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The Problem of the School Luncheon

PART II

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The benefits of education and of useful knowledge, generally diffused through a community, are essential to the preservation of a free government.

Sam Houston.

Cultivated mind is the guardian genius of democracy. . . . It is the only dictator that freemen acknowledge and the only security that freemen desire.

President Mirabeau B. Lamar.

School Lunch Room Recipes*

The school lunch room is one of the latest and important problems confronting the school authorities. Careful investigations made by the school physicians and nurses show that a large per cent of the mental inefficiency of the school children results from the lack of nourishing food. They have found that this lack of nourishment is not confined to the children of the poor, but is present in the children of all classes of society. The food habits of the young generation, regardless of class or sex, are, as a rule, bad. There is a growing tendency on the part of children to go without breakfast or to bolt a hurried meal of coffee and hot bread or poorly cooked cereals. The average luncheon is scarcely more wholesome. If it is prepared at home, it is frequently left for the cook to put up, and is likely to contain an over-supply of rich pastry or sweets, both of which are injurious to the growing child. Frequently the lunch is purchased from vendors, and as a rule such food is unsanitary and unwholesome. It is carried to the school in open wagons or push carts, exposed to dust and flies and the dirty hands of the dealers, until, from the standpoint of sanitation alone, it is a real menace to health. It is, with few exceptions, prepared and sold by ignorant people—Mexicans, negroes and the like. They not only have no idea of sanitation, but are entirely ignorant of food values and proper preparation. They are not in business to benefit the children, but solely for profit. While this character of food may appease the appetite, it does not satisfy the physical needs of the body. On the dismissal of school the child again craves food and is apt to satisfy this craving before reaching home by the purchase of ice cream sodas, pies, tamales, chili, and other unwholesome foods, or when he reaches home he is apt to indulge in a repast of bread and sugar, cake, left over pastry and the like. By the time the even-

*This bulletin is one of three designed to help Mothers' Clubs of various organizations and the establishment of school lunches. The first one is entitled "The Problem of the School Lunch Room." This is the second of a series and the third will deal with the equipment and its cost of the various lunch rooms suitable for school purposes.

ing meal comes the appetite has been destroyed by this constant eating between meals, and little food is partaken of. Sometimes it happens, especially with boys, that they go to the other extreme and eat much more at this meal than is good for them. The result is, it overtaxes the digestive organs, and the child is heavy and languid in consequence, unfit for study and too frequently passes a restless, unrefreshed night. He rises reluctantly the next morning, tired, nervous, no appetite for breakfast and physically unfit for the day's duties. With a constant repetition of these conditions for nine months in the year, the child's health may be seriously affected. The dishes prepared by the lunch vendors are apt to be highly seasoned with condiments of various kinds, used to disguise the flavors of inferior foods. The appetite soon becomes accustomed to and craves this high seasoning, and the child becomes dissatisfied with a less decided flavor of wholesome home fare. The lack of nutritious food, the overtaxing of the digestive organs and the consequent weakening of the physical organism is accountable for a much larger per cent of nervous breakdowns in the high school than overstudy. Physicians and nurses are generally recommending wholesome school lunches as a remedy for this evil. Many school systems throughout the country have established these lunches as a part of the school system, and have found them of great economic advantage. The majority of lunch rooms are self-sustaining. Sometimes they are run at a slight pecuniary loss. The latter is usually true when the school is located in poor districts, but authorities agree in the main that the loss is more than made good in the increase in mental as well as physical efficiency of the child. Fewer children, if properly fed, have to repeat grades, and the saving thus involved is much greater than the expenditure for food.

Trained Lunch Room Managers.—In many of the large cities of the country, trained dietitians are employed to manage the lunch rooms. They supervise the purchase of materials, plan the menus and overlook the preparation and serving of the lunches. They are usually engaged with the understanding that the receipts from the sale of lunches must pay all expenses incurred in the maintenance of the lunch room. One dietitian frequently supervises all the school lunches in the city. She attends to the

purchasing of supplies, and employs and is responsible for the help who prepare the menus arranged by her.

Domestic Science Teachers as Lunch Room Managers.—Where the classes in Domestic Science are small and not more than one-half of the teacher's time is used in classroom instruction, she may very successfully supervise the school lunch room. She can plan the menus, attend to the buying and direct the help engaged in the preparation of the meal.

Lunch Room Management Without Trained Supervision.—In the majority of schools the above plans are not feasible, and it is to meet the needs of such schools and to furnish simple, wholesome and inexpensive recipes that this bulletin has been compiled. Mothers' clubs frequently assume the management of the school lunch rooms, and they have been most successful in conducting them. There are two dangerous tendencies to be avoided in this form of management: First, the tendency to serve too many fancy dishes with a view of attracting the child's appetite and to secure and hold his patronage. Second, to make of the lunch room a money-making scheme. The surplus thus acquired is usually spent in improving the school building and grounds. While the object is worthy, it is not to be recommended. Both of these tendencies are to be avoided, if the best results are to be obtained. Wholesome food well prepared and attractively served will, if persisted in, in time sell as well as the less wholesome dainties. If there is a profit accruing from the lunches, it would be better to use it in the purchase of better lunch room equipment, such as comfortable tables and chairs, so that the children may be seated while eating, and by improving sanitary conditions by screening, etc., and by making the serving room more attractive generally. If it is found that more than a nickel's worth can be served for a nickel, it would pay to do it. In other words, if you feel that you are giving a generous portion for the money and can give more and still pay expenses, *do it*. It will yield a profit that is worth while in the long run in the physical improvement of the child, and that, after all, is the object of the lunch room. If the school grounds are the rendezvous of itinerant vendors of food, don't regard them as competitors and feel that you have to adopt their menus to compete successfully with them. It is only necessary, in most cases, to investigate the sani-

tary conditions under which they produce their foods. This investigation usually results in the municipal health board putting them out of business, if a report is made to them. The following important points are worth remembering in serving of school lunches:

1. The food must be nutritious; that is, it must provide material for the growth of the young body, for the formation of muscles, nerves, etc. Meat, fish, eggs, milk, cheese, macaroni, peas, beans, lentils, cereals, and good wheat bread are all rich in building material and can be used in many varied combinations. Then the body must be supplied with material to furnish heat and energy; in other words with fuel foods. A normal child takes plenty of exercise and requires that much of his food should be in the form of fuel. Foods containing starch and sugar are the principal ones used for this purpose; for example, potatoes, rice, tapioca, grits, cornmeal, prunes, dates, bananas, raisins, etc. Fats also furnish heat and energy, but in much larger proportions than sugar and starches. Over-abundance of fat is apt to interfere with the digestion of other foods. They should be used sparingly. The most easily digested fats are cream, butter and olive oil.

2. All foods must be carefully prepared and cooked so that their nutritive value is retained. Cooking makes some foods more digestible, consequently it is more nutritious cooked than raw. On the other hand over and under-cooking renders some foods very much less nutritious. All animal foods, such as milk, eggs, fish, cheese, etc., if cooked at a high temperature, become hard and are digested with difficulty. Under-done and water-soaked vegetables are equally taxing to the digestion. Food, then, to fulfill its proper functions, must be nutritious and properly prepared, so that it may be digested with as little tax upon the digestive organs as possible.

3. Food must also be attractively served, so that it will tempt the eye and thus appeal to the appetite. Custards baked in individual cups with a spoonful of whipped cream on top, will sell quickly, while custard made from the same recipe, but baked in large quantities and dished in separate serving dishes, will go begging. When the food is prepared by untrained help, only the simplest dishes should be attempted, and those which are easily

prepared and served, and require a minimum of time for preparation.

4. *Inexpensive Foods.*—Inexpensive dishes should predominate in the daily menu, so they may be within the purchasing power of the majority of the children. It is a mistake to cater to the small minority who buy expensive dishes. It not only encourages class distinction, which is undesirable and undemocratic, but the lunch room soon gets the undesirable reputation of catering to those who have money. In this way it becomes unpopular, loses patronage and defeats its own purpose—that of doing the greatest good to the greatest number. Make it cheap, appetizing, wholesome and attractive, and they will soon attract all classes of buyers.

5. Vary the diet as much as possible. Nothing renders a lunch room more unpopular than constant repetition of a menu no matter how good it may be. The method of serving the same dish may be varied indefinitely, and made more desirable in consequence. For example, gingerbread may be baked in separate pans at one time and the next in sheets cut into squares and decorated with a half of a walnut or pecan or even peanuts or raisins.

6. Avoid the use of left-over foods. When necessary, disguise as much as possible by combining them with new food materials. The recipes on the following pages are wholesome, simple and adapted in the main to the needs of the growing child, and if properly prepared they will prove attractive and appetizing. They have all been used in school rooms with much success. Most of the recipes are in proportion of families of six to eight. They may be multiplied to any extent to meet the requirements of various sized schools.

Directions for Measuring.—All measurements are level. Remember that a cup full is all a cup will hold. To measure a half spoon, fill the spoon, level the top with the blunt edge of a caseknife, and then divide the material into two parts lengthwise. Always sift flour before measuring, but do not pack it. Pack butter, lard and other fats as tight as possible.

Explanation of Abbreviations.—tbsp. stands for tablespoon.
tsp. stands for teaspoon.

c. stands for cup.

SOUPS.

CREAM SOUPS.

Delicious cream soups may be made from the water in which vegetables, such as spinach, celery, asparagus, cauliflower and cabbage, have been cooked. For two cups of the vegetable water, allow an equal amount of milk. Thicken with three level tablespoons of flour rubbed smooth in a little milk. Stir in two tablespoons of butter or butterine or clarified beef fat, and salt to taste. In the same way cream soups may be made from dried green or split peas, dried lima beans and lentils, as well as from corn, onions, potatoes and tomatoes. The dried vegetables should be soaked and used with the water in which they were cooked. Unless liked very thick, a little flour may be used for thickening, since they contain so much starch. (Two tablespoons to the quart is sufficient.)

CREAM OF TOMATO SOUP.

One pt. tomatoes, two tsps. sugar, one-eighth tsp. soda, one qt. milk, one-third c. butter, one slice onion, 4 tbsps. flour, one tsp. salt, one-eighth tsp. pepper.

Heat tomatoes and rub through a sieve. Rub sugar, soda, flour and butter into a paste. Stir carefully into this mixture the hot tomato juice. Return to fire and boil five minutes. Scald milk with onion added to it, remove onion and add thickened tomato to milk. Reheat, but do not boil. Salt just before serving.

POTATO SOUP.

Three potatoes, one qt. milk, two tbsps. of flour, one tbsp. fat, one tsp. of salt.

Boil potatoes in salted water until soft; mash and beat until light. Add milk gradually. Mix flour with a little cold liquid and add to the hot potato mixture. Let come to the boiling point and then add the butter and salt. This will serve six people.

PEANUT PUREE.

One-half c. peanuts, ground; two tbsp. butter, two tbsp. flour, three c. milk, one tsp. salt.

Grind the peanuts, make cream sauce of butter, flour and milk; add peanuts and salt.

SPLIT PEA SOUP.

One c. dried split peas, two and one-half qts. cold water, one pt. milk, one-half onion, three tbsp. butter, two tbsp. flour, one and one-half tsp. salt, one-eighth tsp. pepper, two-inch cube fat salt pork.

Pick over peas and soak several hours, drain, add cold water, pork and onion. Simmer three or four hours, or until soft; rub through a sieve. Add butter and flour cooked together, salt and pepper. Dilute with milk, adding more if necessary. The water in which a ham has been cooked may be used. In such case omit salt.

Lentils or any other dried peas or beans may be used instead of split peas.

BAKED BEAN SOUP.

Three c. cold baked beans, 3 pts. water, two slices onion, two stalks celery, one and one-half c. stewed and strained tomatoes, two tbsp. butter, two tbsp. flour, one tbsp. chili sauce, salt, pepper.

Put beans, water, onion and celery in saucepan; bringing to boiling point and simmer thirty minutes. Rub through sieve.

SCOTCH SOUP.

Wash and cut into pieces two pounds neck of mutton. Put meat and bones into kettle with two qts. of cold water and bring quickly to the boiling point; and from one-half to three-fourths c. of barley that has been soaked over night in cold water. Boil five minutes and put to the back of the stove and cook below the boiling point two or three hours, or until the meat is tender. Then add two carrots, one turnip, one onion and two potatoes cut into small pieces. Cook until vegetables are tender. Serve hot.

STEWES.

BEEF STEW WITH VEGETABLES.

Cut into pieces one or two pounds of stew meat (neck piece, aitch bone, or shank may be used). Cover well with boiling water and boil 5 minutes; remove to back of stove and cook below boiling point for two or three hours or until the meat is nearly done. Add potatoes and other vegetables such as carrots, onions,

turnips; cut in small pieces and cook until tender. Season with salt. Thicken with flour or serve thin as desired, or rice and left-over cereal may be used for thickening. This also may be cooked in fireless cooker. Cook the meat and vegetables in boiling water ten minutes, put into the fireless cooker for four or five hours. Season with salt and serve hot.

BEEF STEW.

Cut two pounds of beef from brisket or rump into small cubes. Put one-third into a greased skillet to brown. When well browned on all surfaces, add this to the remaining meat, cover with cold water and bring slowly to the boiling point. Boil for a few minutes and place at the back of the stove to cook slowly for three or four hours, or until tender. When the meat is tender and the water nearly evaporated away, add about one cup of cooked string beans, half an onion, and one can of tomatoes which have had a part of the water evaporated away from them. Season and serve. Potatoes and turnips and carrots may also be added.

MUTTON STEW.

Wash and cut into pieces two pounds of neck pieces of mutton. Put meat and bones into kettle with 2 qts. of water, and bring gradually to the boiling point. Remove to back of stove and cook slowly for one-half hour to three hours, or until the meat is tender. Add carrots, turnips, onion, and potato cut into small pieces. Cook until the vegetables are soft. Season and serve hot.

RICE AND CHEESE.

Boil one cup rice until tender in salted boiling water. Drain, Make cream sauce, using 1 pt. of milk, 4 tbsp. butter and four tbsp. flour. Heat the butter, stir in the flour and cook a few minutes. (Be careful not to burn.) Then add the milk. Boil until it thickens and season with one-half tsp. salt. Butter a baking dish, mix rice with white sauce, arrange a layer in bottom of dish, sprinkle with cheese, and alternate in this manner until dish is filled. Cover with buttered bread crumbs, put in oven and brown quickly. Serve at once.

MACARONI AND CHEESE.

Wash macaroni, break into small pieces and cook until tender

in salted boiling water. Make cream sauce and escallop with cheese as directed under "Rice and Cheese." Be sure that the cheese is well protected from the heat.

MACARONI AND TOMATO SAUCE.

Cook macaroni as above. Escallop with fresh or canned tomatoes or tomato sauce. Cover with crumbs. Brown and serve hot.

TOMATO SAUCE.

Strain tomatoes and for 1 pint of tomato juice, use four tbsp. of butter and four tbsp. of flour. Melt the butter and add flour and boil 2 minutes, stirring constantly. Lastly add the tomato juice. Boil and season with one-half tsp. salt and bit of green pepper if desired.

COTTAGE PIE.

Use cold chopped lamb or beef. Escallop with tomatoes or mashed potato. Serve hot.

SANDWICHES.

DATE AND RAISIN SANDWICHES.

Wash, stone and chop equal amounts of dates and raisins. Moisten them with grape juice and use as a filling for sandwiches.

JELLY SANDWICHES.

Any jam or jelly may be used for the filling in making a sweet sandwich.

CREAM CHEESE SANDWICHES.

The cream cheese may be home-made or bought cheese. The home-made cheese is made by pouring well-soured clabbered milk into a cheesecloth bag, allowing it to drip until dry (usually 12 hours). Remove cheese from cloth, mash until smooth with silver fork, and add salt to taste. A few tbsp. of sweet cream or melted butter improves the cheese. For the sandwich filling nuts, a little mayonnaise, or chopped ripe olives may be added to the cheese. Or it may be used with no additions.

MEAT SANDWICHES.

Cold, thinly sliced ham, tongue or mutton may be used for sandwich filling.

EGG SANDWICHES.

Hard cook the eggs. Chop and season with salt or melted butter, or a little mayonnaise. Use as filling for sandwiches.

HOME-MADE PEANUT BUTTER FOR SANDWICHES.

The peanuts may be roasted before or after shelling, but in either case, the oven should be only moderately hot, and the peanuts should be stirred frequently. After roasting, rub off the skins and grind with the finest plate of the meat grinder, and screw up the tension until the crank is hard to turn. If too coarse after one grinding, it may be run through the second time. Add a little salt to the ground peanuts, and enough olive oil or melted butter to make a paste.

Bits of cold meat such as mutton, veal, chicken, tongue, or ham, may be chopped, mixed with mayonnaise and used for sandwich filling.

STUFFED EGGS.

Cut four hard-cooked eggs in halves, cross-wise, remove yolks, mash, and add to them two tbsp. grated cheese, one tsp. vinegar, salt and pepper to taste. Add enough melted butter to make the mixture the right consistency to shape. Make balls size of original yolks and refill the whites. Arrange on serving dish and garnish with parsley. If desired hot, arrange in shallow baking-dish, pour over them one c. white sauce, and reheat. Do not bake, as the eggs will become very indigestible.

EGGS A LA CREAM.

Hard-cook 6 eggs by putting eggs into cold water, bringing water to boil and turning off heat or pushing pan to back of stove, where boiling stops, thus allowing eggs to stand in hot water 20 to 30 minutes. Shell and cut eggs into cubes. Make cream sauce of 4 tbsps. butter, 4 tbsps. flour, 2 c. of milk, 1 tbsp. salt.

Melt the butter, add flour and cook 3 minutes. (Do not let this burn.) Then add heated milk and bring to a boil. Add salt. Arrange sauce and eggs in a baking-dish in alternate layers. Cover top with buttered bread crumbs. Brown and serve hot. This recipe will serve 8 people.

CAKES.

APPLE JELLY CAKE.

One-fourth c. butter, one c. sugar, one egg, two c. flour, four level tsps. baking powder, one c. milk.

Melt the butter, add the sugar and egg, and stir well. Sift the baking powder in the flour, add this and the milk to the mixture. Stir. Bake in layers in a hot oven. For the filling use two large grated apples, one c. sugar, the juice of one lemon, one egg. Cook together the sugar, apple and lemon until jelly-like. Then add the beaten egg and remove from the fire. Cool and spread between the layers of cake. Over the top of the cake sprinkle powdered sugar or cover with icing.

SPONGE CAKE.

Two eggs, one c. sugar, one c. flour, one tbsp. lemon juice, two tsps. baking powder, one-fourth c. water.

Beat yolks of eggs. Add sugar gradually, beating; then add lemon juice and continue beating until light and lemon colored. Sift flour and baking powder together, add water to yolks; add flour and fold in carefully the beaten whites of eggs and bake in a moderate oven 45 minutes.

GINGER BREAD.

One c. sugar, one-half c. molasses, one c. sour milk, two c. flour, one-fourth tsp. salt, one-half tsp. soda, one-fourth c. lard, one egg, one tsp. ginger, one-fourth tsp. cinnamon.

Sift the flour, soda, salt and spices together. Cream lard and sugar together, beat in egg. Mix molasses and sour milk. Sift a little of the flour with the sugar mixture, heat, add a little of the molasses and milk, and alternate in this manner until all are used. Bake in small greased pan or in sheets in moderate oven.

PEANUT COOKIES.

Two tsps. butter, one-fourth c. sugar, one egg, one-fourth tsp. salt, one tsp. baking powder, one-half c. chopped peanuts, one-half c. flour, two tsps. milk.

Melt the butter; add the sugar and beaten eggs. Sift the flour and baking powder; add to the other ingredients with the milk; add peanuts and salt; stir; bake in a hot oven.

DESSERTS.

RICE TUTTI FRUTTI.

One c. cooked rice, three-fourths c. apple sauce, flavored to taste, three-fourths c. raisins, three tbsps. sugar, one tbsp. gelatin.

Mash and stem the raisins, and plump in hot apple sauce, soak the gelatin in one-fourth cup cold water, then dissolve in boiling hot apple sauce. Add rice and sugar. Mould. Whipped cream may be folded in. Serve with cream or fruit juice. Stewed prunes, apricots or peaches may be used in making this dessert.

BAKED APPLES.

Wash and core apples. Fill centers with chopped dates and nuts or sugar and butter. Surround apples with water, add sugar to sweeten and bake in hot oven until tender.

PRUNE WHIP.

One-third lb. prunes, whites of 5 eggs, one-half c. sugar, one-half tbsp. lemon juice.

Pick over and wash prunes, then soak several hours in cold water to cover; cook in same water until soft; remove stones and rub prunes through strainer; add sugar and cook five minutes; the mixture should be of the consistency of marmalade. Beat whites of eggs until stiff, add gradually the prune mixture (when cold) and lemon juice. Pile lightly in buttered pudding dish, bake twenty minutes in slow oven. Serve cold boiled custard.

SNOW PUDDING.

Beat whites of four eggs until stiff, add one-half tablespoon of granulated gelatin dissolved in three tablespoons boiling water, beat until thoroughly mixed, add one-fourth cup powdered sugar and flavor with one-half teaspoon lemon extract. Pile lightly on dish, and serve with boiled custard.

BAKED CUSTARD.

Four cs. scalded milk, four eggs, one-half c. sugar, one-fourth tsp. salt, few gratings nutmeg.

Beat eggs slightly, add sugar and salt, pour on slowly scalded milk; strain in buttered mould, set in pan of hot water, with paper in bottom of pan. Sprinkle with nutmeg, and bake in slow oven until firm, which may be readily determined by running a silver knife through the custard; if the knife comes out clean, custard is done. During baking, care must be taken that water surrounding mould does not reach boiling point, or custard will whey. Always bear in mind that eggs and milk in combination must be cooked at a low temperature, below the boiling point.

CARAMEL CUSTARD.

Four cs. scalded milk, five eggs, one-half tsp. salt, one tsp. vanilla.

Put sugar in omelet pan, stir constantly over hot part of range until melted to a syrup of light brown color. Add gradually to scald milk, being careful that milk does not bubble up and go over, as it is liable to do on account of high temperature of sugar. As soon as sugar is melted in milk, add mixture gradually to eggs slightly beaten; add salt and flavoring, then strain in buttered mould. Bake as custard. Chill and serve with caramel sauce.

CARAMEL SAUCE.

One-half c. sugar, one-half c. boiling water.

Melt sugar as for caramel custard, add water, simmer ten minutes; cool before serving.

NORWEGIAN PRUNE PUDDING.

One-half lb. prunes, two cs. cold water, one c. sugar, one tbs. lemon juice, one inch piece stick cinnamon, one and one-third cs. boiling water, one-half c. corn starch.

Pick and wash prunes, then soak one hour in cold water, and boil until soft; remove stones, obtain meat from stones and add to prunes; then add sugar, cinnamon, boiling water, and simmer ten minutes. Dilute corn-starch with enough cold water to pour easily, add to prune mixture, and cook five minutes. Remove cinnamon, add lemon juice, mould, then chill, and serve with cream.

NUT PRUNE SOUFFLE.

Follow recipe for Norwegian Prune Pudding, then add whites

of two eggs beaten stiff and one-half cup walnut meats broken in pieces.

FROZEN DESSERTS.

VANILLA ICE CREAM.

Two cs. scalded milk, one c. sugar, one tbsp. flour, two tsps. vanilla, one egg, one-eighth tsp. salt, one qt. thin cream.

Mix flour, sugar and salt and add to milk gradually; cook over hot water twenty minutes, stirring constantly at first; add egg. and cook five minutes longer. When cool, add cream and flavoring; strain and freeze.

MILK SHERBET.

One qt. milk, one c. sugar, juice of three lemons, rind of one lemon.

Add sugar and lemon rind to milk and scald, being careful not to boil. Remove rind, cool, and put in freezer can. After freezer is packed with ice and salt, open the can carefully and add the lemon juice. Freeze.

PINEAPPLE ICE.

Two cs. water, one c. sugar, juice of three lemons, two cs. ice-water, one can grated pineapple or one pineapple shredded.

Make a syrup by boiling water and sugar fifteen minutes; add pineapple and lemon juice; cool, strain, add ice water and freeze to a mush, using equal parts ice and salt. If fresh fruit is used, more sugar will be required.

CANDIES.

PEANUT BRITTLE.

One c. sugar, one-half c. finely chopped peanuts, one-half tsp. salt.

Put the sugar in saucepan, and melt over a low flame, stirring constantly. When the sugar is melted and amber colored, add the peanuts and turn out on the bottom of an inverted pan.

MOLASSES TAFFY.

Two cs. molasses, two-thirds c. sugar, three tsps. butter, one tbsp. vinegar.

An iron kettle or copper kettle is best for candy making. If neither of these are available a granite kettle may be used for making candy.

Put butter in kettle, place over fire, and when melted, add the molasses and sugar. Stir until sugar is dissolved. During the first of the boiling stirring is unnecessary. But when nearly cooked, it should be constantly stirred. Boil, until when tried in cold water the mixture will become brittle. Add vinegar just before taking from fire. Pour into a well-buttered pan. When cool enough to handle, pull until porous and light-colored, allowing candy to come in contact with tips of fingers and thumbs, not to be squeezed in the hands. Cut in small pieces, using large shears or a sharp knife, and then arrange on slightly buttered plate to cool.

SALADS.

Salads are purposely omitted in this bulletin. Fresh or stewed fruit should always be available in the lunch room for those wishing it. Salad dressings and lettuce are often used in the sandwiches, and are less trouble and easier to serve than in salad mixtures.

Fresh fruits, such as bananas, apples and oranges, always have a ready sale. When purchased at wholesale they may be sold at a reasonable profit. This will not only protect against loss from decayed fruit, but will help to defray the cost of more expensive food material.

SIMPLE MENUS FOR A WEEK SUGGESTED FOR A
CAFETERIA LUNCH ROOM.

MONDAY.

Cream of potato soup, peanut butter sandwiches, ham sandwiches, Norwegian pudding.

TUESDAY.

Split pea soup, lettuce sandwiches, tongue sandwiches, rice and raisin pudding.

WEDNESDAY.

Mutton stew with vegetables, bread and butter, cream cheese sandwiches, ripe olives, cup custard.

THURSDAY.

Macaroni with tomato sauce, bread and butter, baked apples.

FRIDAY.

Peanut puree, bread sticks, sponge cake, stewed apricots.

TUESDAY.

Cream of tomato soup, nut sandwiches, lettuce sandwiches, rice tutti frutti.

WEDNESDAY.

Hot roast beef sandwich, ripe olives, ice cream.

THURSDAY.

Beef stew, cream cheese sandwiches, cocoa, peach sortcake made from shredded wheat biscuit.

FRIDAY.

Cereal, dates and cream, peanut butter sandwiches, egg sandwiches, chocolate cookies, buttermilk.

