly. Blend with the chilled gelatin mixture.

Pour into a shell and chill until firm.

Pumpkin Chiffon Pie -- Replace fruit juice and rind with 1/2 cup milk and 1/2 teaspoon each of ginger, cinnamon and nutmeg.

Fold 1 1/4 cups cooked or canned pumpkin into gelatin mixture with beaten egg whites.

Individual Pastry or Tart Shells

1. Roll pastry 1/8-inch thick. The pastry may be baked over fluted molds, custard cups, or muffin pans.
2. Place the pan on the rolled pastry and cut out round with a pointed knife or pastry jagger large enough to allow for the depth of the pan. Fit the rounds of dough over the inverted pan; trim the edges with scissors or a knife; prick thoroughly with a fork.
3. Set the pans on a baking sheet; pastry side up, for ease in handling.
4. Bake in a very hot oven, 400° F. for about 8 to 10 minutes, until crisp and delicately brown.
5. Remove the shells from the pans. Cool. Shells may be stored in a metal box for a day or two. If so, warm them in the oven before filling to restore their crispness.

Score the Pie You Have Made

	Perfect Score	Your Score
Shape - Fits pan well.....	10	
Surface.....	20	
Crust - uniform browning, neatly finished. Without		

meringue - smooth, free from cracks. Meringue - slightly browned, light and moist in appearance, adhering to crust around edge of pie. No beading.	
Crust.....	20
Texture - tender but free from tendency to crumble, crisp on the bottom as well as along edges. Grain - flaky, surface rough, almost blistered in appearance.	
Filling.....	20
Fruit - well cooked, neither too dry nor too juicy. Custard - tender and quivery; keeps angles when cut and does not weep on standing. Cream - smooth; stiff enough to prevent running when cut but not pasty or rubbery.	
Flavor of.....	
Crust - rich, blended flavor of well-baked ingredients.....	15
Filling - characteristic of the kind, free from excessive sweetness or flavor of uncooked starch...	15

How Does Your Pie Rate?

- _____ Is the pie an even golden brown?
- _____ Is the crust thin, flaky, and tender and free from any sogginess?
- _____ Does the crust have a pleasing flavor?
- _____ Is the filling thick enough to hold its shape and yet not too stiff? In fruit pies it should flow a little.
- _____ Is the fruit in suitably sized pieces and cooked so it is slightly firm but tender?
- _____ Is the crust well filled but not so full it will run over?
- _____ Is the flavor characteristic and pleasing, not over or undersweetened or spiced?

MAKE MEALTIME COUNT

Take a good look at yourselves. Chances are you are on the go all the time, and you are growing rapidly. To keep up this terrific pace you need your full quota of nourishing foods every single day. When you realize that good looks, pep, popularity--things that all teenage girls and boys prize--depend on the food you eat, you can easily see how smart it is to be interested in what food does to and for you.

For good looks, more pep, good health, now and in the years ahead, this is what you should eat every day. *

	Circle Servings You Had Today *			
1. <u>Four</u> or more glasses of milk each day. Some can be skimmed if you are watching your weight (cheese and ice cream are good substitutes for some of the milk).	1	2	3	4
2. <u>Two</u> or more servings daily of meat, poultry, fish, or eggs. (Occasional substitutes: dry beans, peas, and nuts).	1	2	3	4
3. <u>Four</u> or more servings of fruits and vegetables. A dark green or deep yellow vegetable. Every day, citrus fruit or tomatoes, or raw cabbage occasionally. Other fruits and vegetables, including potatoes.	1	2	3	4
4. About <u>four</u> servings of enriched or whole-grain bread, cereal, or flour products.	1	2	3	4

It is important to eat food from each of these groups every day. If you omit one, you may very well cancel out part of the work of the others, because these foods all work together. A varied diet which includes the foods listed will give you foods you need for your best development.

* Also use the 4-H circular on Health.

Thin As a Rail

It's a big fraternity, men, women and children who need to put on weight. Do your clothes sag constantly? How do you look in a bathing suit? Are your nerves standing the strain of time? Can you match your plumper sisters in stamina and disposition? Life insurance companies say that your best bet for long and healthy life comes with a little overweight under 30 and a little underweight after 30.

What You Can Do To Weigh More

If you are very much underweight, something may be holding you back and you had better see your doctor. Let him decide on the right formula for fitness for you. If you are too thin because you eat too little food or the wrong kind of food or because you hurry and worry, start a new program for living. Change your food habits and call a halt on wasting your energy. The thins have a harder time building up than their heavier sisters have in slimming down, so don't get discouraged--you have to work hard at it. Remember good health habits are an important part of the pattern as well as the

right food. If you are fortunate and do not need to count calories, be sure the health protective foods--milk, eggs, meat, fruits and vegetables, or whole grain--get in every day, then be sure you have plenty of vitamin B, the appetite vitamin, which will help you enjoy your foods. These are found in liver, milk, wheat germs, whole grains.

To start the day right, get an ample leisurely breakfast and take it easy. Get some out-of-doors exercise every day. This will pep up your circulation, make you hungrier and help the body use its food better. Get enough sleep at night, which means in bed earlier--at least 4 nights a week. Rest a few minutes before or after meals, and when you sit let the chair really hold you--that is, relax. Then you'll need some extras--peanut butter, salad dressing, extra table fat, gravies, sauces, puddings, jellies and nuts, all have energy in a small space. If your stomach is small, try more frequent meals. Simple--such as between meal snacks, such as milk, cocoa, fruit, cookies, crackers will help.

SHAPES are inherited but FIGURES are BUILT. Hold your head up, WALK with a LILT, be neither too FAT nor yet too THIN if HEALTH and CHARM, even BEAUTY you'd WIN.



BREAKFAST--All Important

Recent studies indicated that breakfast may be your most important meal of the day. A good or poor breakfast or none at all, affects health, efficiency, fun at work or play, accidents, and your manners.

Go to bed on time so you can get up in time to eat a good morning meal. Include citrus fruit or tomato juice, cereal and milk. An egg in addition is very desirable. It is smart to manage all this by good advance planning.



THAT TROUBLESOME ACNE

Diagnosis and treatment is a first essential in curing acne. The right diet may help in clearing many skin troubles. Drink plenty of water. Eat sparingly of chocolate in any form, candy, soft drinks, sodas, and rich, gooey desserts. Avoid coffee, tea. Go easy on cake, cookies, pie and spaghetti. Go heavy on fruits and vegetables of all kinds, especially raw ones. Get plenty of rest.

Your emotions, too, can affect your skin. Try to keep HAPPY and CALM.

Teen-age girls are often tired and listless and do not know why. How do YOU feel? Be sure you can eat these foods: meat, that quart of milk, citrus fruit or tomatoes, and plenty of green leafy vegetables. Make GREEN your favorite color when choosing vegetables.

The one most important food for combating anemia is LIVER. Eat it once a week or at least twice a month.

Don't join the "I don't like this or that" food club.

PLANNING THE DAY'S MEALS

It is well to know that everybody really needs the same foods and only the amounts of the different foods vary for different members of the family. The vegetable and fruit for the baby and old person may need to be chopped fine or sieved but all can eat the same vegetables and fruits.

Each meal should be palatable, satisfying and contain: (1) Some animal protein, as meat, milk, egg or cheese; (2) a vitamin C rich food, as citrus fruit, tomatoes or raw salad greens; and (3) some energy food as potatoes, bread, table fat or cereal. The meals of the day should be planned so that as a whole they provide all essential food materials in proper amounts, and yet each meal is different and complete in itself. Aim for simplicity and perfection of detail. There needs to be color and variety in form, flavor and texture. Have something hot and something cold, something crisp and something soft, something tart and something sweet in every meal. If the foods are cooked right and served immediately, they not only look and taste the best but are the most nutritious.

Most people will eat the right foods and enjoy them if they are well cooked and nicely served--without comments. It is a good plan from a social as well as a nutritional point of view to learn to like a great variety of foods. Refusing to taste or to eat many different foods is rather childish or immature.

Meals for the Day

When you plan the meals for the day, you will want to keep three things in mind:

1. The daily food guide. That is the foods the family will need for one day.
2. Menu pattern for the three meals of the day--breakfast, dinner and supper or lunch.
3. Your family's individual needs, likes and dislikes.

Daily Food Guide

1. Milk Group - some milk for everyone.
Children - 3 to 4 cups.
Teenagers - 4 or more cups.
Adults - 2 or more cups.
2. Meat Group - two or more servings.
Pork, beef, veal, lamb, poultry, fish and an egg a day. As an alternate use dry beans, dry peas and nuts and peanut butter.
3. Vegetable and Fruit Group - four or more servings, including a citrus fruit and other fruit or other vegetable important for Vitamin C. A dark green or deep yellow vegetable for Vitamin A every other day. Other vegetables and fruits including potatoes.
4. Bread and Cereal Group - four or more servings. Whole grain, enriched or

restored. Other foods as needed to complete meals and provide additional food energy and other food value.

Breakfast

Citrus fruit or other
Vitamin C rich fruit
A protein food as--
cereal with milk,
egg or lean meat
Bread and butter
Milk, coffee, or
other beverage

Dinner

Meat or meat-like dish
One hot starchy food
One hot vegetable
A salad or a tart fruit
or crisp vegetable
Bread and butter
A sweet or dessert
A beverage

Supper or Lunch

A main dish
Milk or other beverage
A salad or a tart
fruit or crisp
vegetable
A sweet or dessert
Bread and butter

Plan Ahead

When planning the meals for your family, keep the menus simple. It is easier to have a successful meal if you serve only a few simple dishes. Use "light" foods in combination with more substantial ones. When the main course is meat and a vegetable or two, a light dessert is a good choice. However, if the meal is soup and salad, then a richer dessert could be served.

In planning meals, let color work for you. Try to see how the food will look on the plate.

You will need to watch your pocketbook and prices at the store as you are making plans for your meals, too. Meat is usually the most expensive item. You can keep this cost down by buying less tender cuts and using them in pot roasts, stews and meat loaf. For desserts, again, use your imagination to make delicious, attractive dishes of fruits and milk and eggs.

Plan meals in which you can prepare some of the foods ahead of time. This will give you more time to do the last minute jobs. Then you can sit down at the table and enjoy the meal with the rest of your family.

Write out your menus, check them to see that they include the foods you and your family need every day for good health.

Now plan with your mother the menu for a meal. It might be dinner, supper, lunch, or breakfast, whichever mother thinks it best for you to do. When you have planned and written your menu, decide which part of the meal you will prepare and which part mother will do. You may prepare all of it, or as much as you and your mother think it wise for you to do, depending on your experience.

The next step is to look up the recipes you will use, check on the supplies and utensils you will need. Decide what time you will serve the meal. Getting everything to come out at the same time is one of the biggest problems in cooking a meal, but it can be done. It is not hard if you make a time schedule.

Inexperienced cooks need help and practice in making their plans.

When You Plan Menus Know:

1. It's important to keep meals interesting and food associations pleasant.
2. Have at hand a collection of menus and recipes you are pretty sure will be enjoyed by the men and children as well as the women, and use them reasonably often.
3. If an inexpensive dish seems dull and your food budget is low, vary the form, the temperature or seasoning or combine it with other foods in a different kind of meal.
4. In every meal include some bright colored, some crisp food for eye and appetite appeal--give your meals personality.
5. When serving a new food serve small amounts, as big servings would be discouraging.
6. It's important to keep food costs within your budget. Compare price per serving and quality of fresh, canned and frozen foods.
7. Food preferences and methods of preparation are among the most cherished habits of all people. We all cling to the familiar in a strange land. Types of food and menu patterns vary even within a country. Too often we think food habits are wrong if they are different from ours.
8. It's not just what you cook--it's mostly the way it's done. A girl with the know-how can dig into the refrigerator for half a dozen assorted items, season to taste and turn out an item that makes the gang stand up and cheer.

Summer Porch Supper

One of the best ways to beat summer heat is to eat supper on the porch or in the yard under a big tree. The menu might just be for the family or have in friends. Deviled eggs, baked beans, cold cuts are favorite main dishes. Add a relish tray, an unusual bread, milk or other beverage and a dessert--like watermelon--and you have a good meal. With broiled steak all you need is a bowl of green salad, garlic bread, a beverage and some kind of sweet. A three-point philosophy for a good family or company meal is (1) don't fuss or hurry (2) enjoy cooking as well as eating (3) fix your family's favorites.

A popular dessert from the freezer is your favorite ice cream in paper dessert cups for easy serving. Put a spoonful of Sundae Sauce in the bottom of the cups before adding the ice cream for a pleasant surprise. A dasher-style ice cream served straight from the freezer with a choice of toppings is another favorite.

A Chicken Barbecue Supper

Take one lazy, summer evening, one family, and a few friends; the aroma of chicken sizzling over charcoal as it turns a rich, golden brown; and corn-on-the-cob roasted in its husks until the tips of the kernels are light taffy colored--the scene is set for perfect outdoor eating. People gather late in the evening and like to relax in the cool outdoors. Be sure to have plenty of big pitchers of iced tea or lemonade. A portable grill for every six people takes care of the outdoor cooking. Part of the meal can be kept in the freezer. Fix the salads and relishes early in the evening and keep them in the refrigerator.

For another good filling meal outdoors, one might cook on the grill, ham slices, baked potato slices, and have hot French bread with Herb Butter. Take from the refrigerator cottage cheese, a relish tray, and milk. Then from the freezer ice cream topped with sweetened sliced berries or a chocolate or caramel sauce.

Baked Potato Slices

8 medium to large baking potatoes Salt or seasoned salt
½ cup soft butter or margarine

Scrub potatoes well; dry. Cut into 3/4" crosswise slices. Brush cut surfaces with soft fat; sprinkle with salt (about 1 teaspoon for each potato).

Put potatoes back together and wrap tightly in a double square of heavy-duty foil. Broil over coals about 1 hour or until soft. Unwrap and eat with fingers or forks. Makes 6 to 8 servings.

An Autumn Meal

Roast Pork
French Baked Potatoes - Broccoli
Sliced Tomatoes - Olives
Baked Apple - Cheese Topping
Coffee - Milk

Roast Pork

Place roast pork, fat side up, on a rack in a shallow pan. Do not add water or cover. Season either before or after cooking. The size, and shape of the roast as well as its temperature at the start all affect the time required. A four to five pound loin roast would take about three hours. If you have a thermometer, the temperature should be 185° when it is done. Let it stand twenty to thirty minutes before cutting and serving.

How Does Your Roast Rate?

- _____ Is it plump and juicy?
- _____ Is it tender?
- _____ Is it uniformly browned?
- _____ Does it cut well?
- _____ Does it have a minimum amount of shrinkage?

French Baked Potatoes - 6 servings

6 medium potatoes
Salt and pepper

$\frac{1}{4}$ to $\frac{1}{2}$ cup cream (20%)
or half-and-half cream (12%)

Peel potatoes and cut into strips (as for French Fries). Butter a casserole well, put in potatoes, sprinkle with salt and pepper, and add cream to just cover potatoes. Cover and shake the casserole gently to distribute the cream and salt. Bake at 325° to 350° for 45 minutes to one hour, or until potatoes are tender. A small diced onion may be included, if desired.

Variation - Rutabagas instead of potatoes.

Baked Apples

Wash and core medium-sized baking apples. Either pare upper half of apples or slit around center. Place in baking dish. Fill center of apple with 1 to 2 table-spoons of white or brown sugar, 1 teaspoon table fat and 1/8 teaspoon cinnamon. Add water to depth of $\frac{1}{4}$ inch. Bake uncovered in moderate oven (375° F.) until tender when pierced with fork--about one hour. Baste syrup over apples--about every twenty minutes--while baking. Serve hot or chilled.

FOOD BUYING

Food Buying Tips:

1. Consider your family's likes and dislikes. No purchase can be considered wise if your family does not eat it when it is served.
2. Have a shopping list but know what foods can be substituted for each other, so that you can alter your shopping list and take advantage of bargains.
3. The price of an item may be low but if the quality is also low, the added waste may make your purchase price high.
4. Buy foods in season--seasonal foods are more likely to be high in quality and low in price.
5. Consider different forms of foods. There is a price as well as quality difference between fresh, frozen and canned foods from one season to another. There are many natural quality indicators, such as, color, crispness, freshness, fine grain, lack of blemishes.
6. Be familiar with government grades and standards. The grades put on by private companies can also be a guide to quality.
7. Read labels. They often give practical information.
8. Become familiar with the brands carried by your grocer.
9. Always consider the number of servings for a given price, rather than price per pound.
10. Buy the amounts you can use economically.

The Label is a Guide to Better Buying

In this day of modern self-service food stores, the shopper has become increasingly dependent on labels for guidance. Modern merchandising, with its emphasis on saving time, frequently requires the shopper to make a selection without benefit of a discussion with the grocer. In making decisions, the shopper is turning more and more to the label for help.

The Federal Food, Drug, and Cosmetic Act requires the following information on the labels of all canned foods:

1. The common or usual name of the product.
2. The net contents--in terms of weight or liquid measure.
3. The name and address of the producer or distributor.
4. For certain canned foods, a list of all ingredients.
5. All information on label must be true.

They also require that labels give such information as style of pack (whole, halves, sliced, diced, etc.), type or variety (early or sweet peas, cling or freestone peaches, etc.), and the sweetness of syrup used with fruits (light, heavy, extra heavy). In addition some canners add brand name, an illustration of the product, size of product, maturity of product, seasoning, contents of can measured in cups or number of pieces, number of servings, and recipes and suggestions for using the product.

Selecting Fresh Vegetables

Vegetables are important for color, flavor and texture. They are one of our best sources of essential minerals and vitamins. Often they are served raw as a finger food or with dressing in a salad. When you go to the market and buy fresh vegetables choose high quality ones.

Asparagus is best when it is firm and tender with tips uninjured and tightly closed or curled. Choose stalks with little white--they are more tender. Use soon, as it toughens rapidly.

Beans, both the green snap and yellow wax kinds, should be tender, firm and crisp. The seeds should be tiny and they should snap when bent.

Broccoli heads should be green, fresh, and crisp, with compact flowers.

Cabbage should be fresh looking, green and solid and heavy for its size.

Carrots should be crisp, smooth, straight, uniform in size and color, and well developed.

Celery is best when it is crisp and firm and medium sized. The stalks should not be cracked or discolored.

Corn should have kernels that are well filled, yet milky when pressed with the fingernail.

Cucumbers that are green, not yellowish, crisp and fresh looking are best. They should have only small seeds.

Lettuce and other greens should be fresh looking, crisp, clean, tender, green, unwilted, and free from decay and blemishes.

Onions with wet necks are poor. Size and color do not affect flavor or quality. The Bermuda and Spanish types are milder than the very hard, long-keeping varieties.

Peas should have green, well-developed pods but not bulging. Avoid flabby pods.

Tomatoes should have even full color all the way to the stem and be firm.

Potatoes with deep eyes or green skins are wasteful. New potatoes do not keep as well as mature, cured potatoes.

Buying Canned and Frozen Foods

Canned--You may want to choose the highest quality for plain-cooked dishes, salads or serving "as is." Second quality may do for combination dishes such as stews, casserole dishes, soups, and fruit puddings, where wholeness or color is not so important.

Frozen--Buy only packages that are frozen solid and below the freezer line in the freezer cabinet. Avoid packages that feel the least bit soft, indicating they have not been kept at 0° F. Refreezing after thawing lowers quality.

Common Can Sizes for
FRUITS AND VEGETABLES

Can Sizes	Average Net Weight	Cups Per Can
	Ounces	Number
No. 1 tall	16	2
No. 300	14-16	1 3/4
No. 303	16-17	2
No. 2	20	2 1/4 to 2 1/2
No. 10	98-100	12-13

Common Can Sizes for
FRUIT AND VEGETABLE JUICES

Can Sizes	Contents	Cups Per Can
	Fluid Ounces	Number
No. 211 cyl.	12	1 1/2
No. 2	18	2 1/4 to 2 1/2
No. 303 cyl.	19	2 3/4
No. 3 cylinder	46	5 3/4
No. 10	96	12

Where to Store Food and For How Long

To keep the initial quality of foods, place foods in their proper place immediately after purchasing. Use foods before the maximum days for keeping are up.

IN THE REFRIGERATOR:

	Maximum Days to Keep		Maximum Days to Keep
*Steaks, chops, roasts.....	3	Milk--covered.....	5
*Freshly ground meats.....	2	**Cheese	
*Liver, heart, other variety meats...	2	Cottage--covered.....	7
*Table-ready meats--frankfurters, bologna, etc.....	7	Cheddar--tightly wrapped..until used	
*Bacon--original wrapping.....	7	Processed--tightly wrapped.."	"
*Fish.....	2	**Butter--tightly wrapped or covered.....	14
*Chicken.....	2	Margarine, lard, oil--tightly covered container.....until used	
*Turkey.....	3	Fresh fruits--lightly covered.....	7
*Eggs--large end up and covered.....	14	Fresh vegetables in hydrator.....	7

*Wrap loosely (so it dries some on the surface) and store in coldest part of refrigerator. Signs of deterioration are drying, discoloration, slickness, and off odor.

**Exposure to light and air causes rancidity. Refreezing of cheese breaks the grain and causes the cheese to crumble.

IN THE FREEZING COMPARTMENT OF THE REFRIGERATOR

All frozen foods--juices, vegetables, meats and other frozen items.....up to 2 weeks

IN THE HOME FOOD FREEZER AT 0° F. TEMPERATURE

Bread, cake and other baked products.....4 to 6 weeks
Meats and frozen foods bought on special sales.....up to 3 months

AT ROOM TEMPERATURE

Mature potatoes, onions, turnips, squash, in ventilated dark containers.....3 weeks
Bananas and avocados.....depends on ripeness
Hydrogenated cooking fats--airtight containers that exclude light....6 weeks or longer
Canned foods as sugar, flour, coffee, cereals, in sealed or airtight
containers.....6 weeks or longer
Staples--dried beans, popcorn, dried fruits--sealed or in airtight
containers.....6 weeks or longer

Keeping the Pantry Shelf Well-Stocked and Organized

Any canned, dried, packaged, or bottled product is generally considered a pantry shelf item; and completely dried foods as sugar, cocoa, dry skim milk, rice, prepared cereals, dried beans, and macaroni can stay on the pantry shelf even after they are opened. However, in damp weather, they will lose flavor and freshness and would keep better in tightly covered containers or plastic bags. Spices, parsley flakes and other herbs and flavors should be packed in metal boxes with tight fitting lids--in cardboard containers, they lose flavor. Salad oils, hydrogenated fats, chocolate, and peanut butter store well for a reasonable time in their original package if kept tightly sealed.

Dried fruits, brown sugar and tea after opening, should be transferred to a tightly covered jar or container.

Organize the cans and boxes on your pantry shelves so it is easy to see and reach foods without moving packages to get at others. Rows of identical items that start at the back and work toward the front let you see at a glance what is on the shelf.

Be sure that labels are clearly showing. Some people like their shelves labeled "canned vegetables," "jellies and jams," etc., so they can easily see what and how much there is. Order is important to save time and nervous energy.

HOMEMADE ICE CREAM

Ice cream and sherbet can be made in the home and are very nutritious and pleasing particularly if made in the dasher freezer.

Homemade ice cream usually has a higher fat content, a heavier body and a coarser texture than commercially made ice cream. The quicker the ice cream is frozen, the smaller the ice crystals will be and the finer the texture. If something is put in the ice cream mix to hold the particles of liquid apart, the texture will be finer. For this reason many people like to add whipped cream, whipped dry skim milk, stiffly beaten egg whites, gelatin, rennet or some other stabilizer which will hold the particles of water apart. Dry skim milk, gelatin and rennet are easy to add to a homemade ice cream mix, and either one will reduce the tendency to be icy. When you use gelatin, simply soften it in a little cold water and then dissolve it over hot water and add to the mix slowly. Stir continuously or it may form into lumps as it goes into the cold mix. One rennet tablet is enough for a quart of ice cream. Simply dissolve it in one tablespoon of cold water and let the milk mixture stand at room temperature until a very firm curd is formed. This will take about one half hour. If evaporated milk is used in place of fresh milk, you have less water and so a heavier body and a smoother ice cream, but the flavor may be different.

All homemade ice cream tastes better if the mix is made an hour ahead and allowed to stay in the refrigerator several hours or even overnight before freezing.

When using the dasher freezer for freezing, do not fill the freezer more than $\frac{2}{3}$ full of mix, otherwise there will not be enough room for the increase in bulk caused by whipping the mix.

Six pounds of crushed ice and one pound of salt should freeze two quarts of ice cream. Turn the freezer handle slowly at first and faster when it is beginning to freeze and getting harder to turn. Then more air will be whipped in and you will have a smoother product. When the ice cream is frozen, remove the dasher and pack the freezer with a mixture of crushed ice and salt. Use 1 part salt to 8 parts of ice by weight--lay a heavy piece of cloth or paper over the freezer. Let the ice cream stand for at least two hours before serving to have a grade A product.

French or custard type of ice cream has the most food value but it does take longer to prepare. By adding dry skim milk to the standard ice cream recipe, you will increase the food value and also have a smoother and a less icy product. If too much is added, however, the ice cream will have a chalky flavor.

Freezing in the Refrigerator

Turn the refrigerator control to the coldest point before you begin to make the frozen dessert. When the dessert is frozen to a mush, beat vigorously to break up crystals. Do not let it melt. Use a chilled bowl and beater. When almost frozen thick, beat again. When frozen firm, return temperature control to normal. The dessert will have a finer texture, have smaller crystals if served soon after it is frozen.

Standard Ice Cream for a Two-Quart Freezer

Yields 7 to 10 servings

4 cups light cream	(or)	2 cups whipping cream
1 cup whole milk		3 cups whole milk

Add: 1 cup sugar
1½ tsp. gelatin (dissolved in 2 tbsps. of cold water)
2 tps. vanilla
¼ tsp. salt

Lemon Sherbet

1 quart milk	¾ cup lemon juice
1½ cups sugar	2 eggs
1 tbsp. gelatin	

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 and cool. Add to the remaining cold milk, then add the juice and strain. Freeze to a mush-like consistency using 6 to 8 parts ice to 1 of salt. Remove dasher. Pack and allow to ripen.

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

Blackberry Sherbet

Grind or mash 1 quart of fresh blackberries. Add 1¼ cup of sugar and heat until the sugar is melted; then cool. Pour 1 quart of whole milk or fresh, strained butter-milk in a freezer. Add ¼ tsp. salt. Add the berries and sugar. Freeze.

French Ice Cream

2 cups scalded milk	1/3 tsp. salt
1 cup sugar	1 quart thin cream
2 eggs	2 tps. vanilla

Mix sugar and salt; add eggs, slightly beaten, and hot milk gradually. Cook over hot water, stirring constantly until it coats a spoon. Cool; add cream and flavoring. Strain and freeze.

GOOD ICE CREAM is firm in body, not fluffy or soggy; its texture is smooth, creamy and fine grained, not coarse or icy; and its flavor is fresh and characteristic of the flavoring material. A smooth creamy texture comes partly from beating air into the mixture and partly from stirring it or beating it when it is half frozen to break up any crystals that have formed. The mechanical refrigerator and the electric mixer have made the making of ice cream easy. Packaged puddings or mixes can be used if it is necessary to further cut down preparation time. Some instant pudding mixes will freeze while you are eating your dinner.

Be sure to chill the serving dishes so the ice cream will mound up firm and tempting. You don't need to use toppings, but they make your ice cream take on a glamorous look. Ready-to-serve sauces and frosty toppings can be purchased at most grocery stores, but you can make your own sauce and keep them in the refrigerator.

Ice Cream Toppings

Various toppings to dress up ice cream can be made at home or purchased. Fruits such as sweetened, frozen strawberries and raspberries make excellent toppings. Cranberry sauce is also good. Caramel, butterscotch, or chocolate sauces are especially enjoyed by teenagers.

Caramel Sauce

Melt one-half pound caramels over hot (not boiling) water. Stir in gradually one-half cup milk or water. Serve hot or cold over ice cream.

Chocolate Ice Cream Sauce

2 squares unsweetened chocolate	1 tbsp. table fat
$\frac{1}{4}$ cup light cream	1 tsp. vanilla
$\frac{3}{4}$ cup sugar	3 tbsps. flour

Combine the chocolate and cream in top of double boiler. Mix sugar, flour and $\frac{1}{4}$ tsp. salt, and add to hot chocolate in double boiler. Cook until smooth and slightly thick--about ten minutes. Remove from heat; add table fat and vanilla and serve hot or cold.

Butterscotch Ice Cream Sauce

1 cup firmly packed brown sugar	$\frac{1}{4}$ cup table fat
$\frac{1}{3}$ cup dark corn syrup	$\frac{1}{3}$ cup light cream
$\frac{1}{4}$ cup water	$\frac{1}{2}$ tsp. vanilla

Combine sugar, syrup, water and table fat and cook, stirring occasionally, to the soft ball stage-- 236° F.--takes about four minutes. Remove from heat and let cool slightly. Add cream and vanilla. Beat well and serve warm or cold.

Ice Cream Dressed Up for a Party

When it comes to food--and every party does sooner or later--you can always count on this: Ice cream is tops, with teens. No one ever seems to get tired of it, and there are easy ways to make it special for your gang.

Here are some ice cream tricks you might like to try. Several of them can be prepared the day before and stored in your freezer; others will take only a jiffy at party time.

Nut Balls--With the scoop make a ball of ice cream. Roll ball in chopped nuts or coconut; serve with chocolate or caramel sauce.

Peach Melba--Sounds glamorous, but it couldn't be easier. Place a peach half (cut side up) in each dessert dish. Add an ice cream ball, and top with crushed raspberries.

Orange Cooler--Fill iced tea glass half full of orange juice. Add a large dip of vanilla ice cream; then fill glass with ginger ale. Garnish with orange slice; serve with a straw and ice teaspoon.

Ice Cream Pie--Make a graham cracker pie shell, and fill it with strawberry ice cream. Add crushed strawberries around the edge and in the center, or spoon them over individual wedges of the pie.

Chocolate Loaf--Slice a chocolate loaf cake in thirds, lengthwise. Between slices place layers of ice cream. "Ice" the loaf with whipped cream. It will cut easier if made ahead of time and frozen.

Ice Cream and Sherbet in the Freezer

Be sure it is in a moisture-resistant container with a well-fitted lid. If it is purchased in a carton that is not moisture vapor tight, either place the carton in a plastic bag or wrap in freezer locker packaging material or transfer to a freezer locker container.

If ice cream is allowed to soften and then is refrozen, it tends to shrink in volume and becomes coarse in texture. Therefore, as you use it, take out of the package only the amount needed, and return the unused portion, tightly sealed, to the freezer immediately. Keep the containers closed or wrapped to prevent ice cream from drying out in the freezer. If possible, package ice cream as other foods in the size package that holds just the amount to use at one time. If purchased in a quantity container, keep a layer of foil or other moisture proof material over the surface of the ice cream as you use it to protect it as much as possible from contact with air.

SALADS

A salad can be a satisfying meal. It can be a first course, an appetizer, an accent to the main course, or a lovely light ending to a meal. A salad can be almost anything you like depending on what you put in it. Of most importance is that the greens be fresh and crisp. Wash them, then dry them until not a drop of water is left to dilute the dressing. Use a variety of greens, head lettuce, crisp romaine, curly chicory, endive, tender bibb lettuce or sharp tangy watercress. Other vegetable salad favorites are rosy tomatoes, crisp celery, cool cucumbers, crunchy green peppers, fiery radishes.

For Appetite Appeal in Salads

Chill ingredients before mixing--except for molded salads.

Provide tartness in the body of salad or dressing.

Use salad greens. Try chicory, escarole, endive, kale, spinach, dandelion greens, romaine, or watercress.

Sprinkle orange, lemon, lime, or pineapple juice on fruits that may turn dark--apples, peaches, and bananas, for instance.

For tossed green salads, tear greens in fairly large bite-size pieces, as larger pieces give more body to the salad.

Prevent wilting and sogginess by drying the greens used in salads, draining canned foods well before adding to salad, using just enough salad dressing to moisten. For raw vegetable salads, add dressing at the last minute.

Fruit Combinations

1. Sliced pineapple, apricot halves, sweet red cherries.
2. Watermelon balls, peach slices, orange slices.
3. Grapefruit sections, banana slices, berries or cherries.
4. Grapefruit sections, unpared apple slices.
5. Peach slices, pear slices, halves of red plums.
6. Pineapple wedges, banana slices, strawberries.
7. Cooked dried fruit, white cherries, red raspberries.

Chef's Salad

Simple to make and super to eat is this main dish salad as made in the best restaurants. It consists of a big bowlful of crisp dry greens broken into bite-size pieces topped with slivers of ham, turkey, cheese, and garnished with quarters of egg and tomato. Add the dressing, French or Roquefort at the last moment and toss with salad service until every piece glistens.

Molded Fruit Salad

A molded gelatin salad is adaptable. It can be the main dish, the dessert or a side attraction. A refreshing combination is made from two packages of lemon flavored gelatin prepared as directed on the package. Let stand until slightly thickened; then add 1 cup of green seedless grapes and a cup of grapefruit sections. Chill till firm. Unmold and serve on crisp greens.

Garnishes for Salads

A bit of color contrast adds eye appeal and steps up appetite appeal.

Avoid over-garnishing. It is usually best to use but one or two items for this purpose.

For a glamour touch, sprinkle a mixed fruit with tinted coconut.

Use cranberry jelly cubes with a sprig of mint for an interesting touch with a pear salad.

Roll cottage or cream cheese balls in chopped nuts, minced parsley or watercress, chopped chives, coconut or paprika for fruit or vegetable salads.

Use royal Anne or bing cherries with stems, strawberries with hulls, or a small cluster of grapes, plain or frosted, with fruit salads.

Use pineapple fingers, orange slices, candied fruit rind, pickled or spiced fruits with fruit salads.

Dress up a fruit, vegetable, meat or fish salad with fresh green watercress, parsley, radish roses, celery or carrot curls, or accordion radishes.

Salad Dressing Variations

To mayonnaise--add whipped cream for fruit salads, horseradish and mustard for meat or fish salads. For Russian dressing, chili sauce and perhaps pickle relish. To French dressing--add curry powder and onion juice for meat salads. Mix with catsup and chopped olives for green salads. For fruit salad, add a few sprigs of mint, crushed.

What Kind of Salad Dressing?

Sweet or tart, thick or thin--it depends on how your family likes it.

Main-dish salads made with meat, fish, poultry, eggs, beans, cheese or potatoes usually call for a mayonnaise-type or cooked salad dressing. But some of these more substantial salads are good with tart French dressing.

Tart French dressing is the most likely choice for vegetable salads and vegetable-fruit combinations. But some vegetable salads may well take a mayonnaise or cooked dressing.

Reserve the sweet clear French dressings for fruit salads. Mayonnaise made milder with whipped cream or thinned and sweetened with fruit juice is good for fruit salads, too.

Is your salad appetizing?

- Attractive in color and appearance?
- Simply arranged?
- Not too large for plate?
- In bite-sized pieces or easy to cut?
- Crisp, cold?
- Flavorful?
- Served with suitable dressing?

Cranberries

Cranberries are one of our favorite foods during the holiday season. They sparkle in color and in flavor. Cranberry sauce can be made into a congealed salad by simply adding gelatin. For different flavor and color, add your cranberry sauce to strained or unstrained lemon, raspberry, strawberry or cherry gelatin. Remember that one package of gelatin will congeal two cups of liquid.

Cranberry Fruit Salad

- | | |
|-----------------------------|------------------------------|
| 2 cups fresh cranberries | 1 package cherry gelatin |
| 2 apples | 1 cup hot water |
| 1 cup seedless green grapes | $\frac{1}{2}$ cup cold water |

1. Dissolve gelatin in hot water.
2. Stir in cold water and chill until thickened.
3. Put cranberries and apples through food chopper.
4. Fold ground fruit and grapes cut in halves into gelatin.
5. Pour into a quart mold or individual molds and chill until firm.
6. Unmold on lettuce. Serve with or without salad dressing.

Cranberry Relish Mold - to serve with meat

- | | |
|--|--------------------------|
| 1 package raspberry gelatin | 1 orange |
| 1 cup boiling and $\frac{1}{2}$ cup cold water | 1 cup sugar |
| | 2 cups fresh cranberries |

1. Dissolve gelatin in 1 cup boiling water.
2. Add another $\frac{1}{2}$ cup cold water and set aside to cool
3. Juice orange, remove membrane from skin, then put skin and the raw cranberries through food chopper.
4. Add orange juice and sugar and mix well.
5. When gelatin begins to congeal, fold in cranberry-orange mixture.
6. Pour into large mold or individual molds and chill until firm.
7. Unmold and serve on crisp lettuce cups.

Frozen Cranberry Salad - 12 to 16 servings

1 pound cranberries	1 cup finely chopped celery
3 medium apples	1 cup cream, whipped (or)
20 marshmallows	1 cup dry skim milk and 1
$\frac{1}{2}$ cup nutmeats	cup cold water and 2 tbsps.
1 cup sugar	lemon juice whipped until stiff

Grind cranberries and add chopped apples, marshmallows and sugar. Mix. Allow to stand in the refrigerator for 30 minutes. Fold celery, nut meats and whipped cream or milk into cranberry mixture. Place in dessert tray and freeze in freezer compartment. Slice and serve on lettuce.

Frozen Fruit Salad - 8 to 10 servings

2 3-ounce packages cream cheese	$\frac{1}{2}$ cup coarsely chopped pecans
$\frac{1}{2}$ teaspoon salt	2 cups diced ripe bananas
2 tbsps. salad dressing	1 cup cream, whipped (or)
1 tbsp. lemon juice	1 cup dry skim milk and 1 cup
$\frac{1}{2}$ cup drained crushed pineapple	cold water and 2 tbsps. lemon
1 cup diced marshmallows	juice whipped until stiff
$\frac{1}{2}$ cup coarsely chopped maraschino cherries	

Mash cheese with a fork. Blend with salt, salad dressing, lemon juice and mix well. Fold in pineapple and marshmallows, cherries, nuts and bananas. Whip cream or milk and fold in the cheese mixture. Turn into freezing trays of refrigerator. Freeze until firm with cold control at coldest setting.

PLANNING A PARTY

Make it smart. A party can be great fun or just a great big chore, depending largely on how smart one is at plan-ahead thinking. The actual amount of planning, of course, depends on the size of the party and the kind of party it is. But even a spur-of-the-moment requires some planning in order to be a success. It is smart to have a theme or reason for bringing friends together and make plans for food accordingly. A TV party might require only snacks or relatively light refreshments where a square dancing party may be the time to plan for a simple sit-down supper. An after-the-game party, however, may demand hearty satisfying foods and plenty of it. But make it easy for the hostess, and for the guests to help you finish the preparation, serving, and to enjoy the food.

For the Club Meetings set up the kitchen counter or table as a serving bar. Put out a plate of sandwiches, a pitcher of cocoa, cups, and napkins. Let everyone walk by and serve himself. You keep the pitcher and sandwich plate full.

And remember blue ribbon sandwiches are good to look at, have moist fillings, are flavorful, and have enough filling to both taste good and stick to the ribs.

Sometimes, let the gang make their own sandwiches. Set out a tray of sliced bread; a bread board with a spreading spatula and knives, a tray of softened table fat, and sandwich fillings with spoons. Put out plates or napkins to hold the sandwiches. You might have a plate of cheese nuts and a bowl of apples to end up on.

Cheese Nuts

1 cup cream cheese	2 tablespoons cream
$\frac{1}{4}$ cup mayonnaise	$\frac{1}{4}$ cup pecans, chopped fine

1. Combine cheese, mayonnaise and cream; mix well.
2. Shape into balls the size of a walnut; roll in nut meats. Serve on a toothpick.

Or For a Snack on a Plate: Try pineapple kabobs, a plum soda and toasted cheese crackers. Just 20 minutes for one person to prepare; 10 minutes to eat; 10 minutes to clean up.

Pineapple Kabobs

1 can (9 oz.) pineapple tidbits	16 toothpicks
16 maraschino cherries	

Put a drained pineapple tidbit, a cherry, and another pineapple tidbit on each toothpick. Put on serving plate, chill. Makes about 16 kabobs.

Plum Sodas

1 can or jar ($8\frac{1}{4}$ oz.) cut plums	$1\frac{1}{2}$ pints chilled ginger ale
1 pint vanilla ice cream	

Put 3 tablespoons plums and juice in each tall glass. Cut ice cream into fourths; put a piece in each glass. Fill glasses with ginger ale, stir, and serve with an iced-tea spoon. Four servings.

Toasted Cheese Crackers

4 slices packaged American
cheese

8 square saltines
Paprika

Cut cheese slices into fourths. Put 2 squares of cheese on each cracker. Broil under low heat until lightly browned, about 2 minutes. Sprinkle with paprika. Four servings.

Your Club Entertains

Careful planning in advance will make it easier and lots more fun for you and your guests.

Plan: Date
Time
Place
Program

Invitations
Menu
Work Schedule
What to Bring

Here is a guide in making plans for your Club meal:

Menu	Food Needed	Amount Needed	Equipment Needed	Dishes, Silver & Centerpiece	Who is Responsible for Each

When all your plans are made, it is wise to review some of the table courtesies you should practice everyday. You might discuss what is necessary in order to be at ease at the table, as:

- (1) Conversation at the table
- (2) Serving and being served
- (3) How to seat people

DISHES TO TOTE

To guarantee a reputation as a cook, always carry attractive, tasty food to covered-dish suppers. When you unpack it at the church, club or other supper, set it out for everyone--it's your exhibit. Most girls like to take something different--glamorous and light. However, it must be sturdy enough to hold up during travel. Covered cake and pie pans, help protect foods. And in the end, it is most important for the dish to taste good. A sample is more important than the looks. A colorful crisp relish tray will spark up any menu. A cake on a stand, homemade bread on a board, a brown pot of steaming hot beans, a green vegetable with cheese sauce and almost any meat dish will taste and look good. They are all good carriers. They can be spectacular at a group meal.

If ice cream is on the menu, some homemade topping like chocolate, butterscotch, jam or small pieces of fruit in a heavy syrup are always popular. Homemade candy is always a favorite. Take it if you go visiting, too.

Date-Pecan Candy Roll

2 cups sugar	2 tbsps. butter or margarine
$\frac{1}{2}$ cup light cream	$\frac{1}{2}$ lb. dates, cut in pieces
$\frac{1}{3}$ cup dark corn syrup	4 cups pecans, chopped

Combine sugar, cream, syrup and fat in saucepan. Boil until it reaches 234° to 238° , or a drop in cold water forms soft ball.

Remove from heat, add dates. Beat until it cools and thickens.

Add pecans; turn mixture out on damp towel. Roll into log about 2" in diameter. Cool, cut into 6 pieces. Re-roll each piece into a log, about 1" in diameter. Chill. Cut logs into $\frac{1}{4}$ " slices.

Party Ham Loaf

5 cups ground cooked ham	$\frac{1}{4}$ tsp. ground cloves
$\frac{2}{3}$ cup minced onion	2 eggs, slightly beaten
1 cup rolled oats, uncooked	$\frac{1}{3}$ cup milk
$\frac{1}{2}$ tsp. pepper	$\frac{1}{4}$ cup currant jelly, melted
1 tsp. Worcestershire sauce	1 tbsp. prepared horseradish

Combine ham, onion, oats, seasonings, eggs and milk; mix thoroughly. Shape like a ham in shallow baking pan; score top in diamond designs.

Bake in moderate oven (375° F.) 45 minutes. Remove, brush top with melted jelly and horseradish mixed. Trim with pineapple and maraschino cherries if desired. Makes 8 servings.

For Your Vegetable - Creamy Oven Potatoes

4 servings

350 degrees (moderate oven) 35 to 40 minutes

4 potatoes	2 tbsps. table fat
1 onion	2 tbsps. flour

2 tbsps. chopped or dried
parsley

1/2 tsp. salt
1 cup milk

1. Start oven heating to 350 degrees.
2. Grease casserole.
3. Peel potatoes and dice into 1/2 inch cubes.
4. Heat 1 cup of water to boiling and add 1/2 tsp. salt. Drop in potato cubes and boil gently 10 minutes.
5. Chop onion and parsley.
6. Prepare white sauce:
 - (1) Melt butter in saucepan and blend in flour and then the milk.
 - (2) Return pan to low heat and cook, stirring constantly until sauce thickens and begins to boil.
 - (3) Place potatoes, parsley, and onions in greased casserole. Pour sauce over all.
 - (4) Bake until potatoes and onion are done, about 35 to 40 minutes.

Green Beans with Mustard Sauce

It may be a good idea when you are using the oven to prepare other parts of the meal to bake your vegetables. If you are serving beans, here's a guide to amount of beans needed:

1 lb. fresh green beans - 5 servings
1 pt. jar or 1 No. 303 can - 4 servings
1 10-oz. pkg. frozen beans - 4 servings

To bake canned green beans:

Pour beans and liquid into casserole.
Cover with lid or aluminum foil.
Bake at 350 degrees (moderate oven) 30 minutes.
To be safely eaten, home canned beans must be baked the entire 30 minutes.

Mustard Sauce - melt 1 tbsp. table fat and add 1 tbsp. prepared mustard. Mix well and add to cooked beans. Stir until beans are all coated with mustard sauce.

A Casserole is a Good Dish to Carry to the Neighbors

Casseroles are friendly dishes. One hot from the oven, carefully wrapped in paper to retain the heat, is a good gift to send to welcome a new neighbor or to take to a family with illness. The busy cook can fix one for her family's meal at the same time she makes the gift for her neighbor.

A casserole is usually the main dish of the meal served from the dish it is cooked in. Casserole dishes require little attention after they are put in the oven. They provide a good way to use leftover meats, vegetables and soup or gravy. They don't fall or get soggy if a meal has to wait. If the casserole is to be the main dish, it should contain at least 2 ounces of protein per serving. A casserole for 4 people, then, should have at least one of the following: a pound of lean meat or fish; 2 cups or 1/2 pound cheese; 8 eggs, or 3 cups cooked beans. Other characteristics of a casserole for the main dish, are that it:

- (1) Contains a starchy food.
- (2) Has color--frozen peas, carrots, tomatoes, green pepper or pimento.
- (3) Has only one strong flavor and the other flavors blend with it.
- (4) Has a liquid which may be soup or gravy, a cream soup, white sauce, vegetable juice, milk or cream.
- (5) Has a topping of bread crumbs or cereal for crispness and a finished look.
- (6) Has a consistency, when baked, that it can be eaten with a fork but is moist enough to be palatable.

The salad or relish tray served with the casserole should not be chopped or diced food, but more definite in shape and character.

Proper equipment for serving the different types of food adds to the pleasure of the preparing, the serving and the eating of the meal. A ring mold, chop plates, attractive baking dishes, adequate trays for relishes, and salad bowls with servers, can be acquired by most families if they plan ahead for them.

IT'S FUN TO ENTERTAIN TOGETHER

Boys and girls enjoy getting together to play games, look at TV or listen to records. During the summer months it might be nice to meet at different members' houses on Saturday nights. Get-togethers like this can be more fun if the different members share in planning, and preparing the refreshments. The hostess can select one or two members to help her with simple easy-to-fix refreshments, such as fruit punch or sandwiches, nuts and cookies. These can be easily transported, and the hostess will serve the beverage and furnish the table and accessories. The hostess may pour the punch or she may ask the local 4-H leader or mother of one of the members to serve it. The members could help themselves to other refreshments from the table.

There is more enjoyment in a meal when everybody helps to fix it. It also divides the work and the cost between the kitchens and pocketbooks of friends and neighbors.

Being a Dinner Hostess can be Easy

Entertaining is fun when you feel confident of how to do things correctly. "I know many of my friends must think we live in a tree for I have delayed so long inviting them to my home," someone said. Young people often postpone sharing the hospitality of their home because they don't see how they can get a good dinner and still feel relaxed and really enjoy the occasion. If you master a few dishes that you can prepare and serve efficiently and beautifully, the rest is easy. Following are some suggestions you might find helpful for the successful entertaining of friends for dinner.

1. Choose guests who will enjoy one another.
2. Decide on your main course and then plan the rest of the menu around it.
3. Keep the meal simple--a main course and a dessert. Most people today are health and calorie conscious, so do not emphasize rich, hard to digest concoctions in your menu.
4. Plan to have combinations that can be prepared in advance and are not harmed by standing or delay in serving.
5. Make a complete working schedule to follow each time you entertain.
6. Test out beforehand every recipe you intend to use. Know its taste, flavor, appearance, number served, keeping qualities, etc. How often we hear the apology for a failure, "I tried out something new and it didn't turn out like I expected."
7. Guests enjoy helping. Detail, special assignments to several, if you wish.

The Company Dinner

Hospitality is an important part of living. To prepare and serve a meal to guests will help you to be poised and grown-up. If you entertain with grace and ease, you will need to do some careful planning ahead of time. A good company meal is a good family meal plus one dish that is outstanding--one dish that says "I made this because you were coming."

You choose food you can do well and that requires little last minute preparation. The meal will probably go better if you write out your menu and put down the order in which you will prepare the different dishes.

You'll like arranging the table decorations, getting out the best linen, dishes and silver. The guests will probably enjoy the meal if you do.

Planning the Menus and Market Order for that Guest Meal

The menu--base it on foods the family and guests like best; then have a second look at that menu. How many things have to be done at the last minute? What changes can be made so more things could be done ahead? Be sure now you can do the things that have to be done in the last hour, before serving the meal, and still be glowing rather than glowering.

After the menu is planned, make the market list. Allow plenty of time for list making--lest you lose time with extra trips to the grocery store because you forgot the powdered sugar, almonds or something else you needed.

Now, when will you shop? Make it on an "unbusy day" and on an "unbusy time" in a grocery store. Give yourself time to think and look and compare and check your list again before you go to the checker.

Home from the shopping--literally take your revised menu apart and list each task under "do the night before" that morning or afternoon and "do the last minute." Keep this slip in the kitchen, and as you do a task check it off. This will go a long way in avoiding that panic "what did I forget?"

Work Plan for a Guest Meal

Date _____

Occasion _____

No. of guests _____

Menu

Main dish _____

Bread _____

Hot starchy food _____

Dessert _____

Hot vegetable _____

Beverage _____

Salads or relishes _____

Beginning course _____

Centerpiece _____

Candles _____

Things to be done the week before

Things to be done the day before

Order of things to be done on the day of the party

Things to be done the week before	Things to be done the day before	Order of things to be done on the day of the party

Score Card for the Company Meal

	Good	Fair	Poor
A. <u>Selection of Food</u>			
1. Meal is balanced--protein, fat, starch, bulk			
2. Does have contrast in texture, shape, color, temperature			
3. Flavor--palatable--each dish and the meal as a whole			
4. Suited to the family, the occasion, the budget and the season			
B. <u>Preparation of Food</u>			
1. Cooking--suitable method--not over or under-cooked			
2. Seasoning--pleasing and interesting			
3. Management--work well planned--no waste of time, energy or food			
C. <u>Service</u>			
1. Punctual--everything just ready on time			
2. Appearance--table orderly, food inviting			
3. Skillful--quiet, orderly, considerate, easy			
D. <u>Atmosphere</u> --relaxed, pleasing, gay			
E. <u>Conversation</u> --interesting, pleasing, all participate			
F. <u>Hostess</u> --relaxed			

Serve Food in a Party Dress

The use of color and imaginative arrangement and use of garnishes set food up in a party dress. There are party dresses for different seasons and different occasions. Of course, to be worthy of a party dress, food must be basically good. They must be of the right materials, quality, and choice, then the proper recipe and method of preparation and after that the party dress. This should cause the imagination to soar, but the dress-up need not be costly.

Garnishes are placed on plates so that each item on the plate will show distinctly. Garnishes are placed to achieve upward lines and to gain height. Special attention should be paid to contrast in color, flavor and texture of garnishes so the salad plate is quite different from the flat salad plate. Garnishes are the buttons and bows of the party dress. They are usually a matter of planning and organization...apple wedges with skin on, apricot halves, fresh strawberries with stems, fresh shredded coconut, sugared dates, clusters of green, red or blue grapes, sections of tangerines, lime or lemon twists or wedges, cantaloupe balls, wedges of fresh pears or peaches, or pineapple or fruit garnishes. Vegetable garnishes might include diced, sliced, waffled or Julieann beets, cucumber fingers or slices, yellow corn kernels, frozen peas, celery curls,

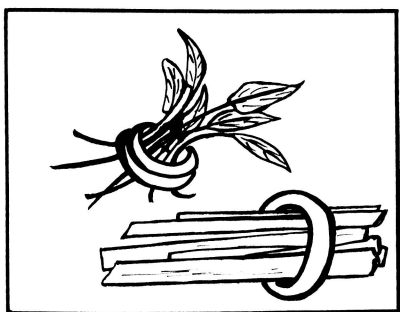
carrots shredded, onion rings, tomato slices or wedges, radish roses, rings or chopped peppers, pimentos, egg slices or wedges are also good garnishes.

In general, a light garnish is put on dark food, as whipped cream on chocolate, and a light food is garnished with a dark food as raisins on cottage cheese. The plate on which the food is served gives the setting for the party dress.

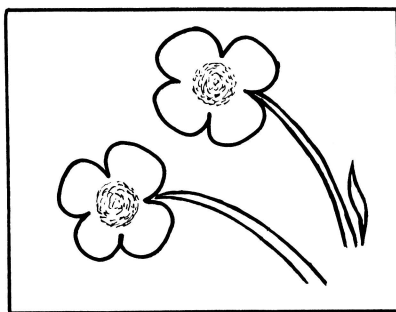
Garnishes

Only a few tools are necessary to make attractive garnishes--a cutting board, a good sharp knife, good kitchen scissors, a vegetable peeler, and an ordinary table fork. Garnishes are made from fruits, vegetables, hard cooked eggs, salad greens of all kinds, mint, chives, nuts, bright colored jelly, cheeses, olives, etc.

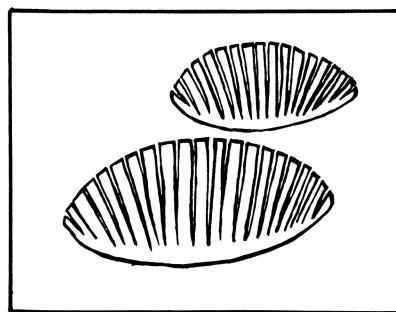
Relishes Made from Vegetables and Fruits



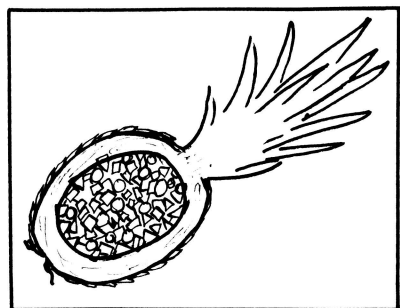
Remove center from raw carrot slices; crisp in ice water. In the rings put watercress or carrot sticks.



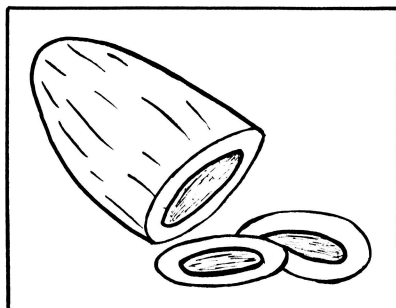
Cut raw carrot with shears to form petals. Make centers, stems and leaves out of scallions.



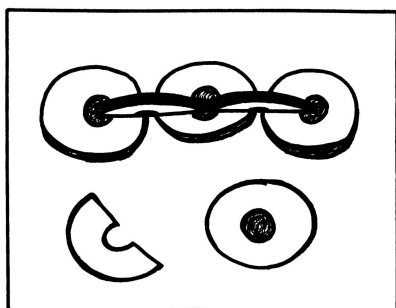
Slash radish in very thin slices, not cutting all the way through. Soak in ice water to make crisp.



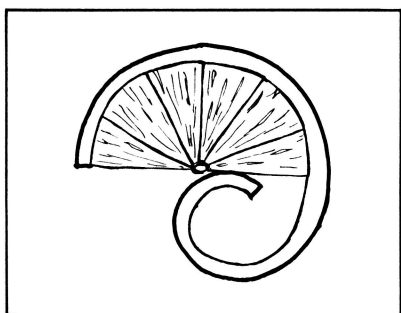
Split pineapple lengthwise, leaving top on. Scoop out and fill with other fruits.



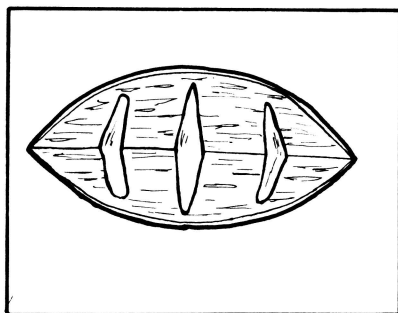
Remove center from cucumber with apple corer; stuff with seasoned cream cheese. Chill and slice.



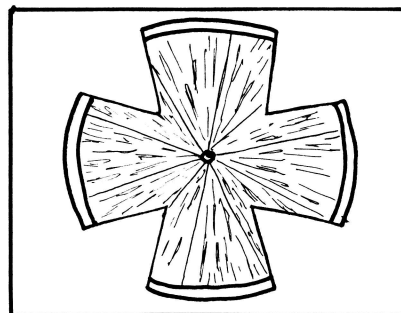
On flat slices of stuffed olives stand half sliced to form chain. Especially good on sandwich loaf.



Cut out flesh from one half of a lemon slice. Cut loose peel in one spot; form into a small curl.



On a lemon wedge (1/8 of a lemon), lay three strips of bright red canned pimento.



With scissors cut a slice of lemon to form a cross. Center with capers; dust with minced parsley.

Planning Meals for your Club

Planning ahead is important. That means you should think about the menu, the dishes to use, what to do when, who will do what, and how the food will be served.

Plan a simple, easy-to-prepare and easy-to-serve meal. Make foods you have prepared before, not something entirely new. Use foods that are easy to buy in your home town. You might follow this pattern--a meat or meat dish, bread and table fat, a vegetable, a salad, a dessert and a beverage.

Check these tips before you make your menu:

- Get a variety of colors in your meal.
- Use foods that are plentiful and in season.
- Count the cost.
- Check the time needed to prepare the food.
- Serve some soft foods, some firm foods, and others that are crisp.
- Choose some foods with mild flavor, others with a flavor that stands out-- a tart, sour, sweet, or pungent flavor.
- Have foods of different shapes or forms.
- Use dishes that go with the food, and are easy to use.

So that you'll know what to do when, make a list of all the things that need doing. Then arrange them in the order that you will have all foods prepared and ready for the table at the right time.

If you work as a team, work can be divided when you prepare the job list. Be sure to include shopping and cleanup, too. You might like to try a quick meal made up of a choice of three soups: (1) canned asparagus soup and beef broth; (2) green pea and mushroom soups; (3) vegetable and cream of celery soups. For each can of condensed soup, use a can of milk or water. Garnish with chopped parsley, puffed cereal or toasted tiny cubes of bread, and serve with crisp pickles and melba toast.

The Main Dish--bake packaged biscuits. Split and spread with a mixture of canned deviled ham and chopped stuffed olives. Serve spiced plums with the main dish.

Spiced Purple Plums--Drain syrup from a can of purple plums. Mix half of purple plum syrup with an equal amount of vinegar drained from sweet pickles; heat. Pour over drained plums and chill overnight.

For dessert, Fruit Ambrosia--Drain syrup from a No. 303 can of dark (or light) sweet cherries, and a No. 303 can of orange and grapefruit sections. Combine half of syrup with drained fruit and $\frac{1}{2}$ cup coconut; chill. Serve sprinkled with confectioners sugar.

Or If You Have More Time

Chicken Bundles, Baked Potatoes, Fruit Salad, Fruit Crisp, Milk

Chicken Bundles for Eight

2 frying chickens, quartered	$\frac{1}{2}$ cup butter or margarine
8 slices peeled sweet potato	2 tsp. salt
8 slices canned pineapple, drained	$\frac{1}{2}$ tsp. pepper
8 slices green pepper, cleaned	

For each serving, place individual portions of chickens, skin side down, in center of piece of heavy-duty aluminum foil large enough to cover and seal chicken. Top with slice of sweet potato, pineapple, pepper and 1 tablespoon table fat, $\frac{1}{4}$ tsp. salt and a dash of pepper. Bring foil up over food; seal edges with double fold to make air tight package. Place on grill over medium heat, or in 400° F. oven. Cook about one hour, turning once or twice. Unwrap and serve hot.

Fruit Salad

1 cup coconut	1 cup marshmallows
1 can mandarin oranges (drained)	(small or cut)
1 cup cultured sour cream	1 cup pineapple (chunks)

Mix. Let set in refrigerator at least two hours to blend. Serve on watercress, endive or other salad greens.

Fruit Crisp

1 cup sifted flour	3 tbsps. table fat
1 cup brown sugar	3 cups canned drained fruit.
1 tsp. cinnamon	

1. Mix flour, brown sugar and cinnamon together.
2. Cut or rub in butter.
3. Place fruit in greased 8x8x2 inch pan and sprinkle with flour mixture.
4. Bake in a moderate oven (400° F.) about 20 minutes.
5. Serve topped with ice cream or whipped cream.

Frosty Orange Soda

Mix two tablespoons frozen orange juice concentrate, undiluted, 2 tablespoons ice cream and a little chilled carbonated beverage in the bottom of a tall glass. Then fill glass $\frac{2}{3}$ full with the chilled carbonated beverage, add 2 or 3 scoops of ice cream and serve immediately. For variety, use 2 tablespoons of frozen pineapple, grape or lime juice concentrate, undiluted in place of the orange juice.

FOREIGN COOKERY

Every country has its basic food pattern just as we have. When they plan meals, the essential food groups need to be included in each day's meals. With today's easy travel, we need to learn more about the way other countries prepare food. New ways to cook basic foods will help us to understand our neighbor better by learning something new about his way of handling and cooking. Our own foods are a combination of European influence tempered by conditions on this continent. Foods here, perhaps, are not as important in family pleasures as some European countries, nor even as much a part of our religious life as it is in many parts of the world. In some countries food preparation is a ritual bounded by laws and rules.

Food preparation is always an art as well as a skill. A work of art takes more time than most Americans will give to preparing food.

European countries stress the artistic and the historical significance as well as the nutritional value of foods. A smorgasboard might be a good way to introduce your family and friends to some interesting well-known foreign dishes. Or you might plan an international menu, setting a buffet table with the table decorations having a cosmopolitan air. The following are some dishes you might consider:

Main Dishes

Swedish Meat Balls--a tasty festive dish made from a less tender low-cost meat.

Russian Beef Stroganoff--a heavy meal.

Finnish--stuffed cabbage rolls which stretches the meat flavor with rice.

Italian Meat Balls and Lasagna--have cheese and macaroni with an inexpensive meat or other paste.

German Sauerbraten--a sweet sour pot roast--marinate less tender cuts of meat in wine or wine vinegar with spices of herbs and a little sugar which gives a distinctive flavor.

China--Chow Mein--small amounts of very thin slices of meat with large amounts of vegetable and served on rice.

Japanese--Sukijaki--served over hot rice. Makes a meal.

Starchy Food--Rice is the favorite hot starchy food of Chinese, Japanese, India and many other people.

Vegetables--cut and cook vegetables the Chinese way for color and flavor; Italian Zucchini; relishes.

Hot d'oeuvres--Russian stuffed beets; Prunes stuffed with German Sausage; Cheese Beef Rolls; French cucumber charm slices; Italian Cheese Puffs.

Desserts--Norwegian Prune Pudding; French Cream Puffs; Italy--fresh fruit strips; German Fruit Kerchen; Chinese--Almond Cakes; Hungarian Coffee Cake; Canadian Apple Oatmeal Crisps.

Russian Beef Stroganoff (6 servings)

1 lb. round steak, cut in	$\frac{1}{2}$ cup sliced radishes
$\frac{3}{4}$ inch pieces	1 cup sour cream
2 tbsps. fat	1 tbsp. Worcestershire sauce
$\frac{1}{2}$ cup chopped onions	6 drops Tabasco
Flour	Salt and pepper
3 potatoes and 3 carrots	

Dip meat in flour; brown in the fat. Add onions and mushrooms, if desired. Combine remaining ingredients; except vegetables; pour over meat. Simmer about one-half hour. Add radishes and diced potatoes and carrots, and cook until vegetables are done--about one-half hour. Season and serve hot with orange and grapefruit salad.

Stuffed Cabbage Rolls (6 servings)

1 medium cabbage	$\frac{1}{2}$ cup grated cheese
2 cups ground raw meat	$\frac{3}{4}$ cup rice, uncooked
1 egg	2 tsps. salt
$\frac{1}{2}$ cup diced onion	$\frac{1}{2}$ tsp. pepper
2 tbsps. melted table fat	1 No. 2 $\frac{1}{2}$ can tomatoes

Gently pull off cabbage leaves. Simmer in 1-inch boiling water in covered pan for 5 minutes. Drain, lay out for fillings. Combine meat with beaten egg, onion, rice and seasoning. Fill leaves loosely with mixture. (Rice expands on cooking) Roll up each leaf, folding end toward center; fasten with tooth picks. Place rolls in greased skillet. Add tomatoes, cover and simmer for 1 to 1 $\frac{1}{2}$ hours or until rice is thoroughly cooked.

Rice

To 2 cups of water add $\frac{1}{2}$ teaspoon of salt and bring to a rapid boil. Add 1 cup rice (not washed) and 1 tablespoon of table fat. Stir with a fork when the liquid returns to a boil and reduce heat. Cover closely and keep at near boiling temperature--about 200° F. for 15 minutes. Do not lift lid. Turn out heat and let stand 5 minutes. Then remove lid and serve.

Russian Stuffed Beets

Marinate small beets in a sour sweet liquid. Scoop out part of inside and fill with a mixture of chopped egg and sweet pickle relish. Chill and slice.

Prunes Stuffed With German Sausage

Remove pits from large prunes and insert a tiny cocktail sausage in each. Bake in a very hot oven (450° F.) until sausages begin to brown on ends. Serve hot on toothpicks.

Cheese Beef Rolls

Spread dried beef slices with cream cheese. Roll tightly and fasten with toothpicks, chill, cut and serve.

Japanese Cucumbers in Sour Cream

Pare, then slice thin, 2 or 3 cucumbers. Add 2 to 4 tablespoons lemon juice. Let stand about an hour. Add 3 or 4 tablespoons of chopped onion and 1 cup sour cream. Let stand until ready to serve. Salt and serve.

French Cucumber Cheese Slices

Peel and cut large cucumber in half lengthwise. Remove seeds leaving center hollow. Salt inside, drain and pack firmly with seasoned cream cheese. Marinate in French dressing and chill. Cut in slices. Add a dash of paprika or thin strips of pimento.

Italian Cheese Puffs

2 cups grated sharp cheese)	
$\frac{1}{2}$ cup butter	(Beat until soft.
1 tsp. salt	(
1 tbsp. paprika)	

Add 1 cup flour. Wrap 1 teaspoon of mixture around stuffed olive. Bake at 350° F.

Italian Baked Rice

3 cups cooked rice	$\frac{1}{2}$ cups tomato juice strained
$\frac{1}{2}$ cup grated cheese	(reserve pulp)
$\frac{1}{4}$ cup chopped pimento	2 teaspoons salt
	$\frac{1}{8}$ tsp. pepper

Mix ingredients thoroughly and pour into a baking dish. Cover the top of the dish with the pulp left from straining the tomatoes. Bake for 30 minutes in a moderate oven (375° F.) and serve hot.

Norwegian Prune Pudding

1 cup stewed prunes, pitted	1-inch piece stick cinnamon
$\frac{1}{4}$ cup prune juice	1 $\frac{1}{3}$ cups boiling water
$\frac{1}{2}$ cup sugar	$\frac{1}{3}$ cup cornstarch
$\frac{1}{4}$ tsp. salt	1 tbsp. lemon juice

Combine the prunes, juice, sugar, salt, and cinnamon with the boiling water. Simmer this mixture on low heat for 10 minutes. Dilute the cornstarch with $\frac{1}{3}$ cup of cold water or enough so that it pours easily. Add it to the prune mixture. Cook for 5 minutes, to prevent a starchy flavor, stirring constantly. Remove stick cinnamon and add the lemon juice. Mold, chill and serve with cream.

Apple Oatmeal Crisp - From Canada

6-8 apples	$\frac{3}{4}$ cup brown sugar
3 tbsps. sugar	1 $\frac{1}{3}$ cups rolled oats
$\frac{1}{4}$ tsp. cinnamon	1 cup dry skim milk
$\frac{1}{4}$ tsp. baking powder	$\frac{1}{3}$ cup flour
$\frac{1}{4}$ tsp. soda and salt	$\frac{1}{2}$ cup fat

Peel, core and cut apples in $\frac{1}{8}$ " slices. Add sugar and cinnamon and mix. Mix brown sugar and other dry ingredients, except milk and flour, and put half in one bowl and half in another. Add milk powder to bowl one and all of flour to bowl two. Divide fat and cut half in each bowl, and mix to crumb consistency. Spread mixture No. 1 (milk mixture) in bottom of greased baking dish. Spread apple mixture on top of crumb layer. Spread mixture No. 2 (flour) on top of apples. Bake at 350° F. until golden brown.

Spanish Rice

6 strips bacon, cut fine	3 cups cooked rice
1 medium onion	2 cups canned tomatoes
Salt to taste	

Cook bacon in frying pan until it begins to brown, stirring as necessary. Remove bacon. Slice onion, cook in bacon fat over low flame until onion is tender, stirring as necessary. Add rice, tomatoes and cooked bacon, mix. Season to taste. Put into oiled casserole and bake in slow oven (325° F.) 30 minutes. 8 servings, $\frac{1}{2}$ cup each.

Cabbage and Apple Salad

2 cups diced apples	2 tbsps. sugar
1 cup diced celery	$\frac{3}{8}$ cup sour cream
2 cups green cabbage, shredded	2 tbsps. lemon juice or vinegar
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ cup nuts (if desired)

Wash and dice apples and celery. Add to the shredded cabbage. Add nuts if desired. Combine cream, lemon or vinegar, and add salt and sugar. Add to salad just before serving.

Pizza

Pizza pie, bubbling hot with its pretty red top streaked with melting yellow cheese, goes over big when the teenage crowd gets together. Serve with a crisp green salad, a bowl of fresh fruit or a sherbet.

Pizza Pie

Prepare 1 (15 $\frac{1}{2}$ oz.) package assembled ready-to-bake pizza mix (contains yeast, flour mixture, sauce and cheese) as directed on package; or use roll mix, following directions for pizza on package. Fit dough into an oiled, unheated 11 or 12" electric skillet; slightly build up pizza edge. Add pizza sauce (see below) and 1 lb. Mozzarella cheese and chosen topping. Cover, set dial at 300° to 320° (low to medium) and bake with vent closed until dough is set, about 30 minutes. Dough browns on bottom of pizza. Slide out with spatula; cut in squares or use pizza cutter. Serve piping hot. Makes 4 to 6 servings.

Pizza Sauce

1 clove garlic	$\frac{1}{8}$ tsp. pepper
1 tsp. salt	$\frac{1}{12}$ tsp. oregano
1 (6 oz.) can tomato paste	1 tbsp. salad oil
1 (8 oz.) can tomato sauce	Dash red pepper (optional)
$\frac{1}{2}$ tsp. sugar	

Put garlic through garlic press or mash to a pulp with salt. Combine with remaining ingredients. Do not cook. Makes 1 cup, enough for 2 (12") pizzas.

Pizza Toppings

Use chopped or whole anchovies; 1 can sardines, drained; Italian sausage; salami; or cold cuts cut in strips; or ground beef ($\frac{1}{2}$ lb. to each pizza); or $\frac{1}{2}$ cup Parmesan cheese, seasoned lightly and sauteed in table fat. Circle top of pizza before baking with slices of fresh or canned mushrooms.

A Scandinavian Meal

In planning nationality meals you will need to keep in mind, color, flavor, texture, food value and the people who are to eat the food. If there are people from other countries in your community, you may want to talk with them about their national dishes.

This Scandinavian meal might be expanded into a "Smorgasbord" with some additional dishes. This might include such appetizers as pickled herring, anchovies, pickles and radishes. Main dishes such as various cold meats and different kinds of cheese are also good, as are desserts, including fruit cake and assorted cookies.

Swedish Meat Balls
Parsley Potatoes Cabbage and Apple Salad
Swedish Bread Butter
Norwegian Prune Pudding
Coffee

Swedish Meat Balls (Kjottbullar) (4-6 servings)

$\frac{1}{2}$ cup dry bread crumbs	1 tsp. salt
$\frac{3}{4}$ lb. hamburger	2 tbsps. grated onion
$\frac{1}{2}$ lb. pork	$\frac{1}{8}$ tsp. pepper
$\frac{1}{2}$ tsp. sugar	$\frac{1}{2}$ tsp. butter or table fat
1 egg, beaten	$\frac{1}{4}$ tsp. nutmeg (if desired)
$\frac{1}{2}$ cup milk	Butter for browning balls

Brown onions in 1 teaspoon of fat or butter.

Soak crumbs in milk for a few minutes. Add beaten egg. Add meat (ground twice), salt, sugar, pepper, nutmeg and browned onions. Form into small balls 1 to $1\frac{1}{2}$ inches in diameter.

Brown meat balls in table fat. Cover pan and cook slowly in oven or on top of the range for 20-30 minutes. A little hot water may be added to meat balls. Brown gravy may be made from drippings.

An electric frypan could be used for the Swedish meat balls.

Variation: Sausage can be substituted for pork. The salt should be slightly reduced.

Denmark Luncheon Sandwich

Spread rye bread with butter. On right side of each slice, lay two cheese slices; on left side of same slice, pile your favorite potato salad. Top cheese with crisp bacon slices; add cheerful top-knot of red ripe tomato slices to potato salad.

Suggestions for Club Activities on Foreign Foods

1. Choose some one or more countries. Get acquainted with someone who was born or has lived in that country and invite them to come and talk or demonstrate to your club.
2. Entertain your mothers, your families, and/or other club members with a program based on history, traditions and customs of that country, and serve refreshments that would be typical of that country.
3. Browse through the foreign food section of a supermarket and then plan, prepare and serve a meal typical of a country for the club group to entertain your parents.
4. Make typical foreign cookies, bread and other foods, and have a food sale along with an exhibit of the crafts, table settings, books and souvenirs typical of the country. Have a background of their kind of music.
5. As a club eat in a Chinese, Mexican or other foreign restaurant which features foreign foods.

BAKE A LOAF OF BREAD

What fun to surprise the family with fresh homemade bread! There are many varieties to choose from--white, whole wheat, rye, oatmeal, peanut butter, and a host of semi-sweet breads with fruit or other special flavors.

There are three methods commonly used for making bread and rolls. The first of these is the straight dough method. It needs only one mixing. When all the ingredients are combined and the dough is kneaded, put it in a warm place to rise until it doubles in bulk. Then it is ready to shape into bread or rolls.

Another method is the sponge method which requires two mixings. Combine liquid, yeast, and enough flour to make a thin batter or sponge. Set it aside in a warm place to ferment. When the surface becomes bubbly and the mixture appears to be light, add the remainder of the flour and other ingredients to make the dough. Knead, and put it in a warm place to rise until double in bulk. It is then ready to form into loaves or rolls. This method requires less yeast, since the sponge offers more favorable conditions for the growth of yeast plants.

Yeast breads may be prepared quickly by the batter method. Because this is a quick method, the yeast is increased.

Because it is a batter, the flour is decreased, and the texture will be coarse. Combine the ingredients and blend them well. Then place the batter in muffin tins or pans, allow it to double in bulk and bake. However, the texture will be finer if the batter is allowed to rise in the bowl, then stirred to disperse the air evenly and finally placed in the pans to rise a second time before baking.

Baking Yeast Breads

Bread is an important part of your diet. It gives you calories for energy, and heat and protein for growth. Enriched or whole grain breads also contribute iron and B vitamins, such as thiamine, riboflavin and niacin. Bread is an inexpensive way of getting part of these essential nutrients. It is recommended for good eating that we have four servings of enriched or whole grain bread or cereal each day. Bread has a mild flavor which blends well with almost any food. People rarely tire of it. Breads have many flavors.

Ingredients

Good quality raw products are essential for any product. For yeast breads, you'll need:

Flour--Hardwheat flour gives a larger dome shaped loaf than does soft wheat because it has more gluten and a better quality of gluten. Gluten gives the dough elasticity, making it possible for the dough to stretch and hold the gas that is formed by the yeast.

Yeast--is a living plant so small you cannot see it without a microscope. It feeds on sugar and forms carbon dioxide gas which causes the dough to rise. Yeast is killed by too warm a temperature, and its action is stopped by too cool a temperature. One package of dry yeast is exactly equivalent to one cake of compressed yeast. There's only one

difference. When you use compressed yeast, soften it in lukewarm water, and dry yeast may be softened in slightly warmer water (105°) instead of 85°.

For liquid--you can use milk, water or potato water. Breads made with milk are more nutritious, keep better, and have a more velvety grain and creamy white crumb. Breads made with water have a wheaty flavor and are crusty. It is important to scald the milk to destroy the enzyme and bacteria in pasteurized milk which would interfere with the volume of the dough.

Salt--helps control the action of the yeast. If salt is not added, the dough rises too rapidly and the bread may be too coarse. An excess of salt makes a compact, firm bread. Salt also adds to the flavor as well as strengthening the gluten.

Sugar--provides quick food for the yeast plants. It gives a desirable flavor and a golden crust. Too much sugar may cause the bread to burn or to be heavy and compact.

Fat--improves the flavor and makes the bread tender. It gives it a crisp golden brown crust. It also improves the keeping quality of the bread.

Eggs--are not usually added to plain bread, but we use them in rolls or fancy breads. They give an extra rich flavor and a creamy color to the crust. They also improve the keeping quality and texture of the finished product.

Making yeast bread is an art as well as a skill. It is important to remember when you are making bread that the amount of flour you will need will vary and will depend primarily on the kind and quality of the flour you use. Resting or letting the dough stand for ten minutes gives the flour a chance to absorb liquid and tighten the dough, making it easier to handle. The dough should be kneaded until it feels springy and elastic. This kneading develops the gluten, and part of the art of bread making is to know just how much kneading to do. It varies with your skill and the flour. The rising should take place in a warm place (80-86°). Remember to keep the pan of dough in a warm, not hot or cool place. If dough is allowed to rise in too warm a place, it may have an undesirable flavor and odor.

Cool the baked loaves or rolls on a rack so that all sides are exposed to air and stay dry. For a tender, shiny crust, grease bread with fat.

Bread stored in a refrigerator does not mold but becomes stale more quickly than at room temperature. For long storage, place bread or rolls in the freezer. It will keep there for several months.

The No-Knead Method of mixing gives rolls that are more open in texture, and are best eaten soon after baking.

Usually practice will improve the quality of breads and rolls you make. Your bread and rolls should be good looking, evenly shaped, and golden brown--not too light or too dark--the crumb is creamy white with little holes all about the same size. It should have spring, be light in weight in comparison to size, feel soft and velvety, and should tear or break easily. Good bread tastes nutty like wheat and has no off-odor or flavor.

White Bread
(Straight Dough Method)

1 loaf

1 package yeast	2 tbsps. shortening, melted
$\frac{1}{4}$ cup warm water	$\frac{1}{4}$ cup water
$1\frac{1}{2}$ tbsps. sugar	1 cup scalded milk
$1\frac{1}{2}$ tsps. salt	$4\frac{1}{2}$ cups sifted all-purpose flour, approximately

1. Soften yeast in warm water.
2. Scald milk and add sugar, salt, shortening.
3. Cool, beat in 2 cups flour, add softened yeast.
4. Add remaining flour gradually to make a soft dough. Turn out on a lightly floured pastry cloth. Let it rest about 3 minutes, then knead until surface of dough is smooth.
5. Place in a bowl, and cover tightly. Let rise in a warm place until double in bulk (about 45 minutes).
6. Turn out on a pastry cloth and knead lightly. Shape into a loaf. Let it rest about 5 minutes, then place in a greased loaf pan $8\frac{1}{2}$ x 5 x $2\frac{1}{2}$ inches.
7. Cover and let rise until double in bulk (about 30 minutes).
8. Bake in a moderate oven (350° F.) for about 40 minutes.

Holiday Fruit Nut Bread - 1 loaf

1 package yeast	$\frac{1}{3}$ cup milk, scalded
$\frac{1}{4}$ cup warm water	$\frac{1}{4}$ cup chopped nuts
2 tbsps. sugar	$\frac{1}{4}$ cup glazed fruits
1 tsp. salt	$\frac{1}{3}$ cup nonfat milk solids
1 tbsp. fat, melted	$1\frac{1}{2}$ cups flour

1. Soften yeast in warm water.
2. Combine sugar, salt, fat and scalded milk. Cool to lukewarm. Add softened yeast and blend.
3. Add nuts, fruits, dried milk and flour.
4. Cover. Let rise in a warm place until double in bulk (about 45 minutes).
5. Beat batter and pour into greased loaf pan $7\frac{1}{2}$ x 4 x $2\frac{1}{2}$ inches.
6. Let rise until double in bulk (about 45 minutes).
7. Bake in a slow oven (325° F.) for about 1 hour.

Oatmeal Yeast Bread - 2 loaves

1 package yeast	3 tbsps. brown sugar
$\frac{1}{4}$ cup warm water	$1\frac{1}{2}$ tsps. salt
1 cup oatmeal, uncooked	1 egg
1 cup hot milk	3 tbsps. shortening, melted
	$2\frac{1}{2}$ cups flour, approx.

1. Soften yeast in warm water.
2. Pour hot milk over oatmeal. Add sugar and salt. Cool to lukewarm.
3. Thoroughly blend egg and shortening into oatmeal mixture.
4. Add 1 cup flour to oatmeal mixture and the softened yeast. Beat until smooth.
5. Gradually add remaining flour to make a soft dough. Turn out on a lightly floured pastry cloth. Let it rest about 10 minutes. Knead until smooth.

6. Place in a bowl. Cover tightly. Let rise in a warm place until double in bulk (about 1 hour).
7. Turn dough out on a pastry cloth. Rest and then shape into 2 loaves. Place in greased pans $7\frac{1}{2}$ x 4 x $2\frac{1}{2}$ inches.
8. Let rise until double in bulk (35-40 minutes).
9. Bake in a moderate oven (350° F.) about 50 minutes.

Bread Faults and Causes

Coarse Texture

Over-rising
 Too little flour
 Insufficient kneading
 Baking temperatures too low
 Too little salt

Failure to Rise

Incorrect temperature of liquid
 (1) too hot destroys yeast
 (2) too cool retards yeast growth
 Old or inactive yeast

Streaks

Under-mixing
 Fat on top during first fermentation
 Flour added to fermented dough
 Dough becoming dry on top during first fermentation

Uneven Shapes

Improper shaping
 Over-rising
 Too little flour

Tough Crust

Too little shortening
 Too much flour
 Over-baking

Strong Yeast Odor or Flavor

Under-rising
 Too high proportion of yeast

Large Surface Bubbles

Insufficient kneading after rising, before shaping
 Insufficient baking

Storing Bread

Stored in a closed container at room temperature, bread will keep its original moisture and stay fresh for several days.

In warm humid weather, bread will mold more quickly at room temperature than if it is stored in a cooler place. Bread stales rapidly at refrigerator temperatures even though it retains its original moistness.

Freezing is best for long storage of breads. Cool the baked product and immediately wrap it in regular freezer packaging material and freeze. Be careful to get all the air out of the package and yet not mar the shape of the bread.

When thawing baked products at room temperature, always leave them in the wrapper to prevent moisture from collecting on the surface. They may also be thawed in a slow oven (275° F.), when wrapped in foil or other oven-proof packaging material.

Unbaked yeast products may also be stored in the freezer, though not as satisfactorily as baked goods. Yeast does not work as well as a leavening agent after freezing and thawing.

Visit Your Local Food Market

As a project group or as individuals visit one or more local food markets and get the following information and report it to your community 4-H club.

1. Names of different kinds of bread offered for sale.
2. Price per loaf or package.
3. Number of slices, rolls or servings per loaf and package.
4. Weight in ounces per loaf and package.
5. Which ones are labeled "enriched."

Interview your local baker and report to your 4-H club the following:

1. How long has he been a baker; where did he learn; and how long has he been in town?
2. (a) Where does he buy his flour, yeast, and other ingredients?
(b) Does he enrich his bread dough or does he buy the flour enriched?
3. How many loaves does he bake each day; and does he bake other things; if so, how much of what?
4. Does he slice and wrap and deliver the bread?
5. What are his baking hours--night? day?

WHEN YOU EAT OUT

Eating out is becoming more and more common in the American family life. A club might like to plan to have a restaurant meal together. One member of the club might go to see the manager of the restaurant and explain your project and ask for their cooperation. Before going you might call the following points to the attention of the club members.

1. The person designated as the host or hostess follows the host or hostess of the restaurant to the table and may make some suggestions about seating arrangements at the table.
2. Everyone sits down from the left side of the chair. The hostess gives the signal to begin eating.
3. Pocketbooks, gloves should not be placed on the table.
4. When the order for the meal is given to the waitress, it is well to mention your choice of foods in the order given on the menu. If you have an escort, he usually gives the order for both.
5. Use good table manners as you use at home.
6. The waitress will probably place all the food from the left except the beverage which should be served from the right.
7. The amount of the tip will vary with the restaurant. The usual is 10 to 15% of the cost of the meal.
8. If you need the waitress, try to catch her eye rather than to attract her attention by some other method.
9. When the meal is finished, the napkin is placed at the left, and you rise from the left side of your chair.
10. The hostess or host usually leads the way toward the cashier's desk.

How many of these terms do you know?

1. If the menu reads a la carte at the top, you can expect:
 - a. to be served from a rolling cart.
 - b. each dish to be priced individually.
 - c. a fancy French style of cooking.

Answer: Each dish has a separate price. The opposite of a la carte is table d'hote, where a price is given for the entire dinner.

2. If the menu says that the soup du jour is included with every dinner, you will get:
 - a. the restaurant's freshly made soup for the day.
 - b. highly seasoned French onion soup.
 - c. a finger bowl.

Answer: Literally translated means the "soup of the day"--any soup the restaurant is featuring that day.

3. If your date asks what you'd like for an entree, he's talking about:
- the main meat course.
 - a salad molded in three layers.
 - the dish before the main course.

Answer: Usually it's the main course. However, the original meaning of the term was "the dish before the main course." Some restaurants still follow that usage.

4. If you're tired of French fries and order potatoes au gratin, you'll have:
- potatoes baked with a topping of buttered bread crumbs and cheese.
 - potatoes grated and fried.
 - baked sweet potatoes.

Answer: That crumb topping is on any dish marked au gratin.

DICTIONARY OF SPECIAL AND FOREIGN TERMS

- A la king - Food served in rich cream sauce usually containing mushrooms, green pepper, pimento.
- Angelica - The candied leafstalk of a European herb--used in decorating cakes, candies, desserts, etc.
- Aspic - A jelly made from concentrated vegetable, meat, or fish stock...with gelatin.
- Au gratin - With a crust; usually fine bread crumbs. Sometimes with cheese.
- Bisque -
- A rich cream soup (usually of vegetables or shellfish).
 - Or a frozen dessert, usually ice cream, with nuts in it.
- Borsch - A Russian soup containing beets.
- Bouillon - A clear soup made from lean beef.
- Brioche - A slightly sweetened rich bread which originated in France.
- Caviar - Prepared and salted roe (eggs) of the sturgeon and other large fish. Black or red, they are served as an appetizer.
- Chutney - A spicy, somewhat sweet relish, made from several fruits and vegetables.
- Compote -
- A stemmed dish.
 - A mixture (as of fruits) served in a stemmed dish.
- Consomme' - A light colored clear meat soup.
- Creole - Highly seasoned food typical of that prepared by the Creoles, descendants of early French, Indian and Spanish settlers of Louisiana.
- Cutlet - A small piece of meat, cut from leg or ribs, for broiling or frying. Or a mixture, usually of fish, shaped and cooked like a meat cutlet.
- Demitasse - The French for "half cup." A small cup for, or of after-dinner coffee.
- Eclair - Cream puff paste baked in oval shape filled with whipped cream or custard.
- Entree' - In formal dinners, a small "made" dish that is served as a separate course between the heavy courses. In informal meals, the chief dish of the main course... of meat, poultry, fish or meat alternate.
- Fillet - Long, thin, boneless strip of lean meat or fish--usually a choice cut.
- Frappe' - Diluted sweetened fruit juice, frozen to a mushy consistency.
- Fricassee - Properly, to cook by braising. For chicken, etc.--it means stewing...the browning process may be omitted.

Glaze - To coat with a thin sugar syrup which has been cooked to the "crack" stage....
or with melted jelly or thin aspic.

Grits - Coarsely ground corn, a breakfast food.

Infusion - The liquid extract obtained by steeping a substance, such as tea, coffee, herbs, etc., in a liquid.

Julienne - To cut food into match-like strips.

Lard - To insert strips of fat into or on top of uncooked meat to give flavor or prevent dryness.

Macedoine - A mixture of fruits or vegetables.

Marinade - An oil-acid mixture used to give flavor to meats or salads.

Mignon - A meltingly tender cut of boneless tenderloin beef.

Minestrone - Italian for thick vegetable soup.

Mocha - A flavor from coffee infusion or a combination of coffee and chocolate.

Pasteurize - To partially sterilize a liquid at a temperature (140-180°) which destroys certain pathogenic organisms and arrests fermentation (as for pasteurized milk).

Petits Fours - Little fancy iced cakes, made by cutting sheet cakes into special shapes (squares, diamonds, etc.). Frosting is poured on and decorations added.

Pilau - Rice stewed with meat, poultry, or fish, spices, etc.

Polenta - Italian for a corn meal or farina mush to which cheese is often added.

Puree' -

1. To press fruit or vegetables through a fine sieve or ricer.
2. A heavy, smooth, very thick liquid mixture made by rubbing cooked foods through a sieve.

Ragout - A highly seasoned thick meat and vegetable stew.

Ramekin - An individual baking dish.

Scallion or Shallot - A bulbless onion.

Skewer - A long pin of wood or metal to fasten meat with to keep it in shape during cooking.

Souffle' - A delicate baked custard containing cheese, fruit, minced meat, or vegetables ...made light by stiffly beaten egg whites.

Steep - To extract flavor, colors, or other qualities from a substance by allowing it to stand in liquid just below the boiling point.

Stock - The liquid in which meat, poultry, fish or vegetables have been cooked.

Tamale - A highly seasoned Mexican dish of ground meat, seasonings, cooked corn meal, beans, ripe olives, and fat, rolled in oiled cornhusks, steamed or boiled.

Timbale - An unsweetened custard combined with minced vegetable, chicken, or fish, molded and baked.

Torte - A rich cake, usually made from crumbs, eggs, and nuts...or a hard meringue baked in the form of a cake.

Tortilla - A thin round Mexican cake...made of corn meal and hot water and baked on a griddle. Mexican hot mixtures are often rolled in them.

Truss - To tie a fowl or other meat so that it will hold its shape.

Tutti-Frutti - Mixed fruit.

BUILD UP YOUR RECIPE FILE

Standard modern recipes are essential for the proper handling of food. Definite directions are needed for cooking meat, fish, vegetables and cereals, as well as for the making of desserts, breads, salads, sauces and soups. A meat thermometer is helpful, as one cannot guess or estimate very accurately the doneness of meat. Overcooked meat is dry and tasteless, and undercooked meat may be objectionable. Vegetables should be cooked in the exact amount of water for precise time so that the finished product is tender, holds its natural flavor and best color. To have cooked chicken moist, tender, and juicy, it should be simmered at 180° F. rather than boiled. If it is boiled, it is dry, tasteless and fibrous, and no quality product can be made from it. One-half minute of over cooking in a pressure saucepan or electronic oven will often ruin a good food.

A good recipe file is one step in attaining a reputation as a good cook. Knowing the recipe is right will give you confidence in the food you serve and will help make you a relaxed hostess. Perhaps you'd like to build up your recipe file under such headings as:

Master Recipes With Variations--Most good cooks know the satisfaction of making more than one dish from a recipe. It's like making several different good looking dresses from one basic pattern. A good cook usually knows about a dozen basic recipes from which she makes many interesting dishes. Either purchased mixes or make-it-yourself mixes, make it quick and easy to have a variety of dishes from one master recipe.

Money Making Recipes--Can be used to boost your allowance for school expenses, club dues, shows or other activities. Some mother-daughter teams cook together to earn spending money for both. The homemade taste is what sells food prepared in the home kitchen. Cakes, candies, cookies and breads are best sellers. Home-canned relishes, jams, conserves and marmalades sell well, too.

Old-Fashioned & Family Recipes--Are often different and very delicious if you can find all the ingredients needed and will follow the directions which are often quite tedious. The making of some of these dishes becomes a ceremony in some families, which greatly enriches their family life.

Foreign & Regional Dishes--Add interest and variety to family and company meals. Our foreign neighbors have cooked less tender meats in most delicious dishes; and their breads, cookies and other baked products are often works of art.

Dishes & Menus for a Crowd--Come in very handy if you happen to be chairman of a food committee for a club supper, picnic or party. Recipes for dishes might come in handy for bake sales and other money-making activities of your club.

OVEN MEALS

Oven meals require planning ahead, but they can save fuel and free you from much last minute preparation. Foods bake without watching and are less likely to burn than when cooked on top of the stove. Oven meals are good company meals and convenient when a meal needs to "wait" for latecomers. They are just right for a crisp cool day when everyone wants to be out of the house. Disadvantages are that baking may require three times as long as cooking on top of the stove, and the oven may heat up the house.

A good oven meal is a main dish, a vegetable or fruit, and a hot bread or dessert that will bake at the same temperature for about the same length of time. You add something crisp and something cold from the refrigerator, and the meal can be easy, palatable and well balanced.

It is fortunate that puddings, muffins, fruits and many vegetables need the same moderate temperature as do most meat dishes. There is usually steam in the oven when these foods are baked, so do not bake delicate cakes, souffles, or pastry with an oven meal. Leafy vegetables that require short time cooking are rarely cooked in the oven. By cutting in large or small pieces, you vary the length of time needed for cooking any food. When cooking fresh or frozen vegetables in the oven, use a small amount of water and cover tightly. In cooking scalloped potatoes, it is well to remember that a high heat encourages milk curdling. A hot oven is needed for biscuits, and dinner rolls, but a moderate one is preferable for nut and fruit breads, coffee cakes, and sweet rolls.

Allow for circulation of heat in the oven. Arrange the dishes so they do not touch each other or the oven walls, or are directly over each other. Oven dishes attractive enough to come to the table save dishwashing and keep the food hot longer.

The Main Dish of the Oven Meal

Oven main dishes provide a way of stretching expensive flavorful foods and of using left-over foods efficiently. They are combinations of: (1) meat, eggs, cheese, fish or other protein around which the dish is built, (2) starchy food and/or vegetable to give body to the dish, (3) sauce to hold the meat, starch food and vegetable together, (4) seasonings to develop and accent the flavors, and (5) topping which gives that finished look. They are often combined in a casserole dish.

The ingredients may be put together cooked or uncooked, but all should take the same time to cook done. There are 3 main types of oven dishes: the pie (filling plus topping), the scallop (alternate layers), and the casserole (a mixture). The topping for the pie may be biscuits cut in diamond, star, doughnut or other shapes; pastry, mashed potatoes in a ring around the edge of the dish; or toasted buttered bread cut in fancy shapes. The scallop and the casserole dish we usually finish with buttered crumbs, ready to eat cereals or a garnish of sliced olives, green pepper rings, or thin strips of bacon.

The following two oven main dishes, 4-H Special and Tuna-Noodle Casserole include the meat, starchy food and vegetable a good dinner menu should include. Add a crisp salad or a relish tray, milk and cookies and you have a good dinner.

4-H Special (6 servings)

350 degrees (moderate oven) 30 minutes

$\frac{1}{2}$ cup uncooked rice	2 cups canned tomatoes
1 cup water	with juice
$\frac{1}{4}$ tsp. salt	1 pint (# 303 can) corn,
1 onion and 2 tbsp. fat	drained
1 lb. ground beef	2 tsps. salt

Heat water and $\frac{1}{4}$ tsp. salt to boil, then add the rice. Turn heat low and cook 15 minutes. Chop onion fine and cook to golden brown color in 2 tablespoons fat.

Add beef and cook over moderate heat until brown, stirring frequently. Stir tomatoes, corn, rice, and 2 tsps. salt into meat.

Pour mixture into greased casserole. Bake 30 minutes in 350° oven. Add buttered crumbs, if desired.

Tuna-Noodle Casserole--6 servings

2 cups noodles, uncooked	$\frac{1}{2}$ cup milk
1 tsp. salt	1 pkg. frozen peas
1 - 7 oz. can tuna fish	or
1 - 10 oz. can cream of chicken soup	2 cups canned peas
	$\frac{1}{4}$ cup bread crumbs

Heat 1 quart water to boiling. Add small noodles and salt. Boil for 9 minutes, then pour into a strainer to drain. Unwrap frozen peas so they can thaw slightly. Remove chicken soup from can to bowl, using rubber spatula. Add milk to soup and mix well.

Arrange in layers in casserole; half of noodles, half of tuna, half of peas, half of chicken soup, remaining noodles, tuna, peas, and chicken soup. Sprinkle bread crumbs on top.

Four Oven Meals You Might Want to Try

I. Braised Pork Chops with
Potatoes Carrots Onion Gravy
Tossed Green Salad
Peach Upside Down Cake

II. Barbecued Meat Balls
Corn Pudding Green Salad
Apple Crisp

III. A 20 Minute Meal at 425° F.

Deep-dish meat pie
Green salad
Fruit cobbler

IV. An Hour Oven Meal - 350° F.

Ham loaf with sweet potatoes
Baked Apples - Relish tray
Marble Bread Pudding

Plan for Preparation for Meal I

1. Prepare pork chop casserole for oven. Start it baking at 350°.

2. Prepare upside down cake. If desired, save time by using a cake mix. Put in 350° oven.
3. Prepare salad a few minutes before serving time.

Braised Pork Chops with Potatoes, Carrots, Onion Gravy
(4 servings)

4 pork chops	2 onions
$\frac{1}{4}$ cup flour	$\frac{1}{2}$ cup hot water
$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ tsp. marjoram
$\frac{1}{4}$ tsp. pepper	4 carrots
4 potatoes	Clove of garlic

Rub fat edge of chops over frying pan to grease it lightly. Combine flour, salt, and pepper in paperbag, add chops and shake. Brown chops in the greased skillet.

Quarter potatoes and carrots, slice onions and add with remaining ingredients. Cover and bake about one hour at 350° F. Serve on a hot chop plate.

Plan for Preparation for Meal II

1. Prepare apple crisp. Start it baking at 350° F.
2. Mix, shape, and brown meat balls.
3. Prepare corn pudding. Put in 350° oven.
4. Prepare barbecue sauce. Pour over meat balls and bake in 350° oven.
5. Prepare green salad and serve the meat.

You might like to try menus III and IV, too. While the foods are baking in the oven, you can prepare the salad or relish tray and set the table. If the family is late coming to dinner, you can still have a meal that looks and tastes good without rush or fuss.

Meals from the Freezer

A well-stocked freezer is a handy store for ready-to-heat-and-eat meals. Whole meals can be precooked and frozen, as well as individual dishes. You can prepare such things as baked beans, boiled ham, nut bread, rolls, brownies, cake, broccoli, lima beans, strawberries, peaches and other food days ahead, and then the last minute preparations are simple. Concentrates of lemonade and other fruit drinks freeze well, too. Prebaked pie and tart shells freeze well, and for a dessert need only to be filled with fresh or frozen fruit, a custard or pudding. One favorite dress-up company dessert is angel food cake with alternate slices or layers of sherbet or ice cream.

Most precooked frozen foods can be reheated in the oven or on top of the range. It takes longer in the oven but usually keeps the texture of the food better. When using a double boiler on top of the range for heating, use warm, not hot, water in the lower pan so the thawing food won't stick.

SERVING THE MEAL

Set an attractive table to do justice to the meal you have planned and to the food you have prepared. Your own family are the most important guests you can serve, and you should give them every consideration. If you set a pretty table and serve your meal neatly and in an orderly way, you will encourage good food habits, good table manners and relaxed conversation.

Table setting--you may use either a tablecloth or place mats. If the table is crowded, a tablecloth makes it seem less so. Place mats may look cooler. If your dishes have a design or pattern, use a plain cloth or place mat. If your dishes are plain, you may use a cloth with some pattern. If you use a tablecloth, you will want to cover the table first with a silence cloth, then cover this silence cloth with your tablecloth which has been ironed one length and twice folded in the middle. Your tablecloth will look its best if it hangs over the table from 8 to 12 inches. It should not hang down more than enough to clear the seat of the chair. Place mats are preferable if rectangular in shape and should be large enough to hold dishes, plates, glassware and tableware for one person. Place the mat close to and parallel with the edge of the table.

Your centerpiece may be flowers or fruit or bright colored vegetables. Keep it simple and low so that members of your family can see others. Small growing plants, greenery, or low arrangement of flowers or a bowl of fruit will be beautiful. Candles are appropriate for late afternoon or evening meal. To use them you should light them. Be sure they are high enough to keep the light out of the eyes of the people sitting around the table. Try to have the linen, the dishes and the table decorations harmonious in color, design and texture with each other and with the food.

The cover for each person is approximately 24 inches. Place the napkins with open ends toward the plate and edge of table. All silver, linen and dishes are placed 1 inch from the edge of the table. If your menu does not call for a knife, place the fork on the right of the plate in place of the knife. Place the butter spreader on the top edge of the bread and butter plate with the handle toward the right. If a second glass is needed for milk, place it to the right of the water glass above the teaspoons. If a hot beverage is used, place the cup and saucer to the right of the spoons with the cup's handle turned to the right and the edge of the saucer in line with bottom edge of the plate. Place all generally used pieces such as salt and pepper shakers, sugar and creamer, relish dish and bread plate at convenient places for members of the family and so the table has a balanced and orderly appearance.

Type of Meal Service

Some ceremony in connection with the serving of the food is essential if it is to take its rightful place in social development of you and your family. Meals should mean more than just eating. You will find it easiest, in serving your first meal, to use the type of service that you and your family have been using. But it will be a fine experience to serve some of the meals you prepare with other types of services.

Three types of services commonly used are the English, Russian and the Family. The English service is formal and served by a maid. All foods, including the soup, main course, salad, desserts, and beverage are served at the table. The host serves the meat

and one or more vegetables or the main course, and the hostess serves the salad, dessert and beverage. The maid carries the plates from the host or hostess to the guests, and each course is cleared away before the next one is served.

The Russian service is usually used for formal occasions with large groups. All food is placed on the plate or serving dishes in the kitchen. Then the plates are placed before the guests. Extra servings are by the maid with the individual portions or allow each guest to serve himself. There is no food on the table, or is there food passed from person to person. The host and hostess do none of the serving of the food.

The Family Service is a combination of English and Russian Service and tends to be a more informal service. Usually the soups and salads are served or in place when the guests come into the room. The main course is served by the host, and the dessert and beverage by the hostess. The accessories are passed from person to person. Hot foods can be served in hotter dishes than are safe for passing. This service is casual and comfortable and successful if well done.

Plate service is a variation of family service. Foods are served on plates in the kitchen, and the plates are placed on the table before the guests are seated, or served by the hostess or another member of the family after the members are seated. Small tables and small dining rooms encourage this type of service.

Buffet service is similar to plate service except all the food is placed in dishes on a table or buffet, and each person passes the table or buffet and serves his own plate and carries it to the table. Usually the food is served from serving table or buffet. Sometimes the silver and beverages are placed where the guests will eat.

Wrap-Up-Meals

You might like to prepare this type for a picnic supper or a Sunday dinner. Add a glass of milk, fresh fruit and cookies and you have a well-balanced meal.

Wrap each serving separately in foil using the drug store wrap.

1. Steak and Vegetable. Spread table fat on a piece of foil; add a thin steak, salt, and then slices of potatoes, onions and carrots. Season, add 2 table-spoons water, wrap all together, and cook about 40 minutes in 400° oven. Turn package over once. Serve as soon as done.
2. Hamburger, Potato, Green Beans, Onions. Place a pat of table fat on foil, then sliced potato, ground beef pattie, sliced onions, potato, salt and canned beans. Wrap and cook about 30 minutes in a 400° F. oven. Turn it over once.
3. Ham, Sweet Potatoes, and Apples. Place slice of ham on foil, then a medium slice of potato and of apple. Sprinkle with sugar, add 2 tablespoons water, wrap in foil and cook about 40 minutes in a hot oven.
4. Little Pig Potatoes. Cut a core out of medium-sized potato and stuff it with link or bulk sausage. Wrap in foil. Cook 45 minutes in 400° F. oven. Serve with green salad.
5. Friday Dinner. Tuna fish, onions, and potatoes. Place a pat of table fat, then sliced potatoes, tuna fish, and sliced onion and sliced potato. Wrap and cook about 40 minutes in 400° F. oven.

Meal in a Can (each prepares his own)

1 large hamburger or sausage pattie	1 carrot
1 onion	1 tsp. butter or margarine
1 potato	Salt to taste

Melt fat in one pound coffee can. Pat meat to fit bottom of can, season with salt and pepper. Slice $\frac{1}{4}$ " thick and place on top of meat in order given--onion, potato and carrot. Add 2 tablespoons water and put on lid. Place in a bed of coals, cover with hot ashes and coals, cook 45 minutes to 1 hour--depending on thickness of the layer of ashes and coals.

This meal may be wrapped and cooked in heavy weight foil in the same way and time. Meal in can or foil may be cooked in a 400° F. oven in 45 minutes if preferred.

Dinners for Daughters to Give Mothers

Mother-Daughter dinners are popular especially in the spring around Mother's Day. The meal should have color and appeal for feminine eyes and some pretty garnish for the plate. A fruit plate with a hot beverage and some special kind of bread might be just right. The bread might be little hot rolls; crisp crackers and melba toast; nut, date or brown bread sandwiches, English muffins, or a coffee cake.

The fruit plate should have contrast in color, texture and flavor. The fruit could be placed in lettuce cups, or the plate might have a background of endive, watercress or other salad green. Cheese or sherbet may be served as part of the fruit plate. Both fresh and canned fruit may be used, but canned fruit needs to be drained thoroughly to look attractive on the plate. Watch shapes and arrangements as well as colors and flavors. Make pieces bite-size or larger, and even. Some combinations are:

1. Red cinnamon apples, stuffed with cottage cheese; grapefruit sections and thick slices of canned peaches; finger sections of bananas covered with salad dressing and chopped nuts.
2. Canned peaches sliced and arranged in alternate lines with prunes; halves of canned pear filled with grated yellow cheese; fresh or frozen berries, and a dip of sherbet and candied orange peel.
3. Slices of cantaloupe, fresh peach sections, tart apple slices, English walnuts, cheese balls and a small bunch of grapes.
4. Wedges of honeydew melon, orange sections, strawberries with stems, cottage cheese and watercress.
5. Canned pear halves, fresh or frozen red raspberries or banana fingers, watercress and lemon sherbet.
6. Red apple slices, dates or prunes stuffed with cottage cheese, grapefruit sections and endive.

You might like to brighten up your plate with:

Frosted Grapes: Dip small bunch of washed grapes into a fruit juice and then in granulated sugar. Cover each grape thoroughly. Dry in refrigerator and serve.

Paprika Edge: Dip edge of pineapple rings, orange or lemon slices or lettuce leaf edges in paprika.

Before you decide on the date for the party:

1. Decide how you will invite the mothers.
2. Plan for getting the food and equipment.
3. Plan how you will clean up after the meal. Decide how much time you will need to prepare for the meal.
4. Decide how you will divide the work.
5. Decide how you will set the table. Practice setting it correctly for the menu you have planned.

Another menu for Mother-Daughter Meal

Creamed chicken in toast cups--Grapefruit and Peach Salad, Coconut Cake Balls--Milk--Coffee.

Toast Cups

1. Remove the crusts from each slice of bread.
2. Melt 4 tablespoons of margarine or butter, and brush one side of each piece of bread with the melted fat.
3. Place the bread slices, buttered side down in muffin cups--pressing each piece down to form a shell.
4. Bake in a moderate oven (375° F.) for about 20 minutes or until the insides of the shell are toasted.
5. Serve hot creamed chicken, fish or a vegetable in the toast shell.

TIME SAVING TECHNIQUES

Biscuit dough cut in squares instead of circles saves time and trouble of sorting over scraps of dough.

To flour foods like chicken to fry or meat to be browned for stew, place flour, seasoning and meat together in a paper bag and shake until all pieces are covered.

Cut dates, marshmallows, and other sticky foods with a pair of wet scissors. Dip scissors in hot water frequently.

If oven is in use in cooking, use a greased covered casserole to cook frozen vegetables or to heat canned vegetables, or the frozen block of vegetables might be tightly wrapped in aluminum foil and cooked in the oven for 30-45 minutes.

Use canned creamed soup in place of white sauce for casserole dishes and soups, creamed eggs or meat.

Put teaspoon of cookie dough on cookie sheet. Flatten each cookie by gently pressing with bottom of glass that has been dipped in oil and then sugar. (To start, dip glass in oil before dipping in sugar) Dip in sugar before stamping each cookie. These cookies will be rounded as if you'd taken the time to roll them separately.

Preparing Nuts

Some foods look and taste their best if the nuts in them are in big chunks. In others, the nuts should be in small pieces. The recipe should tell you which type. If you need broken nuts, break them with the fingers. If they are to be cut up, use scissors; and if they are to be finely chopped, chop with a long straight knife, holding point against cutting board. Chop to spread out nuts swinging handle around in quarter circles.

Blanched Nuts: Drop shelled nuts into boiling water. Let stand two to five minutes (until skins are loosened). Pour off hot water, add cold. Pinch each nut between thumb and finger to push off skins, and lay nuts on plate or paper towel to dry.

To roast or brown: Spread in a pan. Heat in a moderate oven until delicately browned. This needs careful watching and frequent stirring, and they will brown more after they are removed from the oven.

Mixes to Save Time

Mixes are especially welcome for rush days, holiday seasons and when unexpected guests appear. Mixes make it possible for inexperienced people or people with limited strength or energy to have success in preparing foods.

There are many good mixes on the market. If you have butter and other fats, it might be smart to use them and make your own mixes. If you measure accurately and follow directions, you probably save some on the cost.

If the fat used is a kind firm at room temperature, the mix need not be stored in the refrigerator. It should be stored in containers with tight fitting lids and of a

size needed for the usual recipes, as in pint containers for 2 cups and one-half pint when 1 cup will be needed. Use mixes within a reasonable length of time. Baked products made from mixes are best served the day they are made.

Tricks with "Quick Bread Mix"

"Quick Bread Mix" with Dry Skim Milk

Measure and sift together three times: 12 cups flour, $1\frac{1}{2}$ cups dry skim milk, $\frac{1}{4}$ cup baking powder and 2 tablespoons salt. Cut in $1\frac{1}{2}$ cups fat until evenly blended and looks like corn meal. Store in tightly covered containers of pint size for use.

Orange Puffs

Combine 1 tablespoon grated orange rind and 2 tablespoons sugar with 2 cups "Quick Bread mix." Add $\frac{1}{2}$ cup water to form a biscuit dough. Blend together 3 tbsps. sugar and $\frac{1}{4}$ tsp. ginger. Drop biscuit dough by teaspoonful into sugar mixture, turn to get sugar coated. Place 2 sugar coated balls together in greased muffin cups. Bake at 400° F. for 12 to 15 minutes.

Date Nut Bars

Blend 2 cups of "Quick Bread Mix" with $1\frac{1}{2}$ cups brown sugar, 1 cup chopped dates, and 1 cup chopped nuts. Add 2 eggs, well beaten, and 1 teaspoon of vanilla. Blend to mix thoroughly. The batter is very stiff. Spread batter in a greased baking pan (8 x 12 inches). Bake in a moderate oven (350° F.) for 25 or 30 minutes. Cut into bars.

Tricks with Cake Mixes

Peach Upside Down Cake

Melt 3 tablespoons butter and $\frac{1}{3}$ cup brown sugar in 8x8x2-inch pan. Peel and slice soft peaches (about $1\frac{1}{2}$ cups) and arrange on mixture in pan. Pour pre-mixed cake batter gently over fruit. Bake at 375° F. for 30-35 minutes. Invert immediately onto plate. Let syrup drain onto cake 3 to 5 minutes; remove pan. Serve warm.

Boston Cream Pie

Remove cooled cake from pan and cut into 2 layers. Spread prepared vanilla pudding mix (instant or regular) between layers. Use leftover pudding for another meal. Frost top and sides with Chocolate Fudge Frosting.

Jelly Ribbon Cake

Remove cooled cake from pan and cut into two layers. Spread creamed jelly between layers.

Ice Cream Sandwiches

Cut cake into squares. Cut each square into layers. Put together with slice of ice cream. Serve with Fudge Sauce.

Tricks with Canned Biscuits and Biscuit Mix

Pineapple Biscuits

5 pineapple slices well drained
2 packages of biscuits

5 teaspoons brown sugar

Cut pineapple slices in half. Pat out each biscuit to flatten, and place the sliced pineapple on each biscuit. Sprinkle each with one teaspoon brown sugar; top with second biscuit. Press biscuit edges together firmly. Place on ungreased baking sheet. Bake in a very hot oven (450° F.) 8 to 10 minutes. Sprinkle with confectioner's sugar. Serve warm.

Jelly-Roll Sticks

1 package biscuits

1/4 cup marmalade or jelly

Pat out biscuits to flatten. Spread each one with about one teaspoon marmalade or jelly. Roll up tightly, jelly roll fashion. Bake in a very hot oven (450° F.) 8 to 10 minutes.

Fruit Coffee Cake

2 cups biscuit mix, add 1/4 cup sugar and blend. Beat one egg slightly and blend in 3/4 cup of milk. Mix with biscuit mix and sugar, and spread in an oblong baking dish or pan. Brush with milk or fat. Place rows of thin slices of apples or peaches into the dough. Sprinkle with sugar and cinnamon and bake at 375° F. about 40 minutes.

Mix Tricks

Pastry Mix

Sift 6 cups flour and 1 tbsp. salt into a large bowl. Cut in 2 cups of fat until mixture is like small peas. For a one-crust pie (9"), use 1½ cups mix and 2 to 3 tbsp. cold water. For a two-crust 9" pie, use 2½ cups mix and 3 to 4 tbsp. cold water. Sprinkle the cold water sparingly over the mix. Toss lightly with a fork, using just enough water to hold the dough together. Press dough gently to form a ball. Chill. Roll from center to outer edges for pie crust.

Orangeade Mix

Mix 1 cup of concentrated frozen orange juice and 1 cup lemon juice with 1 cup sugar. Stir well. Store in refrigerator. Just before serving time, fill glasses 2/3 full of cracked ice. Pour 1/4 cup of the ade mixture in each glass, and fill with ice water. Stir. Garnish with a slice of orange or lemon or few mint leaves and serve.

TAKE GOOD CARE OF THE RANGE, REFRIGERATOR AND FOOD FREEZER

Range - Gas or Electric

1. Use utensils of a material and thickness which will not heat unevenly and cause food to scorch.
2. Keep reflector pans under surface units clean and in proper position.
3. After cleaning, make sure heating units are level and properly located.
4. Use utensils slightly larger than surface units. This avoids waste of heat and may simplify cleaning spillovers.
5. Check oven units frequently so heat is evenly distributed.
6. Keep bottom lining and broiler pan clean.
7. Place foods in oven according to your range instruction book.
8. Avoid "peeking" into oven. Depend upon thermostat and recommended timing periods.
9. Use stored heat from oven and surface units when possible.
10. Turn off all units and let heating units and porcelain enamel cool before wiping with a damp cloth. Try to keep water from dripping on hot porcelain.
11. Be sure heat for deep well cooker is "off" unless food or liquid is in cooker.
12. Take time to learn how to use such features as deep well cooker and timer for which you have paid.

Roaster

1. Store in convenient place.
2. Do not use where heat will damage work counter surface.
3. Learn proper placement of foods and thermostatic setting for different kinds of cooking.
4. Place foods in suitable containers instead of in direct contact with well lining.

Rotisserie

1. Use where heat and spattering fat will not harm surroundings.
2. Frequently check condition of heater cord and connectors.
3. When using outdoors, prevent possible shock by grounding the appliance and using waterproof heavy duty cord.
4. Do not attempt to move rotisserie until it is cool and you have disconnected it.

Refrigerator

1. Allow 2 or 3 inches clearance at sides and 6 to 12 inches at top for efficient operation.
2. Keep refrigerator level.
3. Remove food from store wrappings.
4. Store each food in best temperature location for it.
5. Adjust temperature control to suit kind and amount of food.
6. Use containers made of materials which readily conduct heat from foods, such as stainless steel, porcelain enamel, aluminum or glass. Cover foods to preserve flavor and moisture.
7. Remove frost from freezing compartment before it gets thicker than $\frac{1}{4}$ inch. Never chip frost off with sharp object. After defrosting, wash freezing compartment.

8. Wash inside of refrigerator, rinse and dry once a week. Wipe up spills as they occur.
9. Use vacuum cleaner attachments or long handled brush to remove dust from condensing coils at least once a year.
10. Do not open refrigerator door more often than necessary.
11. Replace gasket when door no longer has tight seal.
12. Remember that the freezer compartment is for short period storage of frozen foods--two to three months.
13. Freeze food by placing in contact with the coldest freezer surface.

Freezer

1. Prevent frost by proper packaging of foods and careful use of freezer.
2. Use proper packaging materials and methods to prevent excessive moisture loss and "off" flavors.
3. Freeze foods by placing them in direct contact with coldest freezer surfaces.
4. Remove frost while it is still "snow" no thicker than $\frac{1}{4}$ to $\frac{1}{2}$ inch. "Snow" can be scraped off but ice may require melting which is extra work and may result in water getting into insulation.
5. Never freeze more than 5 to 7 percent of the capacity of the freezer at one time.

GENERAL DIRECTIONS FOR FREEZING PREPARED FOODS

1. Use only ingredients of the best quality.
2. Shorten the cooking time for most cooked foods or they will be overcooked when reheated to serve.
3. Cool cooked foods quickly. Then package and freeze immediately after cooling.
4. Package carefully being sure to leave head space for foods with liquid.
5. Do not store too long, preferably a few weeks and rarely if ever, longer than six months. Date all packages so you will know.
6. If the thawing is done at room temperature, do not open package until ready to use.
7. Reheat carefully. Use the method that will do least damage to its appearance and texture. Do not stir more than necessary. The oven and top of a double boiler are good for reheating combination dishes. Always start the heating with cold water in the bottom of the double boiler. It takes longer in the oven than on top of the stove.
8. Use all thawed and preheated food for that meal. Further holding and reheating is not recommended.

Frozen Pre-Cooked Meals

There are five things to remember when you plan entire meals to be precooked and frozen.

1. Choose a menu that will have color and give variety in shapes, texture and flavors.
2. Since each food should be ready to serve at the same time, choose foods and sizes and shapes of servings with about the same reheating time.
3. Pack all foods solidly to keep out air. Sauces may be used to advantage with meat and some other foods to fill air spaces. Chill, package and freeze promptly, and reheat quickly.
4. Use the meal within the safe storage limit of the most perishable food.
5. When you reheat food in the oven, cover it partially (aluminum foil).
Exceptions are fried potatoes which need to be completely uncovered or they lose their crispness and become soggy.

Frozen Plate Meals

A plate meal usually includes a meat, a starchy vegetable and one other vegetable. For interest and variety, add frozen cranberry sauce, spiced pears or pickled peaches. These can be thawed while the meat and vegetables are being heated. Freeze the individual servings of meat and vegetables in the desired shaped molds. Package each item snugly and put all together in one package. It is not practical to freeze and store food on a plate, as the uneven shapes make proper packaging almost impossible, and it is wasteful of freezer space.

Use your imagination in planning frozen meals. Follow the basic rules in preparing each dish. When thawing the frozen foods, add a personal touch in seasoning or a garnish in serving, and the menu becomes definitely yours.

Freezing Suggestions for Special Occasions

Use your ice cube trays for freezing:

1. Sweetened lemon juice for a tall glass of cold lemonade.
2. Concentrated soup stock for a quick cup of hot soup.
3. Triple strength coffee or tea for a glass of iced coffee or tea.
4. Flowers frozen in fruit juice or water for pretty punch bowls.
5. Ice cubes to take on picnics.

Whip cream or dried skimmed milk, flavor and sweeten. Drop in about 2 tablespoons on a cookie sheet. Freeze and remove from cookie sheet to a plastic bag. Seal and use for "dollops" on desserts.

Assemble a group of frozen foods for a complete meal. Wrap together and label, as fried chicken, peas, rolls, and raspberries. You might like to try some 30-, 60-, or 90-minute meals.

Have special trays or baskets in your freezer for snacks, church supper dishes or a lunch box corner.

Storage Time in Freezer

The exact length of storage life for the different prepared or precooked foods has not been determined. Each person can experiment with her own products and decide for herself what is the best storage time. By removing the packages of the same food at different intervals, it can be found when the food begins to lose its quality. Foods deteriorate and lose goodness with storage. While some foods have a long storage life, it is not an economical use of freezer space. Use frozen foods while they are still "excellent" not just "good."

Bread and Rolls

Freezing is a practical method to keep bread from becoming stale. Baked rolls and bread are some of the most successful foods to freeze. Dough for rolls may also be frozen for short periods of time, but freezing dough for bread does not seem to be as satisfactory. There is the tantalizing odor of baking rolls at serving time, but the rolls will be smaller and the crusts dry and tough. Rolls often flatten out rather than actually rising. Half-baked rolls freeze well.

To freeze, prepare and bake the fresh rolls and bread as usual. As soon as cool, wrap well, seal, and freeze immediately.

Baked bread thaws quickly because it contains little moisture. Thaw it in its original package at room temperature. If the frozen bread is thawed unwrapped, moisture will form on the crust, and it will be wet and lose all crispness.

To thaw rolls, remove from the freezer and heat in their wrappings in a 400° F. oven for about 5 to 10 minutes, depending upon the size of the rolls. Too long heating will dry them out. Also rolls may be thawed at room temperature in their wrappings and then reheated in a bun warmer or hot oven to freshen them.

Quick Breads

Quick breads may be frozen before or after they are baked, but it is usually preferable to freeze after baking. The dough has a short storage life, and the baked loaf may be smaller in volume and less tender.

Loaf breads are hard to slice when hot and they freeze well after baking. Waffles may be baked, frozen and reheated in a toaster for serving. Freezing muffin batters and baking powder biscuits does not save the homemaker much time.

Doughnuts are satisfactory if frozen after they are fried. Use your favorite recipe. Cool them well, and stack one on another in an airtight container or wrap them separately in metal foil. Reheat them in a 400° F. oven, but do not let them dry out.

Pies

In general, pies that are frozen unbaked have a flakier and more tender crust and a fresher flavor than the pies baked before freezing, and they require less time and fuel. Custard and cream pies do not freeze satisfactorily. Fruit and mince pies freeze very well. Meat, chicken and pumpkin freeze fairly well.

Prepare in the usual way but do not cut any openings in the upper crust. This helps to prevent discoloration of fruit fillings and the loss of flavor and aroma.

Peach and apple fillings discolor readily. Steaming the sliced fruit for 1 or 2 minutes or sprinkling lemon juice or ascorbic acid solution on the filling may help prevent darkening.

Pies made from frozen fruits are as good as those made from fresh fruit. Thaw the fruit just enough to spread, do not use extra syrup. Wrap and freeze immediately.

When ready to use, remove the freezer wrap and cut openings in the upper crust. Place in a preheated oven and bake at the correct temperature for that kind of pie and allow 15 to 20 minutes extra time.

If you have baked an extra pie or two, cool thoroughly, wrap and freeze. To use, unwrap and place the frozen pie in a moderate oven (325° - 350° F.) for 30 to 40 minutes, long enough to defrost and heat through. If only thawed at room temperature and not heated in the oven, it is like a day-old pie.

How to Package Pies

Wrap each pie in moisture vapor-resistant packaging material before or after baking. Stack them right side up in the freezer. Pies can be frozen in glass, metal or paper pie plates with metal rims and later baked in them. Thick paper plates are not satisfactory as they are poor conductors of heat and leave a raw doughy undercrust after baking.

FREEZING UNUSUAL FOODS

Freezing Soups

Vegetable, split pea, navy bean, black bean and chicken noodle soup freeze well. To save storage space, freeze soup concentrated rather than the soup itself. When you add

the frozen soup concentrated to the heated liquid at the time of reheating, you might like to pour the soup between the grid in ice cube trays. Cover the tray and freeze, then remove the tray, releasing the lever and put the frozen blocks of soup in a plastic bag and freeze. Then add 1 block for each serving needed. Soup that has curdled can usually be smoothed by beating.

Freezing Meat Stock

Because meat bones are likely to break the wrapping and take up valuable locker space, it is better to bone meat before you freeze it. Use the left-over bone with bits of meat clinging to them, some with marrow in the center, to make soup stock. Crack the bones and add cold water, simmer for 2 or 3 hours. If you use a pressure cooker, the bones may be cooked for a shorter time and more calcium will be extracted from them and soup will be more concentrated.

Meat stocks are often frozen in ice cube trays.

Tomato Juice

Wash, sort, and trim well-ripened tomatoes. Put through a food chopper, or simmer for 5 to 10 minutes. Press through a sieve. Package juice. Seal, label and freeze.

Sweet Potatoes

Choose medium to large mature sweet potatoes that have been cured. Wash, cook until almost tender, peel and cut in halves, slice or mash. If desired, to prevent whole or sliced sweet potatoes from darkening, dip in a solution containing 1 tablespoon citric acid or $\frac{1}{2}$ cup lemon juice to 1 quart of water for 4 seconds.

To keep mashed sweet potatoes from darkening, mix 2 tablespoons orange or lemon juice with each quart of mashed sweet potatoes.

Pack sweet potatoes into containers, leaving $\frac{1}{2}$ inch head space. Seal, label and freeze.

For Variety: Roll cooked sweet potato slices in lemon juice and sugar. Pack into containers, leaving $\frac{1}{2}$ inch head space. Seal, label and freeze.

Frozen French-Fried Potatoes

To Freeze: Prepare potato strips according to directions for French-fried potatoes. Parfry according to directions for first stage of two-stage method.

Cool parfried strips to room temperature. Pack cooled strips in cartons or other containers of moisture vapor-resistant materials. Seal. Label and date.

Freeze and store at 0° F. Frozen parfried potato strips will maintain their quality for 3 or 4 months.

To Brown for Serving: Frozen parfries may be thawed, then browned in fat. Or they may be left unthawed and browned in an oven or broiler. Parfires browned in the oven or broiler are less tender and less oily than those that are browned in fat.

To Brown in Fat: Leave frozen strips in package to thaw. Thaw at room temperature for 2 to 3 hours.

Remove strips from container. Pat them lightly with towels to remove condensed moisture. Be sure all strips are at room temperature before they are put into hot fat. Otherwise they will cause the temperature of the fat to drop too low for quick browning.

Brown as directed for second stage of two-stage method of French frying.

To Brown in Oven: Brown unthawed parfries for 10 minutes in an extremely hot oven (500° F.), turning strips as needed, or for 5 minutes in an oven at 500° F. followed by 3 minutes in a broiler.

Nuts

Package nut meats in any good freezer packaging material--plastic bag, glass or tin container with tight lids or other moisture-resistant airtight container. At 0° they will stay in good condition for a year or longer.

Fruit Sauces

Apple, rhubarb, peach and apricot sauces are especially successful when frozen. Use your favorite recipe and make as for fresh use. It is well to omit any spices until serving time. Chill and then package the sweetened cooked sauce in suitable containers. Remove air bubbles, seal and place in freezer.

Purees

Some fruits and most berries can be pureed without any cooking. But some persons prefer to add $\frac{1}{4}$ cup sugar to each quart and heat them enough to melt the sugar. The light-colored fruits, such as peaches and apricots, need to be heated to prevent darkening of the fruit. Heat only to boiling point and use only enough water to keep from scorching. Cool quickly and put through a sieve, mill or strainer to give a fine even puree. Adding ascorbic acid ($\frac{1}{2}$ teaspoon per quart) will help hold a bright color. When cold, package, label and freeze.

Purees for infants and others on low-residue diets may be prepared and frozen when the fruits or vegetables are in season and their quality is best.

Fruit Cake in the Freezer

Fruit cakes are particularly successful for freezing as the flavor of any cake heavy with fruits become blended and mellow during storage, and the cake stays moist because of the fruit and fat present. Too, fruit cakes are rather compact and sturdy so are not likely to be mashed or dented during freezer storage.

Butter

Butter made from pasteurized sweet cream stores better than butter made from pasteurized sour cream. Butter made from pasteurized sweet cream will keep satisfactorily for 6 months when stored at 0° F. Homemade butter made from unpasteurized sour cream will probably have an undesirable flavor after a few weeks and should not be stored.

Package butter like meats are packaged. To store commercial butter simply remove the cartons, then package, and place back in the cartons.

Hard and Semi-Hard Cheese

Cottage cheese loses quality when frozen, due to changes in texture.

Cheddar, Swiss, Edam, Gouda and Brick cheese show little change in texture if properly frozen and slowly thawed. They may be frozen in the package they are purchased in, but overwrap in good freezer packaging material. The cheese may show a mottled color when thawing, but this will disappear. Soft cheeses as Leiederkrantz, Limburger, Camembert do not freeze well. Bleu cheese and Roquefort have a soapy taste after freezing and become quite crumbly.

BE SURE ABOUT USING THE CANNER

Steam under pressure is not dangerous if handled properly. Always read and follow the instructions that come with the canner. Then know there are five important things to do for safety each time you use any pressure canner:

1. Be sure the pop off, pet cock, and/or safety valve is clean, free of corrosion, and in good condition.
2. Have enough water in the canner to prevent its boiling dry before the processing time is up.
3. When the canner is being used, never put the lid on without fastening it securely. If no pressure is needed, use some other lid.
4. Always make sure the pet cock is open when the cover is placed on the canner; and be sure the pet cock is open before beginning to unfasten the cover. Never start to unfasten the lid before the pressure is down and most of the steam out.
5. When removing the lid, tilt it away from you so the steam will not come up in your face.

Canning Pork, Beef and Chicken

Processing in a pressure canner is the only method recommended for the canning of meat and all other low-acid foods. Foods processed in the pressure canner are more apt to keep than those processed in the water bath. Also this method saves time, energy and fuel.

If a pressure canner is not available and you wish to take the risk involved in canning in a water bath, process 4 times as long in a water bath as the time given for the pressure canner when the processing time is less than 60 minutes. If more than 60 minutes, multiply the number of minutes given by 3. When you use the meat, be sure it is heated to a boiling temperature to the center before it is tasted.

Canning chicken, beef, pork, wild game, rabbit and other home produced meat gives the farm family a greater variety through the year. Canned meat on the shelf is a real help when unexpected guests arrive, and it is a good time-saver for busy days. It is quicker than frozen meat.

Any kind of meat can be canned. Turkey, squab, other poultry, and small game should be canned like chicken. Can veal, lamb, mutton, and large game animals like beef.

Only healthy animals should be slaughtered. If they are of a good type, have been properly fed and well finished, the meat will be of superior quality. After killing, the meat should be chilled and kept cold until used, frozen or canned.

Pork is preferable if frozen or canned as soon as the body heat is gone, and the meat is cold and firm enough to cut well. Other meats taste better if allowed to ripen for a time--8 to 20 hours for poultry, 2 or 3 days for veal or lamb and 5 or more days for well-finished beef. During this time, the meat should be kept at a temperature of 40° F. or lower but should not be allowed to freeze. If it does freeze, cut or saw the frozen meat into strips 1 or 2 inches thick just before canning.

Meat from mature animals has more flavor and a better texture when canned than meat from very young animals. Plump hens and cockerels can well, but young broilers often lack flavor and fall to pieces when removed from the jar.

If a freezer is available, can only the cuts that contain considerable connective tissue or bone. Freeze the rest. The less tender cuts may be canned for stews, meat pie, creamed dishes, salads or used as ground meat.

Two methods are used for canning meat--the hot pack and the raw pack. Both methods are given in the directions for canning meat. Salt is added for flavor. It may be added when the canned meat is opened for table use.

Canning Meat

If meat has soiled spots, wipe with a damp cloth. Do not wash meat unless it is bloody. Part of the flavor and food value will be washed away with the water. Cut the meat from the bone and leave only enough fat for good flavor. Cut the tender cuts of meat in nice size servings and the less tender cuts in small pieces desirable for stews, creamed dishes, etc. All pieces are handled and processed the same way.

Save all bones and trimmings for soup and soup stocks.

Hot Pack

Heat the meat in the oven or on top of the stove. Use a shallow flat-bottomed pan with well fitted lid. Add just enough water to keep the meat from sticking, and heat until it is hot through.

Pack firmly in clean hot jars to within 1 inch of the top. Add $\frac{1}{2}$ teaspoon salt to a pint and 1 teaspoon to a quart jar of meat. Cover with meat juice or broth. Use boiling water to get all the juice from the pan. Finish with boiling water if extra liquid is needed. Leave one inch at top of jars. Work out air bubbles with a long, narrow, flexible knife or spatula and wipe sealing surface.

Add more liquid if needed to keep meat covered, but leave one inch head space. Adjust lid. Process pint jars 75 minutes, quart jars 90 minutes at 10 lbs. pressure in a pressure canner.

Raw Pack

Put $\frac{1}{2}$ to 1 teaspoon of salt into the jars and pack in the raw meat. Set the jars in a water bath or other large container which has a rack in the bottom, and pour in hot water to within 1 inch or 2 of the top of the jars. Cover. Heat until the meat near the center of the jars is steaming hot (170° F.). This will take about an hour. The meat will have shrunk and some juice formed. Push the meat down in the jars so the juice comes up over it. Work out the air bubbles. Add boiling broth or water if necessary, leaving 1 inch head space. Adjust the lids. Process pint jars 75 minutes, quart jars 90 minutes at 10 lbs. pressure in a pressure canner.

Ground Meat

Grind small pieces of fresh, tender and less tender meat. Allow just enough fat for good flavor. Add 1 teaspoon of salt to each pound of meat. With sausage it is usually preferable to omit the sage and other spices, as the flavor changes with processing and storage. The raw pack does not give a very desirable product in glass jars because it is difficult to remove from the jar.

Ground Meat - Hot Pack

Form the ground meat into cakes that can be packed, without breaking, into the jars. Place in a pan with low sides in a medium oven (350° F.) and cook until hot through. The color will have changed at center of the cakes. Pack into clean hot jars, leaving one inch above the meat. Pour fat off drippings in the pan. Pour remaining drippings over the meat. Add small amount of boiling water to pan to get all the good flavor and pour over the meat to cover. Remove air bubbles. Add boiling water if necessary to cover meat, leaving 1" head space. Adjust the lids. Process pint jars 75 minutes and quarts 90 minutes at 10 lbs. pressure in a pressure canner.

Canning Chicken

Sort pieces of meat in 3 groups--meaty pieces, bony pieces and giblets. Put the livers in one group and the hearts and gizzards in another.

Bony pieces, hot pack--Put the bony pieces in a flat-bottomed pan with a well-fitted lid. Cover with water and simmer until the meat will come from the bone. Lift out the pieces, remove the bones and cut meat in desired pieces for various uses, cutting across the fiber of the meat. Put these pieces in clean hot jars; filling to 1 inch of the top. Add $\frac{1}{2}$ teaspoon salt to pints and 1 teaspoon to quarts. Cover with the broth. If the broth has quite a lot of fat, skim it off before pouring over the meat. Save broth for meaty pieces--about $\frac{1}{2}$ cup per pint. Remove air bubbles. Be sure the broth covers the meat and is 1 inch from the top of the jar. Adjust lid and process pint jars 75 minutes, quart jars 90 minutes at 10 pounds pressure.

Meaty Pieces, hot pack--Heat meaty pieces in the oven or in water on top of the stove until hot through. Pack into clean hot jars. Put drumsticks and second joints in first with skin next to the glass. Then fit in white meat and smaller pieces. Add $\frac{1}{2}$ teaspoon salt to pint jars and 1 teaspoon salt to quart jars. Cover with boiling broth left from the bony pieces, leaving 1 inch head space. Remove air bubbles with a long, flexible knife or spatula. Add more broth if necessary to cover the meat, but be sure of 1 inch head space. Adjust lid. Process pint jars 65 minutes, quarts 75 minutes at 10 lbs. pressure in a pressure canner.

Meaty Pieces, raw pack--Pack drumsticks and second joints with skin next to the glass. Fit in the white meat and smaller pieces. Add $\frac{1}{2}$ teaspoon salt to pint jars and 1 teaspoon salt to quart jars. Set jars in a water bath or other large kettle with a rack and well-fitted lid. Add hot water to within 2 inches of the top of the jars. Cover and boil an hour or more or until all the meat is steaming hot (170° F.) at the center of the jar. Push meat down in the jar, and if needed add more broth to cover, leaving 1 inch head space. Adjust lids. Process pint jars 65 minutes, quarts 75 minutes at 10 pounds pressure in a pressure canner.

Gizzards and Hearts, hot pack--Put gizzards and hearts in one pan. Cover with broth or hot water and heat until steaming hot through (170° F. at the center of meat). Pack into pint jars. Add 1 teaspoon of salt; cover with broth leaving 1 inch head space. Remove air bubbles. Adjust lids. Process pint jars 75 minutes at 10 pounds pressure in a pressure canner.

APPROXIMATE YIELD OF CANNED MEAT AND POULTRY FROM FRESH*

Meat or poultry:	Amount of Fresh Meat Needed for 1 Qt.:
Pork Loin.....	5 to 5½ lbs. untrimmed
Beef Rump.....	5 to 5½ lbs. untrimmed
Beef Round.....	3 to 3½ lbs. untrimmed
Chicken, with bone.....	4½ to 5½ lbs. dressed and drawn
Chicken, without bone.....	7 to 8 lbs. dressed and drawn

*This table will help you figure how many jars of meat you will get from a given quantity of fresh meat.

STANDARD FOR JUDGING YOUR JARS OF CANNED MEAT

	A*	B	C
Package: Clean, sealed, standard jars, properly labeled, 2 piece lid.			
Pack: Proper head space. All spaces should be filled, but not crowded. Size of pieces suitable to use. Liquid to cover the product, no excess.			
Meat: Good quality. Properly trimmed without excessive fat, bone or skin. No defects, signs of spoilage or foreign matter. Color as nearly that of a standard cooked product as possible. Bright, clear, no discoloration or lack of color. Looks tender, not stringy, soft or coarse grained.			
Fat and Liquid: Enough fat and liquid for flavor, but not an excess.			

*A--Excellent; B--Good; C--Fair. Check in correct column.

SEP 22 1966

MEAL MANAGEMENT
(Meals For A Weekend)

4-H Record
(To Be Used With 4-H Circular 167)

Name _____

Address _____ Age _____

Name of Club Leader _____

Name of Foods Leader _____

Name of Junior Project Chairman _____

What I did in my Foods Project this year:

Project Meetings Held _____

Project Meetings Attended _____

Club Meetings Attended _____

Number of Foods Demonstrations given:

Project Meetings _____

4-H Club Meetings _____

County Meetings _____

District Meetings _____

State Meetings _____

Number of times I judged Foods:

Project Meetings _____

County _____

District _____

State _____

Interstate _____

Number of exhibits made:

In community _____

County _____

District _____

State _____

Interstate _____

What I took part in:

Local Club Achievement Day	_____	County Achievement Day	_____
County Fair or Show	_____	District Achievement Day	_____
District Fair	_____	State Achievement Day	_____
State Fair	_____	Interstate Show	_____
Number of Radio or T-V Shows	_____	Number of my new stories published	_____

Served on _____ Standing Committee in Club

Do Seven of the Nine:

1. Prepare and serve one or more roasts - beef, pork, turkey or chicken.
2. Prepare and serve two or more kinds of pies and tarts.
3. Prepare and serve ice cream and salads two or more times.
4. Prepare and serve one or more oven meals and meals from the freezer.
5. Plan, buy, prepare and serve all family meals for two or more days.
6. Prepare and serve one or more foreign foods.
7. Make a loaf of yeast bread - two or more times.
8. Prepare and freeze one or more meals and some unusual frozen foods such as nuts, butter, or holiday foods.
9. Check your food habits once a week.

MEAL MANAGEMENT
PROJECT REQUIREMENTS

TO EARN YOUR 4-H PIN
OR
CERTIFICATE

1. Complete your project requirements.
2. Attend a majority of the Foods Meetings.
3. Turn in the Foods Record to your Foods Leader.
4. Attend six or more 4-H Club Meetings.

WHAT YOU WILL DO IN THIS PROJECT

PROJECT REQUIREMENTS

To complete this project, do seven of the following:

1. Prepare and serve one or more roasts - beef, pork, turkey or chicken.
2. Prepare and serve two or more kinds of pies and tarts.
3. Prepare and serve ice cream and salads two or more times.
4. Prepare and serve one or more oven meals and meals from the freezer.
5. Plan, buy, prepare and serve all family meals for two or more days.
6. Prepare and serve one or more foreign foods.
7. Make a loaf of yeast bread two or more times.
8. Prepare and freeze one or more meals and some unusual frozen foods as nuts, butter or holiday foods.
9. Check your food habits once a week.

EXTRAS

Some extras you can do just for fun!

- Can five or more pints of meat.
- Prepare menus and a shopping list for a weekend with a house guest.
- Use meat tenderizers, dried eggs or other unusual foods.
- Plan, buy, prepare and carry a meal with all the fixings to a family who has just moved or has illness.
- Make a mix and try out various time-saving techniques.
- Make a scrapbook on kinds and patterns of silver, china, and glassware.
- Learn to take care of the range, refrigerator and food freezer.

(over)

ACTIVITIES

1. Plan a party and serve refreshments.
2. Plan to eat out as a project or club group.
3. Plan, buy, prepare and serve one or more club meals.
4. Visit a bakery and/or food market and check on kinds and costs of various breads and rolls.

TO EARN YOUR 4-H PIN
OR
CERTIFICATE

1. Complete your project requirements.
2. Attend a majority of the Foods Meetings.
3. Turn in the Foods Record to your Foods Leader.
4. Attend six or more 4-H Club Meetings.

THINGS I MADE IN THIS PROJECT

Name the kinds and number of times prepared:

Roasts

1. _____
2. _____
3. _____

Pies or Tarts

1. _____
2. _____
3. _____

Ice Cream

1. _____
2. _____
3. _____

Salads

1. _____
2. _____
3. _____

Number of oven meals prepared and served

Number of freezer meals prepared and served

Number of times family meals for two days were planned, prepared and served

Number of times food habits were checked

Foreign Foods

1. _____
2. _____
3. _____

Yeast Breads

1. _____
2. _____
3. _____

Unusual Frozen Foods

1. _____
2. _____
3. _____

(over)

EXTRAS

Did you do any extras just for fun?

1. Pints of meat canned _____
2. Number of times menu and shopping list for a weekend were prepared _____
3. Number of times meat tenderizers, dried eggs or other unusual foods were used _____
4. Number of meals prepared and carried to newcomers or shut-ins _____
5. Number of "mixes" prepared _____
6. Scrapbook made on silver, china and glassware _____
7. Took care of range, refrigerator and freezer _____

PROJECT ACTIVITIES

List the special activities of your food project group.

Date _____ Member's Name _____

Leader's Initials (If project was completed) _____