

OKLAHOMA
AGRICULTURAL AND MECHANICAL COLLEGE
STILLWATER, OKLAHOMA

EXTENSION DIVISION
IN COOPERATION WITH
UNITED STATES DEPARTMENT OF AGRICULTURE
STATES RELATIONS SERVICE
JAS. A. WILSON, DIRECTOR

SIMPLE MENUS FOR INFORMAL OCCASIONS

BY MARTHA R. McPHEETERS AND DOROTHY SEXAUER
Assistant Home Demonstration Agents

Approved by
EMMA A. CHANDLER
Assistant State Home Demonstration Agent

"A cup and a welcome for every one."

No matter how well you are entertained or how enjoyable an occasion may be made, a cup of tea or refreshments of some kind (be they ever so simple) add to the genuineness of the hospitality of the hostess. You immediately feel that honor has been bestowed upon you. Your coming has been looked forward to and you unconsciously reflect your appreciation of the hostess' thoughtfulness. Simplicity should be observed at all times. Whenever one goes beyond her means in preparing refreshments, the highest motive of doing so has been forfeited.

This leaflet has been prepared for Home Demonstration Clubs in response to requests from some of the members.

MENUS

I

Sandwiches and Tea, or Coffee

II

Ginger Bread and Coffee

III

Marshmallow Wafers and Chocolate

IV

Tea and Wafers

V

Sandwiches and Lemonade or Other Fruit Drinks

VI

Soft Custard with Glazed Peaches and Cookies

VII

Glorified Rice and Cookies

VIII

Apple Compote and Cake

IX

Junket Pudding and Cookies

X

Baked Apples and Whipped Cream

XI

Fruit Salad, Bread and Butter Sandwiches and Coffee

XII

Hot Biscuit, Jelly and Coffee

XIII

Hot Brown Bread, Butter and Coffee

XIV

Chicken Salad, Bread and Butter Sandwiches, and Coffee

XV

Vegetable Salad and Wafers

XVI

Creamed Chicken on Toast, and Coffee

XVII

Creamed Eggs on Wafers, and Coffee

XVIII

FIRST COURSE

Vegetable Salad, Meat Sandwiches, and Coffee

SECOND COURSE

Philadelphia Ice Cream and Sponge Cake

XIX

FIRST COURSE

Chicken Salad, Lettuce Sandwiches, and Coffee

SECOND COURSE

Apricot Ice and Cake

RECIPES

Soft Custard and Glazed Peaches

2 cups scalded milk $\frac{1}{4}$ cup sugar $\frac{1}{2}$ teaspoon vanilla
yolks 4 eggs $\frac{1}{8}$ teaspoon salt

Scald milk in double boiler. Beat yolks slightly, add sugar and salt. Add the scalded milk slowly, beating constantly. When well mixed return to double boiler and cook, stirring all the time, until mixture coats spoon. Strain, flavor and chill.

Cut canned peaches in sections, fourths or sixths, and drop into heavy, boiling syrup. Cook until glossy. Remove from syrup and let cool. Arrange peaches on sides of serving dishes, glass or china, and cover with custard. Whipped cream may be placed on top, if desired.

Syrup.—Use 1 c sugar to 1 c water. Boil about 8 minutes or until it shows syrupy bubbles.

Junket Pudding

$\frac{1}{4}$ rennet tablet 1 cup milk 1 tbs sugar vanilla

Dissolve the tablet in 1 tablespoon of lukewarm water. Heat the milk to lukewarm temperature. Stir in the sugar, tablet and flavoring. Pour into a dish to mold. It may be molded in individual dishes also.

Serve with any of the following:

1. Cream and Sugar.
2. Whipped Cream and Nuts.
3. Chocolate Sauce.
4. Caramel Sauce.

Caramel Sauce.—Put 1 c of sugar in a saucepan. Melt and brown it until it is all of a deep rich brown color. Add 1 c of boiling water and stir until all of the sugar is dissolved. Boil until syrupy.

Apple Compote

Peel and core apples, leaving them whole. Remove any spots or blemishes. Cook in a heavy, hot syrup until tender and well done. Keep the syrup dipped over the top while cooking. Remove from syrup and cool. Fill the center with jelly (cranberry, or some other kind) or whipped cream and nuts. A little pink fruit coloring, or cranberries, added to the syrup will give the apples a delicate pink color.

Glorified Rice

1 c sweet cream $\frac{1}{4}$ c powdered sugar 1 ts vanilla
1 c rice (boiled) $\frac{1}{2}$ c chopped nuts

Whip cream with dover egg beater until stiff. Add sugar and vanilla. Fold in the rice and nuts. Candied fruit may also be added. The rice should be cooked so that each grain is separate. This can be done by cooking the rice rapidly in a large amount of boiling water. Cool before mixing with cream. Garnish with cherries or nuts. Serve with a cookie or wafer.

Baked Apple

Core and peel selected apples. If peeling is left on, make two circular cuts through skin, leaving a three-fourths-inch band around the apple midway between stem and blossom ends. Put in baking dish, sprinkle with sugar and add water to cover the bottom of the pan. Bake in hot oven until tender. Baste every five or six minutes. Cool. Fill center with nuts and whipped cream.

FROZEN DISHES

Blackberry Ice

4 c water 2 c blackberry juice
 $1\frac{1}{3}$ c sugar 2 tbs lemon juice

Make a syrup by boiling water and sugar twenty minutes. Add the berry juice and lemon juice to the syrup, strain and freeze. Grape juice, crushed strawberries, apricote or any other fruit might be used instead of blackberries.

Philadelphia Ice Cream

1 pt. thin cream $\frac{3}{4}$ c sugar $1\frac{1}{2}$ ts vanilla
Mix ingredients, stirring until sugar is dissolved, and freeze.
Serve with fresh or candied fruits, nuts or various sauces.

Bavarian Cream

$\frac{1}{2}$ box gelatine, or 2 tbs 2 c crushed berries, apricots or peaches
 $\frac{1}{2}$ c water 1 tbs lemon juice
 $\frac{1}{2}$ c sugar whip from 3 c cream

Soak gelatine in cold water. Heat the crushed fruit, add sugar, lemon juice and soaked gelatine; chill in pan of ice water, stirring constantly. When it begins to thicken, fold in whipped cream; mold and chill. Serve with a light cookie or sponge cake.

—o—

PASTRIES

Marshmallow Gingerbread

$\frac{1}{2}$ c shortening 1 egg $1\frac{3}{4}$ ts soda 1 ts ginger
1 c molasses $2\frac{2}{3}$ c flour 1 ts salt 1 c sour milk

Melt shortening (chicken fat may be used to excellent advantage), add molasses, egg well beaten, flour mixed and sifted with soda, salt and ginger, and sour milk. Beat vigorously, turn into a buttered and floured dripping pan and bake in a moderate oven over twenty-five minutes. Remove from pan, cut in halves, crosswise, and put marshmallows between layers. Put in oven and let stand three minutes. Remove to serving dish, cool slightly, cut in squares and serve with whipped cream, sweetened and flavored with vanilla.

Sponge Cake

yolks 6 eggs $\frac{1}{4}$ ts salt grated rind of $\frac{1}{2}$ lemon
1 c sugar whites 6 eggs 1 c flour
1 tbs lemon juice 1 tbs water

Beat yolks until lemon colored and thick, add sugar gradually and continue beating. Add water, lemon juice and rind. Fold in whites, beaten to a stiff froth. Cut and fold in the flour, mixed and sifted, with the salt. Bake in a slow oven one hour in a deep, narrow, un-buttered pan.

Angeldrops

whites 4 eggs $\frac{1}{2}$ c flour (sifted 4 times)
 $\frac{2}{3}$ ts cream of tartar few grains salt
 $\frac{1}{2}$ c fine granulated sugar $\frac{1}{4}$ ts vanilla

Beat whites of egg until frothy, add cream of tartar, beat until stiff. Add sugar gradually, continue beating and add flavoring. Cut and fold in flour, mixed with salt. Drop from tip of teaspoon, one inch apart, on an inverted pan covered with unbuttered paper. Sprinkle with sugar, bake ten to twelve minutes in moderate oven.

Vanilla Wafers

$\frac{1}{3}$ c butter and lard in equal 1 egg 2 ts baking powder
proportions $\frac{1}{4}$ c milk $\frac{1}{2}$ ts salt
1 c sugar 2 c flour 2 ts vanilla

Cream the butter, add sugar, egg well beaten, milk and vanilla. Mix and sift dry ingredients and add to first mixture. Chill thoroughly. Toss one-fourth of mixture on floured board and roll as thinly as possible. Shape with a small, round cutter dipped in flour. Place near together (not touching) on a buttered sheet or pan and bake in a moderate oven.

Marshmallow Wafers

Arrange marshmallows on thin, unsweetened, square water crackers, allowing one for each cracker. Make a deep impression in the center of each marshmallow and in the center of each drop one-fourth teaspoon butter. Arrange in pan and bake until marshmallows swell

and nearly cover wafers. Fill each cavity with nuts and arrange on a plate covered with a doily.

Chinese Tea Cakes

$\frac{1}{4}$ c shortening $\frac{1}{8}$ ts soda $\frac{1}{2}$ ts vanilla
1 c brown sugar 1 tbs cold water 1 c flour

Use equal parts butter and lard. Work until creamy. Add sugar gradually, then add soda dissolved in water, vanilla and flour. Make into small balls, place on a buttered sheet one and one-half inches apart and bake in hot oven. This recipe will make twenty-four cakes.

Lemon Cookies

1 c sugar grated rind of $\frac{1}{2}$ lemon $\frac{1}{2}$ ts salt
 $\frac{1}{2}$ c butter 1 egg 1 ts ginger
 $\frac{1}{2}$ ts soda 1 c molasses

Beat all together. Boil 1 cup of molasses and stir into it 1 teaspoon soda until it foams. Pour over other mixture and stir well. Add juice of lemon, and flour to roll. Let cool. Sprinkle thick with sugar, passing rolling pin over once. Cut in fancy shapes and bake in moderate oven.

Baking Powder Biscuits—I

2 c flour 1 ts salt 1 tbs butter
4 ts baking powder 1 tbs lard $\frac{3}{4}$ c milk and water in equal parts

Mix dry ingredients by sifting. Work in butter and lard with a caseknife (cut back and forth with knife) until no pieces of fat may be found. Add gradually the liquid (milk and water) and mix with knife into soft dough. It is impossible to tell the exact amount of liquid owing to differences in flour. Toss on floured board and roll lightly to one-half inch in thickness. Cut in rounds with floured biscuit cutter or a small can about two inches in diameter. Place in slightly greased pan and bake in hot oven twelve to fifteen minutes. If oven is too cold, much gas will escape before it has done its work.

Biscuit may be made some time before baking if they are kept on ice or in a very cool or cold place. A nice way for making biscuit for parties is to roll them quite thin and place two biscuits together, one on top of the other, with butter spread lightly between.

Baking Powder Biscuit—II

2 c flour $\frac{1}{2}$ ts salt $1\frac{1}{2}$ tbs cottolene
4 ts baking powder 2 tbs butter or lard, or $\frac{3}{4}$ c milk

Mix same as Biscuit I.

Brown Bread—I

2 c corn meal 2 ts soda $\frac{3}{4}$ c molasses
 $1\frac{1}{2}$ c flour 2 c sour milk 1 ts salt

Mix and sift dry ingredients. Mix sour milk and molasses and combine mixtures. Turn into a well buttered mold and steam three or four hours, depending on size of mold. The cover should also be buttered. Mold should not be more than two-thirds full. Cover should be tied on. A pound baking powder can or coffee can makes a good shaped mold. For steaming, place mold on tip lids in kettle containing boiling water, allowing water to come half way up around the mold. Cover and steam. Add boiling water as needed.

Brown Bread—II

2 c buttermilk or sour milk 1 c corn meal 1 c flour
 $\frac{1}{2}$ c molasses 1 c graham flour 1 ts soda

Mix and bake as Brown Bread I.

—o—

SALADS

Just a few words before we give the recipes for the salads. There are a few general rules which apply to every good salad. The salad consists of bed, body, dressing and garnish.

The bed is of fresh green leaves arranged on the plate. They should be crisp and fresh. To make crisp if withered) put in cold water, or place in a damp cloth or paper and hang in the breeze.

The body constitutes the edible portion of the salad itself. Here the ingredients should also be well chosen. Cut the ingredients in uniform size and shape as near as possible and mix well. Select materials which harmonize in flavor.

Make the dressing of a soft and creamy consistency. Use just enough salad dressing in mixing to cover well. Do not use so much dressing that the salad appears "sloppy".

There is an endless number of garnishes. It should be remembered, though, if possible, to use garnishes which are edible. Such things as whipped cream, candied fruits, parsley, pickles, peppers, nuts, candies, lettuce, etc., are especially good. A garnish of any description makes the food much more appetizing and attractive.

Cooked Salad Dressing

$\frac{1}{2}$ c weak vinegar $\frac{1}{4}$ c sugar $\frac{1}{4}$ ts salt pinch red pepper
yolks of 3 eggs 2 ts butter $\frac{1}{4}$ ts mustard $\frac{1}{2}$ c cream

Heat vinegar and butter in double boiler. Beat yolks slightly. Mix mustard, sugar, salt and pepper together and add to yolks. Beat well. When vinegar is hot, pour it slowly over the beaten yolks, stirring constantly. Re turn all to the double boiler and cook until thick. Just before using, fold in whipped cream.

Banana Salad

Remove skins from bananas and, using a silver knife, cut in thirds, crosswise; then cut each third in pieces, lengthwise. Roll in salad dressing and then in finely chopped peanuts. Arrange two pieces on a leaf of lettuce and pour cooked salad dressing over the top.

Celery and Apple Salad

Wash, scrape and cut celery in small pieces. Chill in cold water, drain. To celery add an equal amount of apples, pared, cored and cut in small pieces. To this add one-half to one cup chopped nut meats. Moisten with cooked salad dressing and serve on lettuce leaf or any other green leaf garnish.

Mock Chicken Salad

2 c $\frac{1}{2}$ -inch cubes roast pork or veal 4 pickles, chopped
1 c celery, cut in small pieces $\frac{1}{4}$ c chopped nuts

Mix together. Moisten with salad dressing and garnish with celery tips and strips of pickle.

Chicken Salad

Cut cold, boiled chicken or remnants of roast chicken in one-half-inch cubes. To two cups add one and one-half cups celery cut in small pieces, $\frac{1}{2}$ cup chopped nuts and 3 diced pickles. Moisten with salad dressing and serve on individual plates. Garnish with lettuce, parsley or celery tips.

Beet Salad

1 qt sweet pickled beets, diced $\frac{1}{2}$ c chopped nuts
1 doz sweet pickles, diced 3 hard-cooked eggs

Peel hard-cooked eggs and let stand in beet juice until colored a deep red. Drain and cut in small pieces. Mix all ingredients together and blend with salad dressing. Serve on lettuce or nasturtium leaves.

Cottage Cheese Salad

Using cottage cheese, moisten with cream and season with salt and pepper. Make into patties or balls and roll in salad dressing and then in ground nuts, peanuts or grated cheese. Arrange on lettuce leaf and serve with salad dressing.

SANDWICHES

In preparing bread for sandwiches, cut slices thin and even. The bread should be at least twenty-four hours old. Butter, if beaten to a cream before using, will spread more evenly and the same amount of butter will cover more sandwiches. The crusts may or may not be removed. Variations in sandwiches may be made in the filling, the different kinds of bread used, and the various shapes into which they are cut. We should remember that, no matter how simple and inexpensive the sandwich, it should always be attractive and appetizing in appearance.

Bread and Butter Sandwiches

Cream butter and spread over thin slices of bread. Cut in triangles.

Lettuce Sandwiches

Place a leaf of tender lettuce between a bread and butter sandwich. Cut in oblong shape.

Date Filling

Wash, stone and grind dates through the food chopper. Mix to a paste, using one-half lemon juice and one-half water. To one box of dates use one-half cup chopped nut meats. Mix together and spread on thin slices of graham or brown bread. These are especially good served with tea.

Meat Filling

Chop remnants of cold chicken, put through food chopper, season with salt and pepper, and moisten with cooked salad dressing. Chopped celery and green peppers can be added if desired. Spread on slices of buttered bread.

Pimento Cheese Sandwiches

Grate the cheese and mix with boiled salad dressing or cream until thin enough to spread. Chop pimento peppers, or green peppers, very fine and add to the cheese mixture. Cottage cheese sandwich filling made in the same way is very good, indeed. Canned pimento peppers may be obtained at any grocery store.

Bacon Sandwiches

Cut bacon into very thin slices and fry until crisp and brown. Place between buttered bread two slices of bacon, crisp lettuce leaf, and cover with boiled salad dressing. Serve with coffee.

Peanut Butter Filling

Mix boiled salad dressing in peanut butter, making a soft, creamy paste. Spread between thin slices of slightly buttered bread.

CREAMED DISHES

White Sauce

| | | |
|--------------|-----------------------|--------|
| 2 tbs butter | 1 c milk | pepper |
| 2 tbs flour | $\frac{1}{4}$ ts salt | |

Put milk to scald in double boiler. Mix the dry ingredients and blend thoroughly with the butter. Add to the milk and stir constantly until mixture thickens. Let cook for twenty-five minutes, stirring occasionally to keep smooth.

Creamed Chicken on Toast

Season chicken well and cook until tender. Take from bones and cut into small pieces. Make white sauce, as above, and when thoroughly cooked add the chicken. Serve hot on triangular pieces of toast or in timbale cases. In making the white sauce, half the milk may be replaced by the chicken stock, if desired.

Creamed Peas

Drain boiled peas and to two cups peas add three-fourths cup

