

**TEN LESSONS IN
FOOD PREPARATION AND MEAL
PLANNING**

FOR

**NORTH CAROLINA HOME DEMONSTRATION
CLUB WOMEN**

CORNELIA C. MORRIS

**STATE COLLEGE OF AGRICULTURE AND ENGINEERING
U. S. DEPARTMENT OF AGRICULTURE
AND
N. C. DEPARTMENT OF AGRICULTURE, CO-OPERATING**

**Cooperative Extension Work in Agriculture
and Home Economics**

N. C. AGRICULTURAL EXTENSION SERVICE

B. W. KILGORE, Director

RALEIGH

FOREWORD

Food work for North Carolina Home Demonstration club women is comprised in ten lessons in food preparation and meal planning and eight lessons in conservation of food. It may cover a period of four years or may be done in two years of more intensive work. This pamphlet contains lessons which Mrs. Cornelia C. Morris, Food Specialist, has arranged to cover food preparation and meal planning.

JANE S. MCKIMMON,
State Home Demonstration Agent.

- Lesson 1: Personal Hygiene
 - Abbreviations
 - Weights and Measures
 - Methods of Cooking
- Lesson 2: Classification of Food
- Lesson 3: The Human Body as a Machine
- Lesson 4: Menu Making. Dinner
 - White Sauce
- Lesson 5: Cream Soups
 - Potatoes
- Lesson 6: Meats
- Lesson 7: Simple Desserts
- Lesson 8: Menu Making. Lunch and Supper
 - Salads
- Lesson 9: Quick Breads
 - Yeast Breads
 - Beverages
- Lesson 10: Breakfast Dishes
 - Use of Fireless Cooker

TEN LESSONS IN FOOD PREPARATION AND MEAL PLANNING

FOR NORTH CAROLINA HOME DEMONSTRATION CLUB WOMEN

Certificates in food preparation and meal planning are presented to Home Demonstration Club women when they have completed the four years' work as outlined and can show that they understand the principles involved, and are able to demonstrate satisfactorily the planning, preparing and serving of a breakfast, a dinner, and a supper.

LESSON I

PERSONAL HYGIENE

Washable dresses are preferable for house-work. When cooking or handling food an apron should be worn and the hair should be carefully covered with cap or net. Have hands and nails scrupulously clean. A supply of both hand and dish towels should be conveniently near.

SELECTION AND CARE OF EQUIPMENT

Consider the work that is to be done and select the necessary utensils only. If an oil stove is used see that it is in order and that it burns with a steady blue flame. Study the construction of the stove and how to care for it. See that the tank is full of oil and that matches are on hand.

Select china, silver and linen, either plain or with a simple inconspicuous design. Doilies or mats may be substituted for a table cloth with pleasing results. When properly selected they are attractive to the eye and save laundry work.

Steel wool or a metal glove will save time when cleaning cooking vessels. Wipe greasy dishes with paper before washing and burn the paper.

DISH WASHING

Collect dishes, scrape and pile all of a kind together. Have dish-pan half full of hot soapy water. Use soap-shaker and dish-mop. Wash glass, silver, and china in order given. Place in dish-drainer, pour boiling water over them, cover with a clean cloth and leave to dry. For cleaning silver use a smooth paste that will not scratch or injure it. Wash with hot, soapy water and rinse with clear, hot water.

WEIGHTS AND MEASURES

Accurate measurements are necessary to success in cooking. The standard measuring cup holds one-half pint. All measurements given in these recipes should be leveled with a knife. All dry materials should be sifted before measuring and never packed into a cup but put in lightly. Half a spoonful is measured by dividing in halves lengthwise.

TABLE OF ABBREVIATIONS

t. = teaspoonful	qt. = quart
T. = tablespoonful	pt. = pint
ssp. = saltspoonful	oz. = ounce
c. = cupful	lb. = pound
m. = minute	h. = hour

TABLE OF WEIGHTS AND MEASURES

4 ssp. = 1 t.	2 pts. = 1 qt.
3 t. = 1 T.	4 qts. = 1 gal.
4 T. = 1.4 c.	4 c. flour = 1 lb.
8 oz. = 1 c.	2 c. solid butter = 1 lb.
2 gills = 1 c.	3 c. meal = 1 lb.
2 c. = 1 pt.	2 c. granulated sugar = 1 lb.

METHODS OF COOKING

1. *Boiling*—Cooking in water at a boiling temperature, 212 degrees Fahrenheit (F).
2. *Stewing*—Cooking in water below the boiling point, 160-198 degrees (F).
3. *Frying*—Cooking in deep fat (cooked foods require more heat and less time for frying than uncooked). Have enough fat to cover or float the article.
4. *Sauteing*—Cooking in a small amount of fat, commonly called frying.
5. *Broiling*—Cooking over hot coals, or under a gas flame, or in a hot pan. Sear the surface and then cook more slowly. This preserves all of the juices and flavors of the meat. Never pound steak before broiling it.
6. *Roasting*—Cooking meat by surrounding the whole surface with heat.

TABLE SETTING AND SERVICE

See that the dining-room is well aired and in perfect order before the meal. Lay a felt cloth or one of cotton flannel on the table. Put on the tablecloth with the folds straight and even, being careful that the part which hangs over is equal at each end. Consider the number to sit down and divide off the space so that the distance between the plates may be equal.

At the right of the plate place the knives, soup spoon and oyster fork, if oysters are served. Arrange in the order of courses. Just above the knife place the tumbler. At the left of the plate place the fork, then the napkin, and above the napkin the bread and butter, or butter plate. The tines of the forks should be up, also the bowls of the spoons. The knives should be turned with the sharp edge toward the plate. Have a bowl of fruit or a few flowers in the center of the table.

For breakfast place the coffee pot, sugar bowl, cream pitcher, cups and saucers in a semi-circle in front of the hostess. The host serves the main dish.

Dishes on which hot foods are to be served should be hot. Pass everything to the left when a person is to help himself, holding the tray firmly, and low, near enough that the dish may be within easy reach. When setting a thing down before a person go to the right, as in the case of soup, coffee, etc. In filling a tumbler, take it near the bottom, draw to the edge of the table, and fill three-fourths full. When ready for dessert, remove individual dishes first, then meat platter and all dishes holding food. Take off salt, pepper, and all dishes not necessary for the next course, then brush the crumbs from the tablecloth.

LESSON II

CLASSIFICATION OF FOOD

The principal substances found in our foods are classified as: Water, Mineral Matter, Protein, Fats, and Carbohydrates.

Water forms a large part of the body. It keeps the tissues moist and gives them firmness and elasticity. It aids digestion, carries nourishment to all parts of the body and removes waste. Water also regulates the tempera-

ture of the body. We need to drink not less than three pints of water daily, as the body constantly loses water through the breath, perspiration and kidneys. In addition to the water we drink we get a considerable amount from our food, as all foods contain water.

Mineral Matter builds bone and aids digestion. Vegetables, fruits and cereals (if the whole grain is used) supply valuable mineral substances and vitamins. Milk contains more lime than any other food and supplies vitamins. We depend on vegetables and fruits to supply bulk, which is needed in the stomach and intestines while other foods are being digested and absorbed.

Protein builds tissue and gives heat and energy. We get protein from milk, eggs, cheese, lean meats, peas, beans, and cereals. We must have protein in some form every day to repair and build tissue.

Fats supply heat and energy. Butter, cream, oil, nuts and fat of meat are our chief fuel foods. We need these foods to keep us warm. Butter and cream contain vitamins known as fat soluble A.

Carbohydrates supply heat and energy.

Carbohydrates are divided into two groups: sugar and starch. These foods keep us warm and make us strong and active. If too large a proportion of sugar and starch is eaten and too little exercise taken the excess is stored as fat.

Sugar—Cane, beet and others.

Under this heading we have sirup, jellies, preserves, cakes, and other sweet desserts.

Starch—Cereals, vegetables macaroni, etc.

Bread, pastry, potatoes, rice and hominy are some good examples of starchy foods.

A balanced meal is one that contains all of the food nutrients in the right proportion to nourish the body.

LESSON III

The human body is very much like a machine. A machine cannot run without fuel, repair, and regulating—neither can the body. Let us think, then, of the body as a machine and consider its needs as such.

- I. The first need is fuel, as the body must be kept warm and must have energy to do its work. The amount of fuel needed depends on the amount of work done. A laborer burns more fuel in his body than a person doing light work.

If the body does not have a sufficient amount of fuel to do its work and keep it warm it will burn its own tissue and become thin.

If too much fuel is supplied the body machine will take what it needs and the remainder will be stored as fat.

The foods that supply fuel to the body are: starch, sugar, fat, and protein.

- (a) Starch is the most abundant and the cheapest fuel—as cereals, bread, potatoes, peas, beans, etc.
- (b) Sugar is a palatable fuel and is found in sweet fruits, desserts, honey, sirups, etc.
- (c) Fat. A pound of fat gives about two and one-fourth times as much energy as a pound of sugar. Foods rich in fat, therefore, have a high fuel value. Examples are: fat meat, oils, nuts, cream, butter, etc. Growth-promoting vitamins are found in the fat of milk, eggs, and cod-liver oil.
- (d) Protein supplies a part of the day's fuel, though its chief function is tissue building.

- II. Foods that supply building material keep the body machine in repair. For building tissue, bone, and blood it is necessary to include in the diet foods that are rich in protein, lime, iron, and phosphorus.
- (a) Protein builds tissue and is found in both animal and plant foods. Milk, cheese, eggs, meat, and fish supply animal protein. Plants protein is found in cereal foods, bread, peas, beans, nuts, vegetables and in fruits to some extent.
 - (b) Lime builds bone and teeth. Milk is the most valuable food for supplying lime. Next to milk are spinach, cabbage, onions, celery, cheese, and eggs.
 - (c) Iron makes red blood and is found in green vegetables, cereals that have not had the outer layers of the grain removed, eggs, fruit, and meat.
 - (d) Phosphorus is necessary for the growth of bones, teeth, and flesh. It is found in cereals that have not had the outer layers of the grain removed and in dried peas and beans, milk, eggs, and meat.
- III. Body-regulating foods are as necessary as body-building foods. Acids and salts in fruits and vegetables stimulate the flow of digestive juices and the bulky fibrous part stimulates the intestinal muscles and helps in the elimination of waste. Water is a body-regulator and should be drunk freely. It removes waste products and regulates the temperature of the body.
- IV. Two pounds of solid food and three pints of water are required each day for the body of an adult.
- V. A calorie is the common measure for the heat-producing property of foods. It is the amount of heat required to raise the temperature of one pound of water 4 degrees F.
- Thus we speak of potatoes as having a fuel value of 295 calories per pound. From a study of the following table it will be seen that careful planning of the bill of fare is important, both winter and summer.

FOOD VALUE OF ONE POUND OF FOOD

	Calories		Calories
Beef, round	890	Potatoes	295
Beef, sirloin	975	Beans, dried	1,520
Mutton	1,770	Rice	1,620
Cod	220	Cornmeal	1,635
Oyster	225	Oatmeal	1,800
Milk	310	Wheat flour	1,650
Butter	3,410	Wheat bread	1,200
Cheese	2,075	Sugar	1,750
Cheese, full cream	1,885		

LESSON IV

Dr. E. V. McCollum, of Johns Hopkins University, gives three rules to follow in making out the dietary. These are:

"First: Everyone should have every day a quart of milk or its equivalent in cheese, cottage cheese, or such dishes as custards, ice cream, junkett, cocoa, milk toast in creamed soups and vegetables.

"Second: Everyone should eat every day two salads of fresh, raw uncooked fruits or vegetables. It is well to plan to eat one of these at lunch or supper and the other at dinner.

"Third: Everyone should have every day one liberal serving of some cooked green leafy vegetable, such as spinach, kale, cabbage, water cress or turnip or beet tops.

"When you have provided conscientiously for food according to these rules," he adds, "you can in most cases safely let the appetite be the guide for the rest of the food which the family will eat. A good mixed diet containing liberal quantities of the protective foods is the best plan to follow."

Dr. McCollum gives the following typical menus, which will assist the housewife in preparing balanced meals for the family. She will frequently have to make substitutions, but this will give her an opportunity to study foods and to build her own menus with substitutes of similar food value. A leafy vegetable can be substituted for another leafy vegetable, a root vegetable for a root vegetable, oranges for grape fruit, and so on.

DINNER

Roast Chicken, with Stuffing	Mashed Potatoes
Creamed Brussels Sprouts	Buttered Turnips
Cabbage and Celery Salad	
Bread and Butter	Milk
Ice Cream	Wafers
Coffee	

DINNER

Breaded Pork Chops	Scalloped Potatoes
Creamed Onions	Spinach
	Pickles
Coffee	Milk
Grapefruit and Celery Salad	Wafers

DINNER

Stuffed Spareribs	Mashed Potatoes
Sauerkraut	Creamed Carrots
	Cole Slaw
Bread and Butter	
Milk	Coffee
Caramel Custard	Cream Wafers

DINNER

Broiled Steak	Scalloped Potatoes
Kale or Swiss Chard	Creamed Turnips
	Pickles
Cabbage and Beet Salad	
Bread and Butter	Milk
	Coffee
Apple Dumpling, with Foamy Sauce	

DINNER

Meat Pie	Creamed Onions
Swiss Chard or Spinach	Glazed Sweet Potatoes
String Bean Salad	
Bread and Butter	Milk
	Coffee
Apples and Grapes	

To assist the housewife in the preparation of the above meals a few recipes are given below. Some of the recipes are for dishes given in the menus; others are for substitutes that may be used when changing the menus.

White sauce is the foundation for all cream soups, gravies and sauces and is given in varying proportions as follows:

WHITE SAUCE

No.	Milk	Flour	Butter	Salt
1	2 cups	1 tablespoon	1 tablespoon	$\frac{1}{2}$ teaspoon
2	2 cups	2 tablespoons	2 tablespoons	$\frac{1}{2}$ teaspoon
3	2 cups	3 tablespoons	3 tablespoons	$\frac{1}{2}$ teaspoon
4	2 cups	4 tablespoons	4 tablespoons	$\frac{1}{2}$ teaspoon
5	2 cups	5 tablespoons	5 tablespoons	$\frac{1}{2}$ teaspoon
6	2 cups	6 tablespoons	6 tablespoons	$\frac{1}{2}$ teaspoon

Melt the butter in a saucepan and stir in the flour. Scald the milk and pour it slowly into the butter and flour mixture. Stir constantly, cooking till

smooth. Number one and number two are suitable for cream soups, number three and number four for sauces and gravy, and five and six for croquettes.

All of the creamed vegetables in the dinner menus are easy to prepare. The vegetables are cooked in boiling salted water and are served with a medium white sauce. Number three and number four are good proportions to use with vegetables. Carrots, potatoes and salsify are more attractive if cut in cubes before the addition of the white sauce. Asparagus is usually arranged on slices of toast with a small amount of the sauce poured over it.

LESSON V

Cream soups are nourishing and palatable and when served with bread and butter, a salad and a sweet make a satisfactory luncheon.

Recipes are given for Potato Soup and for Cream of Green Pea Soup, with suggestions for others.

POTATO SOUP

3 potatoes	1 1-2 t. salt
1 qt. milk	1-4 t. celery salt
3 slices onion	1-8 t. pepper
3 T. butter	1 t. chopped parsley
2 T. flour	

Cook potatoes in boiling salted water; when soft, rub through a strainer. Scald milk with onion, remove onion and add milk slowly to potatoes. Melt half the butter, add dry ingredients, stir until well mixed, then stir into boiling soup. Cook one minute, strain, add remaining butter and sprinkle with parsley.

CREAM OF GREEN PEAS

1 pt. peas	1-2 small onion, sliced
2 c. water	2 T. butter
1 t. sugar	2 T. flour
1 t. salt	Pinch of white pepper
2 c. milk, scalded	

Wash the peas if fresh, and drain if canned; cook peas, onion, sugar and water together until the peas are very soft. Mash the peas in the water in which they were boiled, and strain. Melt the butter, add the flour, stir well, and add a portion of the strained liquid. Boil three minutes, stirring constantly. Add the remainder of the strained liquid, thin with hot milk, and add salt and pepper. Re-heat to the boiling point and serve.

Asparagus, celery, and other vegetables may be used in a similar manner for soups.

Potatoes are usually served in some form at least twice a day. There are so many different ways of cooking them there is no need of monotony in their preparation. Some skill is necessary in the cooking of potatoes if they are to be really delicious. A boiled potato, if allowed to stand in the water in which it is cooked, becomes heavy and unwholesome. If properly cooked it is mealy and easily digested.

BOILED POTATOES

Wash, scrub and pare potatoes and put in cold water. Drop in boiling salted water and cook until tender (about 30 minutes). Drain off every drop of water and put uncovered on back of stove, shaking gently to make them as mealy as possible and allow steam to escape.

MASHED POTATOES

Mash potatoes in the kettle in which they were boiled, using a wire masher. To 1 pint of potatoes add 1 tablespoonful butter, one-half teaspoon salt, a little pepper and hot milk to moisten. Beat until creamy and free from lumps. Pile lightly in a hot dish and serve.

SHADOW POTATOES

Wash and pare potatoes. Slice thinly (using vegetable slicer) into a bowl of cold water. Let stand 2 hours, changing water twice. Drain, plunge into a kettle of boiling water and boil 1 minute. Drain again, cover with cold water. Take from water and dry between towels. Fry in deep fat until light brown, keeping in motion with a skimmer. Drain on brown paper and sprinkle with salt.

FRENCH FRIED POTATOES (*Sweet or Irish*)

Wash and pare potatoes, cut in eighths lengthwise and soak 1 hour in cold water. Take from water, dry between towels and fry in deep fat. Drain on brown paper and sprinkle with salt. Care must be taken that fat is not too hot as potatoes must be cooked as well as browned.

STUFFED POTATOES

Bake the potatoes on the rack of the oven. Cut them into halves and remove the inside, keeping the skins in shape. Mash and season the inside portion, re-fill the skins and bake till a delicate brown. Grated cheese may be added.

CANDIED YAMS

4 medium potatoes	1-2 tsp. cinnamon
1 c. sugar	2 c. water
3 tbsp. butter	

Pare the potatoes and cut into slices one-fourth of an inch thick. Arrange in a baking dish and pour over them the water, in which has been mixed the butter, sugar and cinnamon. Bake slowly for a long time, till the water is absorbed and the potatoes are brown. Cold boiled potatoes may be used, in which case decrease the amount of water.

LESSON VI

Dr. McCollum's menus call for meat of some kind once a day. With beef, lamb, veal, pork, chicken and fish to choose from it should not be a hard task to have a different meat every day. However, if the market does not afford so great a variety the housewife must tax her ingenuity in varying the methods of cooking the same foods over and over again. Leftover meats may be cut in small pieces and re-heated in white sauce; or they may be made into croquettes or combined with vegetables or used as stuffing for potatoes and tomatoes. The following recipes are easily prepared, and since many of them call for inexpensive cuts of meat they are valuable from the standpoint of economy as well as for their ease of preparation.

BROILED STEAK

Trim steak, heat broiler, rub with piece of fat. Lay in steak with fat towards handle, cook over coals, turn every 10 counts. Allow 8 minutes for steak 1 inch thick. This may be broiled in a pan.

ROLLED FLANK STEAK

3 lbs. flank steak	1 onion
2 strips salt pork	1 stalk celery

STUFFING

2 c. bread crumbs	2 t. salt
1 t. chopped parsley	1-8 t. pepper
1 t. chopped onions	2 T. melted butter

Wipe meat and remove all membrane. Make stuffing by moistening bread crumbs with hot water. Add seasoning and butter, spread over the meat and roll up. Tie or skewer it and sear in a hot pan. Place in a heavy cooking vessel, put in onion and 1 pint boiling water. Cover closely, bring to the boiling point, and cook in fireless cooker. Potatoes, carrots or turnips may be added one hour before it is done.

HAMBURG STEAK

1 lb. lean beef	2 crackers
2 rings onion	1-8 t. pepper
1 egg	1 t. salt
1 T. lard	2 T. flour

Chop meat, removing all stringy pieces. Roll crackers and mix with egg, seasoning and meat. Make into balls, using 2 tablespoons for each ball. Dust with flour and flatten. Heat lard in pan and brown balls quickly over a hot fire. This may be made into a loaf and baked. Serve with tomato sauce.

BEEF STEW

2 lbs. beef	2 t. salt
1 onion	1-2-ssp. pepper
1-2 c. carrot	1 c. turnip
6 small potatoes	Water to cover

Wipe meat and cut in 2-inch pieces. Put the meat with onion into a kettle, and cover with boiling water. Add the salt and pepper and set back to simmer slowly. Cook until meat is tender, about 2 1-2 hours. Boil the vegetables in a separate saucepan, starting about one-half hour before stew is to be served. Just before serving, remove meat and vegetable stock and thicken with flour, mixed with cold water. Cook five minutes and pour over meat and vegetables.

PAN-BROILED CHOPS

Wipe chops clean and put into a hot frying pan, without fat; turn as soon as seared; brown nicely on both sides; put on hot platter; season with salt, pepper and butter. Beefsteak may be cooked in the same way. Never put fat into the frying pan for beef or mutton.

ROAST CHICKEN

Dress and wash fowl, stuff and rub with salt and flour. Tie into shape. Place in pan and add a little hot water. Cook in a hot oven and when the flour begins to brown baste with hot water. Reduce the heat of the oven and baste every 10 minutes. Cook until the breast meat is tender.

FRIED CHICKEN

Clean and cut in pieces for serving. Sprinkle with salt and pepper and coat thickly with flour. Cook in deep fat until a golden brown.

CHICKEN CROQUETTES

1 c. cold minced chicken	1 t. pepper
1-2 t. salt	1-2 c. white sauce
1-4 t. celery salt	1 t. lemon juice
1 t. parsley	

Mix the ingredients adding the white sauce a little at a time until a stiff mixture is obtained. Shape into croquettes; roll in crumbs, then in egg, and into crumbs again. Fry in fat. Croquettes may be baked instead of fried. Other meats, such as veal, fish, brains, and sweetbreads, may be substituted for the chicken.

BAKED FISH

Clean and wipe the fish, remove the backbone by running the knife down the back, keeping it close to the bone. Lay one side of the fish on the pan in which two one-inch strips of cloth have been placed to help lift the fish. Lay on the stuffing, pressing firmly into place, cover with the other half and fasten with skewers. Sprinkle with salt, pepper and flour and dot with bits of butter. Put a little hot water into the pan and bake until brown and the flesh flakes. Garnish with parsley and slices of lemon.

FISH STUFFING

1-2 c. cracker crumbs	1-4 t. salt
1-2 c. bread crumbs	1 t. chopped pickle
1-4 c. hot water	Few drops onion juice
1 t. chopped parsley	1-8 t. pepper
2 T. butter	Mix all together

LESSON VII

In the dinner menus, in many cases, fruit, either fresh or canned, is indicated as the dessert. Dr. McCollum recommends the custom as he says we are not likely to eat too much fruit; that a dessert of fruit is easy to prepare and that it can be enjoyed by children and grown-ups alike.

Suggested fruit desserts are sliced oranges with shredded cocoanut, apples, and grapes, canned peaches with cream, apples, strawberries, and sliced bananas with cream.

Three recipes for cooked desserts that are wholesome and easy to prepare are given below:

BAKED APPLES

Wipe and pare apples, put in baking dish and fill cavities with sugar and spice. Use 1-2 cupful sugar, 1-4 teaspoonful cinnamon, few gratings nutmeg, and a few drops lemon juice. Cover bottom of dish with boiling water and bake in hot oven until soft. Baste often with sirup in dish. Serve either hot or cold with whipped cream.

BOILED CUSTARD

1 qt. sweet milk	2 t. flavoring
1 c. sugar	1-8 t. salt
4 eggs	

Scald the milk, beat the yolks and sugar; pour the scalded milk into the eggs and sugar, beating all the time; turn the mixture back into the double boiler and cook till the mixture coats the spoon; remove from the fire, cool slightly, and mix in the beaten whites of the eggs; add salt, cool and flavor. This custard may be frozen for ice cream. The addition of 1 pint of cream makes a richer dish.

CUP CUSTARD

Instead of turning the custard mixture into a double boiler, pour it into cups and dust over with nutmeg. Set the cups in a pan of hot water and bake in a slow oven till set.

LESSON VIII

It is customary in the South to serve the main meal in the middle of the day, though the custom of serving dinner at night is growing in favor with many people. Busy people find that they can do better work with a light meal at noon, reserving dinner for night when there is more time for relaxation and enjoyment. If the dinner menus given in Lesson IV are served at noon a light supper should follow at night. If dinner is served at night a simple luncheon should be eaten at noon. It is a matter of personal preference whether dinner shall be served at noon or at night, and for that reason a few menus are suggested for both lunch and supper.

LUNCH

Chicken Soup with Rice	
Creamed Dried Beef	Baked Potatoes
Cabbage and Cucumber Salad	Bread and Butter
Baked Apples with Cream	

LUNCH

Cream of Tomato Soup with Croutons	
Scalloped Potatoes with Bacon	Cheese
Apple and Celery Salad	Bread and Butter

LUNCH

Egg, Olive, and Potato Salad		
White Muffins with Butter	Milk	Pear Conserve
Sliced Oranges with Shredded Cocoanut		

LUNCH

Cream-of-corn Soup with Crackers		
Fried Eggplant	Scalloped Potatoes with Bacon	
Cabbage-and-Nut Salad	Bread and Butter	Tea

LUNCH

Vegetable Soup with Crackers		
Maccaroni and Cheese	Stuffed Green Peppers	
Cole Slaw	Bread and Butter	Milk Tea

SUPPER

Soft Boiled Eggs	Hashed Brown Potatoes	
Bread and Butter	Banana-and-Nut Salad	Cocoa
Canned Peaches with Cream Wafers		

SUPPER

Welsh Rarebit on Toast		
Celery	Strawberry Jam	Chocolate
Apples		

SUPPER

Broiled Ham with Milk Gravy	Mashed Potatoes
Milk	Bread and Butter Coffee
Grapefruit and Celery Salad	

The creamed vegetables with white sauce in Lesson IV and the soup and potato recipes in Lesson V are all good for luncheon dishes. Almost any fruit or vegetable can be made into a satisfactory salad if it is fresh and crisp.

Have everything cold. The ingredients should be carefully proportioned for the dressing and should be well blended, so that it will be neither oily nor acid. It is necessary to have the whole well mixed.

FRENCH DRESSING

3 t. olive oil	1-8 t. pepper
1-2 t. salt	1-2 t. sugar
1 1-2 t. vinegar	

Put the oil into a bowl. Stir in the salt, pepper and sugar. Stir in the vinegar, a few drops at a time. Serve on lettuce. Lemon juice may be used for the vinegar. Onion juice and chopped parsley may be added when the dressing is for vegetables.

BOILED DRESSING

2 eggs	2 T. butter
2 T. sugar	1 T. corn starch
1-4 t. pepper	1 T. mustard

Mix the butter, mustard, pepper, salt and sugar in the vinegar. Place on the fire to heat. Beat the eggs in a double boiler with the corn starch. When the vinegar is hot pour it into the eggs, stirring until the mixture thickens. Cool. One-fourth cup whipped cream folded in just before serving adds to the richness of the dressing.

MAYONNAISE

1 t. salt	2 c. salad oil
1-8 t. cayenne pepper	1 T. lemon juice
1 T. vinegar	2 egg yolks

Have all the ingredients cold. Set the bowl containing the egg yolks into a bowl of crushed ice; add the salt and pepper; beat well. Add 2 tablespoonfuls of oil, a few drops at a time, stirring constantly. Now alternate oil with vinegar, putting in larger quantities each time.

A cupful of chili sauce added to the above recipe makes a very good substitute for Russian dressing and is delicious when served with head lettuce. For cole slaw use the boiled dressing.

GRAPE FRUIT AND PINEAPPLE SALAD

3 grape fruits	1 pineapple
----------------	-------------

Prepare fruit and cover with French dressing or mayonnaise with a little whipped cream added.

LETTUCE AND TOMATO SALAD

Arrange heart lettuce and slices of tomato on salad dish. Serve with mayonnaise.

BANANA SALAD

Arrange sliced bananas on lettuce leaf on salad plate. Pour over this one tablespoonful crushed peanuts. Mask with mayonnaise.

STUFFED TOMATOES

Select medium sized tomatoes of uniform size. Remove skins by immersing in boiling water one minute. Remove inside of tomato carefully. Mix with a little cold, finely chopped meat, season highly, refill tomatoes, cover with mayonnaise and serve very cold.

Left-over vegetables and fruits may be combined in many attractive ways and served with a dressing, making a delicious salad.

LESSON IX

For supper many of the recipes given in Lesson VIII can be used. Eggs are the foundation for a number of supper dishes, a few of which are given below.

Popovers and omelets are made light by the expansion of air. No leaven-

ing agents are used. They require a slow oven. If failures are made, they are usually traced to having too slow an oven or removing from oven before thoroughly done.

POPOVERS

1 c. flour	2 eggs
1 c. milk	1-2 t. melted butter
1-4 t. salt	

Set muffin pans on stove to heat; grease with lard or butter, using just enough to keep the batter from sticking. Sift the flour and salt together; add the milk gradually and the well-beaten egg. Beat with a Dover egg beater 3 minutes or more. Bake in a hot oven 30 to 35 minutes. Unless the popovers are baked until they are hard and crisp they will fall.

PLAIN OMELET

4 eggs	4 T. hot water
1-2 t. salt	1 T. butter
Few grains pepper	1 1-2 c. thin white sauce

Separate yolks from whites; beat yolks until thick and lemon-colored; add salt, pepper and hot water. Beat whites until stiff and dry, cutting and folding them into first mixture until they have taken up mixture. Heat omelet pan and butter sides and bottom. Turn in mixture, spread evenly, place on range where it will cook slowly, occasionally turning the pan that omelet may brown evenly. When well "puffed" and delicately browned underneath, place pan on center grate of oven to finish cooking the top. The omelet is cooked if it is firm to the touch when pressed by the finger. If it clings to the finger like the beaten white of egg it needs longer cooking. Fold and turn on hot platter and pour around 1 1-2 cupfuls thin sauce.

CREAMED EGGS

3 hard cooked eggs	1-2 t. salt
1 T. butter	1-3 t. pepper
1 T. flour	5 slices toast
1 c. milk	Parsley

Make thin white sauce with butter, flour, milk and seasonings. Separate yolks from whites of eggs. Chop whites finely and add them to the sauce. Cut four slices of toast in halves lengthwise. Arrange on platter and pour over the sauce. Force the yolks through a potato ricer or strainer, sprinkling over the top. Garnish with parsley and remaining toast, cut in points.

Spoon bread is a favorite Southern dish and is delicious when served with thin slices of crisp bacon.

SPOON BREAD

2 c. cold cooked hominy	1-2 c. cornmeal
2 T. butter	1 t. baking powder
2 eggs	2 c. sweet milk
1-2 t. salt	

Scald meal in the milk; beat the eggs and add them to the salt and hominy. Cool milk slightly and combine mixtures. Bake in a buttered pudding dish. Bacon fat may be used instead of butter.

PARKER HOUSE ROLLS

2 c. scalded milk	1 t. salt
3 T. butter	1 yeast cake dissolved in
2 T. sugar	1-4 c. lukewarm water
Flour	

Add butter, sugar and salt to milk; when lukewarm, add dissolved yeast cake and 3 cups flour. Beat thoroughly, cover and let rise until light; cut

down and add enough flour to knead (about 2 1-2 cups). Let rise again, to^{ss} on floured board, knead, pat and roll one-third inch in thickness; shape with biscuit cutter, first dipped in flour, and with it make a crease through the middle of each piece. Brush over one-half of each piece with melted butter, fold and press edges together. Place in greased pan, an inch apart, cover, let rise, and bake in hot oven 12 or 15 minutes. As rolls rise they will part slightly, and if hastened in rising are apt to lose their shape.

SALAD OR DINNER ROLLS

Use same ingredients as for Parker House Rolls, allowing one-fourth cup butter. Shape in small biscuits, place in rows on floured board, cover with cloth and pan and let rise until light and well puffed. Flour handle of wooden spoon and make a deep crease in middle of each biscuit; take up and press edges together; place closely in buttered pan, cover, let rise and bake 12 to 15 minutes in hot oven. From this same mixture, crescents, braids, twists, bow knots, clover leaves, and other fancy shapes may be made.

BOILED COFFEE

4 T. coffee	1-4 egg, white
1 pt. boiling water	

Scald coffee pot. Mix the egg and coffee with 2 tablespoonfuls of cold water. Put this into pot and pour on freshly boiled water. Boil 3 minutes. Pour a little coffee from the spout to remove grounds and pour back into pot, adding 1-4 cup cold water to settle the grounds that may be floating in the coffee. Egg shells may be used instead of egg to clarify coffee.

TEA

2 tsp. tea	1 pt. boiling water
------------	---------------------

Scald teapot, put in tea and pour on freshly boiled water. Steep 3 minutes.

CHOCOLATE

1 oz. chocolate	1 cup boiling water
3 T. sugar	1-2 t. flavoring
2 cups scalded milk	

Melt the chocolate, stir in water a little at the time. Add sugar and cook 2 minutes. Pour into a double boiler with scalded milk. Add flavoring (vanilla), beat and serve.

BUTTERMILK BISCUITS

2 c. flour	1-4 t. soda
1 t. salt	3 T. shortening
1-2 to 2-3 c. buttermilk	1 t. baking powder

Mix as in Baking Powder Biscuit. (See Lesson X.)

WAFFLES

2 c. flour	2 eggs
3 t. baking powder	1 1-2 c. milk
1-2 t. salt	1 T. melted butter

Mix in order given, adding beaten yolks with milk, then the butter, and fold in the beaten white last.

FLOUR BATTER CAKES

Use the same recipe as Waffles.

CORN MEAL MUFFINS

1 1-2 c. corn meal	1-2 c. flour
1 t. salt	1 1-2 c. buttermilk
1-2 to 1 t. soda	1 egg
2 T. lard	

Beat egg, add milk and salt. Sift the flour and meal together, then stir into it the liquids. Pour in the melted lard and add soda mixed with 2 tablespoonfuls of water. Pour into hissing hot greased pan and bake in a hot oven.

SOUR MILK GRIDDLE CAKE

2 c. flour	1 t. soda
1-2 t. salt	1 3-4 c. sour milk
2 eggs	

Mix and sift salt, soda and flour. Add sour milk and beaten yolks. Fold in the beaten whites, bake in a hot greased griddle. Serve with brown sugar sirup.

BROWN SUGAR SIRUP

2 c. light brown sugar	1-2 c. water
------------------------	--------------

Stir sugar and water over fire until the mixture begins to boil; cook until it forms a sirup (about 5 minutes). A little lemon juice and melted butter may be added, if liked.

LESSON X

The typical American breakfast consists of fruit, cereal, bacon and eggs, toast and coffee. Since we have a wide range of fruits and cereals to choose from and so many different ways of preparing eggs the menu does not seem quite so monotonous as it would at first appear. And, too, biscuit, muffins, waffles, and griddle cakes are frequently added to give variety. Cream, instead of milk, should be served with the cereal, and butter is always served at breakfast.

Oranges may be cut in half, or peeled and sliced for breakfast. Many people prefer to drink the juice of oranges and grape fruit rather than have them served in any other way. The juice is usually served in a small glass placed on a plate or small bowl, with crushed ice surrounding the glass.

Grapes and peaches are also good fruits to serve for breakfast.

OATMEAL IN FIRELESS COOKER

6 c. water	2 c. oatmeal
2 t. salt	

Add oatmeal gradually to boiling salted water; cook rapidly for 10 minutes, stirring constantly. Place in fireless cooker overnight. Re-heat by placing cooker pan in a pan of hot water over the fire.

SOFT COOKED EGGS

Have a saucepan nearly full of boiling water. Add eggs, carefully; cover and set on back of stove where the water cannot boil. For very soft cooked eggs let stand 5 minutes; medium, 8 to 10 minutes.

HARD COOKED EGGS

Follow above directions, letting eggs stand thirty minutes, being careful to keep water just below the boiling point.

BAKING POWDER BISCUITS

2 c. flour	2 T. lard
4 t. baking powder	3-4 c. milk
1 t. salt	

Mix dry ingredients and sift twice; work in lard with tips of fingers; add gradually the liquid, mixing with knife or spoon to a soft dough. Place on floured board, pat and roll lightly to one-half inch in thickness; cut out and bake in hot oven.