

# SNACKS

HABITS, NEEDS, AND IDEAS



## Snacks in America Today

Our children are growing up with the expectation that the family doesn't just stop for gas . . . it stops for gas *and pop*. A person doesn't just bowl or skate . . . he bowls *and has a cup of coffee or eats a hot dog*. An adolescent doesn't just wait for a bus . . . he waits *and eats a candy bar*, or, if a girl, she *stops in the drug store to have a soft drink*.

So says Dr. Margaret Lantis, a well-known anthropologist. She further states that this trend was well underway in our society before the vending machines we see in every public place were introduced. The vending machine merely joined the trend and gave it a push.

This casual eating fits into the larger pattern evident in our society of eating away from home. At present, about one of every four dollars for food is spent for food eaten away from home. From day nurseries to clubs for the elderly, there are increasing opportunities to eat outside the home or between meals in the home. People now eat in what once were variety stores, apothecary shops, and ladies' apparel shops. Youngsters eat—or at least they drink—at public playgrounds and gymnasiums, and not from the water fountain.

Readily available self-service of food encourages piecemeal eating and, possibly, skipping meals.

In much of the world in primitive cultures, children eat frequently, picking up food as they go about their small affairs. In our own culture during earlier generations, for various reasons such as long hours of school and labor away from home, we developed a pattern of three spaced meals and frowned upon piecemeal eating.

Recently, snacks and coffee breaks have become a part of our life so that, aided by the refrigerator, the vending machine, increased leisure time, and other new gadgets, we are becoming like the simpler, less organized, less routinized societies in this custom of frequent unplanned eating.

A more formal type of daily food snack that has become popular, especially in the business world, is the coffee break. The refreshment usually consists of coffee, with or without cream and sugar, taken alone or with a sweet breadstuff such as a doughnut.

This is the situation today. What do child nutritionists and medical authorities have to say about this pattern? Not all agree as to whether or not snacks are desirable. Some think that self-regulated infant feeding causes a child to develop a larger than normal appetite that only snacks can satisfy. They think this may cause overeating and overweight, or obesity.

Other persons say that a child gets some of the best foods during snack time. As one pediatrician writes, "One should not belittle eating between meals as a poor feeding practice. Some of the best childhood nutrition has probably been done in the form of small, frequent, wholesome feeding while Mother is preparing food. Good groceries still provide good nutrition, whether eaten from a spoon at the table or with the fingers in a happy companionship at Mama's knee."



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Permitting your child or your husband—or yourself—to snack or not to snack is up to you. Here is some information about food needs of the body with which you should be aware, and some of the problems to which snack foods, improperly chosen, can contribute.

### Three or Six Meals a Day or Nibbling?

How frequently should you eat? Whatever your answer, it may be open to question. Convenience, custom, working conditions, habit, and “togetherness” have contributed to the belief that regular meals are a desirable practice.

Research has given some reason to believe that some nutrients, the essential amino acids, for example, should all be available for absorption in large enough amounts at the same time, if the body is to make the best use of them. There is also some research to support the idea that body composition is favorably influenced by nibbling as opposed to spaced meals.

In experimental animals, spaced meals, as compared with frequent small feedings, have resulted in increased body fat and decreased body protein and water. Researchers point out that the experimental nibbling has been such that the diet consumed was complete from a dietary standpoint, whereas in our human society, current practices of nibbling would scarcely meet that criteria.

For persons on certain kinds of special diets, some physicians have suggested meals more frequently than three times a day. This has been true for aged persons' diets for many years.

Apparently some persons can feel satisfied with less food and can lose weight if they eat five or six times daily; others merely eat more food by eating frequently, and thus gain weight.

To what extent have the physical needs of our bodies encouraged the habit of three daily meals? Is casual eating of well-planned food more compatible with our psychological well-being than regularly spaced meals?

The matter of casual, frequent eating versus fewer spaced meals may be expected to occupy much attention of both researchers and educators to determine the ideal frequency of eating for the greatest benefits to health and well-being of the individual. Regular mealtimes for children as well as regularity of other physical routines is still considered desirable. You will probably do well to eat three daily meals until there is evidence to show this practice is no longer desirable.

### Minimum Daily Food Needs

Far less controversial than the frequency of eating is the extensive research information which helps to define the food needs of the body. There is general agreement among authorities that regardless of how fre-

quently food is eaten, the following are minimum daily food needs of the individual:

<b>Milk</b>	Children under 9	2 to 3 cups
	Children 9 to 12	3 or more cups
	Teenagers	4 or more cups
	Adults	2 or more cups
<b>Meat</b>		2 or more 2-oz. servings
<b>Vegetable-Fruit</b>		4 or more ½-cup servings
		1 rich in Vitamin C
		1 rich in Vitamin A
<b>Bread-Cereal</b>		4 or more servings
		enriched, whole grain or restored

It is these food groups in the amounts listed that should form the basis of food intake for meals and snacks. There are some indications from research studies that people's favorite snack foods for all age groups are not chosen from these basic foods.

### What Research Studies Show About Foods and Snacks

Here are examples of conclusions from various studies:

- Milk given between meals to children ranging from 3 to 14 years of age did not hinder appetites at the next meal.
- Among young office workers, the coffee break has been substituted to a large extent for breakfast.
- The coffee break does not replace a good breakfast in terms of body performances during the morning hours.
- Snack foods are found consistently to provide energy to a greater extent than other nutrients.
- For children studied, whose diets needed improvement, the snacks they chose did not provide the needed nutrients.
- 40 percent of the people over 60 in one study ate snacks, while 27 percent of those over 75 ate snacks.
- Party foods served to young children should be compatible with mealtime both as to amount and type of food and the time of day served.
- Eating too much candy, cake, and other delicacies, especially between meals, presents a particular discipline problem for parents of children 8 to 10 years of age.

- Concentrated sweets and high-fat foods satisfy the appetite. If these foods are eaten as snacks, they likely will discourage appetite at the next meal.
- Nutrition education for girls should emphasize readjustment of diet—meals and snacks—in order to attain accepted nutrient standards rather than addition of supplementary snack foods to three complete but inadequate meals.
- Food habits of the family are an important factor in overweight. Tendency to overweight may or may not be apparent in any particular family due to heredity, but ultimate obesity must be acquired. In one study 9 percent of the children of normal weight parents were overweight, whereas when one parent was overweight 40 percent of the children were, and when both parents were overweight, the proportion of overweight children was 80 percent.
- High intake of carbohydrate foods is positively associated with tooth decay.
- About half the overweight teenagers become overweight at the time of puberty, which points up the role of hormones in weight control.
- More than 66 percent of five-year-old children have seven or more teeth with decay and one or more teeth needing extracting.
- Per capita consumption of soft drinks was about 397 6-ounce bottles in 1967. This was an increase of 55 percent since 1960 despite a 35 percent increase in retail price in the same period of time. The sugar intake from soft drinks has not decreased significantly as a result of the availability of low-calorie soft drinks, because the consumption of sugar-sweetened drinks is up 41 percent since 1960.
- Overweight among children is cause for concern because these children tend to become overweight adults. In a 20-year study, 80 percent of the overweight girls and 86 percent of the overweight boys became overweight adults.
- Teenage girls had better eating behavior and selected better diets in winter than in summer, apparently due largely to more regular schedules.
- School children in grades 6, 9, and 12 are deficient in nutrition knowledge according to a nationwide health education study.
- If fruit and fruit juices, raw vegetable strips, simple sandwiches and milk are available as snacks, children may be less tempted to eat rich foods that may spoil their appetite for the next meal.
- Suitable mid-morning and mid-afternoon snacks have been observed to increase the efficiency of many industrial workers.

## Artificial Sweeteners

Many people have come to rely on the artificial sweeteners, cyclamates and saccharin, to provide the sweet taste in foods with fewer calories. Commercially prepared foods containing artificial sweeteners instead of sugar must include on the label a statement that the food should be used only by those who must restrict their intake of sugar or total food energy. These foods must also be segregated in the stores as "dietetic foods."

Low-calorie soft drinks and fruit drinks are becoming more readily available. One survey indicates that diet beverages are being used by 14 percent of girls under 5 and by 30 percent between the ages 5 and 9. The percentages used by boys in the same age groups are 24 and 30 percent, respectively. The usual explanation offered for their use is "just because they are around the house."

Because of the widespread and growing use of the non-nutritive sweeteners, the Food and Drug Administration requested a review of the safety of the products by the National Academy of Science. According to information released by the Food and Drug Administration in December, 1968, a committee of the National Academy of Science has submitted an interim report advising that cyclamate sweeteners should not be used in unrestricted amounts. The F.D.A. statement continues as follows:

"The committee's recommendation was made because of questions scientists still have about the effects of the cyclamates. However, the committee did say this: An adult can consume up to five grams of cyclamate a day without any probable hazard. Children should use proportionately less. The smaller they are, the less they should use. The World Health Organization has recommended a daily limit based on weight. Its formula works out to a limit of about 1½ grams of cyclamate a day for a 60-pound child.

"Here's one way to translate that into practical terms: artificially sweetened carbonated soft drinks—which account for most of the cyclamate consumption by the average consumer—contain from one-quarter to a little more than one gram of cyclamate in each 12-ounce bottle."

We do know that effective long-term weight reduction and control requires a change in food habits. If overweight is due to excessive eating of sweet foods, is it not more logical to re-educate appetite and taste to enjoy the flavor of foods with less sugar than to rely on artificial sweeteners as a crutch throughout life?

## Suggested Meal Pattern

There is no one and only way to plan nutritionally adequate meals and snacks. It is known that when one meal is missed, it takes extra careful planning if the other two meals are to furnish the nutrients the body needs. Also, when snacks are eaten, most individuals

must reduce the amount of food eaten at mealtime if they are to maintain ideal weight. A basic meal pattern that will provide nutritionally adequate meals is as follows:

**Breakfast**

- Fruit or Fruit Juice (preferably citrus or other vitamin C rich one)
- Cereal and Milk and/or other Protein-Rich Food
- Bread—Butter or Margarine
- Milk or Milk Beverage
- Other beverage if desired

**Lunch or Supper**

- A Protein-Rich Food (meat, fish, poultry, eggs, cheese or alternate)
- A Vegetable or Fruit or both
- Bread—Butter or Margarine
- Dessert (if desired)
- Milk for all

**Dinner**

- A Protein-Rich Food (see lunch)
- Two Vegetables—a potato or other starchy vegetable  
—a dark green or deep yellow vegetable
- Bread—Butter or Margarine
- Dessert
- Milk
- Other beverage if desired

**Your Family's Snack Foods and Pattern**

Check below the times when snacks are eaten by your family:

- |  |  |
|--|--|
| <input type="checkbox"/> mid-morning       | <input type="checkbox"/> children's parties                |
| <input type="checkbox"/> mid-afternoon     | <input type="checkbox"/> only when there are guests        |
| <input type="checkbox"/> after school      | <input type="checkbox"/> only when away from home          |
| <input type="checkbox"/> after supper      | <input type="checkbox"/> only when nervous                 |
| <input type="checkbox"/> while watching TV | <input type="checkbox"/> only on rare occasions, if at all |

Your families' favorite snack foods are:

What changes do you need to make in the daily meal pattern above to accommodate the snack pattern of your family?

**Suggestions For Foods and Snacks**

A snack is by definition "a taste, a sip, a smack, a bit." Snacks and refreshments instead of being true to their definition frequently become an extra meal. A beverage only or a finger food and a beverage are usually enough food for a snack at any given time.

The following recipes may have appeal for you and your family.

**Protein-rich Snacks**

**Baked Tuna Fish Sandwich**

- 1 7-oz. can flaked tuna fish
- 1 can cream of mushroom soup
- 2 T. diced pimiento
- 2 T. diced onions

Mix and put between 6 buns; brush top of buns with butter; and bake for 10 to 15 minutes in oven preheated to 400°.

**Serving Suggestion:** Serve with cold tomato or vegetable juice.

**Pizza Filling**

For 4 10-inch Pizzas

- 3/4 c. chopped onion
- 1 clove garlic, chopped
- 2 c. tomato sauce (2 8-oz. cans)
- 1 c. chopped salami or cooked Italian sausage or cooked ground beef
- Salt, pepper, oregano to taste
- 2 1/2 cups grated Mozzarella cheese or 2 6-oz. pkg. sliced Mozzarella cheese cut into strips

Mix together onion, garlic, tomato sauce, meat, salt, and pepper.

Spread filling over dough. Sprinkle grated cheese or arrange strips of cheese on top. Sprinkle with oregano. Heat over to 425°F. Bake 15 to 20 minutes until crust is brown and filling hot and bubbly.

**Pizza**

- 1 pkg. hot roll mix
- 1 10 1/2-oz. can pizza sauce
- 2 pkgs. pepperoni sliced (4 oz.)
- 2 4-oz. cans mushrooms
- 2 4-oz. pkgs. Mozzarella cheese
- 1 green pepper, diced
- 1 1 1/2-oz. can Parmesan cheese
- 2 T. oregano
- 2 T. red pepper flakes

Prepare dough according to directions on package. Divide and pat into two pizza pans. Spread pizza sauce over dough. Place other ingredients on dough in order given. Bake at 425°F. for 25-30 minutes.

**Cheese Spread**

- 4-oz. pkg. sharp processed cheese
- 1 2-oz. can pimiento
- 2 hard cooked eggs
- 5 slices bacon, cooked
- 2 sweet pickles
- Mayonnaise to moisten

Put ingredients through food chopper, then mix thoroughly with mayonnaise. Serve on whole wheat or rye bread as delicate open-faced sandwiches. Serves 10 to 12.

### Date-Peanut Butter Sandwich Spread

2 c. dates, chopped                      1 qt. peanut butter  
2 c. nonfat dry milk                      2 c. water  
½ t. salt                                      ⅔ c. honey

Cover dates with boiling water and let stand 5 minutes. Drain. Gradually blend other ingredients with drained dates.

**Note:** This spread may be frozen.

### Beef and Cheese Spread

¼ lb. butter or margarine                4 8-oz. pkgs. cream cheese  
1 lb. chipped beef                        ½ c. prepared horseradish  
1 clove garlic

Melt butter with garlic. Saute beef until crisp. Remove garlic and combine beef with cheese and horseradish.

### Swiss Cheese Dip

1 t. salt                                      1 T. vinegar  
½ t. garlic salt                              2 t. prepared mustard  
2 T. flour                                    ½ t. Worcestershire sauce  
1½ c. milk  
1 lb. natural Swiss cheese,  
coarsely grated  
(about 4⅓ c.)

Combine salt, garlic, salt and flour. Add ¾ c. milk; blend well. Add remaining milk; blend. Pour into electric skillet; heat to simmering point (200°).

Drop cheese by cupfuls into milk to melt; stir with fork after each addition.

Add remaining ingredients; stir well. Serve from skillet (do not reduce heat). You can also make this in double boiler; serve in casserole on candle warmer. Makes 3 cups.

## Bread and Cereals

### Banana Bread

½ c. shortening                              2 c. sifted flour  
1 c. sugar                                      3 t. baking powder  
2 eggs    ½ t. salt  
1 c. bananas, mashed                      ½ c. nut meats  
1 t. lemon juice

Cream sugar and shortening, add eggs, then mashed bananas (to which lemon juice has been added). Sift dry ingredients and add; lastly add nut meats. Bake in greased No. 2 pan at 350° for 45 minutes or in a greased loaf pan at 325° for 1¼ hours.

### Oatmeal Fruit Bread

Bake the day before you want to use it; it will be easier to slice. Yield: 1 medium loaf. Size of pan: 9x5x3 inches. Temperature: 350°F. Time: about 1 hour.

1 c. sifted flour                              1 c. rolled oats, regular or  
1 t. soda    quick cooking  
½ t. salt    1 c. chopped dates  
½ c. brown sugar                              ½ c. chopped nuts  
1 c. buttermilk                                  2 T. shortening, melted  
1 egg

1. Have all ingredients at room temperature.
2. Grease the pan well on the bottom but not on the sides.

3. Sift and measure the flour. Sift together the flour, soda and salt.
4. Add the brown sugar gradually to the beaten egg. Beat until the mixture is fluffy. Add the buttermilk and mix well.
5. Add the dry ingredients, rolled oats, fruit, and nuts to the sugar-egg-buttermilk mixture. Stir just enough to combine.
6. Fold in the melted shortening.
7. Pour the batter into the greased loaf pan.
8. Bake in a moderate oven 350°F. for about 1 hour.
9. Remove from the pan and cool on a rack.

**Note:** To help prevent fruit breads from cracking on the top during baking, turn a second baking pan upside down over the bread for the first 20 minutes. This allows time for the heat to reach the center of the loaf before the sides are firmly baked. Fruit breads slice easier if baked one day in advance.

**Serving Suggestion:** Slice breads. Spread with butter or cream cheese. Cut into finger sandwiches. Serve with hot or cold beverage.

### Brown 'N Serve Pizza

Prepare pizza crust using recipe for yeast dough or french bread or roll mix. Roll dough to desired size, and place on pizza pan or cookie sheet. Preheat oven to 275° to 290°F. Bake crust until it is rigid and set, but remove from oven before it browns. Cool. Package and freeze. The topping can be placed on the partially thawed dough just before baking for 8 to 10 minutes at 350°F.

### Rice Cereal Cookies

1 c. sugar                                      1 t. vanilla  
1 c. dates, chopped                        3 c. crisp rice cereal  
½ c. (¼ lb.) margarine                      Coconut  
1 egg

Combine sugar, dates, margarine, and eggs. Heat slowly for 8 minutes. Add vanilla and rice cereal. Shape in balls. Roll in cocoanut.

**Serving Suggestion:** Serve with milk beverage.

### Mumble Jumble

1 box (8-9 oz.) of each:  
Shredded bite-size biscuits corn, wheat, rice  
2 lbs. salted peanuts,                      1 T. Worcestershire sauce  
skinless    1 t. Tabasco sauce  
½ lb. slim pretzel sticks                      1 T. each: onion salt, garlic  
¾ c. bacon fat                                  salt, celery salt, savory  
¾ c. butter or margarine                      salt

Melt fats and combine with seasonings. Mix cereals and pretzels in large roasting pan. Pour seasonings over cereals and mix well. Heat in a 200° oven for one hour, stirring about every 10 minutes. Add nuts the last 15 minutes.

### Oatmeal Fudge Cookies

6 c. sugar  
¾ c. cocoa  
¾ c. butter  
1½ c. milk  
1½ c. peanut butter

9 c. oatmeal or  
rolled wheat  
3 t. vanilla  
Salt

Combine sugar, cocoa, butter, salt, and milk. Mix and cook over medium heat. Bring to full boil and boil exactly one minute. Remove from heat and stir in peanut butter, vanilla, and cereal. Drop by teaspoon on wax paper.

Yield: 50-60 cookies.

Serving Suggestion: Serve with cold milk.

### Popcorn Party Cake

6 c. popped corn  
½ c. salted peanuts  
1 c. shredded cocoanut  
1 c. white corn syrup  
1 c. sugar

½ c. light cream  
⅛ t. salt  
1 T. butter  
1 t. vanilla

Combine popped corn, peanuts, and cocoanut in a large bowl. Blend white syrup, sugar, cream, and salt in saucepan. Cook over medium heat, stirring constantly, until mixture comes to a boil. Continue cooking, stirring occasionally, to soft ball stage (238°F.) or until a small amount of mixture forms a soft ball when tested in very cold water. Remove from heat. Stir in butter and vanilla. Pour over popcorn mixture and mix thoroughly. Press into a buttered 10-inch square cake pan. (Butter hands if desired.) Let stand several hours or until firm enough to slice. Makes 20 to 30 pieces, depending on size.

For a delicious dessert, top thin piece of party cake with ice cream and fudge sauce.

**Note:** For 10-inch tube pan, double above recipe.

### Fruits and Vegetables in Snack Foods

#### Fruit Cocktail Cake

1½ c. granulated sugar  
2 c. flour  
2 t. soda  
¼ t. salt

2 eggs  
1 No. 303 can fruit cocktail,  
drained, and juice

Sift sugar, flour, soda, and salt together. Add eggs and juice from cocktail. Beat well. Add fruit and beat again. Pour into greased 9x13-inch pan. Mix together and sprinkle over top of batter if desired: ½ c. brown sugar and ½ c. pecans. Bake for 30 to 40 minutes at 350°F.

#### Carrot Cake

2 c. flour, sifted  
2 t. baking powder  
2 t. soda  
½ t. salt  
2 t. cinnamon  
2 c. granulated sugar

1½ c. Wesson oil  
4 unbeaten eggs  
3 c. raw carrots, grated  
½ c. coarsely chopped  
walnuts

Sift flour, baking powder, soda, salt, and cinnamon twice and set aside. Beat sugar and oil well. Add eggs one at a time and beat. Blend flour mixture into sugar mixture. Blend in raw carrots. Add walnuts last. Pour into ungreased tube cake pan. Bake at 350°F. for 1 hour. Cool 10-15 minutes. Remove from pan. Cool.

### Icing for Carrot Cake

1 c. milk  
3 T. flour  
1 c. granulated sugar

Pinch of salt  
1 c. margarine  
1 t. vanilla

Cook milk and flour until thick, stirring continuously. Cool completely. Beat sugar, margarine, salt, and vanilla. Add cold, cooked mixture to sugar mixture and beat well until mix reaches spreading consistency.

### Frozen Fruit Salad

2 T. flour  
1 c. pineapple juice  
½ c. margarine (¼ lb.)  
½ c. lemon juice, if desired.

½ c. sugar  
¼ t. salt  
1 beaten egg

Cook this mixture until it starts to thicken. Cool. Add 2 T. lemon juice, if desired. Combine cooled dressing with the following:  
1 No. 2 can fruit cocktail, well drained  
1 No. 300 or 303 can pineapple tidbits, well drained  
1 c. marshmallows—diced or miniature

¼ c. maraschino cherries, chopped  
¼ c. nuts (if desired)

Fold in 1 pint whipped cream or substitute. Add ½ t. vanilla and ¼ c. confectioners sugar. Freeze and serve. Serves 12.

### Pineapple Salad

1 T. cornstarch  
3 T. sugar

Juice from No. 2 can pineapple  
1 egg

Cook to boiling point. Cool.

**Pour over:** 1 No. 2 can diced pineapple  
12-15 marshmallows—cut in half  
1 or 2 bananas—cut in chunks  
½ c. walnuts  
Maraschino cherries

### Date Nut Cup Cakes

1 c. dates, chopped  
½ c. pecans  
½ c. shortening  
1 t. salt  
1 t. soda

1 c. sugar  
1 egg  
1 t. vanilla  
1½ c. flour

Pour 1 c. boiling water over the dates, pecans, shortening, soda, and salt. Cool slightly. Mix this with the sugar, egg, vanilla, and flour. Put in tea cake bake cups or nut cups. Bake 15 minutes 350°F. Cool; remove paper and roll entire cup cake in granulated sugar. Yield: 48 tea size cup cakes; 24 larger muffins.

### Cocoanut Apricot Candy

¾ c. dried apricots  
¾ c. shredded cocoanut  
⅓ c. nut meats

½ t. grated orange rind  
½ t. grated lemon rind  
1 T. lemon juice

Wash apricots and steam 5 minutes. Put apricots, cocoanut, and nuts through food chopper. Add orange and lemon rind and lemon juice and knead mixture until blended. If candy is dry, add enough orange juice to moisten. Shape into balls about 1 inch in diameter. Roll in granulated sugar. Makes about 2½ dozen balls.



## Beverages

### Hi-Fi Cooler

A milk-containing beverage with Vitamin C  
2 refrigerator trays — Yield: 4 quarts — 1 gal.

1½ c. (12-oz. can) apricot nectar	⅓ c. lemon juice
¾ c. (6-oz. can) frozen concentrated orange juice, thawed	1 c. sugar
1¾ c. pineapple juice	1 c. instant nonfat dry milk
	1 c. water (ice cold)
	2 qts. ginger ale, chilled
	Orange and lemon slices

Mix apricot nectar, orange, pineapple, and lemon juices with sugar. Stir until dissolved. Pour into trays and freeze to a mush. Beat nonfat dry milk and water until very stiff; add frozen juices and beat until well mixed. Return to trays and freeze. When ready to serve, spoon into a punch bowl and pour in ginger ale. Garnish with sliced fruit.

### Cranberry-Orange Drink

Mix cranberry juice cocktail with equal parts of orange juice or pineapple juice.

### Spiced Cider or Grape Juice

2 qts. cider or grape juice	6 whole cloves
¼ t. salt	6 whole allspice
⅔ c. brown sugar	2 2-inch sticks cinnamon, broken

To the juice or cider, add salt, sugar, and spices tied in cheesecloth bag. Bring slowly to boiling and simmer for 15 minutes. Remove the spice bag. Serve hot.

### Egg Nog

2 eggs, separated	2 c. milk
¼ c. sugar	1 t. vanilla
¼ t. salt	

- One method:**
1. scald milk. Add sugar and salt to egg yolks. Blend thoroughly.
  2. Gradually stir in milk. Cook in double boiler stirring constantly until mixture coats a spoon. Chill.
  3. Fold in stiffly beaten egg whites and vanilla. Serve. Makes 3 cups.

Use only fresh, clean eggs in this recipe.

## Serving Snacks

There are socially approved and accepted methods for serving foods. These methods have, through experience, become standardized for the comfort, convenience, and ease of the guest and for the convenience of the hostess.

Refreshments or snacks may be served in one of the following ways:

1. Plate
2. Tray
3. Table
4. Buffet

**Plate Service**—Food is arranged on the plate and passed to the guest. Plate should be large enough for cup or glass, silver, and the food. Napkin may be passed before the food or given to the guest along with the plate.

The hostess may decide to arrange a large tray with the plates, cups or glasses, silver, napkins, and food, and to serve all guests from the tray.

**Tray Service**—When you are serving snacks, you may want to use trays. Napkins are usually passed to guests first from a small tray. Food is arranged on trays in the kitchen, then the host or hostess (or someone helping) carries the food to each guest. The trays may be individual ones. Large size trays may be used, one for beverage and napkins and another for finger foods, to which each guest helps himself.

**Table Service**—A table, either a card table or dining table, may be covered with a cloth and prepared for serving snacks to guests. After guests are seated, the flatware needed (fork, spoon) is laid to the right of the guest. The food is placed in front of the guest on an individual plate from the left side with the left hand. After all diners have been served the food, the beverage is served to the right of the guest.

**Buffet Service**—This type of service is most convenient for the hostess, and it has many advantages for the guests. Those persons watching calories often welcome the opportunity to *graciously* pass up a particular food or to limit the size of serving.

The buffet table is set so that it looks like a picture—attractive in appearance. Guests may sit at a large or at small tables; they may hold plates or use trays after they serve themselves. If space permits, it is well to arrange the table so guests move from right to left. Your Home Economics Extension agent can provide you with information about the correct way to set a buffet table.

Using correct forms of serving foods, including snacks to the family, helps both children and adults to become proficient in everyday good manners. Thus they are more at ease in social situations when they have guests or when they are away from home.