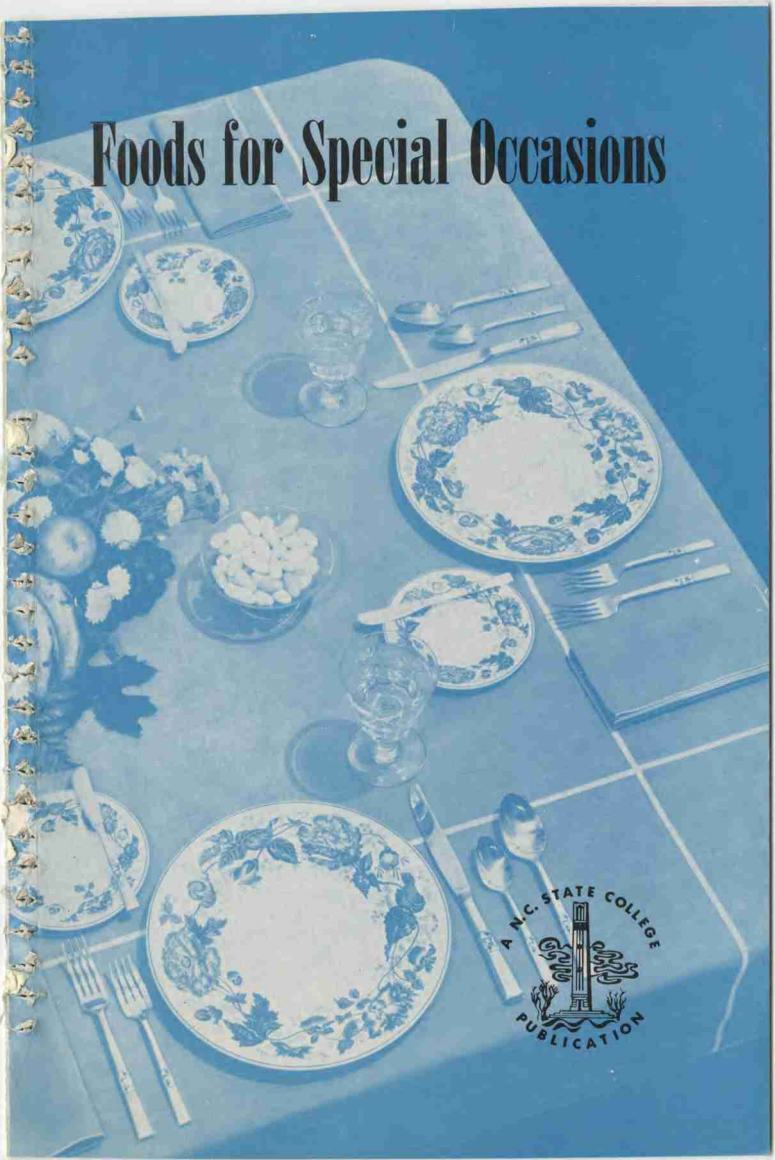


Foods for Special Occasions



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FOODS FOR SPECIAL OCCASIONS

Mrs. Jewell Fessenden and Virginia Wilson

Extension Nutritionists

Have you ever looked at a pretty picture and wished that you could be an artist? Why not be a foods artist? You can, you know.

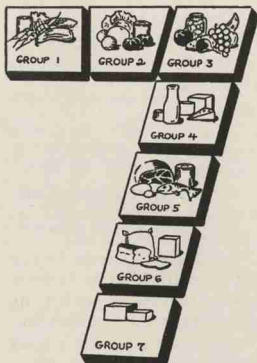
Planning, preparing and serving a meal perfect in color harmony, nice in flavor, good to the taste, and right for health requires skill equal to that of the one who paints a picture.

This unit is for 4-H Girls who have completed three or more years of Food Preparation Work. As a 4-H Girl enrolled in Food Preparation you have the opportunity to help build strong healthy people. In this unit you also learn more about how to plan and prepare special meals for your family and friends. Being a good cook and a charming hostess are treasures worth working for.

INTRODUCTION

TO COMPLETE THIS UNIT

1. Review from *Cooking the 4-H Way*:
 - a. Foods needed in every day's meals.
 - b. How to plan well balanced meals.
2. Entertain friends at following meals which you plan, prepare and serve. You will also select and buy any foods not grown at home.
 - a. A buffet supper or lunch.
 - b. An outdoor meal—cooked out of doors, or prepared at home and packed picnic style.
 - c. A small home party with refreshments. (This may be a club meeting, Sunday School, Church or school group.)
 - d. A company dinner meal.
3. Special family meals—three of the following:
 - a. Birthday party for some member of family.
 - b. Christmas or Thanksgiving meal for family.
 - c. Special meal for some other occasion as Easter, anniversary, mother or dad's day.
 - d. Picnic for family.
4. Keep a record of cost of all meals you prepare. Indicate which foods are produced at home.
5. Practice eating needed foods every day, and keep a record of



what you eat for two different weeks during the year.

6. Do health improvement work and keep a record.
7. Keep a complete record of all your foods work. Fill in your record book, write a story and turn in to your agent when asked for.
8. Make a collection of recipes and ideas on subjects for this unit. Arrange in loose leaf note book or folders. A good cook book will also help.

OPPORTUNITIES FOR IMPROVEMENT

1. Give Dairy Foods Demonstrations.
2. Enter record in Food Preparation Contest.
3. Enter Health Improvement Achievement Record Contest.
4. Make an exhibit of foods at your county and state fairs.

These will all be fun and you may win awards, too! Why not try.





Plan Right and Work Right

Here's where the *HEAD H* has its chance! Use it to the fullest. Careful planning of meals saves time and energy and may save money. Best of all, it helps to keep you calm and able to relax and enjoy meals with family and friends. We admire people who do things the easy way without fuss and flurry! You can be one of those people.

Stay Prepared

1. Keep your collection of ideas, recipes and cook book where you can always find them.
2. Help keep kitchen equipment convenient, clean and in good condition.
3. Try to get and keep good working tools. Your home demonstration agent, mother and 4-H leader will help you to plan the best kind.
4. Study your Food Preparation Unit requirements and plan to complete them.

BEFORE YOU PREPARE AND SERVE

1. Talk it over with mother and other members of family.
2. Get a pencil and paper and your collection of ideas or a cook book; sit down and make a plan.
3. Include in each day's meal plans, foods needed for health. Use the following guide and ask your home demonstration agent for a copy of the Basic Seven Food Guide.
 - a. Green or yellow fruit or vegetable (at least 1 serving) for Vitamin A: (1) for better eyesight; (2) for growth; (3) for helping to fight colds and other infections; (4) for healthy skin.



- b. Raw cabbage, tomatoes, strawberries, cantaloupe, orange, grapefruit (1 serving) for Vitamin C: (1) for healthy gums and teeth; (2) for holding together cells of the body; (3) to help heal wounds; (4) to help fight colds and other infections.
- c. Other fruits and vegetables, including potatoes (3 servings) to help supply minerals and vitamins needed for good health.
- d. Milk (1 quart per day for everyone under 25 years old, 1 pint per day for everyone 25 years old and over) for calcium: (1) to build bones and teeth and to keep bones in good repair all through life; (2) to keep nerves, heart, and muscles in good working order; (3) to help blood to clot; (4) to help to get rested when tired—for Riboflavin (Vitamin B₂): (1) to keep skin healthy; (2) to keep active for more years; (3) to aid in digesting foods. Milk also gives protein of highest quality, thiamin (Vitamin B₁), energy and some iron. The cream of milk is a good source of Vitamin A.
- e. Meat, fish, poultry, eggs, cheese (2 servings). These foods furnish protein which is used in body: (1) to build all body tissues (muscle heart, liver, blood and others); (2) to fight germs in body; (3) help heal wounds, cuts, burns. Iron helps: (1) to build red blood and prevent anemia; (2) to prevent fatigue; (3) to carry oxygen to all parts of body.
- f. Whole grain or enriched cereals or breads at each meal, for: (1) energy; (2) iron; (3) B vitamins.
- g. Butter, cream, fortified margarine (2 tablespoons daily) for energy and for Vitamin A.

All of these foods are needed every day. Foods do a better job in the body if all groups are there at the same time, just as your car must have gasoline, oil, air, battery, water and lubrication all at the same time! So, be as good to your body as you are to your car if you want to "run smoothly and last a long time!"

MORE INTERESTING MEALS

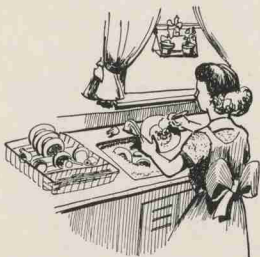
1. Include some colorful dishes.
2. Serve crisp food.
3. Avoid serving the same foods in different ways at the same meal.
4. Serve hot dishes hot and cold dishes cold.
5. Only one strong flavored food at any one meal (as onions, cabbage, collards, cauliflower).
6. Vary ways of cooking foods (serve some baked, some boiled, etc.).

WHAT A GOOD PLAN INCLUDES

1. Kind of meal or occasion for meal—buffet, picnic, dinner, refreshments, etc.
2. Amount of money you can spend.
3. Number of people to be served.
4. A menu—what to serve.
5. List of amounts of food needed—list foods to be bought.
6. List of cooking utensils and serving equipment needed.
7. Plan for decorations and color scheme.
8. List jobs to be done and plan them in order. This is important as you want all foods in your meal to come out at the right time. It helps if you make two lists—one of the jobs to be done on the day of meal or several days ahead of time; and one of those that have to wait until the day of the meal. Plan as few last minute jobs as possible. Pressing table cloths and napkins, polishing silver, getting out extra dishes and flower containers and purchasing food are jobs to be done ahead of time. Cleaning and preparing vegetables and storing them in refrigerator may be done the day before.
9. Study your plan and keep it well in mind.

WHEN YOU ARE READY TO COOK

1. Get out your written plan and keep it handy.
2. If wood stove is used, you will need to make fire first if heat is needed.
3. Put on a clean wash dress and apron.
4. Wash hands carefully, and arrange your hair away from face.
5. Get out recipes and study them.
6. Turn on oven or burners and heat water if needed.
7. Collect equipment and supplies needed for recipes.
8. Have clean dish towels, hand towel and pot lifters nearby.



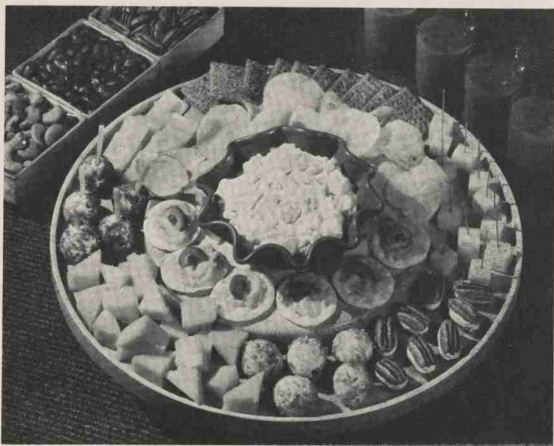
9. Measure carefully all ingredients. What you have learned in your first three years of foods work will help you. Review measurements in *Cooking the 4-H Way*. Follow recipes carefully.

Keep Kitchen Neat and Clean

1. Work neatly and keep working space clean.
 2. Learn to wash some equipment at spare moments.
3. When you're finished, leave the kitchen clean and in order. Mother will be happier for you to use it, and you will feel better, too.

FOR THE PARTY AT HOME

"Entertain at home, plan with care, and have the best time of anyone there," is a good guiding thought. A few friends, a large group, or just the family will enjoy your party more if you are at ease and can enjoy it yourself.



What to Serve

Keep food simple, make it pretty and good, and you will make a hit! Some combinations may be:

Beverage, lemonade, hot chocolate or cold milk drink.

Beverage, a thin sandwich or cookies.

Beverage, a sandwich and a cookie.

Beverage, salad and crackers or sandwich.

Beverage, dessert as cupcake, strawberry shortcake, gelatin with whipped cream, or gingerbread.

Cheese straws, salted nuts or mints may also be added.

How to Serve

FOR A FEW PEOPLE (10-12), napkins are usually passed first on small tray. Food may be placed on plates and passed from the kitchen.

Or, you, as hostess, may serve from a low table in the living room. In this case, the coffee or teapot, or pitcher holding the beverage, the plates, glasses and food are placed on a large tray on the table. You would pour the beverage, place it on a plate and guests would come and help themselves. After this, the food may be passed for second helpings.

FOR LARGER GROUPS. Food is placed on table, where guests serve themselves. If you plan a large tea or coffee hour, ask your home agent for the leaflet, *The 4-H Girl Gives a Tea*.

Either a small party or a large tea may be given if you wish to introduce a visitor to your friends or to honor someone you know.



RECIPES FOR PARTY FOODS

SANDWICHES

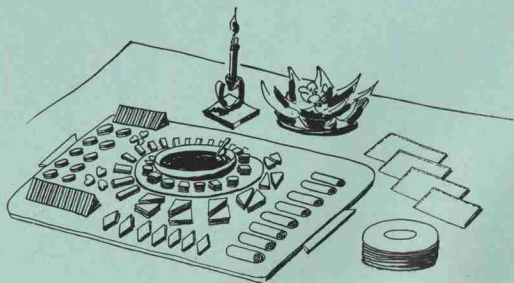
If you're going to make a sandwich, you want it to be just right.

THE BREAD. Since bread is two-thirds of a sandwich, it must be good—fresh, or a day old. Get thin sliced bread for sandwiches, or get unsliced and ask the baker to slice it thin for you. If you have a real sharp knife, you may wish to slice it yourself. Fresh bread slices better if kept in the refrigerator a few hours. Crusts are usually trimmed for fancy sandwiches or for parties, but left on when part of a meal. Bread for sandwiches may be cut in narrow strips, triangles, round or other shapes.

THE SPREAD. Butter or margarine or salad dressing spread thinly and all the way to the edges is just right. Spread both slices. Too much spread will make sandwiches soggy and unappetizing. Butter or margarine should be left out of refrigerator to become soft for spreading.

THE FILLING. Fillings should be generous but not bulky. Mixtures should be moist enough to spread well, not too dry, but not "drippy." If to be packed for traveling, soft mixtures should not be used unless bread and fillings are to be packed separately and spread when ready for use. Lettuce, pickles and tomatoes should be packed separately and added when sandwiches are to be eaten.

Sandwich mixtures should be seasoned when prepared. This gives a better flavor than sprinkling on later. A bit of sage, garlic, mustard, celery salt, relish or special sauce may be added to give zest.



THE FINAL TOUCH. Sandwich trays or plates for a party should be pretty, dainty, and tasty. Garnish plates or trays with water cress, celery tips, parsley, radish roses, etc.

FOR PACKING. Each sandwich should be neatly and carefully wrapped as made.

Sandwich Fillings

Open faced cut in fancy shapes are attractive and can be tasty and nutritious. Rolled or loaf sandwiches are interesting. Some fillings are:

Peanut Butter-Bacon Sandwich Filling

$\frac{1}{2}$ cup peanut butter
2 tablespoons, or more, salad dressing

$\frac{1}{4}$ cup chopped, cooked bacon

Soften peanut butter and blend with cooked bacon and salad dressing. Yield $\frac{3}{4}$ cup or filling for 4 sandwiches.

Other Fillings

Cottage cheese, minced onion and salad dressing on dark bread.

Cream cheese, seasoned and spread on round slices, with narrow border of paprika or finely minced parsley are pretty for special occasions. Parsley edge with a bit of red pimiento in the center are nice for Christmas colors.

Cream cheese, shredded pineapple and dressing.

Plain cheese, ground and creamed with seasoning and dressing. A very small amount of sage or other herbs is good in this.

Sardines or tuna fish mashed to a paste and seasoned as desired and spread on crisp crackers is tangy and nice to combine with a sweet sandwich.

Grated apple and grated carrot, salt and dressing.

Ribbon Sandwiches

Trim three slices of bread so as to be even and of same size. Spread first slice with yellow cheese mixture and place second slice on this; spread top of second slice with tuna fish mixture. Place third slice on top of first two and wrap in wax paper. Place in refrigerator for an hour or longer. Remove and cut across in $\frac{1}{2}$ inch slices. Dark bread for the middle slice makes a pretty sandwich. Different mixtures that taste good together may be used.

Pin Wheel Sandwiches

Buy day old unsliced bread, chill in refrigerator, trim off crust and slice thin slices the long way of loaf. Spread with any desired mixture. Roll up bread with spread as you would a jelly roll. Wrap in waxed paper. Chill in refrigerator and cut in thin slices.

BEVERAGES

Fruit Punch

- | | |
|---|------------------------|
| $\frac{3}{4}$ cup lemon juice | 1 pint pineapple juice |
| 1 pint orange juice (fresh, canned or frozen) | 1 quart ginger ale |

Have all juices cold. Mix in order given. Just before serving, add chunks of ice and serve in cups.

Any desired combinations of juices may be used. Sherbet may be used instead of ice.

Cocoa: (Serves 4)

- | | |
|----------------------------------|-----------------------------|
| $1\frac{1}{2}$ tablespoons cocoa | 1 cup boiling water |
| 2 tablespoons sugar | 3 cups milk |
| | $\frac{1}{2}$ teaspoon salt |

Mix cocoa and sugar thoroughly. Add boiling water and boil until dark and shiny. Add milk and stir until well mixed and hot. Do not boil after adding milk, as milk scorches easily.

Hot Spiced Tea: (Serves 4-5)

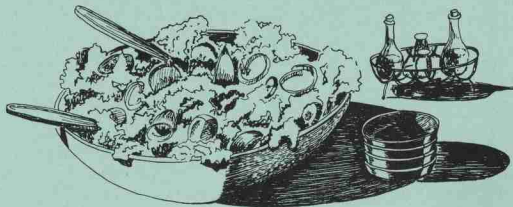
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| 3 cups boiling water | 6 whole cloves |
| 3 teaspoons tea leaves | 3 tablespoons lemon juice |
| 6 tablespoons sugar | 1 cup orange or pineapple juice |
| | $\frac{1}{2}$ stick cinnamon |

Boil water, sugar and spices for five minutes. Add tea leaves, remove from heat, cover and let stand five minutes. Strain and return to heat. Add fruit juices and heat to simmer. Remove from heat and serve at once. More or less sugar may be used as desired.

SALADS

Salads for refreshments should be extra special—pretty to look at, very tasty and servings not too large. Molded salads make attractive plates. Lettuce or other garnishes should be very crisp and fresh.

Prepare lettuce for salad by separating leaves carefully, washing,



drying with a clean dish towel and storing in refrigerator until ready for use.

Endive and water cress are interesting and tasty salad greens. You may like to try the following recipes:

Pineapple-Cottage Cheese Mold

1 cup crushed pineapple	½ cup chopped nuts
1½ tablespoons unflavored gelatin	¼ cup chopped green pepper
1 cup cottage cheese	½ cup whipped cream (or whipped evaporated or dry milk)
½ cup salad dressing (mayonnaise or cooked)	1 teaspoon salt
	1 teaspoon sugar

1. Drain pineapple. Save the syrup.
2. Soften gelatin in this syrup.
3. Set cup with softened gelatin in pan of hot water until dissolved.
4. Combine all other ingredients and add dissolved gelatin.
5. Mix well. Pour into individual custard cups or gelatin molds.
6. Chill until firm.
7. Turn out on lettuce cup. Garnish with green pepper rings. Serve cold.

Note: Canned apricots, fresh peaches or strawberries may be used instead of pineapple. Use one teaspoon lemon juice with any of these.

Chicken Salad

Cook chicken until tender, but not soft. Remove from bones and chill. Cut into bite size pieces. Do not grind unless for molding. Prepare salad as follows: (Serves 6)

2 cups chopped chicken	1 teaspoon salt if chicken was not salted when cooked
2 hard cooked eggs—chopped	Dash of pepper
¼ cup chopped celery	1 tablespoon vinegar or lemon juice
½ cup chopped pickle	1/3 cup mayonnaise or cooked dressing
¼ cup chopped green pepper	
1 teaspoon grated onion (optional)	
6 olives for garnish	

Mix all ingredients and blend well a short time before serving. Serve in lettuce cups or on other greens. Garnish with olives or carrot curls. Turkey, tuna fish or boiled fish may be used instead of chicken.

Other Party Salad Combinations

1. Prunes stuffed with cream cheese and nuts or cottage cheese, seasoned to taste.
2. Fresh oranges, apples, bananas, and cherries congealed or frozen.

3. Mixed fresh vegetables congealed and garnished.

Again, look at your collection of recipes and food pictures. They will give you ideas!

SALAD DRESSINGS

Mayonnaise Dressing

½ teaspoon sugar	1 egg yolk
½ teaspoon mustard	1 tablespoon vinegar
½ teaspoon salt	1 tablespoon lemon juice
Speck of cayenne	¾ cup salad oil

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

VARIATION OF MAYONNAISE DRESSING: *Thousand Island Dressing*—To 1 cup of mayonnaise add 1 tablespoon minced onion, 1 tablespoon chopped pimiento, 1 tablespoon chopped green pepper, ½ cup chili sauce or tomato catsup, a dash of paprika, salt and 1 hard cooked egg chopped. Serve with green vegetable salads or as a sauce for fish and meats.

Cooked Salad Dressing

1½ tablespoon sugar	2 egg yolks (or 1 whole egg)
1½ tablespoon flour	1½ tablespoons butter
½ teaspoon salt	¾ cup milk
1 teaspoon mustard	¼ cup vinegar

Few grains cayenne

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

VARIATION: *Fruit Salad Dressing*—Mix equal quantities of salad dressing and stiffly beaten whipped cream just before serving.

French Dressing

½ teaspoon salt	2 tablespoons vinegar
¼ teaspoon paprika	2 tablespoons oil

Mix in order given and shake well just before serving. Serve on any kind of vegetable salad.

VARIATIONS: To the above French Dressing recipe add one of the following: (1) ½ teaspoon minced parsley, (2) ½ tablespoon chopped green pepper, (3) 1 tablespoon tomato catsup, (4) 2 tablespoons minced hard-cooked egg, (5) 2 tablespoons grated cheese, (6) 2 tablespoons chopped celery, or (7) 2 tablespoons chopped pickle.

PARTY SWEETS

Ice cream, sherbets or other ices are appropriate and refreshing. They may be frozen in fancy shapes, cut in squares, or served in mounds as dipped from freezer or freezing trays.

Congeaed desserts are light and can be very pretty and tasty.

Dainty crisp cookies and cup cakes may be prepared ahead of time and frozen or kept in a tightly covered tin container.

Recipes For You to Try

Vanilla Ice Cream (Custard Type)

2 quarts milk	1 pint rich cream
4 eggs	1 tablespoon vanilla
$\frac{1}{4}$ teaspoon salt	2 cups sugar

Heat 1 quart milk to scalding in top of double boiler. Add sugar and stir until dissolved. Beat eggs until light, add the scalded milk slowly, and mix well. Return to top of double boiler and cook over boiling water until it coats spoon, stirring constantly. Add the remainder of the milk and the salt. Cool, then add cream and vanilla. Pouring into freezing can and freeze, using 8 parts of ice to 1 of coarse salt.

TO FREEZE IN REFRIGERATOR: Pour custard into freezing trays before adding cream and set unit for freezing. Freeze until mushy. Remove from tray, beat well, fold in cream which has been whipped, return to freezing unit. Stir once more while freezing.



VARIATIONS:

Chocolate: Melt 3 squares of chocolate in top of double boiler with 3 tablespoons sugar. Add to custard and freeze.

Fresh Fruit: When the vanilla ice cream is frozen to a mush, add 4 cups of fresh fruit that has been pressed through a coarse sieve and sweetened to taste. Peaches, strawberries, raspberries or other fruit may be used.

Lemon Milk Sherbet

4 cups whole milk
1½ cups sugar
¼ cup water

Grated rind of 2 lemons
½ cup lemon juice
½ teaspoon salt

Make a sirup by heating sugar and water together, then cool. Grate rind of lemons. Extract and strain juice of lemons. Mix together all ingredients and freeze. If frozen in refrigerator, stir three or four times while freezing.

VARIATION: Use ½ cup crushed pineapple or crushed strawberries. Use only 2 tablespoons lemon juice with pineapple. Omit lemon rind if pineapple or strawberries are used.

Nut Fingers

4 tablespoons sugar
1 cup butter

3 cups flour
1 cup chopped nuts

Mix together—shape with fingers into slender rolls. Bake in very slow oven, starting in cold oven. Roll in confectioners' sugar.

Filled Date Bars

½ teaspoon salt
2/3 cup melted shortening

1½ cups sifted flour
1½ cups dry bread crumbs

1 cup brown sugar

Mix flour, crumbs, brown sugar and salt together. Add melted shortening. Blend thoroughly. Spread half the mixture in bottom of greased pan (8 in. x 8 in. x 2 in.). Pour filling (see below) on top, spreading evenly. Spread rest of flour mixture on top of filling. Bake in moderate oven (350° F.) 30 minutes. When cool, cut into bars. Yield: 21 bars (2½ in. x 1 in. x 1 in.).

Filling

½ cup brown sugar

½ cup water

1½ cups chopped pitted dates

Cook dates, brown sugar and water together in saucepan until thick. Raisins may be used instead of dates.

CANDIES AND MINTS

Pretty and delicious homemade candies, mints and crystallized fruits are interesting and good to serve. The right place in a party

menu is as a part of the refreshment and not candy served alone. Examples: mints or other candies served at teas with nuts, sandwiches and cookies; or candy passed at the end of a meal—especially if there is no dessert.

WHEN YOU EAT OUT OF DOORS

*"Follow the gypsy pattern and come where the wild birds call!
Follow the trail over hill, over dale,
Come one, come all."*

A cool shady spot in your back yard, a table and benches in a nearby park, a favorite nook beside a lake or stream are welcome places for eating on hot summer days. Or, maybe it's early fall or spring and the unusual tangy smell and taste of food cooked out of doors tempts you and your family or friends.

If it's summer, better take along some insect repellants, and in either case the family First Aid Kit for cuts, burns and insect bites.

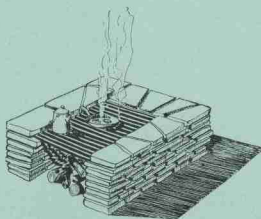
Decide on whether you wish to prepare the food and pack it at home or cook it on the spot.

For outdoor cooking, you may need special equipment unless an outdoor fireplace is available. The popular wiener roast requires little equipment and can be fun.

Take plenty of food, but not too many varieties.

Equipment that helps in packing: Thermos jug or bottle for





hot or cold beverages; trays or plastic lined basket; container with ice if bottle drinks are used. You will need waxed paper or foil for wrapping foods, sharp knife for slicing pickles if left unopened; can opener; napkins, table cloth and towels; plenty of newspaper; matches; knife for spreading.

FOOD SUGGESTIONS

Keep in mind foods needed every day. The outdoor meal needs to fit in with other meals for the day.

For the picnic lunch: Most foods may be wrapped in individual serving portions if desired. If sandwich spreads are soft, it is better to pack them in jars and spread when ready to eat. Keep cool if in hot weather to prevent spoilage. Protect food from insects, and from too much heat. Picnic and outdoor meals are sometimes too "starchy." Meals should be well balanced whether indoors or out. Your menu may follow a pattern like this:

1. Meat, chicken, eggs, fish or cheese (as sandwich fillings or separate and used with bread). Use your favorite recipes. See Sandwiches in other part of this booklet.
2. Bread—your favorite kind—or bread may be used in sandwiches.
3. Vegetables—in salads, sandwiches, or as relishes.
4. Fruits—usually served raw.
5. Sweets—cookies, small cakes, ice cream in cups or freezer, gingerbread.
6. Beverages: Fruit drink, milk drink, iced tea.

COOKING THE OUTDOOR MEAL

Usually one main cooked dish is all that is needed to be cooked. This may be: hamburgers, wieners, brunswick stew, barbecue, fish, spaghetti, chicken or steak.

Serve them with: Slaw, sliced tomatoes, raw carrots, cucumber slices, celery, pepper rings, onions, radishes; Bread, or rolls, or crackers; Light dessert as ice cream, fruit or cookies; Beverage—tea, coffee, cocoa, milk.

The meats will need to be kept cold until ready for cooking. The vegetables may be ground, or sliced, packed separately and

kept cold. Beverages may be in thermos jugs or in jars and mixed with ice at the picnic place. Tea or coffee may be sweetened when made.

Paper plates, forks and spoons, napkins and cups are in order and add to the fun when tossed onto a fire and no dish washing for you!

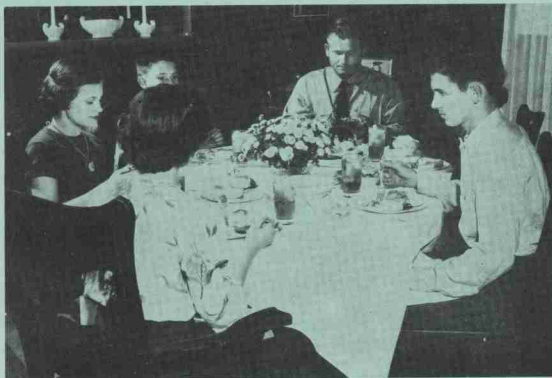
And, all good citizens and picnickers leave everything clean, with not a live coal left behind. That's part of your HEART and HEALTH TRAINING.

WHEN COMPANY COMES

When you "put your best foot forward," don't let it trip you. Company manners need to be practiced every day to be done with ease. So, practice planning and serving family meals the right way. A grand time to learn to be a good hostess at mealtime is when you're at home with Mother to guide and help.

To have fun with your guests, you will remember to plan:

1. Foods that are easy for you and that you know how to prepare. You may know the favorite recipes of your special friends. Don't try a new recipe on your guests!
2. Foods that can be prepared ahead—only a few last-minute items. Vegetables should be washed and properly stored ahead of time. Desserts can be made and kept in refrigerator or



freezer, if you have one. Casserole dishes may be prepared in the morning, put in the refrigerator and baked just in time to serve. Rolls may be made and kept in refrigerator or freezer until time to use for baking. Biscuit mix made and kept on hand will save time. Syrup for punch, fruit drinks or chocolate will keep for several days in refrigerator. Polish silver and press linens the day before.

3. If you're to be hostess, ask mother, sister or a friend to help you with the last minute items so you can greet your guests and be with them.
4. Plan serving so you may stay at the table most of the time with guests—this is most important!
5. Do not appear "all fagged out" or your guests may be sorry you invited them!
6. You may plan the kind of meal where everyone "pitches in" and helps with the cooking, serving and dish washing. That can be fun, too!

The company meal may be a regular dinner, supper or luncheon, an outdoor meal or a picnic.

Buffet service is one way to serve guests.

THE BUFFET MEAL

If you want to serve more people than can be seated at your family table, buffet service is a good way to do this. Large community meals are usually handled this way. It is similar to cafeteria style and people help themselves to food placed on a table. Buffet meals are usually informal, but can be semi-formal. Yours will probably be informal. Food and serving dishes are placed on the table in a way to make it easy for guests to serve themselves.

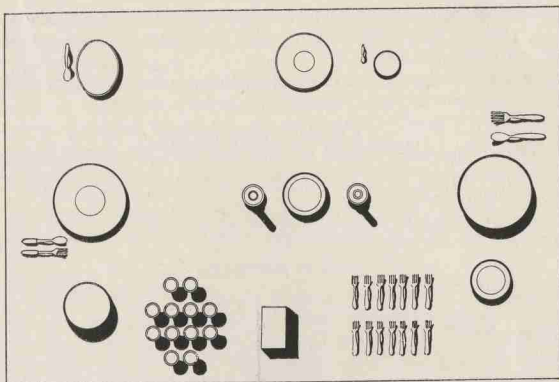
How to Set up Buffet Table

The table should be pretty and not look crowded or cluttered. Simple and seasonable decorations are easy. Candles add to the beauty if the meal is at supper time and if weather is cool. Candles are always lighted if used.

Place dishes for main course at one end of the table. Set a stack of six or eight plates near it. Bring in other plates as needed. Place the serving silver beside the dish of food. Place other foods along the side of the table with spoons or forks needed for serving near them.

Arrange silver and napkins so they will be picked up last.

The beverage may be served at the end of the table opposite the main dish. Someone may pour this, it may already be poured and



set on a tray for guest to pick up, or it may be passed after guests are seated.

Guests may be seated about the rooms of the house or at card tables if there is room for tables.

Second helpings are in order. Guests may go back to the table to serve themselves or the hostess may pass foods.

The table should be cleared after main course is served and dessert placed on the table. Or again, it may be passed by the hostess.

What to do to get ready

Study your recipe books and magazines for ideas.

Plan carefully, ask friends ahead of time to help with passing food, pouring beverages and taking up plates.

What to Serve

Use foods that hold up well if they have to wait, and easy to eat with a fork or spoon—no knives, please.

Suggestions

Main dish: (May be hot or cold) cold meats, casseroles, meat or cheese, salads, croquettes, spaghetti or chicken pie.

Sa'ad: Fruit or vegetable or slaw.

Relishes: Pickles, raw vegetables as carrot strips, radishes, sliced cucumbers, spiced peaches, pears or crabapples.

Dessert: Individual pies, cakes, cookies, ice cream or shortcake.

Bread: Rolls, biscuits, muffins or crackers. Hot breads should be buttered before placing on table. Sandwiches may be used instead of bread.

Beverage: Tea, coffee, milk drink, fruit juices or fruit punch. If the group is large a fruit drink is a good choice.

COMPANY DINNER

In your first years of food preparation, you had an opportunity to learn meal patterns. If you have forgotten them, review plans in *Cooking the 4-H Way*.

Here is one that you may follow in planning your company dinner, and for the good family meal:

<i>Main Dish</i>	<i>Soup or Appetizer</i>	<i>Two Vegetables</i>
<i>Bread</i>	<i>Salad</i>	<i>Butter</i>
	<i>Dessert</i>	
	<i>Beverage</i>	

It isn't what you serve but the way you serve it that turns an everyday meal into a company affair. The plainest food can be glamorized by serving it in an attractive dish or adding a touch of color with garnishes of parsley, radish roses, bright colored jellies or fruits, etc.

Set the table with your prettiest linens, china, silver, and glassware. Add interest with a bowl of flowers or some other decoration in the center of the table.

FOOD SUGGESTIONS

Soups and Appetizers

Vegetable, cream or clear soups.

Fruit or tomato juice.

Fruit cup.

Shrimp or oyster cocktail.

Main Dishes

Chicken: Fried, baked with dressing, creamed, croquettes, chicken pie or salad.

Turkey: Baked with dressing, creamed, salad.

Ham: Baked, fried, boiled, ham loaf, creamed, or croquettes.

Roast: Hot or cold.

Liver: Broiled, fried, liver stew.

Steak: Broiled, fried or chopped.

Fish: Broiled, fried, baked, salad, casserole.

Cheese: Souffle, Welsh Rabbit.

Spaghetti or Macaroni with cheese, meat balls, or meat sauce.
Other: Meat stews, hash, hamburgers, pork chops.

Vegetables or Fruits

Include one green or yellow and one other vegetable. Potatoes may be one of the vegetables. Vegetables may be boiled, baked, creamed, cooked in casserole or used in salads. Use different flavors and textures, and different methods of cooking.

Salads

Fruit salads are nice if two vegetables are used with the meal. See "salads" under "Party Refreshments" in this booklet. A meat salad would not be served if another meat is used as the main dish.

Desert

Choose desserts to fit meal. If the meal is heavy, a light dessert of fruit, sherbet, gelatin or ice cream will be appropriate.

Homemade pie, cake, puddings, if well made, will bring you compliments. But make them good!

Beverages

Coffee, cold or hot tea, milk, milk drinks, or fruit drinks may be used.

FAMILY CELEBRATES AT HOME

Follow meal planning guide and suggestions for company meals.

Birthdays, anniversaries and seasonal holidays are days which call for a special meal and family fun. Family members like a little extra "fuss and fancy" every now and then, and deserve it, too. Again, the HEART H has its chance!

Favors, table decorations and foods can be used to carry out the

idea. Begin a collection of seasonal table decorations and use them year after year. Instead of the family growing tired of them, the decorations will become a family tradition.

Study your collection of recipes, pictures and ideas. Use favorite family recipes and sometimes surprises are fun. The family will appreciate the best and prettiest table linens and dishes that you have, and flowers, too!



SPECIAL FAMILY MEALS

CHRISTMAS

Of course, you will use your traditional family favorites as turkey, ham, goose or baked chicken; mince or pumpkin pie, fruit cake, plum pudding or ambrosia. Here are some other ideas.

Appetizer

1. Hot or cold cranberry punch. (Use cranberry juice with ginger ale for cold punch. Heat cranberry juice with whole spices for hot punch. Add a little lemon juice for zest.)
2. Spiced apple juice. (Heat apple juice with stick of cinnamon.)
3. Hot spiced grape juice, made at home and saved for Christmas. (Heat juice with whole spices.)
4. Cream of tomato soup.

Salads

1. Christmas Pears: Color canned pears with red coloring—served on bed of green lettuce with mayonnaise.
2. Christmas Tree Salad: Use small Christmas tree molds for making tomato aspic or other jellied salads. Serve on salad greens.
3. Cranberry-Apple Salad: Prepare cinnamon red apples—fill centers with cranberry sauce. Top with mayonnaise and green cherry. Serve on lettuce or other salad greens.

Vegetables

1. Shredded buttered beets, topped with green pepper rings.
2. Green peas with pimienta strips or stars on top.
3. Green beans with broiled tomatoes served side by side.

Desserts

Cranberry Ice—(Serves 6-8)

4 cups cooked cranberries	1 teaspoon grated orange rind
2 cups sugar	2 cups cold water
	2 tablespoons lemon juice

1. Rub cranberries through sieve; add other ingredients.
2. Pour into freezing tray. Freeze until firm.
3. Stir three times during freezing.
4. Serve in crystal or red dessert dishes.
5. Garnish with green cherry or mint leaves.

Strawberry Shortcake

Use favorite recipe and serve with frozen strawberries.

Christmas Snow Balls

Divide round or oblong shaped angel food cake into 2 pieces $1\frac{1}{2}$

inch thick. with $1\frac{1}{2}$ inch biscuit cutter, make round of cake as thick as diameter of cutter (to make round balls.) Make a frosting of powdered sugar, cream and flavoring. Dip cake balls in frosting, then in grated coconut.

Christmas Angel Food Cake

1. Slice angel food cake crosswise through center to make two layers.
2. Put the two layers together with filling of 1 cup chopped fruits combined with $\frac{1}{2}$ cup whipped cream, whipped evaporated or dry milk.
3. Frost top with whipped cream or whipped milk.
4. Arrange a wreath of green coconut around edge. Place a few strawberries or red cherries in clusters on wreath.
5. Serve in slices.

Note: *To whip evaporated milk*, chill small can of milk until ice cold in freezing unit. Whip until foamy. Add 2 tablespoons lemon juice and beat until stiff. Add 2 tablespoons sugar.

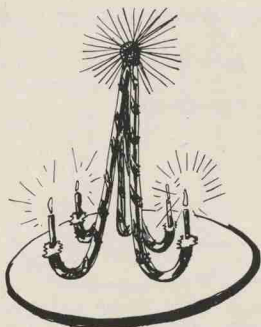
To whip dried milk, use $\frac{1}{2}$ cup ice cold water and $\frac{1}{2}$ cup dried milk which has been chilled. Sprinkle milk on top of water in small deep bowl. Beat until stiff. One tablespoon lemon juice added to water helps to make mixture beat more easily. Add 2 tablespoons sugar and fold in.

To color coconut: Place canned or evaporated shredded coconut in shallow bowl. Add a few drops of green coloring and mix until of desired color.

Study pretty pictures and select an idea that you can use. Practice making pretty table centerpieces. Candles always add a festive note. If candles are used, be sure to light them. Draw shades if in daylight. Decorations may be all homemade and inexpensive.

A red or green table cloth makes a pretty table if your china will harmonize.

Place cards or favors for everyone make the meal even more special. Best of all is a happy spirit and joy for all!



THANKSGIVING FOOD IDEAS

Hot Tomato Juice
Roast Chicken *Dressing with Cream Gibley Gravy*
Sweet Potatoes in Orange Shells
Baked Pears *Zesty Green Beans*
Apple-Cranberry Salad
Criffon Pumpkin Pie
Hot Tea or Coffee

Zesty Green Beans

1 pint canned green beans 2 medium onions, sliced
2 tablespoons vinegar Pepper, if desired
1 tablespoon wesson oil

Bring beans to a boil and heat through, drain and pour over sliced onions. Add vinegar and wesson oil beaten together. Toss until onions separate into rings. Let stand several hours and serve as a vegetable or salad.

Baked Pears

¼ cup brown sugar 1 tablespoon grated orange rind
¼ cup white sugar 1 cup orange juice
1 tablespoon cornstarch OR 1 teaspoon grated lemon rind
2 tablespoons flour 2 tablespoons lemon juice
½ teaspoon salt 2 tablespoons butter or margarine
4 ripe pears or 8 halves canned

Mix brown and white sugar, cornstarch or flour and salt. Add butter, orange and lemon juice and rind. Cook until mixture becomes clear and is thickened. Cut peeled pears in half, then core. Place pears in a shallow baking dish. Pour above mixture over them. Bake uncovered in a very moderate oven (350° F.) for 15 minutes or until pears are tender. Baste every five minutes. Serve warm.

If friends drop in, apple juice with a slice of lemon and a doughnut, a mince tart, or orange glaze pecans will make a hit.

Orange Glaze Pecans

1 cup sugar 1 tablespoon grated orange rind
½ cup orange juice 2 tablespoons corn syrup
2 cups shelled pecans

Mix sugar, orange juice and rind, and water in saucepan. Cook to firm ball or 238° F. Add pecans and cook about five minutes longer. Remove from heat and beat until syrup begins to crystallize. Pour onto buttered cookie sheet, slab or large platter. Separate pecans with fork.

HALLOWEEN IDEAS

1. Witches' Hats: (Ice cream cone filled with orange ice and served upside down on chocolate cookies or small round cake. Make face on ice by using spices for eyes, strip of red cherry for mouth.)
2. Individual Pumpkin or Mince Pies topped with faces made of whipped cream, spice for eyes, and red cherry for mouth.
3. Cookies cut in shape of witches, black cats and bats.
4. Sandwiches in fancy shapes, using whole wheat bread and yellow cheese.



GRADUATION PARTIES

Make diploma sandwiches: Trim crust from a slice of bread, press it flat with a rolling pin, spread with sandwich mixture, roll and wrap in waxed paper. Chill thoroughly. Unwrap and tie with colored ribbon.

Graduation Cap dessert: Place a scoop of vanilla ice cream on small white plate. Make eyes and mouth of chocolate drops. Place a square chocolate mint on top of ice cream for hat.



