

# FOOD PREPARATION

## THE SUPPER CLUB

Boys' and Girls' 4-H Club Circular 25

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### COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS

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# FOOD PREPARATION

## THE SUPPER CLUB

In planning the material in this manual, an attempt has been made to give club members the fundamental knowledge of balanced meals in a simple way. It is hoped that not only the club member but the whole family will benefit from this knowledge. From family discussion of the subject matter and from participation in the preparation of meals on the part of the club member, this knowledge and its practical application can best be made.

Much of the recipe material is planned to give the member a knowledge of foundation recipes and foundation processes of preparation. For example, the member having learned to make one cream soup or custard should be able to make any variation of that recipe without difficulty.

### SUPPER CLUB PROJECT REQUIREMENTS

There shall be five or more members in the Supper Club who are 10 to 21 years of age and who are meeting regularly, with their own officers in charge, under the direction of a local club leader.

*Object.*—To teach the club girls to improve their own health and that of their families through better food habits.

To teach the club girls the simple, fundamental rules of table service and manners.

To teach the club girls what a balanced meal is and its value.

To train the club girls to prepare foods in the best way to promote health.

*Work Required.*—Each club member is required:

1. To learn what a balanced meal is and in so far as possible to see that the home meals are balanced.
2. To prepare at least two fruit desserts, cereals for supper twice, potatoes once, tomatoes once, and egg dessert or egg and milk dessert twice.
3. To learn and practice the best way to set the table.
4. To learn and use correct table manners.
5. To learn to prepare and serve a simple, wholesome supper.

*Records Required.*—A record book is furnished by the Extension Service of the Missouri College of Agriculture on which to report the

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date, number and kinds of fruit desserts, cereals, potatoes, tomato, egg and milk dishes prepared, simple rules for setting the table, serving at the table, table manners, and improvement of health.

*Expense.*—Each member is required to furnish individual equipment, such as paring knife, teaspoon, tablespoon, measuring cup, and the necessary food for the project.

*Time Required.*—Time to attend six or more club meetings including the achievement program.

Time to do the home work requested.

*Organization.*—These clubs may be organized any time of the year, but preferably in March, April, or May.

## I. ORGANIZATION OF THE CLUB

*Meetings.*—Standard clubs are required to hold at least six regular meetings during the club year. These meetings may be held as often as the local club leader and the members desire, but usually the meetings are held twice each month.

Below are subjects suggested for a number of club meetings. It may be necessary to devote two or more meetings to some of the subjects. It is suggested that these subjects be followed in the order named. Local club leaders and clubs are expected to adapt these subjects to local community conditions.

### SUGGESTED MEETINGS FOR SUPPER CLUB

#### I. Organization of the Club

(See Club Secretary's Record Book)

1. The business meeting, the local club leader in charge.
  - (1) The election of club officers from the membership of the club: President, Vice-President, Secretary, Song and Yell Leader, and Club Reporter.
  - (2) Selection of a name for the club. (It is suggested that the name be selected so as to identify the club and the project.)
  - (3) Selection of time and place for regular club meetings.
  - (4) Setting a club goal.
  - (5) Appointment of a committee to work up or select an appropriate song and yell for the club.
  - (6) Adjournment of business meeting for instructions in club work.
2. Instructions, the local club leader in charge.
  - (1) Explanation of the duties of the club officers and members.  
Reference: The Club Secretary's Record Book.
  - (2) Distribution of club literature and the record books and explanation of their use.
  - (3) Explanation of standard 4-H club requirements.  
See Club Record Book.
  - (4) Explanation of the club project requirements for Supper Club work.

- (5) Discussion of the main club events for the year.
  - (6) Setting club goals, such as:
    - a. Every member to prepare the eight required dishes.
    - b. Every member to practice the best way to set the table.
    - c. Every member to use correct table manners.
    - d. Every member to complete the club work and make an exhibit.
    - e. Every member to try for a place on the demonstration team.
  - (7) Discussion of the method of securing food materials.
  - (8) Weighing and measuring of club members or demonstration of the method of weighing and measuring.
  - (9) Scoring members on Food Habits Score Card.
  - (10) Assignment of work for the next meeting.
    - a. Assigning the 4-H club pledge to be learned by all members before next meeting.
    - b. Assigning individual demonstration on weighing and measuring club members.
    - c. Bringing of record books.
    - d. Using score card for a week.
    - e. Assigning topics to be used in response to roll call, as: Reporting on food habits.
3. The Social Hour.

## II. Balanced Meals

### *Fruit Desserts*

1. The business meeting, the club president in charge. Reference: Duties of club officers in Club Secretary's Record Book.
  - (1) Meeting called to order by the president, who leads the club members in repeating, the 4-H club pledge as follows: "I pledge my *head* to clearer thinking, my *heart* to greater loyalty, my *hands* to larger service, and my *health* to better living—for my club, my community, and my country."
  - (2) Roll call by the secretary, the members responding by giving a report on their food habits for a week.
  - (3) Reading of the minutes of the last meeting by the secretary, which should be adopted as a permanent record by the club when approved.
  - (4) Unfinished business:
    - a. Unfinished business from the last meeting.
    - b. Report of the committee on club songs and yells.
  - (5) New business:
    - a. Appointment of a social committee to plan for games at future club meetings.
    - b. Assignment of place, dishes to be prepared, and supplies for next meeting.
    - c. Anything for the good of the club.
  - (6) Songs and yells, led by the song and yell leader.
  - (7) Adjournment for work.
2. Instructions and demonstrations, the local club leader in charge.
  - (1) Discussion and demonstration by leader, Fruit Desserts.
  - (2) Discussion, Balanced Meals.
  - (3) Planning a balanced meal.

- (4) Individual demonstration, Weighing and Measuring.
- (5) Explanation of how to keep the record book.
- (6) Assignment of work for the next meeting:
  - a. Bringing of record books.
  - b. Assigning individual work, as:  
Preparing two fruit desserts each week between second and third meetings.
  - c. Bringing one balanced supper menu planned around a fruit dessert.
  - d. Assigning demonstrations, individual or team, Fruit Desserts.
  - e. Assigning topics for roll call, as:  
Reporting on the number of balanced meals served in the home since the last meeting.

### 3. The Social Hour.

#### III. How to Make Foods Attractive

##### *Cereals for Supper*

1. The business meeting, the club president in charge.
  - (1) Meeting called to order by the president who leads the club in repeating the 4-H club pledge.
  - (2) Roll call by the secretary, the members responding on a previously assigned topic and by handing in the record books.
  - (3) Reading of the minutes of the last meeting by the secretary.
  - (4) Unfinished business:
    - a. Unfinished business from last meeting.
    - b. Report of the social committee.
  - (5) New business:
    - a. Appointment of committees.
    - b. Assignment of place, dishes to be prepared, and supplies for next meeting.
    - c. Anything for the good of the club.
  - (6) Songs and yells.
  - (7) Adjournment for work.
2. Instructions and demonstrations, the local club leader in charge.
  - (1) Discussion and demonstration, Cereals for Supper.
  - (2) Demonstration by club members, Fruit Dessert.
  - (3) Discussion, How to Make Foods Attractive. Exhibit to be used with discussion showing different food combinations which affect the appetite in various ways.
  - (4) Leader looks over record books and menus and makes suggestions for betterment of either.
  - (5) Assignment of work for next meeting:
    - a. Preparing cereal for supper or breakfast twice each week between the third and fourth meetings.
    - b. Bringing of record books to meeting.
    - c. Bringing one balanced supper menu planned around a cereal dish.
    - d. Assigning topics for roll call as:  
Progress report of home work.  
Report on weight and improved health.
3. The Social Hour.

**IV. Using the Food on Hand***Potatoes and Tomatoes*

1. The business meeting, the club president in charge.
  - (1) Meeting called to order, members repeating the 4-H club pledge.
  - (2) Roll call, members responding by reporting on the previously assigned topic and by handing in the club record books.
  - (3) Unfinished business:
    - a.
    - b.
  - (4) New business:
    - a. Assignment of place, dishes to be prepared, and supplies for next meeting.
    - b.
  - (5) Songs and yells.
  - (6) Adjournment for work.
2. Instructions and demonstrations, the local club leader in charge.
  - (1) Discussion and demonstrations by club members, individual or team.
    - Ways of Making Potatoes Attractive.
    - What We Can Do With Canned Tomatoes.
  - (2) Discussion, Using the Food on Hand.
  - (3) Discussion, Why Tomatoes are Valuable in the Diet.
  - (4) Leader looks over record books and menus and makes suggestions for betterment of either.
  - (5) Assignment of work for next meeting:
    - a. Preparing potatoes for supper one night each week and tomatoes one night each week between the fourth and fifth meetings.
    - b. Bringing record books to meeting.
    - c. Bringing one balanced supper menu planned around either a potato or tomato dish.
    - d. Demonstration by club girls.
      - Laying a "Cover".
      - Selecting and Arranging the Decoration for the Center of the Table.
    - e. Assigning topics for roll call as:
      - Report on number and kind of new dishes prepared from food on hand.
3. The Social Hour.

**V. Table Setting***Fruit Cocktail*

1. The business meeting, the club president in charge.
  - (1) Meeting called to order by the president, who leads the club members in repeating the 4-H club pledge.
  - (2) Roll call by the secretary, the members responding by reporting on previously assigned topics and by handing in the club record books.
  - (3) Reading of the minutes of the last meeting by the secretary.
  - (4) Unfinished business:
    - a. Report of social committee.
    - b.

- (5) New business:
  - a. Assignment of place, dishes to be prepared, and supplies for next meeting.
  - b.
- (6) Songs and yells.
- (7) Adjournment for work.
- 2. Instructions and demonstrations, the local club leader in charge.
  - (1) Demonstration by team, Preparing a Fruit Cocktail. Page 27.
  - (2) Demonstration.
    - a. Table Setting.
    - b. Laying a Cover.
    - c. Selecting and Arranging the Decoration for the Center of the Table.
  - (3) Girls practice setting the table and serve cocktail.
  - (4) Leader looks over record books and menus and makes suggestions for betterment of either.
  - (5) Assignment of work for next meeting.
    - a. Setting the home table for at least one meal every day between the fifth and sixth meetings.
    - b. Bringing one balanced supper menu planned around a fruit cocktail.
    - c. Assigning team demonstration, Preparing Egg or Egg and Milk Dishes.
    - d. Assigning discussion of table conversation.
    - e. Bringing of record books.
    - f. Assigning topics for roll call as:  
One thing learned about setting the table.
- 3. The Social Hour.

### VI. Table Service and Manners

#### *Egg and Milk Dishes*

- 1. The business meeting, the club president in charge.
  - (1) Meeting called to order, members repeating the 4-H club pledge.
  - (2) Roll call, members responding by reporting on a previously assigned topic and by handing in record books.
  - (3) Unfinished business:
    - a.
    - b.
  - (4) New business:
    - a.
    - b.
  - (5) Songs and yells.
  - (6) Adjournment for work.
- 2. Instructions and demonstrations, the local club leader in charge.
  - (1) Demonstration by team, Preparation of Egg Dishes.
  - (2) Discussion, Table Service and Manners. Page 28.
  - (3) Discussion by club girl, Table Conversation.
  - (4) Demonstrations.
    - a. Serving.
    - b. Correct Table Manners. Page 30.
  - (5) Leader looks over record books and menus and makes suggestions for betterment of either.

- (6) Assignment of work for next meeting:
  - a. Preparing two eggs and milk dishes each week between the sixth and seventh meetings.
  - b. Serving two meals each week between the sixth and seventh meetings.
  - c. Using correct table manners at all meals.
  - d. Bringing record books.
  - e. Assigning topics for roll call, as:  
Naming one essential of table service or manners.

### 3. The Social Hour.

#### VII. Planning a Supper

1. The business meeting, the club president in charge.
  - (1) Meeting called to order by the president, who leads the club members in repeating the 4-H club pledge.
  - (2) Roll call by the secretary, the members responding by reporting on the previously assigned topic and by handing in the club record books.
  - (3) Reading of the minutes of the last meeting by the secretary.
  - (4) Unfinished business:
    - a. Report of social committee.
    - b.
  - (5) New business:
    - a.
    - b.
  - (6) Songs and yells.
  - (7) Adjournment for work.
2. Instructions and demonstrations, the local club leader in charge.
  - (1) Discussion review, What Makes a Healthful Supper? Why?
  - (2) Plan menu and table arrangement.
  - (3) Plan invitations for one parent, either father or mother of each club member.
  - (4) Plan division of work for each girl.
  - (5) Leader looks over record books.
  - (6) Make plans and arrangements for the club achievement program.
  - (7) Assignment of work for next meeting.
    - a. Carry out plans necessary for supper to be served at next meeting.
    - b. Each girl be weighed and measured and report results in record book.
    - c. Teams coming prepared to give demonstrations on Achievement Day.
    - d. Bringing of record books to Achievement Day.
    - e. Assigning topics for Achievement Day roll call, as:  
What the Supper Club Has Meant to Me.
3. The Social Hour.

#### VIII. Preparing and Serving Supper to Parents

If practical the supper and achievement program may be combined.

#### IX. The Club Achievement Program

The club achievement program should be held at the close of the work for the club year.

Each club member should hand in to the local club leader the completed record book so that the results of all the work of the club may be summarized for the year in the Club Secretary's Record Book.

#### Suggested Program

1. Exhibit of table decoration or food posters showing a balanced supper.
2. Typical meeting by club.
3. Talk on club's achievements by a club member or by the local club leader.
4. Team demonstrations.
5. Plans for next year.

#### Suggestions

Only club members who make a complete report or have their records up to date should be eligible to take part in county or state contests.

When posters are made the size should be uniform, 22x28 inches.

The events of the club achievement day and the results of the club work for the year should be carefully prepared and offered to the local newspapers for publication.

## II. BALANCED MEALS

The body is an intricate piece of machinery which is constantly being built and repaired by the food the individual eats. Much is said at the present time about balanced rations for animals and poultry on the farm which considers not only the different kinds of food stuffs but the amount of each needed by the stock. This is more important for people than it is for stock because human life is of so much greater importance.

Some foods give heat and energy; others build and maintain muscles; others regulate the vital functions of the body, build bones and teeth, and furnish red blood; while others give health and resistance to disease. In order to keep the body healthy and strong some of each of these classes of foods should be eaten every day.

Foods that give heat and energy, making all activity of the body possible, are carbohydrates and fats. Carbohydrates include starches (potatoes, rice, hominy, macaroni, corn, cereals) and sugars (sugar, preserves, jellies, honey, candy, sweet fruits, sweet vegetables). Fats are found in butter, bacon, lard, and cream.

The growth and repair of the muscles of the body depend upon a class of food called the proteins, which are found in meat, cheese, eggs, dried peas and beans, whole cereals, and nuts.

One of the classes of foods, the minerals, has many functions in the body and it is found in different forms in different foods. Lime in milk, builds bones and teeth; iron, found principally in leafy vegetables, makes red corpuscles in the blood; and other minerals (found in fruits, green vegetables, whole milk, eggs, meat, whole cereals, and nuts) regulate the work of the vital organs and nerves of the body.

Substances known as vitamins determine the growth, development, and health of the body. They are present in largest amounts in fruits, raw vegetables, canned tomatoes, milk, eggs, and yeast.

Some of the foods found in each of the five classes (carbohydrates, fats, proteins, minerals, and vitamins) should be included in each meal to supply all the needs of the body and thus make the meals balanced. If a meal lacks food from any one of these classes, some of that food should be furnished in another meal of the same day.

A substance which is not a body builder, but which regulates elimination of waste material from the body is roughage, found in fruits, green vegetables, whole grain cereals, and nuts. Some of these foods should be included in every meal to keep the digestive tract clean.

In order to supply the fluid needed by the body, three-fourths of which is water, it is necessary to have some water other than that found in the foods mentioned above. It has been determined that 6 to 8 glasses of water a day will be sufficient to meet that need.

A very simple plan for a day's meals, all balanced, follows:

BREAKFAST	DINNER	SUPPER
Fruit	Meat or meat substitute	One main dish
Cereal	Potatoes, rice, macaroni, or hominy	A green vegetable* (perhaps a salad)
Bread, preferably toast	Cooked green vegetable*	Bread
Beverage, milk for boys and girls	Bread	Beverage, milk for boys and girls
Eggs or bacon	Beverage, milk for boys and girls	Simple Dessert (as fruit and cookies; milk, fruit, or gelatine pudding.)
	Simple dessert.	

The above menu shows that the selection of a limited number of foods for one meal and the changing of the menu for another meal to give variety is more desirable than including in each meal all foods available at the time. Two green vegetables and a salad at the most are enough for any dinner. One meat and one dessert are better than several kinds of meat and more than one dessert in the same meal.

The food habit score card given in the record book will help club members to know the kinds of food they should eat to build strong bodies and to maintain good health. A perfect score is 100. A club member who scores 80 or above has good food habits, while the one who scores 60 or less has poor food habits.

### Measuring

In measuring the ingredients of all the recipes in this circular, measuring cups should be used, and cups and spoons should be measured level full. To measure a level spoonful of flour, dip the spoon into flour and with the blade of a knife held at a right angle to the spoon, push off

\*Green vegetables are all those except potatoes, dried beans, or peas.

the extra flour. Butter and other fat will have to be packed down in the spoon with the flat side of the blade of the knife. To measure parts of a spoonful, for a half, divide a level spoonful lengthwise; for a fourth, divide the half spoonful crosswise; and for a third, divide a level spoonful crosswise into thirds.

### Fruit Desserts

#### BAKED APPLES

Core apples and pare or not as desired. Fill the centers with any of the following:

1. Brown sugar and butter, creamed.
2. Chopped dried figs.
3. Raisins.
4. Jelly.
5. Strawberry jam.
6. Chopped nuts and sugar.
7. Maple sugar and butter.

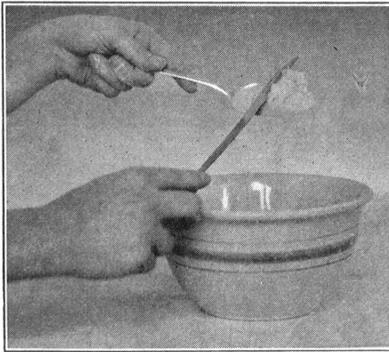


Fig. 1.—Leveling off a spoonful.

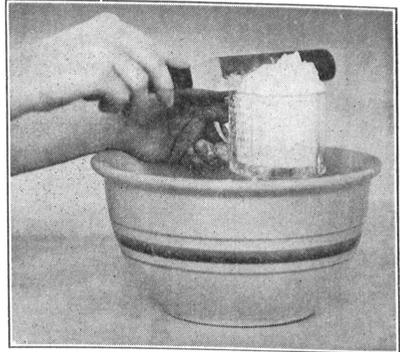


Fig. 2.—A cupful—stroke measure.

Pour around six apples 1 cup of water in which has been dissolved  $\frac{1}{4}$  cup sugar. Bake in a moderate oven until the apples are tender. Serve hot or cold, with or without plain or whipped cream.

#### BUTTERSCOTCH APPLES

- |                               |                                    |
|-------------------------------|------------------------------------|
| 5 apples                      | $1\frac{1}{2}$ teaspoon cornstarch |
| $\frac{2}{3}$ cup brown sugar | 1 tablespoon butter                |
| $\frac{1}{8}$ teaspoon salt   | $\frac{3}{4}$ cup milk             |
| $\frac{1}{2}$ cup water       | $\frac{1}{2}$ teaspoon vanilla     |

Wash and pare the apples. Remove the core and cut each apple into 6 or 8 sections. Make a syrup of the water and sugar. When boiling put the apples in and cook gently in covered pan until they are tender. Lift the apples out of the syrup and place in a serving bowl or individual sherbet dishes. Mix the cornstarch with a little of the milk until it is smooth. Add it and the rest of the milk to the syrup. Stir and cook until the cornstarch taste is gone. Remove from fire and add butter, salt, and vanilla. Pour around apples and serve hot or cold.

## BROWN BETTY

$\frac{1}{4}$ cup melted butter	$\frac{1}{2}$ cup fruit juice or water†
2 cups bread crumbs	$\frac{1}{4}$ cup sugar
2 cups sliced apples	

†If lemon juice is used, use the juice and grated rind of one-half lemon and water for the remainder of the liquid.

Arrange alternate layers of buttered bread crumbs and thinly sliced apples in a pudding dish, sprinkle with sugar and a little cinnamon or other spice. Finish with crumbs and pour mixed molasses and water or fruit juice over all. Cover and bake  $\frac{1}{2}$  hour, remove the cover and bake  $\frac{3}{4}$  hour more.

Stewed peaches, apricots or rhubarb make a good substitute for the apples.

## APPLE TAPIOCA

1 cup pearl tapioca or	3 cups cold water
$\frac{3}{4}$ cup granulated tapioca	6 apples
$\frac{1}{2}$ cup sugar	

If pearl tapioca is used, cover with cold water and soak several hours. The granulated tapioca requires no soaking. Cook in a double boiler until transparent. Pare and core the apples, place in a baking dish, sprinkle with sugar, pour the tapioca over them, cover, and bake in a moderate oven until the apples are perfectly tender. For the last ten minutes, remove the cover so that the surface of the pudding may brown slightly. Serve with cream.

## VARIATIONS OF TAPIOCA WITH FRUIT

Either fresh or canned fruit may be substituted for apples. Where canned fruits are used the juice should be used to replace part of the water in which the tapioca is cooked. The quantity of sugar will vary with the natural sweetness of the fresh fruit or the quantity of sugar in the canned fruit. Peaches, strawberries, raspberries, cherries, or rhubarb are good fresh fruits to use. These same fruits canned and canned pineapple or combinations of the two are pleasing. A rhubarb and strawberry combination is especially good.

## CORN STARCH BLANC MANGE

4 tablespoons cornstarch	$1\frac{1}{2}$ cups scalded milk
4 tablespoons sugar	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup cold milk	Salt (pinch)

Mix cornstarch and sugar with  $\frac{1}{2}$  cup cold milk. Scald remainder of milk in top of double boiler. Carefully add cornstarch mixture to the scalded milk. Cook over direct heat, stirring constantly until thick and smooth. Cover and cook in the double boiler for 45 minutes. When finished, stir in vanilla. Turn into molds wet with cold water and set away in a cold place.

### III. HOW TO MAKE FOODS ATTRACTIVE

All people are affected by their surroundings. If the surroundings are pleasing and attractive they contribute to happiness and contentment while the reverse is true if the environment is unpleasant. When food is well planned, carefully prepared, and attractively served, the appetite is stimulated and digestion aided.

Menus should be so planned that the foods served together are pleasing to the eye. A "white meal" is most unattractive. Any one of the colored vegetables, as carrots, beets, tomatoes, spinach, green beans, green peppers, radishes, or the fruits add color variety to an otherwise colorless meal. It is well, however, to avoid serving carrots, tomatoes, and beets together because of the clash of color.

Variety of flavor is as important in a meal as variety of color. Too many bland, rather tasteless foods or one food prepared in more than one way and served at the same meal do not appeal to the appetite. The addition of cheese to macaroni, of onions to potato salad, of fruit to tapioca relieves the blandness of these foods and makes them more appetizing when served with other foods which lack a definite flavor. Combinations of flavors should be carefully considered.

The third factor to consider in planning meals is to get a variety of texture in the foods served. Irish potatoes with carrot and cabbage salad is more pleasing than the same potatoes served with sweet potatoes or with other soft, smooth food. Often lettuce, celery, or toast will give a variety of texture to soft foods, which improves their palatability.

When the meal is well planned it must be well prepared to be most attractive. Recipes in the Supper Club literature have been carefully worked out, using level measurements, and they insure consistently good results if followed accurately. Other recipe books may or may not employ level measurements, a fact which should be understood before the preparation of a dish is begun. After the ingredients are combined, the next important step is the cooking process. Again the recipe will serve as a guide for procuring the proper consistency and a pleasing color which well cooked food presents.

Added to the careful planning of the menu and the preparation of the food must be attractive serving. The kind of dishes used materially affects the attractiveness of the meal. They do not have to be expensive but they should go well together, should be appropriate for the use made of them, should produce a pleasing color combination with the food, and should correspond with the other table accessories.

Sprigs of parsley, a leaf of lettuce, a dash of paprika, a little grated cheese, a slice of hard cooked egg, slices of lemon, or a red cherry will often improve the appearance of an otherwise plain and colorless dish. These are used as garnishes and their function principally is to please the eye.

The points to consider then in making foods attractive are the proper planning of the menu, considering variety of color, of flavor and of texture; the careful preparation of the food to secure good consistency and pleasing color; and the serving of the food, employing as aids to attractiveness, suitable dishes and garnishes.

### Cereals for Supper

#### AMOUNT TO COOK

The amount of cooked cereal to be served each person will depend upon the other food to be served at the meal and upon how much the individual likes cereal. If the cereal forms the main part of the meal, as much as 1 cup of cooked cereal may be eaten by each person, but ordinarily  $\frac{1}{2}$  cup of the cooked cereal is enough for a serving. All cereals except rolled oats swell about four times their volume when they are cooked. If, therefore, four cups of cooked cereal are needed for the family only one cup of the uncooked cereal will need to be cooked. Rolled oats swell twice their volume so that if four cups of cooked oats are needed, 2 cups of the rolled oats must be cooked.

#### AMOUNTS OF WATER TO USE WITH CEREALS

To one cup	Use cups of water	Will make cups of product
Cornmeal	4 to 5	4
Hominy grits	4	4
Oatmeal	4 to 5	4
Oats (rolled)	2 to 2½	2
Rice	3½ to 5	4
Samp	4	4
Wheat (cracked)	4 to 5	4
Wheat (granular as Cream of Wheat or Ralston's)	4 to 5	4

#### GENERAL RULES FOR COOKING CEREALS

1. Determine how much cooked cereal is required.
2. Measure out the required amount of water in the upper part of a double boiler.

3. Add 1 teaspoon salt to each quart of water and heat to the boiling point.
4. Consult the above table and use the right proportion of cereal for the water measured out.
5. Add the cereal slowly to the boiling salted water, stirring constantly.
6. Boil until the cereal is slightly thickened. This will be from three to ten minutes. Stir occasionally during this time to prevent burning.
7. Cover and place the container in the lower part of the double boiler which should be kept about one-third full of boiling water. Cook one hour or longer.

If the cereal is cooked in the evening for the following breakfast, it may stand in the double boiler all night and be heated in the morning.

Cereals are made attractive by adding washed raisins or washed and cut dates or figs a minute before taking from the fire. They may be served as the main supper dish.

When reheating cereal, it is well not to stir it until it is thoroughly hot, since stirring when cold is apt to cause lumps.

To prevent a hardening over of the cereal due to standing, two or three tablespoons of water may be poured over the top of the cereal after the cooking process at night is finished.

#### VARIATIONS OF CEREALS

Cereals may be used in many other ways beside plain, with milk or cream, and sugar. Cream of wheat or cornmeal mush if made a little thicker than the porridge consistency may be fried. If either is used, it should be turned into a bread pan to mold and when firm sliced in even slices. In frying, have enough fat in the skillet so that it will bubble half way up the sides of the slices. Always have fat very hot when the slices are put in as that will make the product more digestible.

Rice or Cream of Wheat which has been cooked in milk may be molded with canned or stewed fruits, such as peaches, pears, or apricots or the dried fruits (peaches or apricots) which have been soaked and cooked. These cereals make an attractive dessert when served with the fruit juice, a fruit sauce, or whipped cream.

#### HOT RICE PUDDING

2½ cups cooked rice	1 egg (may be omitted)
½ cup sugar	¼ cup raisins or dates or none
¾ cup milk	⅛ tsp. nutmeg or ½ tsp. vanilla

Beat the egg slightly, add the sugar, milk, cooked rice, and either nutmeg or vanilla, and the washed and cut dates or raisins. Pour into

buttered baking dish and bake in moderate oven until egg has thickened. Serve with milk, cream, or fruit juice.

Cream of Wheat may be substituted for the rice.

#### HOT BREADS MADE FROM CEREALS

One of the nicest ways of using cereals is in muffins or biscuits for supper. This is particularly true of the whole grain cereals, like graham flour, or the coarse cereals, such as bran.

#### GRAHAM OR WHOLE WHEAT MUFFINS

1 cup white flour	2 teaspoons sugar
1 c. graham or whole wheat flour	1 egg
3 teaspoons baking powder	1 cup milk
$\frac{3}{4}$ teaspoon salt	2 tablespoons butter or other fat

Measure and sift the first five ingredients together. Mix in with spoon any coarse flour which does not go through sifter. Beat the egg slightly and add to the milk. Add to the dry ingredients, mixing well. Melt the fat and add it, mixing in quickly. Pour into well greased muffin rings and bake in a moderate oven 25 minutes or until well browned. Bran or oatmeal may also be substituted for the graham or whole wheat flour.

#### GRAHAM OR WHOLE WHEAT DROP BISCUITS

1 cup white flour	$\frac{3}{4}$ teaspoon salt
1c. graham or whole wheat flour	$\frac{3}{4}$ to 1 cup milk
4 teaspoons baking powder	$2\frac{1}{2}$ tablespoons fat (lard or crisco)

Sift the flour, baking powder, and salt together. Mix in with spoon any coarse flour which does not go through sifter. Cut the fat in with two knives or work in lightly with the finger tips. Stir in the milk with a knife. The dough should be well moistened but not wet. Drop on to greased baking pans by spoonfuls. Bake in hot oven until brown.

### IV. USING THE FOOD ON HAND

People who live on the farm have plenty of milk and eggs the year round; an abundance of fresh fruits, vegetables, and young, tender chickens through the summer season; and much fresh meat during the winter. In order to provide balanced meals at all times, it is necessary for them to can or store fruits and vegetables during the summer for use in the fall, winter, and early spring; and to can or cure winter meat for use during the warmer weather. A wide choice of foods should be available not only to make the balancing of meals possible, but also to give variety. Sameness from day to day and week to week may be avoided also by preparing a food in different ways. Whole milk is the best single food that there is for youth or for age. It builds strong muscles, furnishes heat and energy for the body, keeps teeth and bones

in good condition, and contains the vitamins that are important health giving substances. Because it is a bland food and does not appeal to some persons, it is essential that one knows a variety of ways in which it might be prepared. Some of these are: as cream soup, which makes a splendid supper dish; with vegetables in the form of creamed and scalloped dishes; in combination with eggs; as a beverage; as cottage cheese; and in many desserts, such as custards, bread puddings, milk gelatin desserts, ice cream, and milk sherbets.

The preparation of eggs, another important food for growth and development, may be varied by boiling, scrambling, poaching, creaming, baking, or serving as an omelet. All of these methods are more desirable than frying because eggs prepared in any of these ways are more easily digested than are fried eggs.

Fruit is a food needed every day. It is appetizing, easily digested, rich in iron and vitamins, and is a source of roughage, as are vegetables. Therefore, fruit is necessary in winter as well as in summer.

People have come to depend upon the apple because it can be easily stored, thus making it available in raw form throughout the year. In addition, it can be prepared in so many ways that one does not grow tired of it. Some of these ways of preparing apples are stewed, coddled, baked in a variety of ways, served in countless salads, and as desserts in combination with custard, bread, tapioca, egg or gelatin. Instead of using these methods, however, apples are sometimes served in pies and dumplings, which are not the best from the standpoint of health.

When fruit is thoroughly ripe it is most appetizing served raw. A delicious and easily prepared dessert may be ripe plums, grapes, berries, peaches, pears, bananas, melons, or any other seasonable fruit. To some of these sugar and cream may be added. Fruit canned with a small amount of sugar may be served as a dessert as it comes from the can. Either fresh or canned fruits combine well for salad or cocktail. Dried fruits, if soaked overnight in water and cooked slowly, are very satisfactory substitutes for fresh or canned fruits. Most of these fruits can be substituted for apples in combination with custard, bread, tapioca, egg, or gelatine.

Vegetables, like fruits, furnish iron for rich, red blood; vitamins for health and development of the body; and roughage to keep the system clean and in good condition. In the summer time the serving of vegetables is not a problem because of the abundance of raw vegetables, many of which may be eaten in the raw state in the form of salads. For winter, vegetables must be either canned or stored.

Fresh tomatoes offer many possibilities for delightful salads, or they may be cooked and then prepared in the same ways as canned tomatoes, as plain, combined with milk in cream of tomato soup, creamed

on toast, combined with cheese and breadcrumbs (tomatoes au gratin), escalloped, as a soufflé, or combined with other vegetables.

Potatoes are one of the foundation foods in the diet, but they are not used to the best advantage when they are fried, a method which makes the starchy vegetable less easily digested. Better ways of preparing potatoes, from the standpoint of health, are baked; boiled (with or without the skins); mashed; escalloped or creamed; combined with eggs, as in potato puff, potato soufflé, potato nests; or as a salad.

Cabbage is the most easily stored of all the green vegetables, and, for that reason, it is available in raw form when it is difficult to get other fresh vegetables. The most satisfactory ways of serving it raw are as cold slaw and combined with other vegetables for salads. When it is boiled it may be served plain, seasoned with pork or butter; creamed; escalloped; or au gratin (escalloped with cheese and bread crumbs).

A little thought given to the planning of the meals will make possible a wide variety of dishes, even at a time when the foods on hand are limited.

### Ways of Making Potatoes Attractive

#### MASHED POTATOES

Always start the cooking of vegetables in water that is boiling and slightly salted. Use as small a quantity of water as is possible to cook them so that the valuable minerals and vitamins will not be poured out when drained. Mashed potatoes should be light and fluffy, not a solid, compact mass, as is often seen.

#### RICED POTATOES

To make mashed potatoes fluffier and more attractive put through a ricer or strainer and pile lightly in serving dish.

#### POTATO OMELET

Prepare mashed potatoes, turn into hot frying pan greased with one tablespoon butter, spread evenly. Cook slowly until browned underneath and fold in half and slip onto serving plate.

#### POTATO NESTS

Mash potato and place by large spoonfuls in a baking pan. Hollow out center sufficiently to hold an egg. Break an egg into a saucer and slip the egg into the center of the potato and bake in slow oven until the egg is cooked.

#### SAUSAGE PIE

Place a layer of mashed potatoes in a buttered baking dish. Place on top a layer of loose sausage that has been browned slightly in a skillet. Add another layer of mashed potatoes and cover with gravy which is made from the fat that cooked out of the sausage. To two tablespoons of fat, stir in two of flour and add slowly one cup of milk. Cook until

flour thickens. Place the baking dish in the oven and cook until the potato is brown on top.

#### POTATOES ON THE HALF SHELL

Bake smooth, well shaped potatoes and when done cut slice from top of each and scoop out inside. Mash until very light and fluffy, add milk, butter, and salt. Refill skins and return to oven until heated through. They may be sprinkled with grated cheese before putting in oven.

#### BAKED POTATOES WITH PEAS

Bake potatoes as in Potatoes on the Half Shell, remove the pulp and mash well. Put a spoonful of creamed peas in the bottom of each shell and pile the mashed potato on top. Reheat in the oven until thoroughly hot. One-half cup white sauce (made with 1 tablespoon butter, 1 tablespoon flour, and  $\frac{1}{2}$  cup milk) and  $\frac{1}{2}$  cup peas for the creamed peas, will serve six persons.

Left over meat, such as ham, beef, or liver, creamed this way and used in place of peas makes a pleasing variation.

#### BAKED POTATOES WITH SAUSAGE

Heat loose sausage in a skillet until brown, mix with the unseasoned pulp of baked potatoes and refill the skins as in the other recipes. The sausage seasoning is usually enough to season the potato as well.

#### ESCALLOPED POTATOES

Wash, pare, and cut potatoes in slices. Put a layer in a buttered baking dish, sprinkle with salt and pepper, dredge with flour, and dot with butter. Repeat. Add hot milk until it may be seen through top layer. Bake until tender, about  $1\frac{1}{4}$  hours.

#### VARIATIONS OF ESCALLOPED POTATOES

1. Alternate layers of potato and hard cooked eggs.
2. Alternate layers of potato and grated cheese.
3. Alternate layers of potato and minced ham.

It is better to make the variations suggested in 1 and 2 with cooked potatoes, so the eggs and cheese will not be over-cooked. Escalloped potatoes may also be prepared with cooked potatoes.

#### POTATO SALAD

Potatoes for salad should be well seasoned with salt, and a well seasoned, fairly acid salad dressing used. There should always be something crisp used in the salad. The salad dressing should be mixed with the salad and it is better if the salad is mixed an hour or more before serving.

## SOME SUGGESTIONS FOR COMBINATIONS FOR POTATO SALADS

1. Cold boiled potatoes diced, cold boiled beets, and shredded cabbage.
2. Cold boiled potatoes diced, finely cut celery, and cubed apples.
3. Cold boiled potatoes diced, cabbage, and a little onion.
4. Cold boiled potatoes diced, diced cucumbers, and green pepper.
5. Cold boiled potatoes diced, onion, and green pepper.
6. Cold boiled potatoes diced, hard cooked eggs, and pickles.

**Salad Dressings**

## COOKED SALAD DRESSING

$\frac{1}{2}$ teaspoon salt	$1\frac{1}{2}$ tablespoons butter
1 teaspoon mustard	2 egg yolks
$1\frac{1}{2}$ tablespoons sugar	$\frac{3}{4}$ cup milk
1 tablespoon flour	$\frac{1}{4}$ cup vinegar

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

## FRENCH DRESSING

$\frac{1}{2}$ tablespoon salt	3 tablespoons vinegar
Speck of cayenne or	6 tablespoons oil (Wesson,
$\frac{1}{4}$ teaspoon paprika	Mazola, or olive oil)

Combine seasonings and vinegar, mix well. Add oil and beat with fork just before using.

## MAYONNAISE DRESSING

1 teaspoon mustard	Yolks of 2 eggs or 1 whole egg
1 teaspoon salt	2 tablespoons lemon juice
1 teaspoon sugar	4 tablespoons vinegar
Few grains pepper (paprika or cayenne)	$1\frac{1}{2}$ cups oil

Combine dry ingredients, add egg yolk, and mix well. Beating constantly, add oil gradually, almost by the drop until several tablespoons have been added and a thick emulsion has been formed after which the oil may be added as fast as desired. Beat at first with a fork, later with a Dover or other good beater. As the dressing becomes thick it should be thinned occasionally with vinegar and lemon juice, but it should not lose its thick consistency. If the dressing should separate, begin with another yolk of egg and stir the separated mixture into it slowly as before.

Note—The amount of vinegar given in the recipes for cooked salad dressing and mayonnaise dressing is sufficient for most salads, but most

persons will prefer to add a little more vinegar to potato salads made with these dressings.

### QUICK OR MOCK MAYONNAISE DRESSING

#### Mixture One

1 egg	$\frac{1}{4}$ teaspoon mustard
1 cup oil	Few grains of red pepper
Juice of 1 lemon or	1 teaspoon salt
$\frac{1}{4}$ cup vinegar	1 teaspoon sugar

#### Mixture Two

2 tablespoons butter	$\frac{1}{2}$ cup flour
1 cup water	

Put the ingredients of mixture one in a bowl in the order given in the recipe. Do not stir them together.

Melt the butter of mixture two in the top of a double boiler, add the flour and mix as thoroughly as possible, add the water gradually and cook until mixture thickens on the stove, stirring constantly. Finish cooking over hot water for 15 minutes.

Add mixture two to mixture one while hot and beat with rotary egg beater until well blended and smooth.

### Why Tomatoes are Valuable in the Diet

There must be plenty of those food substances called vitamins in the diet, if growth and development are to be maintained. One of the five vitamins, vitamin C, is very easily destroyed in cooking. It is the one found abundantly in oranges, lemons, grape fruit, and tomatoes. Contrary to the general rule, when tomatoes are canned this vitamin is not injured as it is in every other food. Just heating milk to the scalding point destroys vitamin C so that it does not prevent the disease scurvy. "Growing pains" in the spring may be the beginning of scurvy; twinges of rheumatism, with older persons, often are not indications of rheumatism, but of scurvy. To prevent this, growing boys and girls should have either an orange or  $\frac{1}{2}$  cup of tomatoes every day. Adults will be protected if they have the same foods and same amounts of them three times a week.

### What We Can Do with Canned Tomatoes

#### CREAM OF TOMATO SOUP

$\frac{1}{2}$ can tomatoes	1 slice onion
2 teaspoons sugar	1 teaspoon salt
1 quart milk	$\frac{1}{8}$ teaspoon pepper
4 tablespoons flour	4 tablespoons butter

Scald milk with onion, remove onion and make a white sauce of the flour, butter, milk, salt, and pepper. Cook tomatoes with sugar 15

minutes, rub through a sieve. Just before serving, combine mixtures while both are hot, adding tomato to the white sauce.

#### TOMATO CREAM TOAST

1½ cup stewed and strained tomato	3 tablespoons butter
½ cup scalded cream	3 tablespoons flour
6 slices toast	½ teaspoon salt

Put butter in saucepan. When melted and bubbling add flour mixed with salt. When flour has been well cooked in the butter stir the tomato in gradually. Just before serving add cream. Serve on slices of toast.

#### ESCALLOPED TOMATOES

Remove contents from one can of tomatoes and drain tomatoes from the juice. Season with salt, pepper, a few drops of onion juice, and sugar if preferred sweet. Cover the bottom of a buttered baking dish with buttered cracker or bread crumbs, cover with tomatoes and sprinkle top thickly with buttered crumbs. Bake in a hot oven until crumbs are brown.

#### VARIATIONS OF ESCALLOPED TOMATOES

1. To one can of tomatoes add ½ to 1 green pepper cut up fine, and a little onion sliced thin.
2. Celery may be used in place of onion.
3. Prepare tomatoes as in escalloped tomatoes, break as many raw eggs on top of crumbs as are required for serving the family. Cook in a slow oven until tomato is hot and eggs are done.

#### TOMATO SALAD

Use tomatoes that have been canned whole. Remove from can, drain off all liquid and serve on crisp lettuce leaf with mayonnaise dressing.

#### VARIATIONS OF TOMATO SALAD

If tomatoes are sufficiently firm they may be stuffed with:

1. Finely cut celery and apples.
2. Finely shredded cabbage.
3. Grated pineapple and chopped nuts.

#### POINSETTIA SALAD

Use firm canned tomatoes and cut each in 6 sections, cutting from stem end down almost to the bottom of the tomato. Arrange in the shape of a flower and put a ball of cottage cheese in the center. Serve with French or Mayonnaise dressing.

## V. TABLE SETTING

Many persons set the table without giving much thought to it. Their chief object seems to be to get the food, and the ware needed on the table.

The club girl has an opportunity to learn the possibilities of meal time and use the information in her mother's home now and perhaps in her own home later.

Meal time in many homes is the only time in the course of the day when the whole family gets together. This should be a pleasant occasion when the members of the family would eat their food in leisurely fashion and visit with one another. No one will care to do this if surroundings are not attractive.

The first thing then to consider is the aim in setting the table. The table should be attractive which means that everything should be clean, orderly, and arranged for the convenience and comfort of everyone.

What shall the table covering be? Oil cloth is often used, because it is easily cleaned. It is not attractive to eat from, however, for it is cold, shiny, and when new has an unpleasant odor which may be disagreeable to some people. An improvement over the plain oil cloth is the pebbly oil cloth or a material which is called Sanitas. The latter is attractive, easily cleaned, and does not have the objectionable shiny characteristic of oil cloth. The most attractive covering is, of course, the linen tablecloth. Linen wears better than cotton and does not retain stains as does cotton but it costs more. Unbleached or half bleached linen cloths can be bleached on the grass and are better investments than mercerized cloths. If the table is well finished the use of doilies or table runners is attractive and saves work. The table covering, of whatever material it may be made, should be put on the table squarely. If it is a cloth the crease should run lengthwise of the table and not at an angle, as this is the beginning of the straight lines which are used throughout in table setting. Order and neatness are the foundation rules of all beautiful things whether a room arrangement, the trimming of a dress or the setting of a table.

There should be as little noise as possible at the table and, therefore, it is well to have a silence cloth under the table cloth. This silence cloth also protects the table from being marred by hot dishes. It may be made of felt, asbestos, or cotton flannel. A cotton blanket is sometimes used.

The next thing to consider is the cover. The cover means the silver, china, and glass needed for each place. Ordinarily this consists of the knife, fork, spoons, plates, napkin, water glass, cup and saucer, and butter plate used by each person. That each person may be comfortable at the table 26 inches or more should be allowed for each cover.

The knife and fork should be placed on the table far enough apart that the arrangement of the silver will not be upset and the table disarranged when the dinner plate is set between them. All silver is placed about an inch from the edge of the table as evenness of placing is more attractive than a careless jumbling. Silver will not be accidentally moved when a person sits down at the table if it is placed an inch from the edge.

As everyone holds his fork in his left hand in cutting it is placed to the left of the dinner plate. The tines are up because the fork rests steadier in that position. The knife goes to the right for the same reason that the fork is on the left as most everyone cuts food with his right hand. The cutting edge is turned toward the dinner plate, so that when the knife is taken up a quarter turn of the wrist puts the knife in position for cutting. It does not have to be turned completely over before it can be used. The spoons are placed next to the knife, bowls up, the

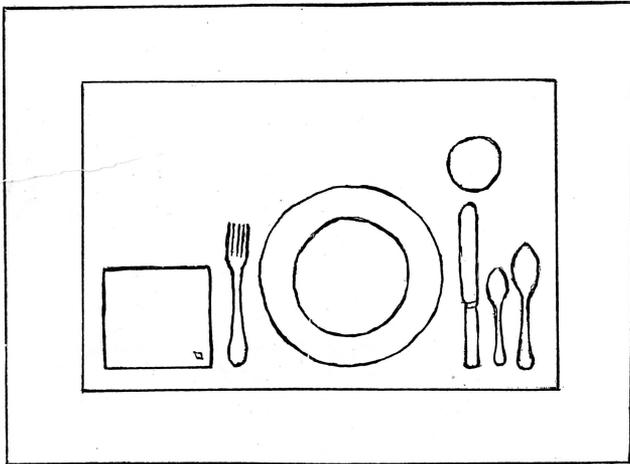


Fig. 3.—A cover laid for one person.

reason being the same as for the fork. If there is a salad fork, it is placed to the right of the dinner fork, as salads are usually served after the main dinner course has been removed. The table is left neater if the space between the plates and silver becomes smaller rather than larger as the silverware is used. The napkin is usually placed on the left, in line with the edge of the silver and with open corner toward the fork for convenience in unfolding and placing on the lap. The napkin is usually left folded in half, if it is a regular dinner napkin. The bread and butter plate is placed at the tip of the fork, while the water glass is placed at the tip of the knife where it is nearer the hand that usually carries the glass to the mouth. The bread and butter plate is placed at the tip

of the fork to give a balanced effect which is attractive. This completes the cover.

There are a few accessories which have definite places on the table. The salt and pepper shakers should be placed so that they are conveniently reached and should be in a straight line with the edge of the table just as the silverware is placed. Nothing that goes on the table should upset this principle of arrangement. As the hostess usually

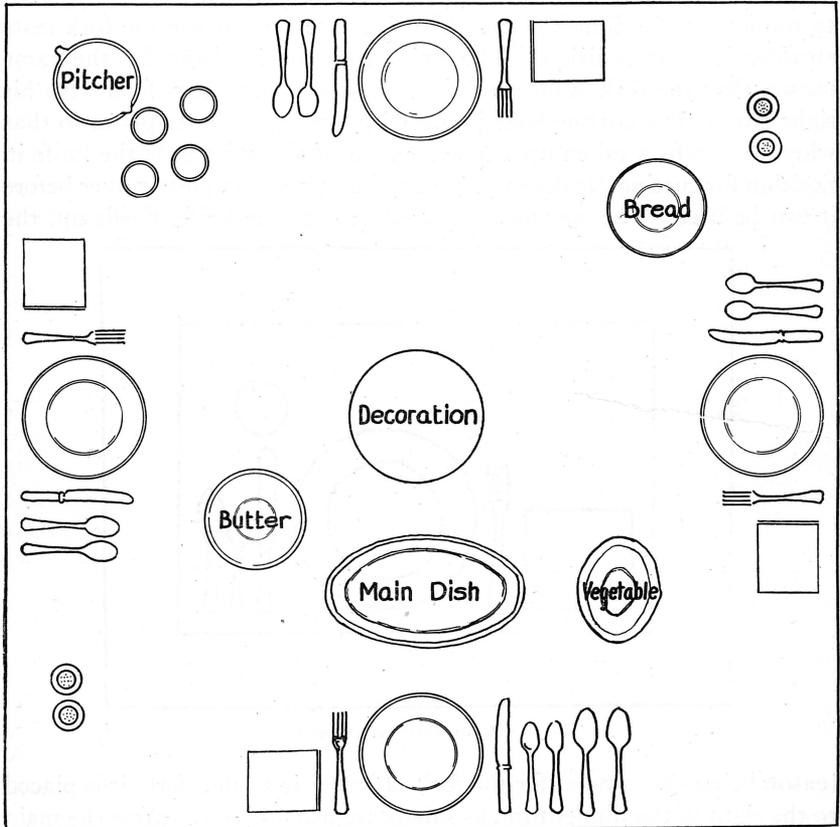


Fig. 4.—Table setting arrangement.

pours a beverage served with the meal, the coffee or tea pot is placed at the right of her place so as not to interfere with her cover, and the cream and sugar in front of her, enough above her cover so as not to appear crowded.

The chairs should be so placed that the seats are just touching the edge of the table cloth. Then it will not be necessary to move them when one sits down.

The table decoration must not be forgotten for it is that which gives a note of interest to the table. The place for this decoration is the center of the table. The decoration may be a bowl of flowers or of fruit or a plant. The table decoration must be low or so slender that no one has difficulty in seeing the other members of the family.

When the covers are laid and the accessories added, the table is ready for the placing of the food. Plates of bread, butter, jelly, cheese, and dishes of other food which are to be passed at the table should be placed near enough to a cover so that they can be conveniently reached. Any silver needed for serving these dishes is put at the right of the dish in a straight line with the handle toward the person in front of whom the dish is placed.

If these dishes of food are placed the same distance from the edge of the table, in straight lines, and if they are spaced so the arrangement seems to balance; the table will look orderly. Glasses should be filled with water or milk to within three-fourths of an inch from the top. A pitcher of water or one of milk may be placed near the cover of one of the older boys or girls to help divide the serving responsibility. Through custom, the father serves the meat and vegetables, the meat platter or dish of hot food being placed above his cover and the dishes of vegetables that are to be served on the plate being placed at each side of the platter. The carving knife is put at the right of the platter and the fork at the left. Spoons for serving vegetables are placed at the right of his cover for the same reason as in the individual cover. The mother sits at the foot of the table and the father at the head. The mother serves the soup, salad, and dessert unless these are brought directly from the kitchen when served. For the home dinner the salad is often arranged on individual plates which are placed at the left above the cover to keep the table balanced when a beverage is served. It is customary to serve all vegetables on the dinner plate except juicy vegetables, which may be served in separate dishes.

The rules given for table setting are generally used by persons who consider the comfort, convenience, and pleasure of everyone at the table. Common sense is the basis of all of them.

### **Fruit Cocktail**

There are many pleasing combinations for fruit cocktail; the following are suggestive:

1. Pears, peaches, pineapple.
2. Pears, peaches, grapefruit.
3. Oranges, grapefruit, bananas.
4. Oranges, grapefruit, pineapple.
5. Oranges, pineapple, strawberries.
6. Grapefruit, strawberries.

7. Grapefruit, pineapple, bananas, strawberries.
8. Apples, oranges, and canned or fresh cherries.
9. Watermelon balls or cubes.

Any proportion of these fruits may be used. Sweeten to taste. Except in the recipes where there is considerable grapefruit, it is well to add lemon juice in the proportion of about 2 tablespoons of lemon juice to 2 cups fruit.

Fruits which are attractive to serve alone at the beginning of a meal:

1. Grapefruit.
2. Strawberries with the hull, served on a hard-maple leaf with a mound of powdered sugar on the plate.
3. Currants on the stem, served as above.
4. Cherries on the stem served on a plate with cherry leaves and sugar.
5. Cantaloupe.

## VI. TABLE SERVICE AND MANNERS

### Informal or Family Service

There are several styles of table service, but the one which is most commonly used is called family service. In this type of service the foods, except perhaps the dessert, are all on the table when the family sits down. The meat and vegetables are grouped around the father's cover; the salad is usually at each person's place; and the beverage is near the mother's cover. The father serves the plates and they are passed from person to person, first to the mother as she is farthest away; next to the one at her right and down on that side of the table until all are served. Next, the one on her left is served and then in order until all are served. If there are any guests they may be served first, although it is customary to serve first the hostess or mother who sits at the foot of the table. Where there are older persons at the table, as a grandmother or aunt, and the children are quite young, it is more courteous to serve all of the adults before the plates are passed to the children.

No one gets up from the table during the eating of the main part of the meal except to replenish bread, butter, or other food or for unavoidable reasons.

The dessert may be served from the kitchen or at the table, but in either case, the used dishes should be removed. There are certain rules which should be followed in the serving of another course:

1. Remove first the meat, vegetables, butter, bread, and other serving dishes of food without taking the serving silver or carving set from them.
2. Remove the hostess' dishes first, then the others in regular order.
3. Do not try to remove the dishes from more than one cover at a

time and do not "stack" them; that is, do not put the salad plate or other dishes on to the dinner plate in front of the person whose dishes are being removed as this is noisy and unattractive.

4. There are no hard and fast rules about the matter, but most persons find it easier to remove all dishes except the cup and saucer from the left of the person on whom they are waiting. These should be removed from the right. (Often the cup and saucer are not removed until the close of the meal.)

5. Make as little noise as possible so that no one will be uncomfortably conscious of the service.

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

7. When the dessert is being served, it is correct to serve from either right or left, although the more common practice is to serve it from the left. Serving the foods and removing dishes from the left makes the person being served more comfortable as he knows on which side to expect the server. He does not have to be dodging back and forth with uncertainty each time the server approaches.

These seven rules are followed whether the service is the simple family service described or whether a more formal service is used.

### Formal Service

There may be occasions, as at church suppers, home dinners, or luncheon parties of adults, when the meal will be served in a formal style and the club girl will wait on the table, so a few rules are added for that type of service.

In the formal service all food is served from the kitchen, or if the father serves at the table, someone, in this case the club girl, takes the served plate to each person.

1. The father or other person who is serving the plate puts the food on the plate; the club girl, standing at her father's left, takes the plate from in front of him and, standing at the left of the person she is serving, places it in front of that person.

2. The club girl passes all dishes from which persons help themselves to the left and low enough so that the person served can easily help himself.

3. The water glass is filled from the right, preferably without removing the glass from the table. If it is necessary to remove the glass from the table, the hand should be placed near the bottom of the glass so that the fingers will not come in contact with the portion of the glass from which the person drinks.

This formal style will never be used in the home except on special occasions and the person who serves does not sit down at the table.

She must be alert to see that everyone's wants are supplied all the time, being as quiet and inconspicuous as possible.

### Table Manners

The following rules for good table manners have become established through long usage in our country. They have been generally accepted because if followed they make the person eating feel at ease, inconspicuous, and considerate of others.

1. Begin to eat when all have been served.
2. Sit up straight in the chair. Keep arms and elbows off the table. When not eating, the hands should rest in the lap. It is not considered the best form to play with the silverware or arrange your clothing or hair.
3. Always keep any comments on the dislike of food to yourself. Such comments are inconsiderate of the person who planned or prepared the meal.
4. Try to eat what is served, even if only a little.
5. Bread should be broken into small pieces when eaten as it is awkward to hold and eat from a whole slice. Each piece is buttered as eaten.
6. Keep the mouth closed when chewing. Talking when the mouth is full is not pleasing to the other persons at the table.
7. If an accident occurs, pay as little attention to it as possible. Ask to be pardoned and remedy the difficulty quickly and quietly.
8. Leave as little food as possible on the plate. This includes eating the lettuce under the salad and serving yourself to the quantity of food which you can eat. It is better to have a second small serving than a first serving which is too large and which will be partly wasted.
9. The knife is to be used for cutting foods too firm to be cut with a fork. It is also used for spreading butter. It is never good form to use the knife to carry food to the mouth. The knife is held in the right hand with the forefinger resting lightly on the back edge of the blade. The knife is usually held close to the middle of the handle. When cutting, the elbows are kept as close to the body as possible. Only one bite is usually cut at a time.
10. The fork is used for cutting foods like lettuce (unless too solid), pie, watermelon, and creamed foods served on toast (unless toast is very tough). When the knife is used for cutting, the fork is held as is the knife, but in the left hand and with the tines turned down. Most food is carried to the mouth with the fork held in the right hand, the tines up to keep the food on the fork more easily.

Some European countries have the custom of conveying food to the mouth with the fork held in the left hand, tines down, the position of the fork used for holding the food when cutting with the knife.

Knives or forks are rested across the upper right hand part of the plate when not in use, or during passing for a second helping.

11. The spoon is used for all soft foods which cannot be eaten with a fork. Custards, soups, and soft vegetables, like stewed tomatoes, are eaten with a spoon. Soup should be drunk from the side of the spoon. The soup spoon is filled by dipping away from one's self so that any drop that forms on the bottom of the spoon will fall into the soup plate. A spoon is used to stir sugar into a beverage, and it is used to sip the beverage to test the temperature. To drink a cup of beverage a spoonful at a time is considered improper because it is awkward and slow. After tasting to see if a drink is sweet enough or not too hot, the spoon is placed on the saucer. If left in the cup there is danger of knocking the handle of the spoon and thus spilling the beverage.

### Table Conversation

Meal time can be made into the happiest time of the day if a little thought is put into making it pleasant. Conversation should be always cheerful, interesting, and uplifting in character. Too often it is made into a nagging, scolding time or it turns to gossip about one's neighbors. If something sincerely good can be said about a person, what he has done or said, it is a fine thing to pass on and share. Besides gossip, another subject which should be excluded from table conversation is illness or operations because it often affects the appetites of some people. The topic of food brings little that is desirable into conversation. Usually conversation about food falls into a recital of likes and dislikes, a fact which may have an undesirable effect upon the attitude of the other persons at the table toward the food served.

Subjects that are appropriate for table conversation are:

1. Topics of the day, such as current political events, new inventions, new discoveries in science, sporting events.
2. Interesting things heard over the radio.
3. Automobiles, the kinds, costs of running, differences, new features in cars.
4. Nature study of birds, flowers, trees. Kinds most common in the community; some unusual examples found elsewhere.
5. Fishing, including the best places, equipment needed, fishing experiences.
6. Games and sports.

7. Books that have been read and liked, and why they were liked.

8. 4-H club camps or vacations.

9. What the family can do at home together in the evenings such as reading aloud, singing or enjoying the radio, victrola music, playing games, and popping corn.

Table conversation has unlimited possibilities of creating greater interest in what the other members of the family are doing and thinking, and hence of bringing everyone closer together. It also increases interest in many different subjects, gives new ideas, and thus improves one's education. Living in this happy atmosphere, families are not thinking about food and unconsciously they eat and enjoy food which formerly they may have thought they did not like.

### Egg and Milk Dishes

#### SOFT COOKED EGGS

Have ready a saucepan containing boiling water. Carefully put in with a spoon the number of eggs desired, covering them with water. Remove saucepan to back of range, where water will not boil. Cook from six to eight minutes.

#### SCRAMBLED EGGS

If eggs are scrambled in a double boiler, they will be creamier than if a frying pan is used. Put 1 tablespoon butter in double boiler for each egg used. Beat eggs until whites and yolks are well mixed. Season with salt and add 2 tablespoons of milk or cream for each egg. Pour into double boiler and cook slowly, stirring constantly until the eggs are cooked. A little chopped parsley adds to the attractiveness of the dish.

#### POACHED EGGS

Heat salted water to the boiling point in a shallow pan. Break an egg into a saucer, then slip the egg into the water gently, so as to keep its shape. Remove pan from fire, cover, and keep hot until eggs are set to desired degree. If yolk is not entirely covered, dip the water over it carefully until it is coated with white. Remove with a skimmer and slip onto a thin piece of buttered toast.

#### CREAMED EGGS

6 hard cooked eggs

2 cups thin white sauce made with

4 tablespoons butter                       $\frac{1}{2}$  teaspoon salt

2 to 4 tablespoons flour                2 cups milk

Hot buttered toast, if desired.

Make the white sauce by melting the butter, blending the flour with it, and adding milk gradually while heating slowly. Add the salt and cook until thickened.

Add the hard cooked eggs, which have been sliced, to the sauce, pour over toast, or serve in a vegetable dish.

## PLAIN OMELET

4 eggs

Salt

4 tablespoons water

Butter

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



Fig. 5.—Folding an omelet.

Loosen the edges of the omelet, slip a spatula or flexible knife under the side next to the handle of the pan, fold one-half over the other and press lightly to make it stay in place, slip it onto a hot plate and serve at once.

## VARIATIONS OF PLAIN OMELET

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

2. Cheese or parsley, prepare as for (1).
3. Jelly or jam may be spread over the omelet just before folding.

#### BAKED EGGS

Use individual baking dishes, grease well with butter, and add 1 tablespoon milk or cream to each dish. Drop an egg into each dish, salt, cover, and bake in a moderate oven until the eggs are set but not hard. Serve in the baking dishes.

If individual baking dishes are not available, one larger baking dish may be used, the recipe modified to suit this condition.

#### PLAIN SOUFFLE

3 tablespoons butter	1 cup scalded milk
$\frac{1}{4}$ cup flour	2 to 4 eggs
	1 teaspoon salt

Make thick white sauce of butter, flour, and milk. When well thickened, pour on yolks of eggs which have been beaten until thick and lemon colored; cool, cut and fold in egg whites beaten stiff and dry. Turn into buttered baking dish and bake in a rather slow oven until firm. The mixture may be baked as an omelet is baked.

#### VARIATIONS OF PLAIN SOUFFLE

1. To plain soufflé add  $\frac{1}{2}$  cup of grated cheese.
2. To plain soufflé add  $\frac{1}{2}$  to 1 cup chopped meat or fish.
3. To plain soufflé add  $1\frac{1}{2}$  to 2 cups of cooked vegetables as peas, beans, corn, asparagus, or carrots. The vegetables may be mashed, strained, or cut into small pieces.

#### CUSTARDS—FOUNDATION RECIPE

2 cups milk	$\frac{1}{8}$ teaspoon salt
2 eggs (or 4 yolks)	$\frac{1}{2}$ teaspoon vanilla, almond, or other extract; or $\frac{1}{4}$ teaspoon nutmeg or cinnamon
$\frac{1}{4}$ cup sugar	

Fewer yolks can be used in a soft custard if  $\frac{1}{2}$  tablespoon cornstarch or 1 tablespoon flour is mixed with the sugar for each egg yolk omitted.

#### BAKED CUSTARD

Scald milk in double boiler. Beat eggs slightly, add sugar and salt and the scalded milk gradually. Put in greased cups, bake in a slow oven until firm. If custard is baked in a large pan, 3 eggs are needed for a pint of milk.

#### SOFT CUSTARD

Mix like baked custard, cook in a double boiler, stirring constantly until mixture coats the spoon. Strain, cool, and flavor.

## KINDS OF CUSTARD PUDDINGS

1. Fruit and cake. Arrange layers of dry cake and pieces of canned peaches, apricots, or oranges in a glass dish and pour soft custard over them. The cake may be omitted.

2. Ginger Pudding. Serve soft custard over gingerbread.

3. Floating Island. Serve soft custard in glasses with meringue on top. May be garnished with jelly.

4. Caramel. Caramelize  $\frac{1}{3}$  cup sugar and add scalded milk to it. Make as plain custard omitting any other sweetening.

5. Rice or Tapioca. Soak  $\frac{1}{4}$  cup rice or pearl tapioca for one hour in enough water to cover, or use  $1\frac{1}{2}$  tablespoons minute tapioca. Cook soaked rice, pearl tapioca or minute tapioca in the scalded milk. Finish as for plain custard.

## BUTTERSCOTCH TAPIOCA

2 cups milk	$\frac{1}{2}$ teaspoon salt
2 tablespoons gran. tapioca	1 egg
$\frac{1}{2}$ cup dark brown sugar	$\frac{1}{2}$ teaspoon vanilla
1 tablespoon butter	

Scald the milk, add the tapioca, and cook in double boiler until tapioca is transparent. Mix the sugar, salt, and egg; add the tapioca to the egg mixture, stir thoroughly, and return to double boiler. Cook, stirring constantly until egg thickens. Remove from fire, add vanilla and butter, turn into serving dishes. Cool. Serve with plain or whipped cream.

## BREAD PUDDINGS (Foundation Recipe)

1 quart milk	$\frac{1}{4}$ teaspoon spice
2 eggs	1 teaspoon vanilla
1 to 2 cups crumbs or pieces of bread packed solidly. If soft, 2 cups; if dry 1 cup.	$\frac{1}{2}$ cup sugar $\frac{1}{4}$ teaspoon salt

Beat eggs slightly. Add sugar, spice, salt, milk, crumbs, and vanilla. Let stand about half an hour.

When crumbs become soft, stir well if lumps need to be broken. Turn into buttered baking dish and bake in slow oven until firm.

## VARIATIONS OF BREAD PUDDING

1. Fruit. Add  $\frac{1}{2}$  cup chopped raisins, figs, dates, or currants.

2. Chocolate. Omit spice, add an additional  $\frac{1}{4}$  cup sugar and 2 squares melted chocolate or  $\frac{1}{2}$  cup cocoa which should be mixed with the sugar.

3. Cocoanut. Separate eggs, adding yolks and 1 cup cocoanut to pudding. When pudding is nearly done, beat whites until stiff,

add  $2\frac{1}{2}$  tablespoons powdered sugar, spread over pudding, and brown in oven.

### DEMONSTRATIONS

So far as possible, all club members should be instructed in the regular club meetings by the demonstration method. As a usual thing one or more members of each club can begin doing useful phases of the work program before the club soon after the processes have been demonstrated by the club leader.

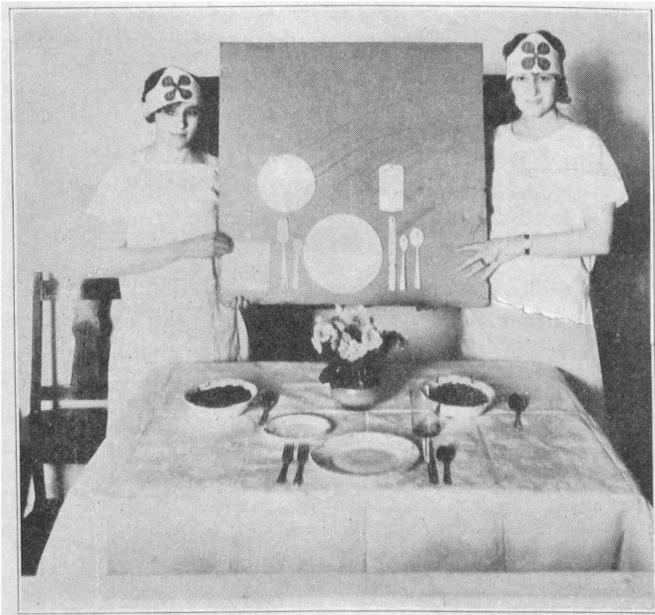


Fig. 6.—Supper club demonstration team.

After two or three months of practical experience, all mature club members should be able to give public team demonstrations. The scope of the team demonstration usually should be limited to the essential processes of some phase of the club work of the current year on one subject. A team of two or three of the best demonstrators, according to the number needed, should be selected from the membership of one club, either by mutual consent or by competition. All teams should have an opportunity to demonstrate before the local club group and the people of the home community, and the championship team should represent the local club at the county round-up.

**SCORE CARD FOR JUDGING DEMONSTRATION TEAMS IN  
MISSOURI**

	Perfect Score	Actual Score
<b>1. Subject Matter</b> .....	30	.....
(1) Importance of the subject matter presented and relation to fundamental problems of home or farm.		
(2) Accuracy of statements made in oral presentation and proper methods in doing the work.		
(3) Completeness with reference to the giving of all steps necessary to clear understanding of process.		
(4) Clearness and definiteness of statements made in simple language easily understood.		
(5) Replies to practical questions. Judges' questions only should be considered in team scores. Team should give authority for subject matter presented.		
<b>2. Team Work</b> .....	20	.....
(1) Preparation, arrangement, and use of materials. The team will be responsible for the arrangement and preparation of equipment and its use.		
(2) Organization of work, each member in so far as practical to be kept busy with a definite part so that the work and instructions given proceed without delay, but each member of the team should be able to demonstrate the whole process.		
(3) Appearance and conduct of the team. Appearance and conduct includes the personal appearance of the members, and of the team as a whole. They should be business-like, pleasant and, so far as possible, a unit in action and appearance.		
(4) The team member not actually directing the demonstration should re-inforce the point at hand or at least should not detract from the theme of the demonstration.		
<b>3. Skill</b> .....	20	.....
(1) Ease in procedure.		
(2) Workmanship and efficiency of manipulation.		
(3) Neatness and cleanliness in doing work.		
(4) Speed, system, or dispatch.		
<b>4. Results</b> .....	15	.....
(1) Effect upon the audience, and also upon materials used in the demonstration, as may be shown in the finished product.		
(2) All processes made clear.		
<b>5. Practicability</b> .....	15	.....
(1) Value of principles given for the home, community.		
(2) Actual club practices shown.		
<b>TOTAL SCORE</b>	100	.....

### Suggested Subjects for Team Demonstrations

1. Preparing a Fruit Appetizingly.
  2. Preparing Salad from Canned Fruit.
  3. Making Desirable Dishes for the Home Supper.
  4. Setting the Table.
  5. Table Service.
  6. Using Milk in a Variety of Ways in the Supper Plan.
- Other subjects selected by the leader and club members.

### Suggested Outline of a Demonstration

Preparation of a Few Tomato Dishes:

Team, two members from one club designated in this outline as "A" and "B".

Reference, 4-H Food Preparation Circular—Supper Club.

Equipment: stove, matches, table, pans, cups, knives, and spoons, for preparing and cooking; food materials in preparing tomato dishes; dishes for displaying prepared foods; and tea towels, water and pans for dish washing.

Time, fifteen to thirty minutes.

### Procedure

<p>A Speaks and demonstrates. Leads in giving club song or pledge; gives brief history of the club; introduces teammate and self; states aim of demonstration and tells that the team is going to demonstrate the preparation of a few tomato dishes. Discusses value of tomatoes in the diet. Tells kinds of tomato dishes that team will demonstrate. Makes Spanish rice or some other main dish.</p>	<p>B Assists.  Joins in giving song or pledge. Stands at attention while being introduced.  Assists in preparation of rice.</p>
<p>A Assists  Assists at table and takes charge of food on stove.</p>	<p>B Demonstrates and explains. Makes cream of tomato soup. Discusses the value of milk. Prepares tomato salad and explains processes.</p>
<p>A Speaks and demonstrates. Finishes Spanish rice. Summarizes main points of demonstration including aim and steps in accomplishing aim. Asks for questions. Concludes demonstration.</p>	<p>B Assists.  Stands at attention.</p>

**Suggested Outline of a Demonstration**

## SETTING A TABLE

Team, two members from one club designated as demonstrators "A" and "B".

Reference, 4-H Food Preparation Circular—Supper Club.

Equipment: table; linen, including napkins; silence cloth; silver; glassware; china; flowers and container, or other table decoration; and pitcher of water.

Time, fifteen to thirty minutes.

## Procedure

<p>A Speaks and demonstrates. Leads in spirited club song or pledge. Tells briefly the club or county that they represent and introduces team mate and self. Explains that they are to demonstrate the setting of the table as they have done in their supper club. Discusses and shows:   Table     Table cloth     How to place the cloth     Luncheon set     Napkins     Decoration       Kind       Size       Arrangement Tells that teammate will continue the demonstration and show how to set the table that is now ready for silver and china.</p>	<p>B Assists. Joins in giving song or pledge. Stands at attention while being introduced.  Provides materials and folds linens that are not to be used.  Assists.  Prepares more than one table decoration.</p>
<p>A Assists.  Helps set table.</p>	<p>B Demonstrates and explains. Discusses and shows:   Silver, how and where to place.   Amount to use.   China, including service for host.   Glasses.   Food dishes.   Number.   Where placed. Tells that teammate will continue demonstration.</p>
<p>A Speaks. Summarizes main points of demonstration. Asks for questions. Concludes demonstration.</p>	<p>B Assists.  Stands at attention.</p>

