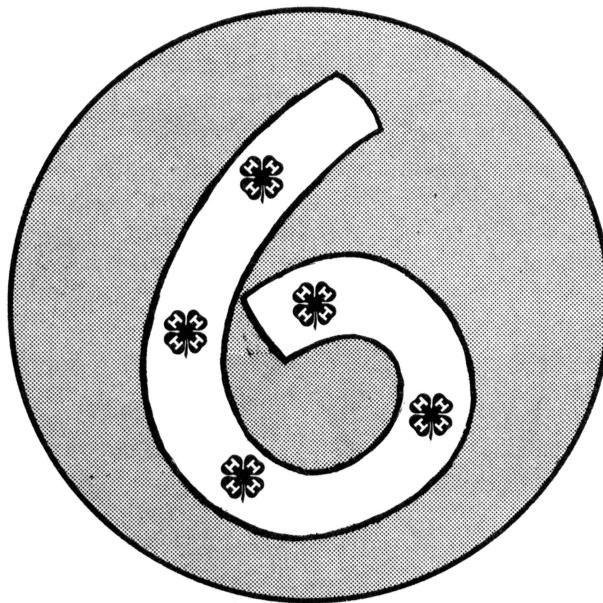


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UNIVERSITY OF MISSOURI COLLEGE OF AGRICULTURE

AGRICULTURAL EXTENSION SERVICE

4-H CIRCULAR 130

COLUMBIA, MISSOURI

FEBRUARY 1955

Food Measures and Equivalents

1 oz. butter = 2 tablespoons; $\frac{1}{4}$ lb. = 8 tablespoons or $\frac{1}{2}$ cup

40% cream doubles volume when whipped

$\frac{3}{4}$ to 1 cup dry skim milk and 4 cups water = 1 quart skim milk

Large eggs-whole = 5 per cup; 8 to 9 whites = 1 cup; 12 yolks = 1 cup

1 cup corn meal or rice after cooking = 4 cups

1 lb. macaroni, noodles after cooking = $2\frac{1}{4}$ quarts

1 cup rolled oats after cooking = $1\frac{3}{4}$ cups

1 lb. dried apricots when cooked = 5 cups

1 lb. peanuts in shell = $\frac{2}{3}$ lb. nut meats, and pecans = $\frac{3}{4}$ lb.

1 square chocolate = 1 oz.

Approximate Substitution of One Ingredient for Another

1 tbsp. flour for $\frac{1}{2}$ T. corn starch or $\frac{3}{4}$ T. quick cooking tapioca

1 cup honey for $1\frac{1}{4}$ cups sugar plus 1 cup liquid

1 oz. chocolate for 3 T. cocoa plus 1 T. table fat

1 cup heavy cream (40%) for $\frac{1}{3}$ cup butter plus $\frac{3}{4}$ cup milk

$2\frac{1}{2}$ T. dried egg plus $2\frac{1}{2}$ T. water for 1 egg

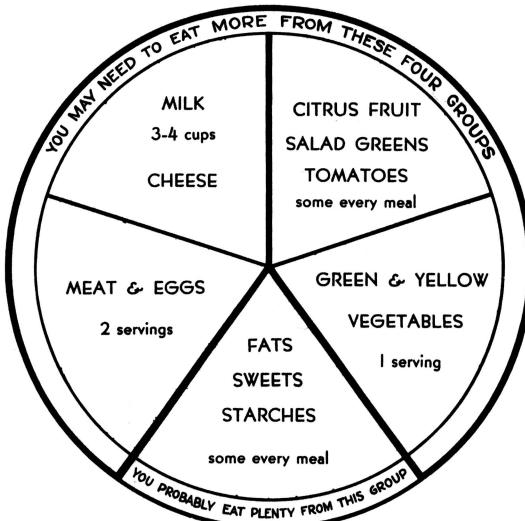
3 to 4 T. dried skim milk plus 1 cup water for 1 cup skim milk

1 cup sweet milk and baking powder for 1 cup sour milk plus $\frac{1}{2}$ t. soda

1 cup sour milk for 1 cup sweet milk plus 1 T. vinegar or $1\frac{3}{4}$ t. cream of tartar

1 cup cake flour for $\frac{7}{8}$ cup all purpose flour

Every Day Eat Some From Each Group



A Missouri Plan for Good Eating

FOOD PREPARATION VI

The Senior Cook

FLORA L. CARL AND JOSEPHINE FLORY*

Food isn't just food, it is the family life around the dinner table; a glass of milk and a ginger snap set out for a hungry lad. Food is fun in a picnic basket or at a church supper. Food is love and thoughtfulness for others. A cake baked for Mother's Day, cookies sent to the brother far away from home.

Boys and girls interested in their community freezer locker plants, the school lunch program, church suppers, and the local food supply are on the road to becoming good home builders and community leaders. More money is spent for food than for any one item of family living. Food has a part in practically all social events. To be a gracious host or hostess is a worthy aim for any 4-H'er.

LET THE GANG MAKE THEIR OWN SANDWICHES

For a popular and time-saving way to serve refreshments, provide a sandwich bar and let your guests make their own sandwiches. Provide creamed butter or margarine, mayonnaise, a variety of sandwich fillings, several kinds of bread, a bread board, knives and spatulas, paper towels, plates, cups and spoons.

For the Sandwich Bar

Fruit Spread—To $\frac{1}{2}$ cup peanut butter add $\frac{1}{2}$ cup chopped pitted dates, 1 t. lemon juice, $\frac{1}{2}$ cup thick salad dressing and mix lightly; or $\frac{1}{2}$ cup drained crushed pineapple and mix lightly; or $\frac{1}{2}$ cup shredded carrots, 2 T. chopped raisins, 2 T. thick salad dressing, and mix lightly.

Vegetable Sandwich Spread—Grind together about equal quantities of radishes, carrots and cabbage or celery. Drain well. Add salt and blend with a thick mayonnaise.

Dried Fruit Sandwich Spread—Grind 2 cups of raisins and 1 lemon (rind and all) through the food chopper using the fine knife. Add a pinch of salt and blend well. Dried apricots, dried peaches or figs may be used in place of the raisins. An orange may be used in place of the lemon.

Nippy Cheese Spread—Cream 2 T. butter, add $\frac{1}{2}$ lb. shredded cheese, 2 T. cream, 3 T. lemon juice, 1 t. dry mustard, $\frac{1}{2}$ t. salt and few grains of red pepper. Mix until smooth. Use or store in refrigerator.

Rhubarb Conserve—Cut 1 lb. rhubarb in thin slices without peeling (2 cups). Grate rind from 1 orange and 1 lemon and extract juice. Put rhubarb, rind, juice with 2 cups sugar, and $\frac{1}{2}$ t. salt on low heat and stir until sugar is dissolved. Boil rapidly until thick, about 20 minutes. Stir in $\frac{1}{2}$ cup chopped nuts. Cool and serve.

*In collaboration with Marian Beebe, State Club Agent.

Sausage and Pineapple Tempters—Broil or pan boil 1 lb. of sausage links until done. Cut in 1-inch pieces. Pour 1 can of chunk pineapple into a saucepan. With a toothpick stab a chunk of pineapple and a piece of sausage. Heat to boiling. Serve hot with the toothpicks.

Check Your Sandwiches	
Bread slices even	_____
Buttered to edge	_____
Filling evenly spread	_____
Enough filling	_____
Not soggy or dry	_____
Easy to eat	_____
Wrapped well or served at once	_____

CAKE MAKING

Use high quality ingredients and have the fat, eggs, milk and other materials at room temperature. An electric mixer saves time and energy in creaming and beating the cake—100 strokes by hand is about equal to 1 minute at medium speed with the mixer. A rubber or plastic plate wiper is excellent for folding in batters, as well as for preventing waste.

Much of the success of the cake depends on its baking. Sponge cakes should be baked from 40 to 60 minutes in a slow oven—300 to 350°F., butter loaf cakes, 45 to 60 minutes in a moderate oven—350 to 400°F.; and butter layer cakes 20 to 30 minutes. Fruit and pound cakes require 1½ to 4 hours in a slow oven. The cake is done when it is delicately browned, shrinks from the sides of the pan, springs back quickly when pressed with the fingers, and a toothpick or wire cake tester, inserted into the center of the cake comes out clean.

After the cake is removed from the oven allow it to stand in the pan on a cake rack for several minutes. Run a knife between the sides of the pan and the cake and turn it out on the rack. Turn it over so that it stands upright on the rack to cool. Sponge cake is best left suspended in the pan in which it was baked until it is cold, when it will come out by itself. A cake cooled in a draft may fall.

Basic Butter Cake (Hand mixed)

3 c. cake flour	1 ½ c. sugar
3 t. baking powder	1 t. vanilla
½ t. salt	2 eggs
½ c. butter	1 c. milk

Have fat, milk, eggs and other ingredients at room temperature. Set oven temperature at 350°F. Grease two 9" layer cake pans. Sift flour, baking powder and salt together onto waxed paper. Cream fat, add vanilla and then gradually the sugar, beating until the mixture is light and fluffy. Add the eggs, one at a time, blending thoroughly. Add ⅓ of flour mixture and stir—

about 45 strokes—add $\frac{1}{2}$ c. milk and stir—45 strokes. Continue until all flour and milk are added—totaling about 250 strokes. Pour the batter into the two 9" pans. Bake at 350°F. for 25 minutes. Cool on rack and then frost, if desired.

Plain Butter Cake (Using an electric mixer)

2 c. cake flour	$\frac{1}{3}$ c. butter
2 t. baking powder	$\frac{3}{4}$ c. milk
$\frac{3}{4}$ t. salt	1 t. vanilla
1 c. sugar	1 egg

Have butter, milk and egg at room temperature. Butter 8x8x2" pan. Sift dry ingredients together. Place butter in mixer bowl and mix until creamy. Add the sifted dry ingredients and milk, and mix. Beat 2 minutes at medium speed. Add egg and beat one minute longer. Pour into pan and bake in moderate oven (350°F.) 45 to 50 minutes or until golden brown and cake shrinks slightly from the pan.

Variations: Serve hot or add a chocolate sauce, or sweetened crushed berries. Add a topping made by mixing $\frac{1}{3}$ c. brown sugar, 1 T. flour, $\frac{1}{3}$ c. finely chopped nuts, 3 T. butter and 1 T. water and spread over cake and return to oven and bake 5 minutes more. Pour the batter into muffin tins or custard cups (makes 16) and sprinkle with the following mixture: 4 T. peanut butter, $\frac{1}{3}$ c. sugar, dash of salt and 1 T. flour. Bake in a moderate oven (350°F.) 25 minutes.

Sponge Cake

$\frac{1}{2}$ c. egg yolk	1 c. cake flour
$\frac{1}{2}$ c. egg whites	3 T. lemon juice
1 c. sugar	$\frac{1}{2}$ t. salt

Add salt to egg whites and beat until stiff and glossy. Add half the sugar gradually to the whites. Beat the yolks until thick and lemon colored and add the last half of the sugar gradually to the yolks. Add the lemon juice to the yolk mixture. Fold the flour into the yolks and this into the whites. Bake in an ungreased pan in a slow oven (300°F.) for about 1 hour. Invert the pan and cool before removing cake.

Cocoanut Balls

Cut angel food cake in 3" cubes or pull into irregular pieces. Roll in 7 minute icing and then in grated cocoanut. Place on wax paper to dry.

Is Your Cake		Uniform in color	_____
Uniform in thickness	_____	Tender and moist	_____
Flat on top	_____	Velvety to touch	_____
Smooth, fine grained	_____	Pleasing to taste	_____

Upside-Down Cake

FRUIT MIXTURE:

1 to 2 c. fruit
 ½ c. brown sugar (packed)
 2 T. butter or margarine
 1 T. fruit juice
CAKE BATTER:
 ½ c. butter

¾ c. sugar
 1 t. vanilla
 1 egg, beaten
 1½ c. cake flour
 ¼ t. salt
 1½ t. baking powder
 ½ c. milk

Canned or cooked dried fruit—pineapple, apricots, cherries, peaches, prunes—may be used. Cook sugar, fat and juice to form a thick syrup and arrange fruit and syrup in greased eight-inch pan. Cream fat, sugar and vanilla together; then blend in egg. Sift together flour, salt, and baking powder. Add to creamed mixture in three portions alternately with milk in two portions. Pour batter over fruit and syrup. Bake in moderate oven 375° F. for 45 minutes. Cool slightly and turn out carefully.

Cake Frosting

Combine ¾ c. brown sugar, 1 c. cocoanut and ½ c. cream or ¼ c. melted butter. Blend well and frost the cake. For variety, place in hot oven or under a broiler. Brown lightly and serve immediately.

Lemon Filling

1 c. sugar	1 orange —juice
2 T. cornstarch	1 egg
2 lemons, juice, and grated rind of 1	1 T. butter

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

Seven Minute Icing

Combine in top of double boiler: 2 unbeaten egg whites, 1½ c. sugar, dash of salt, ½ c. water, and 1 T. light corn syrup. Mix well. Place over rapidly boiling water, beat constantly with rotary egg beater, and cook 7-10 minutes, or until frosting will stand in soft peaks. Remove from boiling water; add vanilla and beat until thick. Makes enough to cover tops and sides of two 9-inch layers of a 13x9x2" cake.

Honey and Orange Sauce

Combine 1 c. honey, ¼ c. ground or finely chopped orange peel, ½ c. orange juice and a pinch of salt. Let stand over hot, not boiling, water about 30 minutes to blend flavors. Serve on gingerbread, steamed puddings, or ice cream. Makes 1½ cups.

FIND OUT WHAT'S IN FOODS

Kind of food	Size of serving	Protein	Calcium	Iron	Vitamin A value	B-vitamins			Vitamin C (ascorbic acid)	Food energy (in calories)
						Thiamine	Riboflavin	Niacin		
Leafy, green, yellow vegetables.	1/2 cup...			★	*****				★★	30
Tomatoes, tomato products.	1/2 cup...			★	★★★			★	★★★	35
Potatoes.....	1 medium.			★		★		★	★	105
Sweetpotatoes	1 medium.			★	*****	★		★	★★★	165
Other vegetables...	1/2 cup...								★	40
Citrus fruits.....	1/2 cup...								★★★★★	55
Other fruits.....	1/2 cup...				★				★	70
Milk, cheese, ice cream.	1 cup milk.	★	★★★		★	★	★★			170
Meat, poultry, fish..	4 ounces.	★★		★★	★	★★	★	★★★		225
Eggs.....	1 egg....	★		★	★	★				80
Dry beans and peas, nuts.	3/4 cup beans cooked.	★★	★	★★★		★★	★	★★		215
Baked goods, flour, cereals.	2 slices bread.	★		★		★	★	★		130
Butter, fortified margarine.	1 pat....				★					50
Other fats (includes bacon, salt pork).	2 table-spoons.									230
Sugar, all kinds.....	2 tea-spoons.									35
Molasses, sirups, preserves.	2 table-spoons.			★						115

***** More than 50 percent of daily need.

★★★ About 30 percent of daily need.

★★★ About 40 percent of daily need.

★★★ About 30 percent of daily need.

★★ About 20 percent of daily need.

★ About 10 percent of daily need.

The stars indicate what a serving of various foods contribute to our daily food needs.
(From U.S.D.A. Home & Garden Bul. No. 1.)

FOOD BUYING

When we buy food we also buy labor. Instead of buying flour, we buy bread, a frozen baked product or a bread mix. Instead of cleaning and cutting up a chicken, we buy a chicken all ready to cook or a canned or a cooked frozen chicken. A homemaker can save about one-fourth of her food preparation time by using partially or fully prepared foods but the cost of the food will be about one-third greater than if home prepared foods were

used. At present, cost of processing and marketing food are greater than cost of production. But at today's wage rates, mass commercial preparation is cheaper than individual home preparation. If marketing services are efficiently operated, farmers may get higher total returns, because food properly processed and attractively packaged, gives food crops a wider market and better distribution.

Learn To Be A Wise Shopper.

A smart shopper will: (1) Read the ads and look and listen for good buys. (2) Shop about once a week in person with a list. (3) Read labels and buy the quality of food suited to the way it is to be used. (4) Buy foods in season when quality is high and price low. (5) Buy the largest size package or quantity of food that will be used while still of good quality. (6) Form the habit of buying by the pint or pound, rather than a quarter's worth or a dozen. (7) Store the food properly as soon as you bring it home.

Community Meals

The main objective of community meals is to provide an opportunity for good fellowship. But a church supper or club dinner sometimes is planned with the hope of making some money. When a meal is served for profit, the price asked is usually about double the total cost of the food, napkins, decorations, fuel, laundry and other incidental charges. If some of the food is donated, this should also be included in the food cost. Serving less than 25 people is usually not worth the time and effort of organizing a meal. The larger the number that can be accommodated, the greater the profits. When preparation, serving and cleaning is given at no cost, a well-managed community meal should clear about 50 per cent of the receipts. Suggested menus and points on food and organization plans may be obtained from your home agent.

CANNED FOODS

Every food shopper buys some canned food. The food cannot be seen in the can so your best help in wise buying is the label. This will always give the name of the product, the amount, and the name and address of the processor or distributor. If a can contains a mixture, the label lists all ingredients, listing the one of the greatest quantity first.

Usually the grade is not stated on the label, but brand names are used to tell quality levels. However, if a product falls below the minimum standard of quality it must carry the legend "Below U. S. Standard." The following table gives the amount different tin cans contain:

Buffet or picnic can—1 cup	No. 2½ can—3½ cups
No. 1 can—1½ cups	No. 3 can—4 cups
No. 1 tall can—2 cups	No. 5 can—7 cups
No. 2 can—2½ cups	No. 10 can—13 cups

KEEP YOUR WEIGHT RIGHT

You'll feel better and look better if you avoid being thin as a rail or plump as a pigeon. If you have some extra pounds, you can reduce without everyone knowing it. You will want to eat fewer calories without starving your body of other needed foods. To lose a pound a week is plenty. This means cutting your calories about 500 every day. To do this, eat three meals a day but don't be tempted by between-meal snacks. Go along with the gang to the drug store but order a sour lemonade and make it last.

Avoid high-calorie foods such as the fat on meat, chocolate sundaes, rich salad dressing, fried foods, gravies and rich sauces, nuts, whipped cream, pies, cakes, rich desserts, candies, jellies, and jams. Eat small-sized servings of bread or cereal.

Don't skimp on fruits and vegetables. Eat a variety—yes, potatoes, too. A medium-sized potato has no more calories than a big orange or a big apple. But take fruits and vegetables straight—vegetables without cream sauce or fat; fruit without sugar and cream. Don't skimp on protein-rich foods, such as lean meat, milk, eggs and cheese. If you are underweight you need to turn the tables to put some fat on your bones. You need three balanced meals, just as overweights do. To these meals, you can freely add the extras shunned by the weight reducers—such as rich sauces and desserts, salad dressings and jams. And you can well take some extra food as between-meal snacks.

For Low Calorie Nibblers

To a tray of raw vegetables—carrot curls, radish roses, cucumber wedges, cauliflower fans, turnip lilies and green pepper rings—add meat roll-ups, deviled egg slices and finger-size bread and butter sandwiches. This will give you a satisfying yet low-calorie lunch.

Spring Flowers—Peel or score a fresh cucumber and slice in thin rings. Put a small dab of cream cheese on each slice. On this, press a slice of radish and center it with a small rosette of cream cheese.

Carrot-Cheese Sandwiches—Peel a large carrot, and slice into thin rings. Put two slices together with a dab of Philadelphia cream cheese or seasoned cheese spread (pineapple cheese is good). Vary the sandwiches by (1) adding cheese to top layer and dipping into chopped nuts, (2) pressing slices together so that a bit of the filling extends to the edges and rolling edge in chopped nuts or finely chopped parsley.

Deviled Egg Slices—Make stuffed or deviled eggs. Put together and chill. Slice with an egg slicer and put each slice on a thin round of cucumber; a slice of tomato, sliced vertically rather than horizontally, or on a thin wafer.

PIE TO TOP IT OFF

A good pie crust or pastry is tender, flaky and a golden-brown color around the edge. The center is slightly less brown. Good pastry has a rough,

blistery surface rather than a smooth, firm one. Excess fat increases the tendency to crumble and excess water gives a tough product. Much handling, over-mixing, or the use of too much flour when rolling toughens pastry. If the dough becomes warm, the fat becomes oily, the water cannot mix with flour to form gluten and you have a very short pastry without the desirable flaky quality. Small pieces of firm fat in the dough at the time of rolling give a flaky crumb when baked, which is due to the melting of the fat. This provides space where steam can collect to form flakes and separate pastry into layers.

Graham Cracker Crumb Crust (For a 9" pie)

20 graham crackers	$\frac{1}{3}$ c. sugar
$\frac{1}{3}$ c. butter	$\frac{1}{2}$ t. cinnamon

Roll crackers fine. Take out $\frac{1}{2}$ cup and mix rest with other ingredients. Turn into pie pan and pat into firm smooth shell. Chill until firm or bake for 10 minutes in moderate oven. Put in filling and scatter $\frac{1}{2}$ cup of crumbs over top.

Crust for Custard or Fruit Pies

2 $\frac{1}{4}$ c. flour	$\frac{1}{3}$ c. sugar
1 $\frac{1}{2}$ t. salt	4 to 6 T. cold water

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 5 to 10 minutes before rolling. Use a pastry cloth and cloth covered rolling pin and roll from center to edges with a light touch. Makes two 9-inch crusts.

Lemon Chiffon Pie

1 T. gelatin	$\frac{1}{4}$ t. salt
$\frac{1}{4}$ c. cold water	Few drops green coloring (for
3 eggs, separated	lime pie)
$\frac{3}{4}$ c. sugar	Bake 9-inch pastry shell or
$\frac{1}{2}$ c. unstrained lemon juice	graham cracker shell
$\frac{1}{2}$ t. grated lemon rind	

Sprinkle gelatin on water and soak a few minutes. Beat egg yolks slightly. Add half the sugar and the lemon juice and rind. Cook over boiling water, stirring constantly until thick. Add gelatin to hot mixture; stir until dissolved. Add salt to egg whites and beat until stiff. Add rest of sugar slowly, beating constantly. Fold in the custard and mix well. Pour into a baked or graham cracker shell and chill until firm.

FOOD—WHEN YOU ARE ILL

The sick person requires the same food nutrients that a healthy person does. Whatever the illness, the whole body is affected, including the digestive system.

In the first day or two of illness, fasting or taking very little food does no harm and has the advantage of giving the digestive tract a chance to rest. Since all food must be reduced to fluid before it can be absorbed and used by the body, a liquid diet is regarded as the easiest to digest and so we usually begin with it.

Serving the Sick

1. Serve on time —15 minutes waiting may destroy all desire for food.
2. Serve only a few kinds of food at a time and these in small amounts.
3. Do not ask the patient to plan his meals; rather let each meal be a surprise.
4. Consider the likes and dislikes of the person being served.
5. Serve only foods that are carefully cooked and have little or no seasoning.
6. Serve the food attractively.
7. Add a pleasant surprise as a flower, gay garnish or a new dish.
8. Remove all traces of the meal as soon as the patient has finished.
9. Have person rinse mouth after eating so the taste of the food will not linger.
10. If any infectious or contagious disease exists, all the dishes, silver, etc., which are used should be boiled.

FOODS FROM OTHER LANDS

Each country has its own favorite dishes. They are made of about the same basic materials as ours. The way and the skill with which they are put together makes the difference. The French, German, English and other foreign homemakers know little of frozen and packaged foods but they seem to instinctively know how to get the most flavor out of food. They know how to make delicious dishes from economical cuts of meat and use herbs, wines and sauces to transform ordinary foods into masterpieces.

Many young people have found that talking about food and exchanging recipes is one way of acquiring new friends. By eating dishes from other lands and knowing about a person's favorite food you come to know, understand and like him better.

The Chinese cut their meat, vegetables and other foods into small uniform pieces and so cut down on cooking time. They seldom use fresh raw vegetables, since they are often grown under conditions that make them dangerous to health. They are usually cooked lightly or pickled. They eat from rice bowls and chop sticks rather than with plates and silver as we do. Fruit and other desserts may be served in the middle or at the beginning of a meal but they are usually eaten between meals.

The Japanese like their foods plain and simple but they take great care in arranging foods to get good proportion and harmony in color.

The Koreans, like other Orientals, are great rice eaters. They use many

highly seasoned foods. Pickled vegetables, garlic and red chili peppers are popular.

People in Italy and Mexico also like food highly flavored and spicy. They use a lot of garlic and they like rich food. Italians are world-known for their spaghetti. They do not break the long lengths before cooking or serving. It is carefully cooked, thoroughly drained, and usually served with a vegetable and meat combination, green leaves dressed with olive oil and vinegar, and cheese with fresh fruit. Mexicans serve dried, dark beans in some form or other in practically every meal. They like to add chili and red pepper for seasoning. They often serve fried beans. Coarse corn meal is used in making tortillas which are served in Mexico as bread is here. Their meat is usually cut into small pieces and combined with other foods in many interesting dishes.

People of the Scandinavian countries are hearty eaters. They need a lot of food to keep them warm. You often hear of Swedish meat balls, Danish pastry, Norwegian pickled herring. The smorgasbord, with its many delicious foods is widely used there as a beginning before the main course. They eat dairy foods and lots of fish, which they make into delicious soups, salads, omelets and fancy souffles.

Russian people like tea—morning, noon and night. They like it hot in a tall glass. They seldom use coffee. Russian borsch beet soup is eaten in all areas. Nearly every Russian woman knows countless ways of serving fish.

Curry is an old dish even in the Orient. In India it has been cooked for over 1500 years before Christ. Curry powder can be purchased here in a bottle or can. In India, curry is mixed daily from various spices, which gives it a very distinctive flavor. Curry is often served with rice cooked so that each grain is separate.

In North Africa, as in many other countries, the food habits are dictated by religion and by custom. Many people in North Africa use meat only for special occasions. They use much coarsely ground hard wheat and barley. They use vegetables, fresh and dried, in generous amounts, especially beans, peas, egg plant, tomatoes and various peppers.

MAKE OUTDOOR MEALS A FAMILY AFFAIR

It's fun to cook the family meal out doors if the whole family pitches in. The boys and men usually have charge of the meat and drink. The women and girls take care of the vegetables, salad and dessert. Most of their work can be done earlier in the day.

Barbecued chicken, and broiled steaks are the favorite meats to cook out of doors. For everyday family meals broiled fish, ham, hamburgers or slices of liver wurst or salami are mighty good when cooked by the men and served with onion slices that were soaked in sugar water for an hour. Try basting them with a mixture of butter and lemon juice or the juice from pickled fruit. Spanish rice, corn pudding, scalloped egg plant or hot potatoes in their jackets go well with broiled meats. No out door meal is complete



Broiled steaks, weiners, hamburgers and barbecued chicken are favorite meats to cook outdoors.

without a big relish tray or a crisp colorful salad such as sliced tomatoes and cucumbers or cold slaw with peppers or sliced oranges with mint. For bread there is nothing much better than a fresh loaf of homemade bread or French bread with garlic butter.

Dessert might be just a bowl of hard candies and salted peanuts or cheese, fresh fruit and crackers. Angel food cake with or without ice cream is another easy dessert and seems just right after a hearty meal.

Although informality is the keynote of outdoor cooking and eating, it takes planning ahead to make it a real success.

FISH

Missouri ponds, lakes, rivers and streams can provide many good fish dinners. If you can't catch your own fish, they are available in the markets, fresh, frozen, canned and salted. Fish spoil very quickly. Be sure the fish you buy is fresh. It should smell fresh. Canned fish as salmon and tuna is a standby for quick meals. Fish is a tender meat. It is often overcooked. Cook fish just long enough so the flesh flakes easily from the bones. The cooked fish should be moist and tender and have a delicate flavor. Fish fillets are made by cutting fish lengthwise away from the backbone. Fillets are practically boneless. Steaks are made by cutting across the fish through the backbone.

Fat fish as salmon, shad, mackerel and lake trout are best for baking and

broiling. Lean fish as cod, flounder, haddock, pike, bass, perch and carp cook well in water and are firm after cooking. They bake and broil well if basted with fat. Both fat and lean fish are suitable for frying. The higher grade canned fish are better for serving plain or in salads. The lower grades do well in casseroles or fish cakes. They are as nutritious and flavorful as the top quality. Use all the oil or salty liquid from canned fish. Many frozen fish fillets are available the year round and are moderate in price. They are easy to prepare and there is no waste. When cooked the white flaky meat has a delicate flavor. They can be prepared in an endless variety of combination dishes.

Deviled Ocean Perch

2 lb. ocean perch fillets	$\frac{1}{2}$ c. chili sauce
1 $\frac{1}{2}$ t. salt	3 T. chopped onion
1 T. prepared mustard	$\frac{1}{4}$ t. Worcestershire sauce

Sprinkle fillets with salt, and roll each fillet and fasten with toothpick. Place rolls in a well-greased baking dish. Combine remaining ingredients and spread on top of fish rolls. Bake in a moderate oven, 350°F., for 25 to 30 minutes or until fish flakes easily when tested with a fork. Garnish and serve hot.

Buy Fish With

Eyes—bright, clear, bulging
Gills—reddish-pink, no slime
Scales—tight, bright, shiny

Flesh—firm, elastic
Odor—fresh

CHEESE—A FAVORITE FOOD

Cheese, like fruit, can be served with any meal or between meals. It may be part of the main dish, the salad or the dessert. There are 15 to 20 distinct types of cheeses—no two of which are made by the same method. Cheeses were often named for the town or community in which they were made and so many with different names are practically the same. American cheddar is a favorite cheese for main dishes, sandwiches, sauces and salads. The flavor varies from very sharp to mild and the texture from fine to crumbly. Processed cheese is a blend of various grades of cheese. The flavor and color is uniform, it melts easily, and is popular for cooking. Swiss cheese is a hard cheese with a nut like flavor and is easily recognized by the large holes. Like many other cheeses there is quite a difference in price between the domestic and the imported Swiss. Swiss cheese is used for sandwiches, cold meat platters and chef salads. Favorite, semi-soft cheeses, with a tangy, sharp flavor are Bleu, Blue, Roquefort and Gorgonzola. They are especially good in salad dressings and for dessert with fruit and crackers. They have bluish green veins and spots. Soft cheese that has not ripened include cottage and cream cheese. Camembert and Leiderkrauf are soft ripened cheeses used for dessert. Camembert is usually sold in individually wrapped portions and has a mild to tangy flavor.

In the market you will see colorful and interesting shaped cheese with special flavors. Edam is a Dutch favorite. It is ball shaped with a bright red wax covering. It is creamy, semi-hard and has a mild pleasant flavor. Specialty and imported cheese cost considerably more than American cheddar and home processed cheese. They are rarely used in cooked dishes. However, some are grated and used as flavor for cooked dishes.

Cottage Cheese

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

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

COMMON DEFECTS OF COTTAGE CHEESE

Rubber, Tough Cheese—Cause: Cooking temperature too high; clabber too sour, causing the curd to become too hard.

Hard, Dry, Granular Cheese—Cause: Cooking too long, draining too dry; stirring or breaking curd too much during cooking.

Soft, Mushy Cheese—Cause: Not enough cooking; clabber not sour enough; insufficient draining.

Bitter Cheese—Cause: Clabber soured at too high temperature.

Sour Cheese—Cause: Clabber too sour; insufficient draining.

Other Undesirable Flavors—Feed flavors, unsanitary conditions in handling milk.

TEAS AND RECEPTIONS

A tea may be a formal or an informal affair—with a few guests or a hundred. A reception is usually a formal affair with a receiving line. Tea for a few friends is usually served in the living room. The hostess pours the drink, and the guests help themselves to the other food. For a large tea the food is served in the dining room.

The hostess needs to be free to see that the guests meet special guests and each other, so friends are asked to greet the guests, to invite them into the dining room, to pour, to replenish the table and to remove used dishes.

The food is dainty, tasty and attractive rather than filling. Small tea napkins are usually used. Flowers, fruit or crystal ornaments are used for

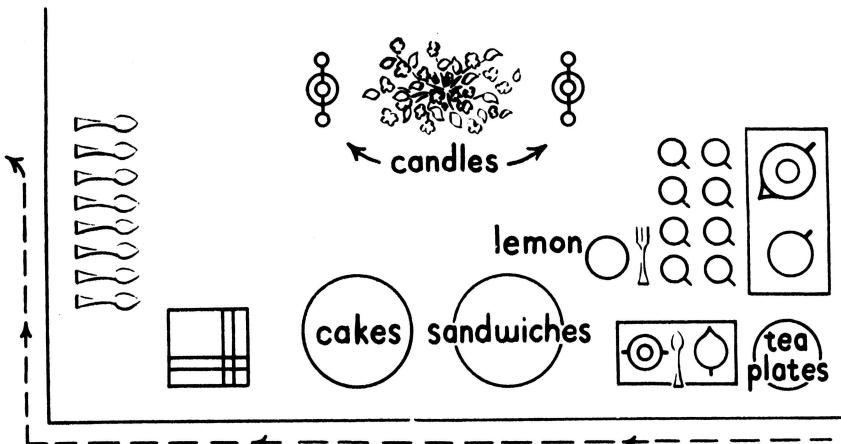


Table arrangement for an afternoon tea.

the center piece and on a dark afternoon or in the evening, candles add a festive note. If the tea is held in a club house, hall or other public place — music adds much to the occasion. At large teas or receptions, the guests stay about one-half hour and at smaller teas they usually stay longer.

COFFEE AND TEA

Coffee differs in flavor with the variety and the degree of roasting. The flavor is volatile and two-thirds of it will be lost from freshly ground coffee left open for 10 days.

There is a noticeable difference in the flavor, aroma and color of our three popular kinds of tea—black or fully fermented, green or unfermented and oblong or semi-fermented. Three-fourths of the tea used in the U. S. is the fermented or black tea. Tannins and volatile oils are the important things in tea and coffee. There are four key points in making tea or coffee.

1. The pot must be clean, free from oil and odor, and preferably of earthenware, enamel or glass as metal flavors tea or coffee.
2. Water must be fresh as boiling removes the air and gives a flat taste. It should never boil after the tea or coffee is added.
3. Brew the coffee 7 to 10 minutes and steep the tea 3 to 5 minutes, using one tablespoon of coffee or one teaspoon of tea to each cup of water.
4. Never reheat coffee or tea—keep it hot or serve it with ice.

Tea For a Crowd

When making tea for a large group, it's often difficult to handle quantities of fresh boiling water needed to bring out the full flavor of tea. For 40 to 45 people, bring one and one-half quarts freshly-drawn cold water to full boil. Remove from heat and immediately add one-quarter pound of loose tea. Stir and cover. Brew four minutes, then strain into a teapot. Have fresh hot water in another teapot or kettle. The hostess pours one part tea

concentrate into a cup and fills it with 6 to 8 parts hot water. This method allows for a stronger or weaker tea as preferred by guests.

TEA MENUS

Coffee and Tea	Spiced Tea
Stuffed Small Cream Puffs	Assorted Open-Face and
Assorted Cookies	Rolled Sandwiches
Hard Candies — Salted Nuts	Nuts—Mints

Sandwich Roll-Ups

Trim crust from fresh bread slices, roll with rolling pin, spread to edge with butter and sandwich spread, lay stuffed celery or asparagus tips across one end of each slice and roll up. Serve whole or cut in half or thirds with a bit of water cress, mint or parsley tucked in one or both ends, if desired. Toasted roll-ups are novelty for luncheons, bridge or snacks. Place the roll-ups on cookie sheet, brush with melted margarine, brown and serve hot.

START A RECIPE COLLECTION

The best cooks have a group of recipes they treasure. Many know ten or more basic recipes but they are always looking for that something extra that makes ordinary bread, stew and other dishes something extra good. Newspapers and magazines carry many interesting unusual recipes. There are many good cook books on the market. But a collection of your own recipes —dishes you have made and your family and friends enjoy—is like a true friend. When you want to prepare refreshments for the club, a surprise dessert for your family or a cold drink for the gang, it's a real help to know just where to find a recipe you can depend on.

Recipes written on standard cards—4x6 or 5x7 are easy to use and easy to keep. Include in your collection only those recipes you really like. You might add favorite menus, and pictures showing how to serve various foods, how to place vegetables, salads and other food on the plate. The earlier you start the more valuable your collection can be.

PLANNING YOUR PARTY FOOD

It isn't necessary to make a major operation out of feeding a few people. When planning a snack for after the movie or a supper for after the ball game—the easy-does-it approach always pays off. Easy to prepare, easy to serve, easy to eat—that's the kind of food to build your party around. Settle on one or two delicious main items instead of several different dishes. Suit the food to the appetite. For an after-the-swim party, the guests are really hungry. When girls knit and purl they like light snacks and cool drinks. Write down your menu, the things you need to do and when to do what. Work your plan and you can enjoy the time with your guests instead of worrying around in the kitchen.

Suggested Menus

Dessert Party—Ice cream, crackers and punch; cider and pretzels;



Left, slit cork glued to top of recipe box holds card. Center, rough skinned crookneck squashes make unusual candle holders. Right, a large yellow pumpkin can serve as a punch bowl.

bowls of popcorn, raisins, and a basket of red apples.

Tea for Mothers—Open-face sandwiches, assorted cookies and coffee, or assorted sandwiches, mints, salted nuts and hot tea.

Refreshments for a 4-H Club Meeting—Watermelons; peanut butter sandwiches, cocoa, apples; hot gingerbread and cold milk; or tall glasses half full of ice cream and concentrated fruit juice, or a soft drink to fill glasses.

Picnic Lunches—Egg-salad sandwiches, carrot and celery strips, fresh fruit, oatmeal cookies and milk; or frankfurters on buns, pickles and carrot sticks, fruit, graham crackers and hot cocoa.

A Party for Young Children—Ice Cream Nosegays

For each ice cream cone, cut circle, large enough to insert cone, from center of 2 or 3 doilies. Secure doilies to top of cone with strip of cellophane tape. Fill cone with ice cream; set ball of ice cream on top. Quickly press in gumdrop "flowers." If nosegays are to be stored in freezer several days, stand each in tall glass and let firm up in freezer before wrapping.

FRUIT FOR SNACKS AND TEAS OR TO BEGIN OR END A MEAL

1. Fruit n' Juice. Arrange pieces of fruit in individual dishes. Add juice, as ginger ale over green seedless grapes; pineapple juice over frozen strawberries; grape juice over grapefruit sections; cranberry juice over orange sections.

2. Finger Fruits. Core sliced apples crosswise in $\frac{1}{2}$ to $\frac{3}{4}$ inch slices and spread with peanut butter or cheese. Place a second slice of apple on top.

Cut pineapple open lengthwise in pieces like orange sections, then cut sections into shorter pieces like thick cuts of pie. Eat from the inside as far as you like toward the rough outside. Dip in sugar as you eat if it needs sweetening.

Apple or pear slices or wedges, dipped into lemon juice, then topped with a sharp cheese spread, a mixture of Roquefort and cream cheese, or peanut butter.

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

J. W. BURCH, Director, Agricultural Extension Service
Distributed in furtherance of the Acts of Congress of May 8, and June 30, 1914

4-H RECORD
Food Preparation VI
(To be used with 4-H Club Circular 130)

Name _____ Age _____

Address _____ County _____

Name of 4-H Club _____

Name of Club Leader _____

Project Leader _____

Jr. Project Chairman _____

CLUB & PROJECT ACTIVITIES

Club Meeting attended during year _____ Project meetings held _____

Number attended _____

Number of dishes prepared in project _____ Number of meals prepared _____

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 Achievement _____, State Achievement _____,

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 _____

THINGS TO DO IN THIS PROJECT

1. Prepare and serve to the family at least two dishes from each of the following: Cakes, Pies, Fish, Sandwiches.
2. Prepare fish or other seafood for the family at least once; make cottage cheese at least once.
3. Prepare and serve the family one or more dishes from other lands.
4. Plan, prepare and serve an outdoor meal for the family.
5. Plan, buy and keep a record of food needed for the family for a week.
6. Start a recipe collection.
7. As a project group, plan and hold an informal tea.
8. As a project group, visit a food market, processing plant, bakery, household equipment or china department of a large department store.

THINGS I DID IN THIS PROJECT

1. Name two dishes from each of the following groups you prepared.

Cakes	Pies	Fish	Sandwiches
1.	1.	1.	1.
2.	2.	2.	2.

2. Did you prepare fish or other seafood for the family? _____
Did you prepare cottage cheese? _____
Did you prepare one or more dishes from other lands? _____
3. List the menu for the outdoor meal you planned, prepared and served your family.
4. Approximately how many recipes do you have in your collection? _____
5. Did your project group plan and hold an informal tea? _____
How many attended? _____
6. Did your project group have a tour? _____
Where _____
7. How many dishes did you prepare during the year? (Those required in the project plus other dishes). _____
8. How many meals did you prepare? _____
9. What did you enjoy most about this project? _____

STORY