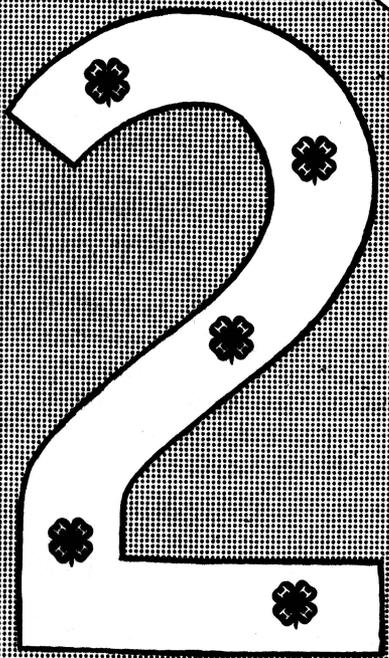


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FOOD
PREPARATION



Food Preparation II

Suppers and Breakfasts

FLORA L. CARL AND JOSEPHINE FLORY*

Food steals the show in every home. And you can have a main part in this interesting drama which goes on every day right in your own home—if you learn to prepare foods well. To develop this skill, you'll probably be an under-study to your mother who will help you learn your part. Carefully follow directions and you will be ready when mother is away from home and the part is all yours. What's more, you'll enjoy doing it!

Delectable drinks for both hot and cold days, cookies that disappear fast when the family sees them, breakfast with a zest and bread that melts in your mouth; these are all part of the acts you will learn to perform this year.

WHEN YOU BEGIN TO COOK

Of course, you'll want to learn to do it right. Form good cooking habits and they will serve you well the rest of your life.

Every good cook knows that it pays to be ready before she starts to cook. To be ready to prepare food: (1) Wear comfortable shoes, (2) put on a clean wash dress or a clean apron over the dress, (3) comb your hair, (4) and be sure your hands and fingernails are clean.

When you are ready, see that the place where you work is in order. Put away things you will not need. Read the recipe and collect the equipment and foods you will need. Make sure your timing is right so the dish will be ready when time to serve. If you need an oven, start the heat so it will be ready. If you need hot water, put the kettle on before you start the other things. Reread the recipe carefully to be sure you have everything you need and that you know how to proceed.

When you cook keep the work table in order. Be accurate and careful not to spill or waste food. Use a plate wiper. Rinse or put bowls, beaters and other equipment to soak as soon as you have used them and stack neatly. Use both hands and make as few trips across the room as possible. Make your head save your heels.

SERVE FRUIT EVERY MEAL

Nearly everyone likes fruit. Fresh flavor, bright color, interesting shape and juicy texture make fruit a popular food. One of the best times to serve fruit is breakfast but it's good for any meal and for a snack. Its color and tart flavor stimulate the appetite and flow of digestive juices.

Fruit adds energy foods which help the body do its work. It adds minerals, vitamins, and some cellulose needed for the proper functioning of the body. Ideally, everyone would eat two different fruits every day and one of

*In collaboration with Marian Beebe, State Club Agent.

them would be a fresh raw fruit, tomatoes, tomato juice, or citrus fruit (oranges, grapefruit, tangerines).

Fresh fruit spoils easily and needs careful handling to prevent bruising. It should be stored in a cold well-ventilated place. Canned, frozen, and dried fruits are easy to keep, and may be used much like fresh fruits.

How fruit is served has much to do with its attractiveness. Most fresh fruits are at their best when washed well, chilled, and served on a plate on a green leaf or small paper doily. A combination of fresh fruits may be arranged attractively on a plate or tray, or in a bowl of wood, copper, pottery, glass, or silver.

Do not cut fresh fruit or add sugar until time to serve. Sugar draws out the juice leaving the fruit wilted and toughened. Also, most fruits discolor when cut.

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

APPLESAUCE

Applesauce may be used several different ways in a meal. It may be used as a fruit for breakfast; as part of the main meal with the meat, such as pork; or as a dessert. It may be combined with other foods as with egg white to form a meringue dessert; in a cake with spices; and with gelatin for a salad. Best for sauce are sour well flavored apples which break up rapidly while cooking. Usually summer apples make better sauce than winter apples. When making applesauce allow one medium apple for each serving.

6 apples	¼ t. salt
2 T. sugar	1 c. water

1. Wash apples.
2. Remove blossom, stem and any defects.
3. Cut in thin slices and place in a saucepan.
4. Add the water, cover and cook until the apples can be mashed easily.
5. Put through a food mill or strainer.
6. Return to saucepan, add sugar, salt, bring to a boil.
7. Serve warm or cold.

When apples are lacking in flavor, along with the sugar add a little lemon juice and a sprinkling of cinnamon.

BAKED APPLES

(Stayman Winesap, Jonathan, Rome Beauty, Black Twig)

Core apples without cutting through the blossom end. Pare apples one-third of the way down. Place apples in a baking dish. Sprinkle the holes lightly with salt, and add 1 tablespoon sugar and ½ teaspoon butter to each

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apple. Sprinkle sugar over pared portion of apples. Pour enough water in bottom of dish to keep apples from sticking. Bake uncovered at 400°F. (hot oven) about 1 hour, or until apples are tender.

For variety:

1. Fill the apples with chopped fresh cranberries, raisins or nuts, and bake.
2. Fill centers with crushed pineapple. After baking, top apples with marshmallows and return to oven for a few minutes.
3. Serve with a topping of cream cheese softened with cream and beaten until fluffy.

FROZEN APPLESAUCE CREAM (4 servings)

1 c. applesauce ½ c. sugar
1 c. thin cream ¼ c. lemon juice

1. Combine ingredients, stirring until sugar is dissolved.
2. Pour into freezing tray and freeze at the coldest refrigerator temperature until firm.
3. Turn into chilled bowl and beat smooth.
4. Return quickly to tray; freeze.

Does Your Applesauce			
Have a light color	_____	Lack defects	_____
A smooth but not pasty texture	_____	Taste like good apples	_____
Mound, no liquid at edge	_____	Have just enough sugar	_____

BUYING FRUIT

It's fun to go to a store or food market and learn about the many different kinds of foods, where they come from and all the things that happen to them before they get to the store. There is a lot to learn about buying. The U. S. Department of Agriculture gives the following directions on—

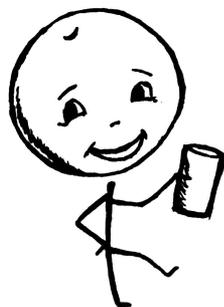
How To Choose and Use Oranges

Look for oranges that are firm, heavy for their size and with a fine-textured skin for the variety.

Oranges with a slight greenish tinge may be just as ripe as fully colored ones.

Fresh oranges, like other fruits, are most economical when in greatest supply — from December to May. Canned and frozen, oranges are a good economical source of vitamin C the year round.

One pound of fresh oranges provides 2 or 3 half-cup servings of sections.



One No. 2 can of orange juice provides 5 half-cup servings.

A No. 3 can makes 12 half-cup servings.

A 6 ounce fluid-oz. can of frozen concentrate provides 6 half-cup servings.

Store oranges at room temperature of not above 70°F., or preferably in the refrigerator.

Serve halves and slices for appetizer or dessert.

HOW TO CHOOSE AND USE DRIED FRUITS

Look for dried fruits that are dry but pliable, uniform in size, clean and bright. Dried fruits are usually low in cost and high in flavor. They can be held in supply, and add variety to the diet.

One pound of dried fruit provides 12 half-cup servings of cooked fruit. Choose from these: apples, apricots, currants, dates, figs, peaches, pears, prunes, raisins.

Store dried fruits in a tightly covered container at room temperature (70°F.). During warm weather store them in the refrigerator.

You can serve dried fruits in many ways—in salads; in puddings; in breads, cakes, and cookies; as confection; and on cereals.

FRUIT DRINKS

Fruits from your own trees and vines can be of excellent quality. Tree and vine ripened fruits have the best flavor. When fruit is cooked there often is more juice than can be served with the fruit. These juices may be used in making fruit drinks for family meals or company snacks. In Food Preparation I, you learned to make a variety of fruit and milk drinks.

LEMON FROST

(15 tall glasses)

7 lemons

2 c. sugar

1 gal. water

1. Grate rind from 2 lemons.
2. Juice all 7 lemons —pick out seeds.
3. Mix lemon juice, rind, sugar and water until all sugar is dissolved.
4. Pour into trays or set in freezer until ice crystals form throughout and mixture is mushy.
5. Serve in tall glasses with spoon.

TOMATO JUICE COCKTAIL

(6 servings)

4 c. tomato juice

2 c. celery water

2 T. Lemon juice

1. Mix ingredients.
2. Serve piping hot or chilled.

The chilled drink may be garnished with a lemon slice or chopped parsley. Garnish the hot drink with lemon slice or a spoon of whipped or sour cream. Crackers or melba toast may be served with either drink.

COOKING FRESH FRUIT

All fresh fruits contain considerable water. To cook them, use only enough water to prevent sticking. Cook fruit in a shallow flat-bottomed pan with well fitted lid so it will cook evenly. Add some sugar to cooked fresh fruit as sugar helps hold a clear color, makes the texture firm and if used in proper amounts enriches the flavor. If sugar is added at the end of the cooking period the fruit will break much more than if added at the beginning. So when making applesauce add the sugar at the end, but for stewed apples add it at the beginning.

Most fruits will develop a strong flavor and a darker color if cooked too slowly or too long. Cook only small amounts of fruit at one time. Cook fresh fruit rapidly and only until done.

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

USING CANNED FRUIT

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

COOKING DRIED FRUIT

Wash the fruit, place in a glass or enamel saucepan. Cover with boiling water and let soak about one hour. The exact time needed will vary with the dryness and hardness of the fruit. Soaking too long may darken the fruit and

draw out too much of the flavor. Cook the fruit in the water in which it was refreshed. Add a few grains of salt, cover closely and simmer slowly just until tender. Over-cooking gives an inferior product.

Most dried fruits need little if any sugar. Dried peaches and apples, however, need about $\frac{1}{2}$ cup to each pound. A small amount of honey instead of sugar goes well with prunes and with peaches. Most people prefer serving dried fruit chilled. A different flavor and more food value may be had from dried fruit by adding lemon, orange, or grapefruit juice to the cooked dried fruit just before it is served.

Is the Cooked Dried Fruit

A light bright color	_____
Plump—not ragged	_____
Tender but not mushy	_____
About right amount of juice	_____
Good flavor and natural	_____

FRUIT A-LA-MODE

Choose a tart, tender colorful canned or stewed fruit. Chill. Place in a compote or sauce dish, top with vanilla-pecan or coffee ice cream. Add a few fresh or frozen berries for a garnish and serve immediately.

FRUIT CUPS AND DESSERT PLATES

Easy to serve, refreshing, and light, fruit cups make a good appetizer. Use chilled fresh, canned, dried or thawed frozen fruits singly or in combinations. For variety and flavor add fruit juices or ginger ale.

For a dessert, sweeten fresh fruits to taste with powdered sugar, honey, or sugar syrup. Serve chilled in sherbet glasses or berry dishes. Garnish with lemon or lime wedges, sprig of fresh mint, a cherry, berry, or scoop of ice or sherbet.

Combinations you might like to try are:

1. Grapefruit sections, tangerine sections, and sliced apple.
2. Sliced peaches, Bartlett pears, and frozen raspberries.
3. Orange sections and Thompson seedless grapes.
4. Melon balls and frozen blackberries.
5. Orange sections, apple slices and pear balls.
6. Fresh peaches and huckleberries.
7. Fresh strawberries, banana slices and pineapple wedges.

GOING TO HAVE A PARTY?

You'll need to plan some refreshments. In Food Preparation I, you learned to make fruit and milk drinks, cookies and other foods you might serve. You might like to serve popcorn and apples, or dress up ice cream. It's always fun to surprise your family and friends with something really good and yet different.

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. Nobody 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 glasses half full of orange juice. Add a large dip of vanilla ice cream; then fill glasses with ginger ale. Garnish with orange slice; serve with a straw and iced tea spoon.

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.

PLANNING A SUPPER FOR YOUR FAMILY

One way to really please your mother and make your father proud is to plan, prepare and serve a good meal. Supper would be a good meal to try because then you probably would have ample time to get everything done. Many of the dishes suitable for supper are simple and you know how to prepare and serve several different ones. In planning your supper menu, be sure:

1. You know how to prepare all the dishes you plan to have.
2. The different dishes will taste good together and all the family will like them.
3. You will have time to get each dish prepared and served just when it is at its best.
4. The menu fits in with the other 2 meals of the day and is nutritionally sound. It contains at least one energy food, one animal protein food (meat, egg, cheese or milk), one food high in vitamin C (citrus fruit, tomatoes or a fresh raw fruit or vegetable), and one with some vitamin A (dark green or deep yellow in color). The meal looks and tastes good and has enough food to satisfy.
5. The supper will not cost too much money or be so hard to prepare that you cannot enjoy it too.

FRUIT PLATES FOR SUPPER OR LUNCH

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

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

EGGS ARE A BARGAIN IN PROTEIN

Eggs supply high quality *protein* which like that in milk and meat, builds firm, healthy bodies. The yolk is especially rich in vitamins, and give us iron and other minerals for blood and tissues.

Eggs are easily digested and utilized in the body. If hens are well fed their eggs will have more food value than if poorly fed.

Eggs are perishable and should be given the same care as milk. Gather eggs several times a day during hot weather; cool and store, large end up, in a cool, moist place with no undesirable odors.

It is desirable to eat an egg each day. This egg may be used in cooked or baked products or served alone. Breakfast is a favorite time to serve eggs. Use only choice, fresh eggs for poached, scrambled, shirred or other breakfast egg dishes.

A fresh egg when broken in a plate, has a thick white and the yolk stands up high above the white. Neither the white nor the yolk spreads. They hold a distinct curved surface. A stale egg has a flattened yolk, the white is watery and when cooked, the flavor is not nearly as palatable as a really fresh egg.

Cook eggs, and all dishes which contain a goodly amount of eggs, at a low to moderate temperature, with the heat evenly distributed. Eggs should not be boiled but cooked below the boiling temperature.

Buying Eggs

When you buy eggs, you have two decisions to make. . . .

What size?—Small, medium, large, extra large.

What quality?—Grade AA, Grade A, or Grade B.

The grade depends on what the grader sees inside the shell on the date he candles it, while size is strictly a matter of weight. You will find Grade A eggs in three or more sizes. Large eggs weigh 24 oz. or 1½ bs. per dozen. Medium eggs weigh 21 oz. and small, 18 oz. per dozen.

POACHED EGGS

Break eggs into boiling salted water in a shallow pan. Have the water deep enough to come over the top of the eggs. Use one teaspoon of salt to about a pint of water. If the water is stirred before eggs are added the circular motion helps preserve their form.

Lower the heat or remove the pan from the heat just before the water begins to boil again. Cover and let stand for about 5 minutes, or until the eggs are as firm as desired. Carefully remove the eggs with a perforated spoon or lifter. Serve immediately.

A little melted butter, salt, and about one tablespoon of finely chopped parsley or bread crumbs may be added to the poached egg. Poached eggs are frequently served on rice, toast, spinach or other greens for lunch or supper. Eggs may be poached in milk or tomato juice in place of water.



Scramble eggs in a double boiler.

EGGS COOKED IN FAT

Slip eggs into moderately hot skillet that has just enough butter or other flavorful fat to grease it well. Add a tablespoon of water for first egg, decreasing proportion slightly for each additional egg. Cover tightly. Cook slowly to desired doneness. Serve immediately.

SCRAMBLED EGGS

In top of a double boiler break 4 eggs. Add $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ cup milk and beat until well blended. Put over hot water and cook until thick and desired doneness, stirring just enough to cook in parts evenly. Serve immediately.

SHIRRED EGGS

Put 1 tablespoon milk in a greased custard cup (or in each cup in a muffin pan). Break an egg into the cup. Salt and bake in moderate oven 350°F. until white is firm and yolk is of desired consistency. Serve immediately.

EASILY PREPARED MEATS

Bacon, ham, liver and ground meat are the popular breakfast, luncheon and supper meats. They are high in flavor and nearly everyone enjoys them. They are the more expensive items on the usual breakfast or supper menu. When these meats are served great care should be taken to cook them properly so they can be fully enjoyed. Cook these meats at a low to moderate temperature, and only until done. Serve them immediately.

GROUND MEAT

Hamburgers—Tender, juicy beef patties on a bun, with catsup, mustard or onions is a teenager's idea of "good eating." But adults like hamburgers, too, and millions of pounds of beef are sold in this form every year.

The secret of good hamburgers is good quality ground beef, proper mixing, and proper cooking. Plate, shank and neck are commonly used cuts. Whole chuck and round make especially desirable ground beef, since they contain a good proportion of fat to lean. To mix ground beef properly for hamburgers, treat it gently. Mix it well, but lightly, to avoid a compact texture after cooking.

Overcooking is a common mistake made in cooking hamburgers. Overcooking causes dryness and toughness. One-inch thick hamburgers will be moist, flavorful and well cooked if broiled 8 to 10 minutes to a side.

Hamburger or ground beef is not reserved for sandwich making only. It is used in the preparation of a great variety of economical, satisfying meals. It is used in meat loaves, casseroles, and skillet dishes of all kinds. Since there is no bone waste, a pound of ground beef will make four servings. The average cost is from 8¢ to 10¢ per serving.

HAMBURGERS (6-8 servings)

1 t. salt	1 egg
1 lb. ground beef	$\frac{3}{4}$ to 1 c. milk
2 T. flour	2 T. fat

1. Blend salt, flour and meat.
2. Beat the egg. Add the milk, and blend.
3. Melt fat in a heavy skillet.
4. Drop meat mixture by spoonfuls into the hot fat.
5. Brown on both sides and serve immediately.

HAMBURGER DOUGHNUTS (4-6 Servings)

1 lb. ground beef	1 t. salt
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1. Mix well and pat out $\frac{1}{2}$ " thick on piece of waxed paper.
2. Cut into doughnuts with your doughnut cutter.
3. Broil or pan broil.
4. Serve immediately with catsup or pickle relish in the hole.

BREAKFAST IS IMPORTANT

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

The "no breakfast" habit is a serious health hazard. It is almost impossible for young persons to regularly eat enough of the right food for growth if they skip breakfast.

What you want for breakfast is influenced greatly by your nationality and where you live. New England people like codfish for breakfast; southern folk like grits. In Missouri, we rarely have either of these for breakfast.

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

PLAN AND SERVE A BREAKFAST

Here are 3 different breakfasts you might like to serve. Choose one of these or plan one that will better suit your family. Write down what you will do first, second, third, etc., to be sure everything will be ready on time.

Good cooking plays an important part in a successful breakfast. A steaming hot, properly cooked cereal gives a feeling of satisfaction. But no

(1) Tomato Juice	(2) Fresh Blackberries	(3) Orange Juice
Oatmeal with Milk	Scrambled Eggs	Ready-to-eat Cereal
Toast—Butter	Toast—Butter	Top milk
Blackberry Jam	Cocoa	Soft Cooked Egg—
Milk—Coffee		Toast
		Milk—Coffee

one enjoys a lumpy, half cooked cereal with no salt or too much salt. A few foods well prepared and nicely served are always more enjoyable than many foods hastily prepared and carelessly served.

CEREALS ARE GOOD, AND GOOD FOR YOU

Whole grain and enriched cereals and breads are among our cheapest and best foods.

The amount of liquid needed to cook cereal varies. A ground cereal like cracked wheat, takes 4 cups of water for each cup of cereal. While a flake-like cereal as rolled oats needs only 2 cups of water for each cup of cereal. Add $\frac{1}{4}$ teaspoon of salt for each cup of liquid. For 4 servings use 3 cups of liquid and the amount of cereal given on the label of the package. Heat the liquid to boiling, add the salt and gradually add the cereal, stirring enough to prevent lumping or sticking to the pan. Boil rapidly until it has thickened, about 5 minutes. Then place over water or on very low heat and cook slowly until of desired flavor, from 10 to 50 minutes. Long cooking may improve the flavor of the cereal, but may also cause some loss of vitamins. Cover the cereal to prevent a crust from forming.

Milk may be used in place of water when cooking cereals. The milk adds food and gives a different flavor. Cereal cooked in milk is often called porridge and may well be served for supper or lunch, as well as for breakfast.

Dried fruit may be cooked with cereal, or fresh or canned fruit may be served with cereal to add variety and interest to the dish.

Serve cereal piping hot with top or whole milk rather than cream, especially for boys and girls. Milk, not cream, contains the important food materials needed for good growth and health. If cereal must be kept for someone who is late for breakfast, keep it tightly covered and over hot water. After serving cereal, immediately put cold water in the pan in which it was cooked. Soaking will make dishwashing easier.

Check Your Cooked Cereal

Served hot	_____
Right amount in dish	_____
No lumps	_____
Grains held shape	_____
Not thin	_____
Not stiff	_____
Right amount salt	_____
No raw taste	_____

Ready-to-eat cereals cost more than home cooked cereals. They do add variety to the diet, and a number of cereals may be kept on the pantry shelf

for occasional use. If the cereal box has been opened, the cereal may absorb moisture and lose its crispness. Flavor and texture can be improved by spreading the cereal in a shallow pan and heating in a medium oven for a few minutes.

WHOLE WHEAT PORRIDGE

1 c. cracked wheat

1 ¼ t. salt

5 c. milk

1. Heat the milk to near boiling in the top of a double boiler.
2. Add the salt and stir in the cracked wheat; continue to stir to prevent lumping, sticking, and boiling over.
3. Cook until thickened, about 5 minutes, and place over boiling water.
4. Cover closely and cook until all starchy flavor has gone, 20 to 30 minutes.
5. Dried fruit may be added just before taking it from the direct heat; or cooked or fresh fruit may be added when the cereal is served.

TOAST FOR ANY MEAL

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

MILK TOAST

3 c. milk

6 slices of bread

2 T. butter

½ t. salt

1. Heat the milk and add the salt. Toast the bread. Butter it. Dip slices separately into hot milk.
2. Place in the serving dish, pour remaining milk over it. Serve immediately.
3. Thin cream may be used in place of milk, and the butter omitted.

MELBA TOAST

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

Cut the bread in very thin slices, ⅛-inch or less, and remove crust or not, as desired.

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

Melba toast may be served hot, or cold instead of crackers with soup, salad, or fruit juice.

CINNAMON TOAST

Slice bread thin, and toast.

While hot, spread immediately with butter and sprinkle generously

with a mixture of sugar and cinnamon — (1 teaspoon cinnamon to 1 cup sugar).

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

MAKE DISHWASHING EASY

Sparkling clean dishes add to our enjoyment of good food as truly as does the way food is prepared and served. Do your best to make dishwashing an easy task, but do not sacrifice cleanliness to speed.

Steps in Dishwashing

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

Reprinted--April, 1955 (This record is correct)

4-H RECORD

Food Preparation II

(To be used with 4-H Club Circular 126)

Name _____ Age _____

Address _____ County _____

Name of 4-H Club _____

Name of Club Leader _____

Project Leader _____

Jr. Project Chairman _____

Club Meeting attended during year _____ Project meetings held _____

Number attended _____ Number of dishes prepared in completed project _____.

Number of Food Preparation demonstrations given at:

Club meetings _____, Project meetings _____, County Meetings _____, District meetings _____, State Meeting _____.

Number of times participated in Judging work in:

Project meeting _____, County _____, District _____, State _____, Interstate _____.

Number of exhibits made in:

Community _____, County _____, District _____, State _____, Interstate _____.

Participated In:

County Achievement _____, District Round-up _____, State Contest Program _____, National Contests _____, County Fair or Show _____, District Fair _____, State Fair _____, Interstate Show _____, County Camp _____, State Camp _____, National Camp _____, National Club Congress _____, News stories published _____, Radio programs participated in _____.

Served on _____ Standing Committee.

4-H Activity selected by club for this year _____

Brief statement of club achievements in club activity, health and recreation _____

Year _____

