

# FOOD PREPARATION

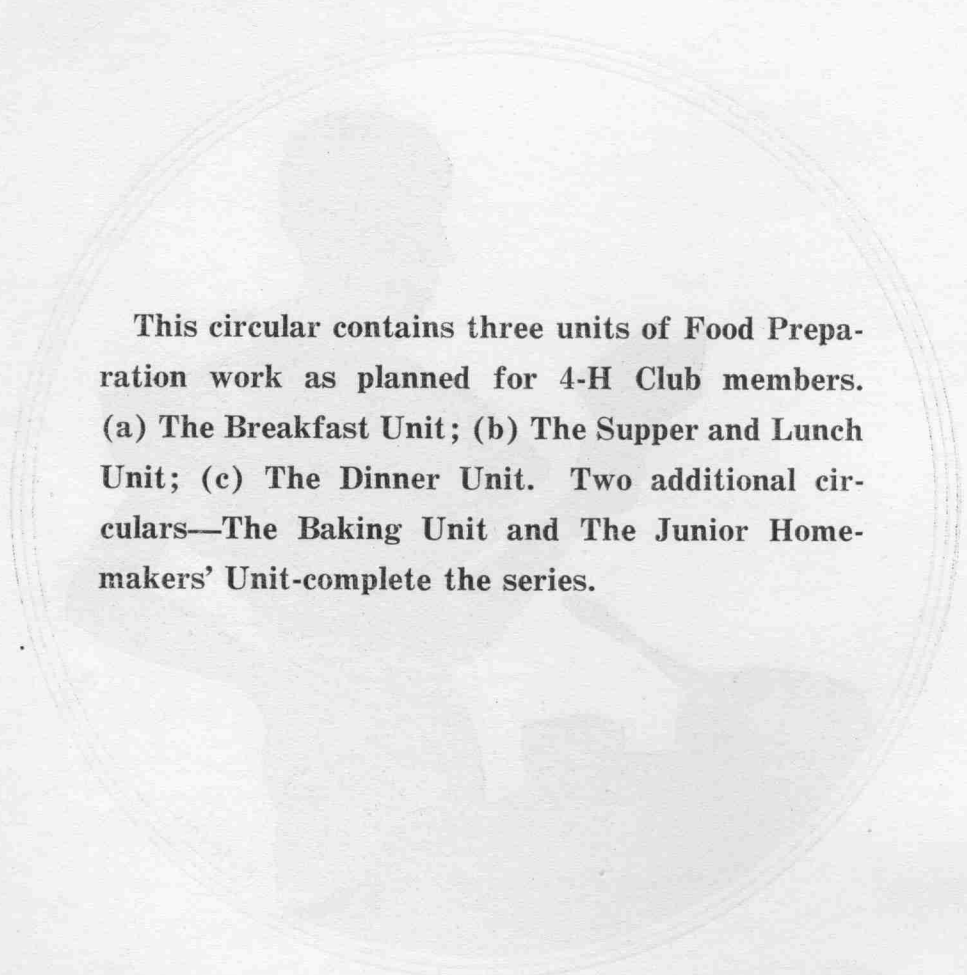
*for*

## 4-H CLUB MEMBERS



NORTH CAROLINA STATE COLLEGE OF AGRICULTURE AND ENGINEERING  
AND  
U. S. DEPARTMENT OF AGRICULTURE, CO-OPERATING  
N. C. AGRICULTURAL EXTENSION SERVICE  
I. O. SCHAUB, DIRECTOR  
STATE COLLEGE STATION  
RALEIGH

# FOOD PREPARATION for 4-H CLUB MEMBERS



**This circular contains three units of Food Preparation work as planned for 4-H Club members. (a) The Breakfast Unit; (b) The Supper and Lunch Unit; (c) The Dinner Unit. Two additional circulars—The Baking Unit and The Junior Homemakers' Unit—complete the series.**

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# Food Preparation For 4-H Club Members

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The purpose of the Food Preparation program is to teach 4-H club girls the importance of well planned, well prepared and attractively served meals. The club member should learn to select food wisely and economically, to prepare wholesome meals to suit body needs, to arrange the table and serve the meals in a pleasing manner. Throughout the program cooperation within the family group and in community activities is emphasized.

## GENERAL RULES

1. Each member shall be from 10 to 20 years of age.
2. Each member should enroll in that project unit group where she can do best work and receive most benefit. The unit groups are: (a) The Breakfast Unit; (b) The Supper and Lunch Unit; (c) The Dinner Unit; (d) The Baking Unit; (e) The Junior Homemakers' Unit. (Consult with your Home Agent before deciding.)
3. Each member agrees to do her own work.
4. Each member agrees to complete the work of her chosen unit.
5. Each member agrees to keep the record of her unit of work and to record same in record book for that special unit and to turn in record book to agent when requested. (Ask for this record book.)
6. Each member agrees to keep the Health Record as requested of every 4-H Club member. (Ask your Agent for this record book.)
7. Each member agrees to write a story of about 250 words on some phase of her project work.
8. Each member agrees to follow suggestions of home agent and local leader.
9. A scrap book made to cover the Foods project is suggested to add interest to the work. This scrap book will be scored in selecting girls for State and National awards.

## WORK REQUIRED OF EACH MEMBER

### I. The Breakfast Unit.

Requirements for Home Work:

1. a. Prepare beverages (other than tea or coffee) 6 times.  
b. Prepare cooked cereals 4 times, 2 varieties.  
c. Prepare fruit for breakfast 6 times.  
d. Prepare biscuits at least 6 times.  
e. Prepare toast 3 times.  
f. Prepare eggs for breakfast 6 times, 3 different ways.
2. Plan 6 breakfast menus.
3. Set table for breakfast and arrange suitable flowers or fruit for centerpiece—12 times.
4. Wash breakfast dishes 12 times.

5. Prepare alone or assist mother in preparing and serving breakfast 6 times.
6. Keep in Foods Record book a record of foods prepared.
7. Keep Health Record book.

## II. The Supper or Lunch Unit.

### Requirements for Home Work:

1. a. Prepare 10 different vegetables.  
b. Prepare 6 salads and 2 kinds of dressing.  
c. Prepare 6 different kinds of sandwiches.  
d. Prepare muffins for the family 10 times.  
e. Pack lunch for yourself or someone else 10 times.  
f. Prepare baked custard 5 times.
2. Assist mother in planning, preparing and serving supper 6 times.
3. Plan, prepare, and serve supper 6 times.
4. Set table for supper and arrange suitable centerpiece 12 times.
5. Wash supper dishes 12 times.
6. Keep Foods Record book.
7. Keep Health Record book.
8. It is suggested that you keep a Scrap book.

## III. The Dinner Unit.

### Requirements for Home Work:

1. a. Prepare 3 different cream soups at least 2 times.  
b. Prepare potatoes in 3 different ways.  
c. Prepare Swiss steak and a pork roast, or baked cured ham.  
d. Prepare a meat substitute dish 3 times.  
e. Prepare corn meal muffins or egg corn bread at least 5 times.  
f. Prepare desserts 10 times, 6 varieties.
2. Plan, prepare, and serve the family dinner 6 times.
3. Set dinner table and arrange suitable centerpiece 12 times.
4. Wash dinner dishes 12 times.
5. Take part in serving a club or community meal.
6. Keep Foods Record book.
7. Keep Health Record book.
8. It is suggested that you keep a Scrap book.

### DIRECTIONS FOR MEASURING

1. Correct measurements are necessary for good results.
2. All measurements should be level. (This is done by taking a heaping measure and scraping off the surplus with a straight-edged knife.)
3. One-half spoonful—measure level spoonful, divide material lengthwise and scrape out one-half.

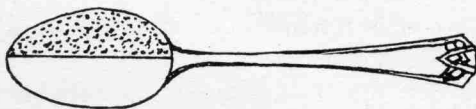


FIGURE 1



4. One-fourth spoonful—Divide one-half spoonful a little nearer handle than tip and scrape off.

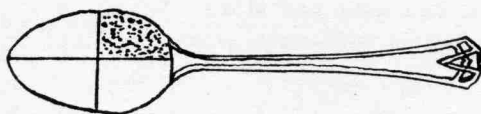


FIGURE 2

5. Soft fat will pack and should be measured scant.
6. To measure a part of a cup of solid fat as  $\frac{1}{2}$  cup, fill cup  $\frac{1}{2}$  full water, and then add fat to fill cup.
7. Sift flour before measuring, then place in cup by spoonfuls rather than by dipping the cup in flour.

### Abbreviations and Measurements

c. = cup	3 t. = 1 T.
t. = teaspoon	16 T. = 1 c.—dry
T. = tablespoon	12 T. = 1 c. liquid
pt. = pint	2 c. = 1 pt.
qt. = quart	2 c. liquid = 1 lb.
oz. = ounce	2 c. sugar = 1 lb.
lb. = pound	2 c. butter or solid fat = 1 lb.
pkg. = package	4 c. flour = 1 lb.

### COOKING AND HOUSEKEEPING SUGGESTIONS

Success in cooking depends on following the rules carefully.

Always wear a large apron while cooking and have clean hands and finger nails. Cleanliness is one of the first requirements of good house-keeping.

In tasting, pour from the stirring spoon to the testing spoon, using a different spoon for tasting than for stirring.

Use holders instead of towels for handling hot dishes.

Clean the various dishes and utensils as you go.

#### Dishwashing:

1. Bring dishes from dining-room.
2. Scrape and stack dishes according to type and place at right of dish-pan in the order to be washed.
3. Have hot suds and plenty of scalding water. Do not waste soap by allowing it to remain in the water throughout the time the dishes are being washed.
4. Wash dishes in following order:
  - a. Glasses.
  - b. Milk pitchers and bottles.
  - c. Silver.
  - d. Saucers.
  - e. Cups.
  - f. Plates.
  - g. Bowls and platters.
  - h. Cooking utensils.

5. Scald the dishes and leave them to drain, or dry thoroughly with clean towels.

6. Wipe off the kitchen table and stove.

7. Wash out dish towels with soap, rinse, and hang up to dry.

#### Care of the Stove:

Keep the stove clean by wiping off with old newspapers. If it is very greasy, wash with hot water and soap. Polish frequently to keep from rusting.

#### Care of Sink:

A strainer will keep the sink free from particles of food. Wash the sink and strainer with hot soapy water after washing the dishes. If drainage is slow, a cup of household lye may be put on the drain and boiling water poured slowly over it. This will remove the grease, which usually causes the stoppage.

### BALANCED MEALS FOR THE DAY

The body is an intricate piece of machinery which constantly is being rebuilt and repaired by the food an 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 foodstuffs but the amount of each needed by the stock. It is more important for people to have the right kinds and amounts of food than it is for live stock, because human life is of so much greater importance.

If we begin when we are young to form the proper food habits, they will follow us through life. We should be careful to choose the right foods in the right amounts and have everything clean, well cooked and attractively served.

Foods are classified into four groups according to their use in the body:

a. Building foods—such as milk, cheese, eggs, lean meat, fish, nuts. These build and repair the cells of the body as muscle and bone cells.

b. Energy foods—such as starches, sugars and fats. These give heat and energy and are necessary for our day's work.

c. Regulating foods—such as leafy vegetables, coarse cereals, fruits and water. These keep the body in good running condition.

d. Protective foods—such as milk, butter, eggs, fruits and vegetables. These prevent certain diseases and promote health and growth.

To be certain that each of these four necessary groups are included in your diet every day, use—

*Milk*—One-half to one quart daily.

*Vegetables*—Three servings daily, consisting of (a) a leafy vegetable.

(b) a starchy vegetable, and (c) one other vegetable.

*Fruits*—Two servings daily. A raw fruit, a raw vegetable or canned tomatoes daily.

*Eggs*—One daily.

*Meat*—One serving daily.

*Cereals*—Whole grain cereals in breads and breakfast foods—at least two servings daily.

*Water*—Six to eight glasses daily.

Moderate amounts of sweets, fats and other desirable foods.

## MENU MAKING

Attractive and nourishing meals are easy to plan if we remember what food does in the body and if we follow the food selection score card. Plan the three meals for the day, breakfast, dinner and supper, including the essential foods first, then add others if desired. It is well to try to get into each meal foods that build and repair, those that furnish energy and those that regulate and protect.

### THINGS TO CONSIDER IN PLANNING MEALS

1. Age and occupation of the members of the family.
2. Season of the year—more fats are used in winter than in summer menus.
3. Serve a food only one way at a meal. Mashed potatoes, candied yams and potato salad, should not be served at same meal.
4. Plan menus so as to have attractive combinations of flavors and colors.
5. In menus, combine crisp foods which will demand chewing with soft foods, and moist foods with dry ones.
6. Serve light desserts as fruits with a heavy meal and rich desserts as pie or short cake with a light meal.
7. Serve hot things hot on hot dishes, and cold things cold on cold dishes.
8. Serve left-overs in some way different from the original dish.
9. Season foods mildly.
10. Avoid too much fried food.
11. Serve foods as attractively as possible. Use flowers on the table.
12. Use foods in season in so far as possible.

### Breakfast

No meal is more important than breakfast as it comes to break the long fast of the night. It is hard for anyone to do a good morning's work, either in school or at home, without something to eat at the beginning of the day. A good breakfast gives a good start for the day and makes it much simpler to get all the necessary foods for the day's meals. It should meet the body needs and should be simple and easy to prepare and serve.

A breakfast which makes a good beginning for the day's food program, consists of fruit, whole-grain cereal and milk. Upon this basis many different breakfast menus can be planned such as:

1. An orange, oatmeal with milk, and a glass of milk.
2. Apple sauce, whole wheat cereal with milk, and a glass of milk.
3. Stewed dried fruit, whole wheat toast, with butter and cocoa.

Heavier breakfasts may include fruit, cereal with milk, an egg or meat, toast or biscuit, butter and milk.

### School Lunch

The school lunch is a very important meal for growing boys and girls and should be well planned and attractively packed. From breakfast to the evening meal is a long time and an adequate lunch is needed at school if good growth, both physical and mental, is made. The lunch should be planned in relation to the meals at home.

A well planned lunch contains:

1. Substantial sandwiches with a filling of meat, cheese, egg, fish, peanut butter or beans or a substantial food with bread and butter sandwiches.
2. A succulent food such as a salad, vegetable sandwich, raw or cooked vegetable or pickled vegetable or pickled fruit.
3. Milk, to be drunk or in the form of milk soup, cocoa or custard.
4. Fruit or fruit juice.
5. Something sweet such as cookies, cinnamon buns, ginger bread, jelly sandwiches, stuffed dates or chocolate fudge.

Since lunches are likely to be dry, it is well to have one of the foods in the form of a drink. This may be either milk, cocoa, fruit juice or tomato juice.

In a really excellent lunch there is at least one hot dish. This may be carried from home in a thermos bottle or it may be heated or cooked at school.

See Extension Miscellaneous Pamphlet No. 17, "The School Lunch."

## Supper

The evening meal is called supper when dinner or the heavy meal is served at noon. It should supplement the other two meals in such a way that the day's food shall be satisfying, meet the needs of the body and give variety in flavor, texture and method of preparation.

The supper should be simple, and made up of foods that are easy to digest. A good supper is composed of a main dish, as scalloped eggs and ham, a vegetable as cabbage and carrot salad, biscuit, butter, preserves, milk.

## Dinner

The heavy meal of the day, dinner, may be served at noon or at night, depending upon the family's likes and habits. A simple dinner consists of a meat, a starchy vegetable, one other vegetable—preferably a leafy vegetable—bread, dessert and milk. The dinner may be made more elaborate by serving soup for the first course and adding a salad, jelly or pickle.

## Community Meals

Community meals should be as well balanced as those served at home. Club girls have an opportunity to be of service to their communities by always serving balanced, well prepared and attractively served meals.

- |                                  |                              |
|----------------------------------|------------------------------|
| 1. Roast Pork                    | 2. Chicken or Brunswick Stew |
| Candied Yams                     | Leafy Vegetable Salad        |
| Harvard Beets                    | Bread — Butter               |
| Bread — Butter                   | Pumpkin Pie—Whipped Cream    |
| Cabbage, Turnip and Celery salad | Coffee                       |
| Brown Betty with Hard Sauce      |                              |
| Coffee                           |                              |

**Things to consider when planning for the preparation and serving of any meal:**

1. Plan the menu to meet the needs of the group.
2. Plan the order of work necessary for the preparation of the meal.
3. Know your stove and how to regulate it.
4. List supplies and utensils needed.
5. See that dishes, silver and linen are in readiness.
6. List things that can be done before-hand to save time and energy.
7. Plan for the serving of the meal.
8. Plan for clearing the table, washing dishes, and putting the kitchen in order.
9. Serve the meal on time.

### CEREALS

Cereals and the various products made from grains are among our most important foods. Because cereals contain so much starch they are one of our chief sources of energy. They also contain protein, minerals, vitamins and roughage. To get the most from the grains we eat, we must serve them as near their natural state as possible. When the outer layers and the embryo or germ are taken away in the milling, we are deprived of some of the valuable food elements. Most of the minerals, vitamins, roughage and the best protein or muscle building substances are in the outer layers and germ of the grains.

The whole-grain cereals require long, slow cooking to soften the cellulose, to make the starch more digestible and to develop the flavor. Home cooked cereals are more economical than the ready prepared products. It is advisable to buy a small supply of cereals at a time and keep them tightly sealed in packages or in covered containers that are dust and insect proof.

Use little or no sugar on breakfast cereals. Fresh fruits such as berries, peaches, figs, with ready-to-serve cereals and dried fruits such as raisins, dates and prunes with the cooked cereal add to the flavor.

TIME TABLE FOR COOKING CEREALS

Kind	Amount of Cereal	Amount of Water	Salt	Time of Cooking
Oatmeal.....	1 c.	2½ c.	1 t.	45-60 Minutes
Rice.....	1 c.	6 c.	1 t.	30-45 Minutes
Grits.....	1 c.	4 c.	1 t.	2 hours
Corn meal.....	1 c.	4 c.	1 t.	3 hours
Cracked wheat.....	1 c.	4 c.	1 t.	1 hour

### General Rules For Cooking Cereals

Place boiling water in the top of a double boiler and add salt. Pour cereal in gradually. Allow to cook directly over the fire until cereal thickens. Cover and place the container in the lower part of the double boiler which should be kept about one-third full of boiling water. Steam until cereal is cooked. Most cereals are improved if cooked longer than specified on the package.



If 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. 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 at night is finished.

### Left-Over Cereals

Never throw away any cooked cereal. It may be used in a number of ways.

1. Mold in small cups with raisins, dates, or other fruits, and serve with cream and sugar.
2. Rice or hominy may be mixed with egg, molded into small cakes, and browned either in the frying-pan or the oven. Serve with sugar or syrup.
3. Corn-meal mush may be cut into slices and browned in a frying-pan.

### Buttered Toast

Cut bread that is at least a day old in  $\frac{1}{2}$ -inch slices. Place on the racks of a moderately hot oven. Let remain until golden brown. Turn over and brown on the other side. Spread with butter while toast is hot. Serve hot.

Left over biscuits split and browned make good toast.

### Quick Breads

Breads made from whole grain cereals have a much higher food value than those made from refined flours. Quick breads are those that are prepared quickly, and are intended to be served at once while they are fresh and hot.

### Plain Muffins

2 c. flour	1 T. sugar
$3\frac{1}{2}$ t. baking powder	1 egg
$\frac{1}{2}$ t. salt	1 c. milk
2 T. fat	

Break the egg into a mixing bowl, beat it. Add milk. Mix the dry ingredients thoroughly and sift them into the egg mixture. Add melted fat, mix and drop into buttered muffin pans. Bake in hot oven about 25 minutes.

### Whole-Wheat Muffins

1 c. whole wheat flour	$3\frac{1}{2}$ t. baking powder
1 c. white flour	1 egg
1 T. sugar	1 c. milk
$\frac{1}{2}$ t. salt	2 T. fat

Mix and bake as Plain Muffins.

### Corn Bread

2 c. corn meal	1 egg
$\frac{3}{4}$ t. soda	2 T. shortening (melted)
$\frac{3}{4}$ t. salt	$1\frac{1}{2}$ to 2 c. buttermilk

Beat the egg until light, add a portion of the liquid and all the meal which has been sifted with the soda and salt. Add as much of the remaining



liquid as is needed to make a smooth batter. Add the melted shortening and beat well. Pour into greased and sizzling hot pans and bake in rather quick oven about 25 minutes.

### Baking Powder Biscuits

2 c. sifted flour	2 T. fat
4 t. baking powder	About $\frac{3}{4}$ c. milk
1 t. salt	

Mix the dry ingredients and sift. Cut the shortening into the flour with two knives until well distributed. Add just enough milk to make a soft dough that can be handled on the board, mixing with a tablespoon. Place on floured board, pat and roll lightly  $\frac{1}{2}$  inch in thickness. Cut out and bake in hot oven about 12 minutes.

### Buttermilk Biscuits

2 c. sifted flour	$\frac{1}{4}$ t. soda
1 t. salt	3 T. fat
2 t. baking powder	About $\frac{3}{8}$ c. buttermilk

Mix as in Baking Powder Biscuits.

## FRUITS

Fruits in all forms—fresh, dried, canned or cooked, supply abundantly certain foods materials that the body needs for healthy growth. They are an excellent source of sugar for the fuel needs of the body. They supply minerals and vitamins for building bones and teeth and for the prevention of disease. The cellulose or roughage contained in fruits is important in preventing constipation. Their refreshing acids and appetizing flavors make them a pleasing addition to any meal especially for breakfast when the appetite so often needs to be stimulated. Fruits are at their best when thoroughly ripe and only ripe fruits should be eaten raw. They should be eaten with little or no sugar added, as too much sugar destroys the distinctive flavor of fruit.

Tomatoes, canned or fresh may be used in place of fruit as they are similar in food value.

### Fresh Fruits

Select firm, ripe fruit. Wash, serve whole or cut in halves or smaller pieces. Serve plain or with cream and just enough sugar to keep them from being too acid.

### Canned Fruits

Use any variety of canned fruits such as berries, peaches, pears, apples, grapes.

### Baked Apples

Wash and core apples. Place apples in baking dish, put one tablespoonful of sugar in the cavity of each apple. Add enough water to cover the bottom of the baking dish. Cover, bake in a slow oven until soft. Serve cold, with cream. If apples are very sour, more sugar may be added, and a few gratings of nutmeg may be used for seasoning.

Baked pears may be prepared in the same way.

**Apple Sauce**

Wash, cut into quarters, remove core, and peel. Cook fruit in enough boiling water to keep it from scorching. When fruit is tender, remove it from the fire, stir or beat until smooth or press through a colander. Add the sugar at once and stir until the sugar is dissolved. Use  $\frac{1}{8}$  to  $\frac{1}{4}$  cupful of sugar for each cupful of cooked fruit. If the fruit is lacking in flavor, add nutmeg, cinnamon, or lemon juice.

**Stewed Fruit**

Make a syrup of sugar and water, using one cupful of water and  $\frac{3}{4}$  cupful of sugar. When syrup is boiling add the fruit that has been quartered, cored, and peeled, and cook gently until tender. If the syrup is not thick enough, when the fruit is tender, remove the fruit from the syrup until of the proper consistency and then pour over the fruit.

**Prunes (and other dried fruits)**

Wash prunes carefully. Place in the saucepan in which they are to be cooked and pour enough cold water over the fruit to cover it. Cover the saucepan and allow the fruit to soak for several hours or overnight. Then cook the fruit at simmering temperature in the water in which it was soaked. When the fruit is tender, remove saucepan from the fire, add sugar ( $\frac{1}{4}$  cup for each cup prunes), if desired, and stir until the sugar is dissolved. Serve cold.

**Fruit Cocktail or Fruit Cup**

Fruit cocktail is a combination of fresh or cooked fruits and is served as the first course of a meal. A similar combination served as dessert is called fruit cup. Various fruits may be used but some tart fruits should be included. Good combinations are (a) berries, peaches, and plums; (b) peaches, pineapple and cherries; (c) cherries, peaches, and pears; (d) oranges, grapefruit, pineapple.

**BEVERAGES**

Water is the natural beverage and forms the greater part of all others.

Milk contains in better proportion than any other food all the substances needed for the growth and development of the body. For this reason it should have an important place in the diet of every one. For 4-H Club members plain milk is the best beverage. In cold weather it may be heated and taken hot with a little salt for flavor. Fruit beverages are especially popular in the summer time. They are much more refreshing if not over sweet. Tomato juice may be used in place of fruit for breakfast and as an appetizer at the beginning of a dinner. Cocoa contains much food but is stimulating and should not be used to excess. Tea and coffee have no food value, are highly stimulating and should not be used by growing girls and boys. They may be used in moderation by most adults. Club girls often prepare meals for the family and so should know how to make tea and coffee properly.

**Tea**

The important points in making tea are: good tea, freshly boiling water and a clean hot pot. An earthen ware pottery, or glass pot is best. Scald

tea pot. Put 2 teaspoons of tea in the pot and add 3 cups of freshly boiling water. Let stand in a warm place for 3 to 5 minutes. Strain liquid from tea leaves and return to teapot. Serve with cream or lemon and sugar to taste.

### Coffee

To make good coffee: Use a good grade of freshly ground coffee. Use a freshly scalded, clean pot or container. Use freshly boiled water. Never allow coffee to boil after it is completed. Remove grounds from coffee or strain coffee from grounds as soon as it is made if the flavor is kept mild and the coffee clear.

*Boiled Coffee*—Measure 2 level teaspoons of coffee for each cup of water. Pour one cup of cold water over the coffee grounds, for the remaining water needed add freshly boiled water and bring the boiling point. As soon as it comes to actual boil, remove from fire and let stand from three to five minutes. Strain at once from grounds and serve immediately.

*Percolated Coffee*—Use 2 level tablespoons of coffee for each cup of water. Place coffee in proper compartment and pour cold water in lower part of percolator. Let it percolate gently for 10 to 15 minutes. Coffee is clearer and milder in flavor if slowly percolated than if allowed to percolate rapidly. As soon as done remove the grounds from off the coffee as they absorb flavor and aroma from the liquid.

### Cocoa

1½ T. cocoa	1 c. boiling water
2 T. sugar	3 c. milk
Few grains salt	

Mix cocoa and sugar thoroughly. Add boiling water and allow to boil until dark and shiny. (Cocoa contains starch and must be thoroughly cooked to bring out the flavor. Add milk. Stir until well mixed. Bring quickly to the boiling point. Beat with Dover egg-beater to prevent formation of scum.

### Eggnog

1 egg or 2 egg yolks	2 drops vanilla
¾ c. milk (scalded)	Nutmeg
1 t. sugar	Salt—few grains

Beat egg, add sugar and the scalded milk. Add the seasoning and mix well together. Chill and serve cold. Whipped cream may be added for variety.

### Lemonade

¾ c. sugar	4 c. water
3 lemons	

Make a syrup by boiling sugar and one cup water. Add lemon juice and remainder of the water. Chill and serve.

### Grape-Juice Lemonade

Substitute 2¼ cups of grape-juice for 2½ cups of water as given in recipe for lemonade.

**Mixed Fruit Punch (Serves 25)**

4 c. grape juice	1½ c. sugar
6 lemons	2 c. strong tea
6 oranges	8 c. cold water
1½ c. water	1 quart ginger ale

Boil together for 10 minutes 1½ cups water and 1½ cups sugar. Cool, and add the grape juice, cold water, lemon juice, orange juice, tea, and ginger ale. Chill and serve with cracked ice.

**MILK**

Milk stands out in value beyond all other foods, for it contains some of all the food classes. It contains more lime for bone and tooth building than any other food and the protein is the best kind of protein for muscle building.

It contains fuel in the form of butter-fat and milk sugar. It also contains the vitamins that promote growth and help to keep one physically fit. The fat of milk is especially rich in vitamin A, which has to do with growth. Although more than four-fifths of milk is water, it contains valuable nutritive substances and must be considered a food rather than a mere beverage.

Every child should have a quart of milk every day, for milk is the best food for the proper growth and development of boys and girls.

Keep milk clean, cool, and covered.

Milk may be used as a drink, on cereals, or it may be made into palatable healthful dishes. Even those persons who do not like the taste of milk like it when it is served in the form of cream soups, cream dishes, and milk desserts. The taste is changed by heating it to a high temperature. Less change, however, is produced by scalding than by boiling. It is also apt to scorch if cooked at boiling temperature.

**Milk Dishes**

Everyone should know how to make a good smooth white sauce, as it forms the basis of all cream soups and creamed dishes.

**White Sauce**

SAUCE	LIQUID	THICKENING	BUTTER	SEASONING	USE
Thin.....	1 c. milk	1 T. flour	1 T. butter	¼ t. salt	Cream soups
Medium.....	1 c. milk	2 T. flour	2 T. butter	¼ t. salt	Cream dishes Scalloped dishes
Thick.....	1 c. milk	4 T. flour	3 T. butter	¼ t. salt	Croquettes

Use double boiler so milk will not scorch. Melt butter, add flour and salt, stir until smooth. Add milk gradually, stir constantly. Cook until thick.

**Creamed Dishes**

Vegetables to be served with white sauce should be cooked in boiling salt water, drained and covered with sauce. One cup of medium white sauce will cover two cups of vegetables.

Asparagus, onions, potatoes, green peas, carrots, cabbage, and salsify are good types of vegetables to be served in this way. Asparagus is more attractive if it is arranged on slices of toast and then covered with the sauce.

Potatoes should be cut into cubes.

Green peas are frequently served in timbals or in cubes of bread hollowed out and toasted.

Left-over chicken or fish can be cut into small pieces and reheated in white sauce, making a delicious supper dish.

Hard-cooked eggs, oysters, sweet breads, and chipped beef are suggested as good supper dishes or luncheon dishes when combined with white sauce.

### CREAM SOUPS

A variety of palatable and nourishing cream soups may be made—corn, asparagus, green pea, carrot, and others—by adding the vegetable pulp to thin white sauce in the proportion of  $1\frac{1}{2}$  cups of pulp to 4 cups of sauce.

Cream soup may be used as the main dish for a meal or it may be served as the *first course* of a light meal—never a part of a heavy meal.

#### Cream of Vegetable Soup

4 T. finely chopped rutabaga turnip	4 T. melted fat
4 T. finely chopped carrots	2 T. flour
4 T. finely chopped onion	6 c. milk
4 T. finely chopped celery	2 t. salt

Cook the finely chopped vegetables in the fat for 10 minutes, add the flour and stir until all are well blended. In the meantime heat the milk in a double boiler, add a little of it to the vegetable mixture, stir well, combine with the rest of the milk, add the salt and cook 10 minutes. The flavor is improved if the soup is allowed to stand for a short time to blend before serving. Reheat and serve.

#### Cream of Tomato Soup

4 c. tomatoes	4 T. butter
1 slice onion	Salt
4 c. milk	Pepper
6 T. flour	$\frac{1}{8}$ t. soda

Cook tomatoes and onion in a covered sauce pan until soft. Press through a sieve and add soda to neutralize the acid. Make a white sauce of the butter, flour, milk and seasoning. When ready to serve, add the hot tomato juice slowly to the hot white sauce, stirring constantly. Serve at once with crisp crackers or croutons.

#### Croutons

Cut stale bread in  $\frac{1}{8}$ -inch slices and remove the crusts. Spread thinly with butter. Cut slices in  $\frac{1}{8}$ -inch cubes, put in a pan and toast in a moderate oven until delicately browned. Left-over biscuits may be toasted and used with soups.



**Cream of Potato Soup**

2 c. diced potato	¼ t. pepper
1 c. boiling water	2 c. milk
1 slice onion	2 T. butter
1 t. salt	

Cook potato and onion in the boiling water until tender. Add butter, milk, salt and pepper. Heat. Garnish with chopped parsley and serve at once. Bits of crisp breakfast bacon or ham gives a good flavor to potato soup.

**Corn Chowder**

4 c. diced raw Irish potatoes	2 c. milk
2 c. boiling water	½ t. salt
4 T. diced salt pork	Pepper to taste
1 onion chopped	2 T. chopped parsley or
2 c. corn	celery leaves

Cook the diced potatoes in the boiling water for 10 minutes. Fry the salt pork and onion until slightly browned, and add these and the corn to the potatoes. Cook until the potatoes are done. Add the milk, the salt and pepper, bring the mixture to the boiling point. Add the parsley or celery leaves. Pour into soup plates in which there are several crackers. Serve at once.

**Oyster Stew**

1 quart of oysters	2 T. butter
1 quart of milk	Salt and pepper to taste

Remove oysters from the oyster liquor to a strainer. Clean oysters by pouring a little cold water over them. Add this water to the oyster liquor and strain all of liquor through a cheese cloth to remove any sand present. Examine the oysters to be sure no bits of shell remain. Place cleaned oysters in oyster liquor and heat just enough to plump oysters. Scald milk and season with salt, pepper, and butter. Then add heated oyster liquor and plumped oysters. Cook until edges of oysters begin to curl. Remove from fire and serve immediately. If thickened stew is preferred, cracker crumbs may be added just before serving.

**EGGS**

Eggs are a valuable food, for like milk, they contain the elements so necessary for the support of the body. The egg yolk is one of our richest sources of iron, and of vitamin A, while the white yields a good supply of protein of excellent quality. Phosphorus and sulphur are two other valuable elements of which eggs are good sources. Milk is lacking in iron, but rich in lime, hence the combination of milk and eggs makes an excellent food. Eggs may be used in place of meats. Select them as a part of your diet at least four times a week.

Eggs are more easily digested if they are cooked below the boiling point, as boiling them makes the albumin (white) tough. Eggs may be soft or hard cooked in the shell, coddled, poached, scrambled, or served with cereals, vegetables, milk, or in combination with other foods.



**Soft Cooked Eggs**

Have a saucepan nearly full of boiling water, add eggs carefully, cover and remove pan to back of stove, where water cannot boil. For very soft eggs let stand 5 minutes, for a medium 8 to 10 minutes.

**Hard Cooked Eggs**

Follow above directions, allowing eggs to stand 30 minutes, being careful to keep water just below boiling point. The shells are more easily removed if eggs are plunged into cold water after they are taken from the fire.

**Poached Eggs**

Fill a shallow pan about two-thirds full of boiling water. Add one-half teaspoonful of salt for each pint of water. Break each egg separately into a saucer and carefully slip it into the water. Cover pan and place where the water will keep hot, but not boil. Let stand (about 5 minutes) until the white is coagulated and a film covers the yolk. Take up carefully, drain, place on slice of toast and serve at once.

**Scrambled Eggs**

4 eggs	1 t. salt
$\frac{1}{2}$ c. milk	$\frac{1}{8}$ t. pepper
1 T. butter	

Beat eggs, add milk and seasonings. Pour into hot pan in which the butter has been melted. Stir constantly until the mixture is of the right consistency. In serving scrambled eggs, several slices of crisp breakfast bacon will make the dish more appetizing.

**Creamed Eggs**

6 hard-cooked eggs	1 c. medium white sauce
Salt and pepper	

Peel eggs and cut in halves lengthwise. Pour white sauce over them and serve.

**Shirred Eggs**

Break eggs into a shallow buttered baking dish, dot with butter and sprinkle with salt and pepper. Place the dish in a pan of water and bake in a moderate oven until the whites of the eggs are set. Serve in the baking dish.

**Baked Creamy Omelet**

1 c. dry bread crumbs	1 t. salt
$1\frac{1}{2}$ c. milk	Pepper
6 eggs	1 T. fat

Soak the bread crumbs in the milk. Add the well beaten eggs, the salt and pepper. Melt the fat in a smooth skillet, add the egg mixture and cook on top of the stove for a few minutes. Bake in a moderate oven about ten minutes or until set. Roll as a jelly roll and serve at once on a hot platter.

**VEGETABLES**

Vegetables, especially the leafy ones contain minerals such as iron, lime, phosphorus, which are needed to build bones and teeth and to keep the blood and other body fluids in good condition. They also contain vitamins so

necessary for promoting growth, preventing disease and regulating body processes.

Most vegetables are good sources of cellulose or roughage which gives bulk to one's food and tends to prevent constipation. Some of the vegetables contain much starch and a few contain sugar which furnish heat and energy. Dried peas, dried beans and lentils contain considerable protein or muscle building material and when served no meat is necessary at that meal.

The all-year garden supplemented by tomatoes, okra, beans, and corn canned during the summer, the dried beans and peas and the stored roots, provide a variety of vegetables for the winter months.

In selecting vegetables to cook see that they are young, tender, and fresh. Wash them in cold water, and if they are wilted let them stand in water until freshened.

Cooking vegetables in a large amount of water drains out many of the mineral substances and much of the flavor. To prevent this, cook them in as little water as possible, and serve what is left with the vegetables or use it for soup.

Cook vegetables only until tender. Over-cooking causes a loss of flavor and vitamins, toughens the fiber, and changes the color. Baking and steaming are the best ways of cooking vegetables to preserve their food value. Greens are best cooked in the water which clings to the leaves. Dried vegetables should be soaked for several hours before cooking. When canned vegetables are used the can should be opened at least an hour before cooking or serving. By pouring the contents of the can into an open dish, fresh air combines with the food, which helps to bring back the original flavor of the food.

To encourage the eating of more vegetables they should be prepared in a variety of appetizing ways. The addition of butter, milk, eggs, or cheese in the form of good sauces often makes them more palatable and gives added food value.

The frequent use of cabbage as a part of the diet is urged. It is particularly rich in vitamins and minerals, furnishes bulk, and is available at all seasons. It is most wholesome when eaten raw, hence should be served often.

### **Cabbage (Boiled)**

Cut into quarters and let stand for half an hour in cold water to which a tablespoon of salt has been added. This will draw out any insects that may be hidden in the leaves. Remove cabbage from water, cut into slices and cook in an uncovered vessel in a small amount of boiling salted water until tender (20 to 25 minutes). Put in a bowl, add seasonings of butter, salt, and pepper and cut in small pieces. Cabbage may be served with white sauce or cheese sauce.

### **Spinach and Other Greens**

After spinach or any other tender greens have been washed, put them into a kettle without adding any water. Enough water will cling to the leaves. Cook for 15 to 20 minutes. Season with butter and salt. Garnish the dish with slices of hard-cooked egg or crisp slices of bacon. Any liquid left should be served with the vegetables or saved and made into soup.

**Snap Beans**

String the beans and cut in two-inch lengths. Cook in small amount of boiling water until tender. Season with butter, salt, and pepper or serve with medium white sauce.

**Vegetables Cooked With Meat**

Boil one-quarter pound of mixed salt pork in a small amount of water for two hours. Prepare leafy vegetable or string beans as for cooking in salt water. Add vegetable to the pork and boil rapidly until tender (20 to 30 minutes). Season with salt and pepper. Serve the pork with the vegetables.

**Beets**

Select small tender beets. Cut off tops one inch from beet. Do not break skin or roots. Cook until tender in boiling salt water. Drain, cover with cold water and rub off skin. Cut into slices. Season with butter, salt and pepper. Vinegar may be added if desired.

**Carrots**

Select small tender carrots. Wash, cook in boiling salt water until tender. Peel, cut into cubes or slice. Season with butter, salt, and pepper or serve with white sauce.

**Corn on the Cob**

Select fresh, tender corn. Free corn of husks and silks. Have a kettle of water boiling hard, drop the corn into the water and boil ten minutes. Remove from water. Season with salt and pepper and butter. Serve at once.

**Green Peas and Lima Beans**

Remove from shell and cook in small amount of boiling water until tender. Season with butter, salt and pepper.

**Okra**

Select tender pods of okra. Wash and trim off stem end without cutting into seed pod. Cook in boiling salt water until tender. Season with salt, pepper, and butter. Okra may be cut and cooked with tomatoes.

**Dried Vegetables**

Look over and discard bad vegetables. Wash well, soak overnight in cold water.

In the morning cook slowly until tender, removing the cover during the last half-hour to let the water evaporate. Season with salt, pepper and butter.

**Baked Potatoes**

Select smooth, medium-sized potatoes. Wash with a vegetable brush and place on the grate of a hot oven. Bake until they are soft (about 40 minutes). Remove from the oven. Break the skin to allow the steam to escape. Serve at once in an uncovered dish.

Properly baked potatoes are more digestible than potatoes cooked any other way. The steam which is held under pressure by the skin becomes hotter than boiling water, hence a baked potato is cooked at a higher temperature than a boiled potato and the starch is more thoroughly cooked. When the potato is baked no food value is lost.

### Boiled Potatoes

Wash, drop into boiling salt water and cook until tender (about 30 minutes). Drain off every drop of water and put uncovered vessel on back of stove to allow steam to escape, thus making the potatoes as mealy as possible. Serve in the jackets. (If to be served without the jackets, peel as soon as water is drained off.)

### Mashed Potatoes

Remove jackets of potatoes that have just been boiled. Mash until smooth or put through a potato ricer. To one pint of potatoes add one tablespoonful butter, one-half teaspoonful salt, a little white pepper, and hot milk to moisten. Beat until creamy and free from lumps. Pile lightly in a dish and serve.

### Golden Sticks

Peel and cut sweet potatoes in sticks a half inch in thickness. Drop the sticks into fat a half inch in depth and smoking hot; when a golden brown, lower the flame a little and cook until done, testing with a fork.

### Candied Sweet Potatoes

6 medium sized sweet potatoes	1½ c. sugar (white or brown sugar)
1 c. hot water	½ t. salt
¼ c. butter	1 t. extract of vanilla

Partially cook the unpeeled sweet potatoes in boiling water. Cool and peel. Slice ¼ to ½ inch thick lengthwise of the potato. Put in layers in a baking dish, not packing too closely. Make a thin syrup of the sugar and water, cooking for about five minutes. Add the butter and salt and pour it over the potatoes. Place in a moderate oven and bake until the potatoes are clear and the syrup heavy. More syrup may be added if necessary so that the potatoes when finished will not be dry. (Two cups of cane syrup may be substituted for the sugar, the water should then be omitted, or one cup of sugar and ¾ cup of syrup may be used. Lemon extract or cinnamon may be substituted for the vanilla extract.)

## SALADS

Salads give us an excellent way to include in the diet the raw foods which are needed daily. They are appetizing, they give variety to the diet and they can be used for almost every occasion. To have an excellent salad be sure to have all ingredients cold, the salad greens tender, crisp and dry and to use only ingredients that go well together as to flavor, color and texture. Mix salad lightly, preferably with a fork and add the dressing just before serving.

### Cooked Salad Dressing

1½ T. butter	Few grains cayenne
1½ T. flour	¾ c. milk
1½ T. sugar	¼ c. vinegar
1 t. salt	2 egg yolks
1 t. mustard	Or 1 egg

Mix dry ingredients, add beaten egg, melted butter and milk. Then very slowly add the vinegar. Cook in top of double boiler until mixture thickens.

Cool. Whipped cream (either sour or sweet) may be added before using, if a richer dressing is desired.

### French Dressing

$\frac{1}{2}$ t. salt	2 T. vinegar
$\frac{1}{4}$ t. paprika	4 T. oil

Mix ingredients in order given until well blended and thickened.

### Mayonnaise Dressing

$\frac{1}{2}$ t. sugar	1 egg yolk
$\frac{1}{2}$ t. mustard	1 T. vinegar
$\frac{1}{2}$ t. salt	1 T. lemon juice
Speck of cayenne	$\frac{3}{4}$ c. salad oil

Mix dry ingredients, add egg yolk; add the vinegar and beat until well mixed. Add oil slowly, beating constantly until all the oil is added. Add the lemon juice and beat until smoothly blended.

### Good Salad Combinations

Sliced tomatoes on lettuce, French dressing; tomatoes, cucumbers and onions, mayonnaise dressing; cucumber and onions, French dressing. Cooked string beans, diced cooked beets, chopped raw onions, cooked salad dressing; cooked green peas, cooked diced carrots, cooked salad dressing.

### Cole Slaw

Chop or shred cabbage. To 1 quart of cabbage add teaspoonful of salt, 1 tablespoonful sugar, 4 tablespoonfuls vinegar, 1 pimento. Mix well and serve. Cole slaw may be served with boiled dressing.

### Cabbage and Carrot Salad

2 c. chopped or shredded cabbage	$\frac{1}{2}$ c. cooked salad dressing
1 c. chopped or grated carrot	Salt to taste

Mix lightly and serve on crisp lettuce leaves. One-half cup of chopped peanuts may be added.

### Leafy Vegetable Salad

1 c. shredded cabbage
1 c. shredded raw spinach
1 T. onion juice or finely chopped onion
$\frac{1}{2}$ c. French dressing or cooked salad dressing
Salt to taste

Serve on crisp lettuce.

### Cabbage Apple and Raisin Salad

1 c. chopped red apple (unpeeled)
2 c. finely chopped cabbage
$\frac{1}{2}$ c. seeded raisins cut in halves
$\frac{1}{2}$ c. cooked dressing

Dates or nuts may be substituted for raisins. Serve on crisp lettuce.

### Cottage Cheese and Pear Salad

Arrange two halves of canned pears on leaves of lettuce. Place a spoonful of cottage cheese over each, garnish with jelly or nuts, if desired, and add mayonnaise dressing. Pineapple or peaches may be substituted for pears.



## SANDWICHES

A sharp knife, stale bread and soft butter are important in making good sandwiches. Use bread at least 24 hours old. Slice the bread evenly with a sharp knife—about  $\frac{1}{8}$ -inch thick. Cream butter by working it with a spoon until it softens and it will spread easily. Spread the butter evenly on both slices of bread and to the very edge. Season the filling carefully and spread on one slice only of the sandwich.

Cut sandwiches neatly—a triangular shape is preferred—and have them attractive in appearance. Leave the crusts of bread on unless for a dainty tea or party. Sandwiches are better prepared as near serving time as possible. If they must be kept, wrap in oiled paper and keep in a cool place.

Use a variety of breads for sandwiches—graham, whole wheat, rye, raisin, nut, and steamed brown bread.

### Sandwich Fillings

1. Ground meat moistened with salad dressing—chopped celery, lettuce or tomato may be added.
2. Cottage cheese softened with cream spread on one slice and jelly spread on the other.
3. Hard cooked eggs with finely chopped pickle, and ground ham, moistened with salad dressing.
4. Carrot, grated or chopped, with nuts and raisins or apple and salad dressing.
5. Tomato and lettuce and salad dressing.
6. Shredded cabbage or crisp leaves of lettuce with salad dressing.
7. Onion and cucumber with dressing.
8. Nuts and raisins ground together and spread on thin slices of buttered bread.

## MEATS

Meat is a protein food—one of the best for muscle building and it or a meat substitute should be included in the diet at least once a day.

### Swiss Steak

2 lbs. round steak	$1\frac{1}{2}$ t. salt
3 T. fat or melted suet	$\frac{1}{8}$ t. pepper
$\frac{1}{2}$ c. flour	$2\frac{1}{2}$ c. tomatoes or water

1 medium onion

Sift flour, salt and pepper together and beat thoroughly into the steak with a meat beater or the edge of a heavy plate. The beating makes the meat more tender and the flour absorbs the meat juices. Sear the meat in the hot fat, browning first one side and then the other. Add the sliced onion after turning meat. When second side is browned, cover with the tomato juice or water. Place the lid on the cooking utensil and simmer for an hour or more or until the meat is so tender it can be cut with a fork. If gravy becomes too thick, add more liquid. There should be plenty of rich gravy to serve over the meat. Serve piping hot.



**Irish Stew**

1 lb. beef or lamb	3 onions
5 carrots	Flour
5 potatoes	Water

Salt and pepper to taste

Select a cheap cut of beef as chuck, plate, brisket, cut into small pieces, dredge in flour which has had salt and pepper added. Brown the floured meat in hot fat. Cover with water and cook slowly, adding more water if necessary. Cut vegetable into small pieces and add when meat is nearly done. Season and cook until meat and vegetables are tender. Serve hot.

**Meat Loaf**

1½ lbs. ground meat (all beef or beef and pork)  
1 egg  
1½ c. bread crumbs  
2 T. chopped parsley, celery or onion  
Milk or meat stock to moisten  
Salt and pepper

Mix all ingredients thoroughly. Place in a bread pan and press firmly until it is molded to the shape of the pan. Run a sharp thin knife blade around the loaf, turn it out into a roasting pan, put three or four thin slices of bacon over top of loaf, place in a moderate oven and bake for about two hours, basting every 15 minutes with hot water or hot meat stock. If a loaf bread pan is not available, shape loaf with hands and place in roasting pan. The loaf may be served hot with tomato sauce or brown gravy, or it may be allowed to cool, sliced thin and served as a cold meat.

**Tomato Sauce**

Melt 2 tablespoons butter in a sauce pan; add 2 tablespoons flour and mix to a smooth paste. Add 1 cup of tomato juice and cook until thickened, stirring constantly.

**Roast Pork**

Wipe fresh pork shoulder or ham, sprinkle with salt and pepper. Place on a rack in a roasting pan, rind side up. Bake in a moderate oven, allowing thirty minutes for each pound of meat. Baste with the fat in the pan every 15 minutes. No water should be added unless necessary to keep meat from burning. When tender, score skin and fat and return to oven to brown slightly.

**Spiced Ham**

Soak whole cured ham several hours or over night in cold water to cover. Wash thoroughly, trim off hard skin near end of bone, put in a kettle, cover with cold water, heat to boiling point and cook slowly until tender. Remove kettle from stove and set aside, that ham may partially cool; then take from water, remove outside skin, sprinkle with brown sugar and cracker crumbs and stick cloves one-half inch apart. Bake one hour in a slow oven. Serve hot or cold, sliced very thin.

**MEAT SUBSTITUTES**

Eggs, cheese, fish, nuts, dried peas and dried beans rank high as sources of protein and minerals. They are similar in food value to meat and may be used in the diet in place of it, hence they are called meat substitutes.

**Escalloped Eggs**

4 hard cooked eggs, sliced	2 T. flour
1 c. bread crumbs	2 T. butter
1 c. milk	$\frac{1}{2}$ t. salt

Melt butter, add flour and salt; make a smooth paste. Add milk slowly, stirring constantly until sauce thickens. Into a buttered baking dish put first layer of bread crumbs, then a layer of sliced eggs, and half of the white sauce. Repeat. Cover with buttered bread crumbs and place in medium oven until crumbs are browned.

**Cheese Souffle'**

1 c. grated cheese	$\frac{1}{2}$ c. milk
1 T. butter	3 eggs
2 T. flour	$\frac{1}{2}$ t. salt

Melt butter, add flour, and salt; make a smooth paste. Add milk slowly, stirring constantly until sauce thickens. Remove from fire and add the grated cheese, stirring until cheese is melted. Separate yolks from whites of eggs. Add beaten yolks to cheese mixture. Then fold stiffly beaten whites into the mixture. Pour into a buttered baking dish and bake 45 minutes in a slow oven. Serve at once.

**Escalloped Peanuts**

2 c. chopped roasted peanuts	4 T. butter
2 c. cooked rice or other starchy food	4 T. flour
	1 t. salt
2 c. milk	$\frac{1}{2}$ c. buttered bread crumbs

Make white sauce of milk, butter, flour and salt. Into a buttered baking dish put a layer of cooked rice, then a layer of chopped nuts, and pour over it half of the white sauce. Repeat. Cover the last layer with buttered bread crumbs. Bake in oven until crumbs are browned.

**Bean Loaf**

2 c. mashed beans	Enough milk or other liquid to moisten to the consistency of drop biscuit dough.
2 c. soft bread crumbs	
2 eggs, beaten	
1 T. butter or bacon drippings	Salt
$\frac{1}{4}$ t. pepper	2 T. chopped onion

Mix all ingredients. Pack solidly in a well buttered pan, such as a loaf bread tin. Bake one hour or until firm throughout. Turn out on meat platter, garnish with parsley and hard cooked egg pressed through a sieve. Cut in thin slices and serve with tomato sauce.

**Fish Balls**

1 c. fish (cooked)	2 t. melted butter
2 c. mashed potatoes	1 egg well beaten

Salt

Cut or flake fish into small pieces. Add butter, mashed potato, seasoning, and beaten egg. Shape into balls and cook in a small amount of hot fat until the balls have a nice brown color. Canned salmon or tuna fish may be used.

**DESSERTS**

Nearly every one likes something sweet at the end of a meal. This is particularly true of dinner. The dessert should be chosen to add just the right contrast in flavor and food value to the main part of the meal. If the main course is heavy, serve a light dessert, fruit for example, but if the main course is light, serve a rich pudding or pie. It is a distinct mark of poor planning when more than one dessert is served at a meal.

*Simple Desserts.* Fresh fruit in season (such as berries, peaches, figs, melons), canned fruits, fruit whips, fruit salads, gelatin, custards, are all excellent and easy to prepare. Baked apples and baked pears are as acceptable for a dessert at dinner as a first course for breakfast.

**Fruit Whip**

2 egg whites	$\frac{1}{4}$ to $\frac{1}{2}$ c. sugar, depending
1 c. fruit pulp	on fruit
Lemon juice	$\frac{1}{8}$ t. salt

Put eggs and salt in a bowl. Beat until stiff. Add sugar gradually. Fold in fruit pulp. Chill and serve with a boiled custard. Use grated raw apple, apple sauce, dried prunes, or dried apricots.

**Boiled Custard**

1 qt. milk	1 t. vanilla
$\frac{1}{2}$ c. sugar	4 eggs
	$\frac{1}{8}$ t. salt

Scald milk in double boiler. Beat eggs, add sugar gradually, add salt. Pour the scalded milk into the egg and sugar, beating constantly. Pour the mixture into the double boiler and cook until it is thick enough to coat the spoon. Remove from over the hot water and cool. Prolonged cooking will cause custard to curdle.

**Cup Custard**

Use the recipe for boiled custard, but instead of cooking the mixture in the double boiler, pour it into custard cups and dust with nutmeg. Set the cups in a pan of hot water and bake in a slow oven until set. Garnish with whipped cream when ready to serve.

**Brown Betty**

Cover the bottom of a greased baking dish with bread crumbs. Add a generous layer of thinly sliced tart apples. Sprinkle with sugar, bits of butter and a little nutmeg or cinnamon. Cover with another layer of bread crumbs. Add half a cup of water and bake in a covered dish in a moderate

oven. If desired 4 tablespoons of grated cheese may be added before putting on the second layer of bread crumbs. Serve with hard sauce.

Stewed dried fruits—apples or prunes may be used.

#### Hard Sauce

$\frac{1}{8}$ c. butter	$\frac{1}{2}$ t. vanilla
1 c. powdered sugar	Nutmeg

Cream butter, add sugar gradually. Flavor.

#### Ginger Bread

2 c. flour	$\frac{1}{4}$ t. salt
$\frac{1}{2}$ c. sugar	$\frac{3}{4}$ c. molasses
$1\frac{1}{2}$ t. ginger	1 c. sour milk
$\frac{1}{2}$ t. cinnamon	1 egg
2 t. baking powder	$\frac{1}{4}$ c. melted fat
$\frac{2}{3}$ t. soda	

Put all dry ingredients in sifter. Put all wet ingredients in mixing bowl. Sift in dry ingredients and beat until smooth. Fill well-greased and floured muffin tins or shallow pan only one-half full. Bake in a moderate oven.

#### Caramel Bread Pudding

4 cups milk	1 t. vanilla
$\frac{1}{2}$ c. sugar caramelized	2 eggs
2 c. stale bread crumbs	$\frac{2}{3}$ c. sugar
$\frac{1}{2}$ t. salt	

Caramelize half a cup of sugar and add to milk which has been scalded in double boiler. (To caramelize sugar, place in heavy saucepan or frying pan. Stir constantly until melted and about the color of maple syrup.) When caramel has dissolved in the milk, add bread crumbs and let soak 30 minutes. Beat eggs slightly, add two-thirds cup sugar, salt and vanilla. Add to first mixture, turn into a buttered pudding dish and bake in a moderate oven about one hour. Serve with whipped cream sweetened and flavored with vanilla.

#### Milk Sherbet (Foundation Recipe)

4 cups whole milk	$\frac{1}{4}$ cup lemon juice
1 cup sugar	

Dissolve sugar in milk, put in freezer can, partially pack with eight parts ice to one part salt. When chilled, add lemon juice, finish packing and freeze.

*Variations.* Any kind of fruit pulp may be added, either from fresh, ripe fruit, or canned.

#### Frozen Custard

4 cups milk scalded in double boiler	4 eggs beaten
1 cup sugar	$\frac{1}{2}$ t. salt
	1 T. vanilla

Pour hot milk on beaten eggs, add sugar and salt. Return to double boiler and cook until mixture coats the spoon. Cool, flavor, and freeze, using one part salt to 8 parts ice, if freezer is used. If richer cream is desired, add one pint of cream just before freezing. Sweetened fruit pulp may be added to the above to make a fruit cream.

## MEAL TIME

Meal time in many homes is about the only time in the course of the day when the whole family gets together. Therefore, it should be made a pleasant gathering by having attractive arrangements, convenient service and by well prepared food, leisurely eaten. At the table no one should discuss petty troubles, quarrels or other unpleasant matters. A cheerful happy atmosphere at the table is the best aid to good digestion.

Factors which contribute to a well served meal are a clean, well-lighted, well-ventilated, comfortable room, a carefully set table, and the observance of a few simple common-sense table courtesies.

### TABLE SETTING

Before setting the table see that it is the right size or length for the number of people to be served. Allow at least 20 inches for each person.

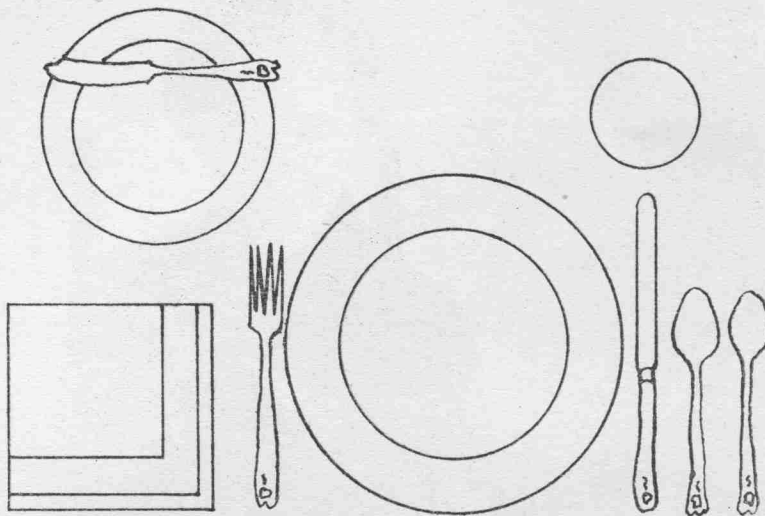


FIGURE 3—A COVER

- |           |  |
|-----------|--|
| 1. Plate  | 5. Bread and butter plate (if one is used) |
| 2. Glass  | 6. Knife                                   |
| 3. Napkin | 7. Spoons                                  |
| 4. Fork   |  |

Either a table cloth or doilies may be used. If the table cloth is used, a pad of heavy cloth, called the silence cloth, is first placed on the table. It protects the table, lessens the noise, and gives a better appearance to the table. Spread the tablecloth smoothly and evenly with the central crease at the center of the table and the lengthwise fold of the cloth placed lengthwise of the table. There should be nine to twelve inches of the cloth to hang over the edge on all sides.

Many families prefer to use doilies as a table covering and they are excellent to use on an enameled or polished table. A centerpiece of fresh flowers, arranged in a low vase or bowl, so as not to obstruct the view across the table, will add much to the attractiveness of the table.



The set table must appear balanced. Dishes must be so placed that no spot is crowded, no side or end is over balanced with dishes.

All the lines on the table should go across the table or lengthwise of the table. The handles of dishes, bread and butter spreaders, salt and pepper sets, all dishes and linen must follow this rule or the effect is one of carelessness.

The silver and dishes needed for the service of each person are called "a cover." Place the plate in the center of the cover one-half inch from the edge of the table. The knife should be on the right of the plate with sharp edge turned toward it. Spoons are on the right of the knife and the fork



FIGURE 4. Soup should be eaten from the side of the spoon and should be dipped away from the body.

is placed at the left of the plate, with the tines up. Place all silver with lower edge one inch from the edge of the table. The napkin is placed at the left of the fork with the open corner toward the lower end of the fork, or, it may be in the center of the place, if plates are piled before the one who will serve. The water glass should be at the tip of the knife. If bread and butter plate is used it should be put at the left of the plate, beyond the end of the fork.



If the beverage is to be poured at the table, cups and saucers may be placed in front of hostess in two's if necessary because of lack of space. Arrange all dishes and platters so that the table will look orderly and not crowded.

### TABLE SERVICE

When waiting on the table, do so as quietly and quickly as possible. Just before the meal is served fill the glasses three-fourths full of fresh, cold water and put butter, bread, and cream on the table.

When waiting on the table, pass to the left any dish from which a person helps himself, holding it low and so it can be easily reached—such as breads, gravy, sugar, etc. All dishes served in individual portions should be placed from the right, as coffee, tea, dessert. Remove dishes from the right.



FIGURE 5. This is the only correct way to hold the knife and fork when cutting food. Notice the handles are not visible.

The table may be kept more attractive and less crowded if the first course is removed before the second is served. To clear the table, remove all dishes containing food; first, the platter or principal dish, vegetable dishes, smaller dishes containing food; next remove the soiled plates and silver, and last of all the clean dishes and silver which have not been used. Do not stack dishes while removing them.

### TABLE COURTESIES

To be comfortable at meal time one must feel at ease. In order to feel at ease one must be familiar with certain accepted table courtesies. These are based upon convenience and upon consideration of others. In seating oneself and rising from the table do so from the left of the chair. Unfold the napkin below the edge of the table. Dinner napkins may be only half unfolded, but small lunch napkins should be entirely unfolded. Place napkin on the lap. Do not begin eating until everyone has been served. When the knife or fork is not being used it should be placed across the side of the plate and not tilted against the edge.



FIGURE 6. Food is carried to the mouth on the fork, prongs up, held in the right hand.

When eating soup, dip the spoon way from you. Sip the soup from the edge of the spoon, not from the tip. Do not tip the plate or break bread or crackers into the soup. In eating bread or rolls, break off a small piece at a time and butter it. It is not permissible to butter a whole slice of bread at one time.

Do not cut all meat on the plate or mash all of the potato at one time, but prepare as you eat.

Do not attempt to talk while chewing food.

After stirring a hot drink, the spoon should be laid on the saucer and not left in the cup. Do not blow into the cup to cool the drink. It is never correct to pour the drink into the saucer.

Elbows should not rest upon the table or interfere with the person seated nearest.

Eat slowly. Hurried eating causes indigestion. Sit straight while eating. No loud or unpleasant noises should be made while chewing or drinking.

Use knife only to cut food; never to carry it to the mouth. Forks and spoons are used for this.

A special spoon should be used for the sugar bowl and a special knife for the butter-plate.

When passing the plate for a second helping, the knife and fork may be laid together on the right-hand side of the plate. This prevents soiling the tablecloth.

It is impolite and inconsiderate to criticise the food.

Playing with the silverware or drinking glass is unnecessary and in bad form.

At the close of the meal place the knife and fork, side by side, across the center of the plate.

If the next meal is to be eaten at the same place, fold the napkin; otherwise leave it unfolded at the left of the plate.

## CLUB PLEDGE

### 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.*

### THE CLUB MOTTO:

*"To Make the Best Better."*