

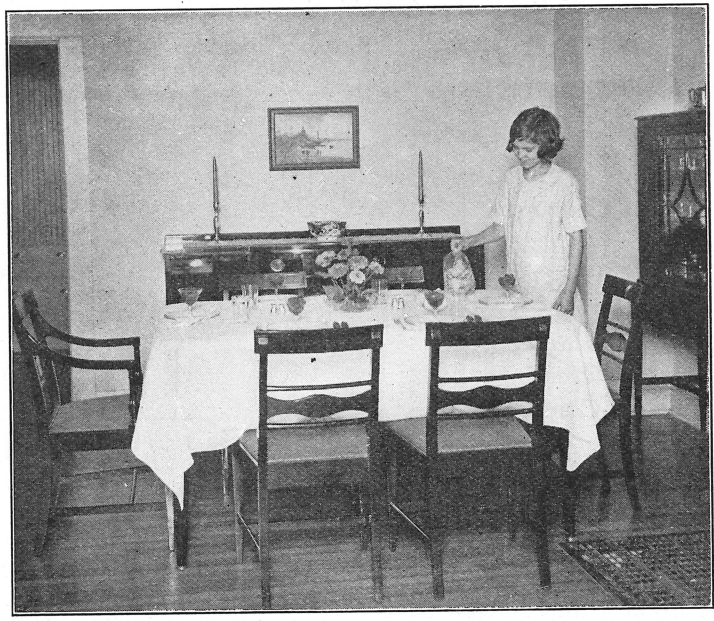
# FOOD AND NUTRITION CLUB

Dinner

4-H CLUB CIRCULAR 43

COLUMBIA, MO.

MAY, 1934



## COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS

UNIVERSITY OF MISSOURI COLLEGE OF AGRICULTURE AND THE UNITED  
STATES DEPARTMENT OF AGRICULTURE COOPERATING

R. R. THOMASSON, Assistant Director, in Charge Agricultural Extension Service  
Distributed in furtherance of the Acts of Congress of May 8, and June 30, 1914

Life is rich as we fill it with the things beautiful to remember.

—Goethe

## TABLE OF CONTENTS

	Page
Requirements .....	3
I. Organization .....	3
Suggested Programs for Meetings .....	4
II. Food for the Day .....	6
A Guide in Planning Meals .....	8
Suitable Dishes for Beginning a Dinner .....	9
III. Dinner with Meat .....	10
Meat Cookery .....	10
IV. Vegetables for Dinner .....	12
Cooking Vegetables .....	13
V. Salads .....	15
Salad Dressings .....	16
Salad Combinations .....	18
VI. Bread for Dinner .....	19
Yeast Breads, Using Hard and Soft Wheat Flour .....	20
Score Card .....	24
VII. Cake and Other Desserts .....	24
Sponge and Butter Cakes .....	26
Score Card for Cake .....	27
Frozen and Other Desserts .....	28
VIII. The Company Dinner .....	28
IX. The Achievement Program .....	30
Judging .....	31
Demonstration .....	31

# FOOD AND NUTRITION CLUB

## DINNER

The object of the Dinner Club is to teach girls to plan, prepare and serve healthful, attractive, economical meals for the family; to do the work involved in the planning, preparing and serving of food with greater ease, speed and pleasure; to appreciate the value of home grown products and to use them to the best advantage.

### REQUIREMENTS

**Work Required.**—1. Each member is required:

- (1) To prepare and serve: (a) soup, once; vegetable cocktail once; (b) 10 different vegetables varying the method of cooking so as to include buttered, creamed, scalloped, steamed, baked and other ways of preparing vegetables; (c) 1 fruit and 4 vegetable salads; (d) 3 different desserts; (e) meat or chicken, 1 tender and 1 less tender; (f) 5 bakings of yeast bread, including, if possible, at least one of whole wheat bread.
- (2) To make meal plans for three days.
- (3) To plan, prepare and serve alone: (a) A vegetable dinner, (b) a dinner with meat.
- (4) To keep a record of food habits for a week at the beginning and at the end of the club project.

2. As a club to plan, prepare and serve a dinner to invited guests.

**Records Required.**—Each member is required to keep a record of the variety, number, and estimated cost of the products made and to write a story of the club activities for the year.

**Expense.**—Each member is required to furnish the necessary food for the project.

**Time Required.**—Time is required to attend regular club meetings and to do the home work requested.

**Organization.**—This club should be preceded by the Supper Club and may be organized any time during the year. This project lends itself nicely to a year-round club.

### I. ORGANIZATION OF THE DINNER CLUB

There shall be five or more members in the Dinner Club who are 10 to 21 years of age and who are meeting regularly, with their own officers in charge, under the direction of a local club leader.

\*Prepared by Miss Flora Carl, Extension Nutritionist, in collaboration with Miss Jane Hino'e, State Club Agent.

Standard clubs are required to have six or more regular meetings. These meetings should be held at least once a month. The meetings should be divided into the business, discussion and social sections as outlined in the suggested programs. It is suggested that the subjects be taken up in the order outlined but it may be necessary to devote two or more meetings to some of the discussions. Local leaders and clubs are expected to adapt these subjects to local conditions.

### SUGGESTED PROGRAMS FOR MEETINGS

- I. **Organization of the Club.**—(See *Club Secretary's Record Book*).
  1. **Business meeting.**—The local club leader in charge.
    - (1) Explanation of the duties of the club officers and members. (See *Club Secretary's Record Book*).
    - (2) Election of officers from the membership of the club: President, Vice-President, Secretary, Song Leader and Reporter.
    - (3) Selection of time and place for meeting.
    - (4) Selection of a name for the club.
    - (5) Appointment of program committee.
    - (6) Adjournment of the business meeting for project instruction.
  2. **Discussion.**—The local leader in charge.
    - (1) Distribution of club literature and the record blanks.
    - (2) Explanation of standard club requirements and project requirements.
    - (3) Discussion of the main club events of the year.
    - (4) Setting of one or more goals for the club, such as: Every member attend every meeting of the club. Every member complete the project. Every member judge, demonstrate, and exhibit. The club will plan, prepare and serve a dinner to invited guests.
    - (5) Assignment for the next meeting. Learn 4-H club pledge. Topic for roll call: "My reason for joining the club."
  3. **Social hour.** (See *Recreational Activities for 4-H Clubs*.)
- II. **Club Meeting.**—**Food for the Day.**
  1. **Business meeting.**—The club president in charge.
    - (1) Meeting called to order by the president who leads the club members in repeating the National 4-H Club Pledge, as follows: "I pledge my *head* to clearer thinking, my *heart* to greater loyalty, my *hands* to larger service, and my *health* to better living, for my club, my community and my country."
    - (2) Roll call by the secretary.
    - (3) Reading of the minutes of the last meeting by the secretary, which should be adopted as a permanent record by the club when approved.
    - (4) Unfinished business.
    - (5) New business.
    - (6) Songs.
    - (7) Adjournment for work.
  2. **Discussion and demonstrations.**—The local leader in charge.
 

Food for the Day. (See page 6.) Guide in Planning Meals for a Day. Planning the Dinner. Leader shows how to use Food Habits Score Card. Prepare one or more dishes suitable for the beginning of a dinner. Explanation of how to use record blanks. Demonstration by member, accurate measurements.

Assignment of work: Prepare and serve at home a soup and a vegetable cocktail. Individual demonstrations. Make meal plans for one

day. Check food habits for a week. Topic for roll call: "One thing to remember when planning meals."

3. Social hour.

III. **Club Meeting.—Dinner with Meat.**

1. Business meeting. (Follow suggested outline for club meeting II).

2. Discussion and demonstration.—The local leader in charge.

Dinner with meat. (See page 10.) Meat cookery. Cook one kind of meat. Plan a dinner with meat. Demonstration by club member, one dish suitable for beginning a dinner.

Assignment of work: Prepare and cook one tender meat and one less tender at home. Individual demonstrations. Topic for roll call: "Name one cut of meat and give one method of cooking this cut."

3. Social hour.

IV. **Club Meeting.—Vegetables for Dinner**

1. Business meeting.

2. Discussion and demonstrations.—The local leader in charge.

The value of vegetables in the diet. (See page 12.) Cooking of vegetables. Vegetable dinners. Individual demonstration by members, cooking of vegetables.

Assignment of work: Prepare 5 different vegetables varying the method of cooking. Individual demonstrations, making salad dressing, salad and serving salad. Plan, prepare and serve a vegetable dinner alone. Topic for roll call: "One vegetable dish that I have prepared."

3. Social hour.

V. **Club Meeting.—Salads**

1. Business meeting.

2. Discussion and demonstrations.

Why serve salads. (See page 15.) When and how to serve them. Salad greens. Salad dressings. Combinations of foods and salads. Characteristics of a good salad. Prepare salad and salad dressings. Individual demonstration, preparing and serving salad.

Assignment of work: Prepare and serve the 6 required salads. Individual demonstrations, salads. Bring record blanks to meeting. Topic for roll call: "One principle to be observed in making salads."

3. Social hour.

VI. **Club Meeting.—Bread for Dinner**

1. Business meeting.

2. Discussion and demonstrations.

Yeast breads. (See page 19.) Make yeast bread. Individual demonstrations. Score card for bread. Girls score one loaf of bread. Check record books.

Assignment of work: Make bread at home. Team demonstrations. (See page 32.) Plan, prepare and serve alone a dinner with meat. Continue preparing vegetables. Topic for roll call: "One important factor in bread making."

3. Social hour.

VII. **Club Meeting.—Cake and Other Desserts**

1. Business meeting.

2. Discussion and demonstrations.

Cake and other desserts. (See page 24.) Make at least one dessert. Score at least one loaf of bread. Team demonstrations on selected subjects.

Assignment of work: Prepare three desserts at home. Continue bread making. Finish all individual requirements. Make meal plans for two days. Topic for roll call: "One point to consider in judging cakes."

3. Social hour.

## VIII. Club Meeting.—The Company Dinner

1. Business meeting.
2. Discussion and demonstrations.

Planning the Dinner. (See page 29.) Division of work for each member in preparation of the dinner. Division of responsibility when dinner is served as hostess, cooks, waitresses. Check record books. Demonstrate serving, acting as hostess and as a guest. Practice serving.

Assignment of work: Invite guests. Individuals prepare at home, if possible, the dish each one is to prepare for the club dinner. Practice serving food. Complete record books. Bring all provisions assigned.

3. Social hour.

## IX. Club Meeting.—Club Dinner

Prepare and serve dinner to invited guests.

This can serve as the achievement program. Some clubs may want to hold an additional achievement program.

## X. Club Meeting.—The Achievement Program.

The achievement program should be held at the close of the work for the club year. Each member should hand in to the local club leader the completed record blanks so that the results of all the work of the club may be summarized in the back of the Secretary's Record Book.

Only club members who make a complete report or have their records up-to-date should be eligible to take part in county, district, state, inter-state, or national contests, club camps or take achievement trips.

The results of the club work for the year should be carefully prepared and offered to the local newspapers for publication.

## SUGGESTED PROGRAM

1. Typical club meeting.
2. Exhibit of bread, cake and record books.
3. A talk on 4-H Club work.
4. Individual and team demonstrations.
5. Awards. Each member who completes the work is eligible to receive a 4-H Club achievement pin, if given.
6. Songs.
7. Plans for the following year.

## II. FOOD FOR THE DAY

Foods may be grouped into three main classes according to what they do for the body when eaten, digested and assimilated.

There are the so-called *energy-foods*—the fats, sugar, and starches. (Protein foods, too, may furnish energy.) These foods keep the body warm, give one the ability to do work and build fatty tissue. They include such foods as bread, cereals, potatoes, sweets, butter, lard, rich desserts, cream, salad dressings and other such foods. The colder the weather and the more one works or exercises the greater the need for this kind of food.

Then there are the *building foods*—the proteins and minerals. They are necessary for the building and maintaining of all body fluids and tissues except fatty tissue. Our best building foods are milk, eggs, meat, fish, and cheese. However, peas, beans, lentils, oatmeal and a few other foods contain small amounts of protein. Young people who

are growing rapidly need extra amounts of building foods, especially milk. Milk is essential in building a good framework for the body as it contains calcium and phosphorus to build bones and contains protein for muscle tissue.

The other class of foods is called the *regulating foods*—the minerals and vitamins which are important in regulating the various processes that go on in the body. They have much to do with the promotion of growth, prevention of disease and the maintenance of a healthy, vigorous body. Milk, fruits, vegetables, whole grain cereals, liver, egg yolk and cod liver oil are the most important foods in this group.



Fig. 1.—Foods that may be included in the diet.

Water is as essential as any food, in fact, it may be classed as one of the regulating and as one of the building foods. It is a part of all the tissues and fluids of the body, making up about 76 per cent of its total weight. It regulates temperature, dissolves the food so it can be assimilated and helps remove waste products.

In addition to including all these classes of foods in the diet, it is well for best health to keep a balance between the amount of meat, eggs, bread, and cereal and the amount of fruits and vegetables eaten.

The amount and kind of each of the classes of foods needed by an individual varies with the age, type, activity, state of health and the time of the year. It is much easier to get a well balanced diet with a variety of foods than with a limited number of foods. It is not necessary to have each meal balanced but the three meals should be planned together, as a unit, to meet the food requirements of the various members of the family for the day.

### A Guide in Planning Meals for a Day

The essential foods which should be included in the diet every day follow:

*Milk.*—One quart of milk for each boy or girl as long as they are growing, which is usually until the age of 21. After that, at least one pint a day. This amount of milk may be taken as a beverage or eaten in soups, desserts, with cereals or any other food.

*Two Fruits.*—At least one fruit should be a fresh raw one, on the days when tomatoes or raw vegetables are not eaten.

*Two Vegetables* and potatoes.—Tomatoes three times a week. A dark green or yellow vegetable every day.

*One egg, and a serving of meat, chicken, fish, or cheese.*

*One whole grain food* and preferably two. Whole wheat bread, oatmeal, whole wheat cereal, or other whole grain bread or breakfast food.

*Six to eight glasses of water.*—Bread, butter, potatoes, sweets, and other foods in addition to the foods listed above.

**Planning the Dinner.**—Dinner is the heartiest meal of the day and thus provides the most food in quantity and variety. A pattern for a simple dinner follows: a main dish, usually meat or a combination meat dish; one hot starchy food as potatoes, rice, macaroni or dressing; two vegetables, preferably one hot and one raw or in a salad; bread, butter, beverage, and a dessert.

To the above foods in the pattern for a dinner may be added: a light soup, tomato or fruit juice, fruit or fish cocktail as a beginning to stimulate the flow of digestive juices; a relish, pickle, jelly or other similar food to give added interest; and an added vegetable so there will be two hot vegetables and a salad.

**Some Things to Remember when Planning Meals**—When planning meals there are a number of factors to consider such as attractiveness, cost, time and energy available for preparation, as well as nutritive value.

*An Attractive Meal* is one in which the food is well but simply cooked so the natural flavors are emphasized; the foods of definite flavors are combined with those of bland flavors, making pleasing combinations and there is a variety in texture so that some of the food is crisp like cabbage, radishes, or toast; and some, like meat, requires chewing. Simple garnishes as sprigs of parsley, a slice of hard cooked egg, and green, red or yellow vegetables or fruits, served with white, tan or brown foods, will add interest to the meal. A sufficient variety of food is served and the method of preparation varied so that the family will not be conscious of a sameness. No one food is served in two ways at a meal.



The food is served as soon as it is cooked, when it is at its best. With careful planning all foods may be ready at the same time. Hot dishes are served hot and cold dishes cold. The dishes served are appropriate to the season. Pancakes, doughnuts, pie and heavy puddings, are enjoyed in the winter but when the warm days come less hearty foods are more appreciated.

*An Economical Meal* is one in which home produced food of high quality is used as much as possible, such as home canned fruits instead of pineapple in salads and desserts; a variety of food is served from day to day, but little variety at any meal, as one kind of jelly or preserves, one starchy dish, and one meat or other protein food. Tested recipes and accurate measurements are used and the cooking is watched so that no food is wasted from improper or careless preparation.

### Suitable Dishes for Beginning a Dinner

**Tomato Cocktail.**—Strain the juice from a can of tomatoes, or stew fresh tomatoes with little or no water and strain. Salt and serve ice cold in sherbet cups or small glasses at the beginning of the meal.

Tomato cocktails may be varied by adding a little celery salt, onion juice, or by diluting about  $\frac{1}{3}$  with water in which celery has been cooked, or with the juice from canned asparagus, peas, or any other well flavored vegetable. A little lemon juice in the tomato juice gives a pleasing flavor.

**Fresh Fruit.**—A handful of unstemmed strawberries on a grape leaf, or around a mound of powdered sugar; a colorful peach with a few green leaves; or a bunch of grapes may be served on a bread and butter or salad plate.

**Fruit and Melon Cocktails.**—Any fruits combined in a pleasing color and flavor combination and held together with a fruit juice or thin syrup make a good fruit cocktail. Serve a fruit cocktail cold in a stem glass or a glass dessert dish.

A section of melon served on a plate with or without lemon, or little balls of one or more kinds of melon or melon and pieces of fruit may be served with about two tablespoons of thin syrup in a stem glass or other glass dessert dish.

### Clear Tomato Soup

Tomatoes, 1 quart	Onion, 1 slice
Water, 1 pint	Sugar, 2 teaspoons
Peppercorns, 12 or	Salt, 1 teaspoon
Sprinkling of pepper	Butter, 2 tablespoons
Whole cloves, 4	Flour, 3 tablespoons

Simmer all of above ingredients, except butter and flour, twenty minutes and strain. Rub butter and flour together, add some of hot strained tomato and then pour into remainder of tomato. Boil for a few minutes and serve.

### III. DINNER WITH MEAT

Meat is one of the most popular foods in the American diet. It has long been considered the main dish around which other parts of the meal are planned. Because of its fine flavor, meat stimulates the appetite and the flow of the digestive juices. A well-planned dinner that includes meat gives a feeling of satisfaction for a longer period after eating, than one where this food is omitted. However, because of its high flavor it is likely, particularly with young children, to crowd out other essential foods as milk, plain vegetables, and cereals, resulting in a diet that is not balanced.

Meat is one of our good sources of material to build muscle tissue. In addition it contains fat, which will yield heat and other forms of energy, and the lean part contains a good proportion of iron, copper, phosphorus and vitamin B. The organs of the animal, especially the liver, contain unusual amounts of iron and vitamin A, in which many diets are low, particularly during the winter months.

#### Characteristics of Good Meat

Good meat is firm and elastic to the touch. It is free from odor, moist but not watery and has a reasonable amount of creamy fat. The tenderness of a freshly cut piece of meat is judged by the color and grain of the lean. The light red or pink color would indicate a younger animal and usually a more tender piece of meat than a dark red or purplish red color. The grain of tender meat is fine, velvety, free from connective tissue, stringiness and gristle. It is well marbled or mottled with creamy white fat. The meat should have a good outer coating or covering of this same creamy white fat. A red porous soft bone indicates a young animal and therefore tender meat. Bones of old animals are hard and white.

As the amount of fat increases, the tenderness increases because the fat keeps the connective tissue from binding the bundles of fiber so closely together. Those parts of the body where the muscles are much used, as neck, shoulder, abdomen and thighs are decidedly less tender than parts which receive little exercise, as those along the backbone. If the fibers are cut lengthwise instead of across, the teeth have to cut through the fibers and this makes it seem less tender. Less tender meats have as much nutritive value as tender cuts, and are less expensive to buy.

#### Meat Cookery

Meat is cooked to make it more palatable, to give a more desirable color and texture, and to destroy any bacteria or harmful life that may be present. The bacteria that cause tuberculosis, however, are not killed by the ordinary cooking of meat, hence all animals slaughtered for human consumption should be known to be free from these bacteria.

Much of the palatability of meat depends upon the way it is cooked. All meat *should be cooked at a low temperature*, except for a short time to develop flavor, and to brown. A high temperature hardens protein, causes greater loss of juices, and thus makes it less palatable and nutritious, and more expensive. Whether the meat is a tender or a less tender cut will determine the method of cooking.

If necessary meat should be wiped with a clean damp cloth. Putting meat under running water or letting it stand in water removes flavor and considerable food value.

Tender cuts of meat are usually broiled or roasted to retain as much of the flavor and the juices as possible.

*In broiling*, tender meat is cooked by direct heat, or in a pan without water and only a little fat. This method may be used for steaks, chops, fish, and young fowl. Cut the tender steak 1 to 2 inches thick. Use just a little of the fat from the meat to oil the skillet or broiler rack. If a broiler is not available a heavy weight iron skillet is desirable for broiling meats. Heat the pan and put in the meat. Cook slowly on top of the stove or under the flame and do not pierce or turn frequently. Steaks  $1\frac{1}{2}$  inches thick require 10 minutes for a rare steak and 12-15 minutes for one that is medium done. Salt the meat after it is done, as salt draws out the juices. Add butter and serve immediately on a hot platter.

A choice steak is one from high quality meat, cut thick and broiled so that it is juicy and puffy with a brown crust to a depth of about one-eighth inch. The inside is rare or medium as shown by a light red or purplish brown color, not the purplish red of raw uncooked meat. Rare meat cuts clean while the tissue drags as the knife goes through raw meat.

Thick lamb or pork chops and fowl take longer than steak to broil. Lamb or pork chops  $\frac{3}{4}$  to 1 inch thick should be broiled about 15 minutes.

*In roasting* meat, the same principles of cooking meat are used as in broiling. One merely uses a larger piece of meat and cooks the meat in the oven. The temperature of the oven should be 300-325° F. In real roasting *no moisture* is used, the meat is cooked in an open pan by dry, slow heat. Fat from the cut of meat or a strip of bacon may be placed on top to baste the meat. A tender roast should not be covered.

Ordinarily one can count on about 20 minutes per pound for roasting beef and 25 to 30 minutes for lamb or pork. This time varies, however, with the amount of fat and bone present, and the size and shape of the roast. Boneless roasts take longer to cook than do cuts with bone. A medium weight pan with a rack is desirable for roasting a tender cut of meat.

*Cooking meat to make it more tender.*—Less tender cuts are made more tender (1) by pounding or grinding; (2) by slow cooking with water; (3) by adding an acid as that of tomato, lemon juice, or vinegar. Many attractive, palatable dishes can be made by using one or all three of these methods in cooking tough meats. A Dutch oven or any heavy utensil with a well-fitted lid is preferable for cooking less tender cuts of meat. This type of container may be used on top of the stove for cooking the meat if the oven is crowded or not being used. This container might also be used without the lid for roasting tender meat.

#### Variety in Preparation

By preparing and serving meats in a variety of ways one can avoid monotony. The following list, for instance, gives 16 ways of serving chicken:

Broiled	Chicken pie	Chicken hash
Fried	Chicken en casserole	Croquettes
Smothered	Chicken a la king	Chicken in aspic jelly
Roasted	Chicken patties	Salad
Stewed with dumplings	Chicken loaf	Cold sliced
Creamed chicken		

*Left-over meat* or small portions of meat can be made to go a long way and be very appetizing by serving in the following ways: Combining with rice, noodles, bread or cracker crumbs, to form meat loaf or croquettes, or to use in stuffing peppers, tomatoes, cucumbers, and onions for baking. Making meat pies with baking powder biscuit or mashed potato crust on top. Cooking with vegetables, dumplings, spaghetti or noodles. Making stews, scalloped dishes, hash, or creamed meat. Combining in salads.

Tart canned, freshly cooked, pickled, or spiced fruits as cherries, plums, apples, peaches and gooseberries are desirable to serve with any roasted, broiled, or fried meats. Tart jellies or sauces are also frequently served.

#### IV. VEGETABLES FOR DINNER

Milk, fruit and vegetables are called the protective foods because they contain more of the food elements that maintain the health of the body and protect it from disease than other foods.

Vegetables are an excellent source of calcium, phosphorus, and iron which are necessary for the building and maintenance of teeth, bones, blood and other tissues. Yellow and dark green vegetables and tomatoes are excellent sources of vitamins that have much to do with promoting growth and protecting against disease. All vegetables contain some vitamins that are essential for the best health. Since vitamins cannot be stored in any appreciable amounts in the body they should be included in the diet every day if proper growth and health are to be maintained.

Because vegetables contain an indigestible residue, they tend to retain their bulk in passing through the body, and thus aid in the prevention of constipation. The leafy vegetables, tomatoes and other watery vegetables, yield little energy or protein food, while the starchy root vegetables as potatoes are a good source of energy. Peas, beans, and lentils contain both protein and starch. In addition to their food value, vegetables are a necessary part of a dinner because their color, texture and flavor contribute much toward making the meal attractive and appetizing.

### Cooking Vegetables

Much of the nutritive value, flavor, texture, and attractiveness of vegetables depends on how they are cooked and served.

Certain vegetables give more food value to the body when eaten raw than when cooked, however, some people can not tolerate this much roughage and need to eat sparingly of coarse raw vegetables. Cabbage, carrots, endive, Chinese cabbage, turnip, rutabagas, spinach, romaine, and lettuce, are very palatable served raw in salads. Small tender carrots cut in sections and strips of green pepper are good served like celery. Their crisp crunchiness, fresh flavor, and bright color make them an addition to almost any meal.

All vegetables are better if used when young and tender and cooked soon after gathered. Corn, peas, and asparagus, in particular, lose much of their sweet flavor if not cooked at once. If it is necessary to gather them some time before cooking, keep them in a cool, damp place and do not husk, shell or peel until ready to cook. Since much of the important food value of vegetables is next to the skin, baking or boiling in the skin are good methods of cooking.

Overcooking destroys the color, texture, and fresh flavor of vegetables, and some of the vitamins. They should be cooked only until tender. All vegetables, other than the strong flavored ones as onions and cabbage, should be cooked in as small an amount of water as possible and all of this liquor used. When boiling vegetables they should be started in boiling salted water and the water kept boiling gently. Adding soda to vegetables has a tendency to destroy vitamins, to break down fibers and to make the vegetables flabby, soft or mushy. Green vegetables will retain more of their clear green color if cooked without a lid. Overcooking turns green vegetables a brownish color and white vegetables grayish. The cooking of vegetables should be timed so they can be served as soon as done. Those that are kept on the back of the stove, or reheated, are less delicious and wholesome. The mineral and vitamin content of the diet may be seriously reduced if the juices from canned and freshly cooked vegetables are repeatedly drained off. If the liquid cannot be cooked off or served with the vegetable it may be used in soup.

Adding salt and butter or sweet cream, is one of the best ways of seasoning vegetables as it does not mar or cover up the natural flavor of the vegetable. A desirable kettle for cooking vegetables would be one of a medium or heavy weight, with a flat bottom, and straight sides.

### Cooking Periods for Vegetables

The time required for cooking vegetables varies with the tenderness of the vegetable and the size of the pieces in which it is cooked as well as the method of cooking. In using the following table begin counting time when the vegetables begin to boil.

APPROXIMATE TIME TABLE FOR COOKING VEGETABLES

Vegetable	Time for Cooking Vegetables		
	Baked	Steamed	Boiled
	Hrs.	Min.	Min.
Asparagus.....	----	----	12-20
Beans, fresh lima.....	----	----	30
Beans, dried lima.....	6-8	----	180
Beans, navy.....	6-8	----	180
Beans, green string.....	----	----	20-30
Beets, young.....	----	60	20-40
Beet greens.....	----	----	10-20
Broccoli.....	----	----	10-20
Brussel sprouts.....	----	----	15-20
Cabbage.....	----	10-15	5-10
Carrots.....	----	20-30	10-25
Cauliflower.....	----	10-30	7-15
Celery.....	----	25-30	15-20
Corn.....	----	10	6-15
Egg Plant.....	----	15	10
Kale.....	----	----	20-15
Kohlrabi.....	----	30	25-30
Mushrooms.....	$\frac{1}{4}$	----	5-10
Okra.....	----	20	10-20
Onions.....	1	----	30-40
Parsnips.....	$\frac{1}{2}$ - $\frac{3}{4}$	30-40	20-30
Peas, fresh.....	----	----	10-20
Peas, dried.....	6-8	----	180
Potatoes.....	$\frac{3}{4}$	40	35
Rhubarb.....	$\frac{1}{4}$	5	5
Rutabagas.....	----	----	20-30
Spinach.....	----	5-6	5-10
Squash, summer.....	----	20	15
Squash, winter.....	$\frac{3}{4}$ -1	30-40	20
Sweet potatoes.....	$\frac{3}{4}$	30-35	25-35
Swiss Chard.....	----	----	10-25
Tomatoes.....	$\frac{1}{2}$ - $\frac{3}{4}$	----	10-20
Turnips.....	----	20-30	15-20
Turnip greens.....	----	----	20-30
Salsify.....	----	20	20

All home canned vegetables other than tomatoes should be boiled 10 minutes before even tasting. Dried vegetables should be soaked 10 to 12 hours before cooking.

**Vegetable Dinners.**—A vegetable dinner may include a dark green vegetable, another vegetable to add color, a starchy vegetable and a raw vegetable served as a relish or salad. Cottage cheese, poached or creamed egg or a vegetable which includes milk, egg or cheese in its preparation may be served with a vegetable dinner. Bread and butter, a drink (usually milk to furnish more protein), and a fruit or a milk and egg dessert may also be served.

**Panned Vegetable.**—Panning is an especially satisfactory method of preparing watery vegetables as cabbage, okra, spinach and mushrooms. The vegetable is cut into small pieces and cooked on top of the stove in a flat, medium or heavy weight pan with a well fitted lid. A little fat is added to prevent sticking. The water that cooks out of the vegetable evaporates so there is no excess of liquid. If the panning is carefully done, it is possible to add some milk without having the cooked vegetable too moist. The vegetable then contains all the flavor and food value of the vegetable as well as that of the milk.

**Scalloped Vegetables.**—Many vegetables as celery, onion, cabbage, peas, carrots, string beans, cooked cucumbers, tomatoes, or spinach may be scalloped. Boil the vegetable in salted water until tender. Make about one-half as much white sauce as vegetable using the proportion of 2 tablespoons butter, 2 tablespoons flour and  $\frac{1}{2}$  teaspoon salt to 1 cup of milk. Melt the butter; add flour and when it has bubbled up thoroughly add the milk gradually. Stirring constantly, cook until it has thickened. Butter a baking dish, put in a layer of cooked vegetables, then a layer of white sauce, then a layer of bread crumbs, repeat until several layers are formed. Cover with buttered crumbs and bake in the oven until the vegetable is thoroughly heated and the crumbs are browned.

## V. SALADS

Salads help us to achieve variety in our menus because of the number of different foods and food combinations that can be used. This is one of the best ways of serving left-overs in an appetizing manner. Fruit and vegetable salads add color and a crisp texture to meals, and because of their nutritive value should be served once or twice a day.

A pleasing salad for the family should not require many minutes to prepare after the materials are collected and the greens washed. Most people find that the length of time required to prepare a salad depends largely on how often it has been prepared. It really takes no longer to prepare a carrot salad than cole slaw, or a spring salad of raw spinach and lettuce than plain wilted lettuce.

Salads need not be expensive. A large variety of excellent salads may be made from home produced foods. Hickory or hazel nuts, crisp pickles, tart apples, cottage cheese, a variety of fresh, dried and canned fruits and vegetables for salads and sweet or sour cream, eggs and milk for salad dressings are usually on hand in the farm home.

A salad served with a dinner is used either as an accompaniment to the main course, or as a separate salad course following the main course. In either case, it should not contain a fruit or vegetable that is used in any other way in the meal. Because dinner is a hearty meal the best salad to serve is a fruit salad or light vegetable salad with a simple dressing.

When used as an accompaniment, the individual salads may be placed on the table at the upper left of the dinner plates before the meal, or they may be served from a salad bowl, or platter by the hostess on individual salad plates at the table or they may be served on the dinner plate with the main course. An extra fork is not necessary when the salad is served as part of the dinner course.

**Salad Greens.**—Some salad greens that can be raised at home: lettuce, parsley, endive, Chinese cabbage, cabbage, chicory, spinach, beet tops, turnip tops, Swiss chard, escarole, romaine, nasturtium leaves.

The salad greens may be shredded with cutter or scissors to form a bed for the salad, or arranged as a nest or cup to hold the rest of the salad, the method of use depending somewhat upon the kind of greens.

Salad greens, whether used as the foundation of the salad or as a garnish, must be cold, crisp, thoroughly clean, and dry. Each leaf should be washed separately, should be shaken lightly to dry, and then be wrapped in a clean damp towel or placed in a damp lettuce bag which may be made from a flour sack. They should be kept in a cool place in a well covered container. Wilted greens may be freshened by placing in *cold* water, not longer than an hour.

#### Salad Dressings

An easy way to vary the salad is to use a different kind of dressing. A variety of salad dressings can be made from a plain cooked\*, a mayonnaise, or a French dressing.

Any salad dressing contains three essential ingredients: an acid in some form, usually lemon juice or vinegar, a fat and seasoning. In the uncooked dressing the fat is usually one of the vegetable oils or olive oil, or a combination of olive oil and one of the less expensive oils. However, bacon fat, rendered chicken fat, and drippings from fresh pork or cured ham, are excellent in French dressing.

French dressing may be used on such salads as slaw, lettuce or other salad greens, raw vegetables, as tomatoes and cucumbers, cooked vege-

\*See 4-H Breakfast and Supper Circular 25 for Cooked Salad Dressing.



tables, as beets and asparagus. French dressing made with vegetable oil may be used on a fruit salad. It is also used to marinate foods for salads. To marinate, place food in French Dressing and let stand about an hour, drain off excess dressing, and then add to the rest of the salad.

Cooked dressing and mayonnaise may be used with any salad combination. Thousand Island, Russian and cheese dressings are used for plain lettuce or other leafy salads, and may be used on such vegetables as cucumbers, tomatoes and asparagus and on fruits.

A Russian dressing is made by adding Chilli sauce to mayonnaise dressing. Catsup is used sometimes instead of Chilli sauce. A Thousand Island dressing is made by adding Chilli sauce or catsup, chopped pickle, hard cooked egg, carrot, or other solid bits of firm, tasty foods to the mayonnaise.

Plain chopped pickle, chow-chow, cheese, minced onion, olive, hard cooked egg, raw carrot, celery or any such food material may be added to a French or plain cooked dressing for variety.

#### Sour Cream Dressing

Heavy sour cream 1 cup	Vinegar $\frac{1}{4}$ cup
Sugar 1 to 2 tablespoons	Salt $\frac{1}{2}$ teaspoon

Beat the cream until stiff, and add other ingredients.

#### French Dressing

Salt $\frac{1}{2}$ teaspoon	Vinegar 3 tablespoons
Cayenne (speck) or	Oil, chicken, or bacon fat 6 tablespoons
Paprika $\frac{1}{4}$ teaspoon	Sugar 1 teaspoon

Combine seasonings and vinegar, mix well. Add oil and beat with fork just before using. Unless French dressing is to be used to marinate salad, dressing will need to be beaten at the dining table. This dressing may be made in large quantities and put in a glass jar or vinegar cruet and shaken just before using.

#### Fruit Salad Dressing

Egg yolk 2	Lemon juice or vinegar $\frac{1}{4}$ cup
Flour 1 tablespoon	Pineapple or other fruit juice,
Sugar $\frac{1}{4}$ cup	or water $\frac{1}{4}$ cup
Salt $\frac{1}{8}$ teaspoon	Whipped cream (sweet or sour) 1 cup

Stir together flour, sugar and salt; add egg yolks and mix. Add fruit juice and cook until thickened. Stir constantly while mixture is cooking. It is a good precaution to cook dressing in a double boiler. Cool, and just before using, fold in whipped cream. Whipped cream alone or mixed half and half with any salad dressing is also good dressing for fruit salad.

### Suggestions for Salad Preparation

1. Salad greens should be crisp, cold and dry.
2. The ingredients should be cut in pieces large enough so that they can be distinguished.
3. The mixture should be cold and moist but not sloppy. It should be mixed by tossing lightly with forks. Stirring gives a broken, messy, heavy looking salad.

4. The flavor of meat, fish, beets, asparagus and some other vegetables may be improved by marinating.

5. All home canned vegetables used in salads should be boiled for 10 minutes and chilled to avoid any chance of food poisoning.

6. Meat and potato salads are best when made several hours before using and allowed to stand to develop flavor but all other salads except congealed salads should be put together just before serving.

7. To keep apples or bananas from turning dark, they should be cut immediately before using, sprinkled with lemon juice, or cut directly into salad dressing.

8. Something crisp or crunchy like lettuce, celery, raw apples, cabbage, cucumber, pepper, or raw carrot, improves most salads.

9. Most salads have ingredients with such bright fresh colors that they do not need to be decorated. When garnishes are used, they should be edible food materials.

10. Salads should not appear to have been handled or to have been too carefully placed or patted down.

#### **Suggested Combinations for Salads**

Recipes for salads are unnecessary, as ingredients may be combined in any desired proportion, varying the amounts according to the supply on hand. Cabbage, apples, cheese, or nuts can be added to practically any kind of salad for variety or to increase the amount of food value. The following are some suggested combinations for salad:

*Cabbage* combined with carrots; or combined with carrots, raisins and apples; with carrots, nuts, and cocoanut; with green pepper and minced onion; with equal parts of raw turnips and apples; with tomato and cucumber; with apples and peanuts or bananas; with horse radish and beets.

*Tomatoes* combined with cottage or cream cheese; with cucumber, onion or green pepper; stuffed with cabbage combination, chicken salad, cheese and green pepper; hard cooked egg and celery.

*Potatoes* combined with hard cooked egg, celery, and green pepper or onion; with crisp bacon or ham bits, pickle and onion; with fresh tomato, hard cooked egg and parsley.

*Lettuce* combined with equal parts of raw chopped spinach or cabbage or water cress and small quantity of radish and minced onion or green pepper; shredded with hard cooked egg with green beans and pickled beets or onions.

*Lima or kidney beans* combined with onions and pickles; string beans and slices of onions or green peppers and pickles; kidney beans or garden peas with cheese, hard cooked egg and pickle.

*Apples* combined with nuts and celery or raisins; with water cress; with dates; with raw turnips or rutabagas; celery or cabbage and mint

leaves; with bananas and nuts. Pared, cored and boiled in syrup with or without red hots and served cold plain or with celery or nuts.

*Prunes* stuffed with cottage or other cheese; with any other fruit or nuts.

*Other fruits* as canned peaches, pears, pineapple, combined with cottage cheese or American cheese, celery or nuts; any combination of drained, diced, canned fruit that gives color and flavor.

## VI. BREAD FOR DINNER

Home made bread will always be a favorite with some persons and some find it more economical to make rather than to buy their bread. Bread making is not a difficult task, and it can be made at any season of the year, although care must be taken in the winter to keep the yeast from chilling.

In making light bread, three necessary ingredients flour, liquid and a leavening agent must be used and some others are added to improve the flavor, texture, and appearance of the bread.

**Flour.**—Flour from the wheat grain is best for making bread because it contains a large amount of gluten. This is the part of the flour that mixes with water, giving an elastic, sticky material that makes it possible to form dough. The gummy mass left in the mouth after chewing a wheat grain is gluten.

Different kinds of wheat contain varying amounts and kinds of gluten. As a rule, winter wheat is more starchy and makes soft wheat flour, whereas spring wheat contains a larger amount of gluten and the flour made from it is hard wheat flour.

Most persons prefer soft wheat flour for biscuits, pastry and cake because it gives a more tender and a lighter product than does hard wheat flour. For light or yeast breads, however, hard wheat is preferred because it contains a larger proportion of gluten. It, therefore, absorbs more water, making a larger but not more nutritious loaf. Satisfactory and delicious bread can be made of Missouri soft wheat flour, but a different recipe and method of making must be followed than that used with hard wheat flour.

Graham or whole-wheat flour is made from the whole grain of either hard or soft wheat. There is no standard method of manufacturing graham or whole-wheat flour and samples from different mills vary considerably.

**Liquid.**—The liquid used in bread-making may be either water, milk, half water and half milk, potato water, or whey. The moistness of the bread does not depend upon the kind of liquid used so much as upon the amount used, and the way in which the bread is baked and cooled.

**Yeast.**—Yeast is a tiny, colorless, oval-shaped plant. For growth it needs air, food, moisture, and the right temperature.

The kind and amount of yeast used in bread-making depends upon the time allowed for the process. Either dry, compressed, or liquid, may be used successfully if the yeast plants are in a fresh, live, growing condition.

Since temperature is one of the important factors in the growth of the yeast plant, and consequently in the texture and flavor of the bread, a thermometer is an aid to making good bread. A dairy thermometer is inexpensive and can also be used for making butter and cheese.

**Liquid Yeast.**—Liquid yeast is sometimes spoken of as a starter. In this form the one doing the baking grows the yeast plants in a liquid which contains some substance that the yeast plant uses for food, as sugar, flour, potatoes, or potato water. To have starter for the next baking a part of the sponge is taken out, a little sugar added and this set aside so more yeast plants may grow for the next batch of bread. Unless one bakes very often and keeps this form of yeast under the most sanitary conditions in clean, well covered utensils, and in a cool place, bacteria are likely to get into it and a sour tasting bread will result. The jar in which the yeast is kept should be scalded each time with boiling water before using so that it will be free from bacteria.

**Dry Yeast Cake.**—In this form the yeast plants are kept in a dry state. The yeast is mixed with corn meal, pressed into cakes and the moisture dried out. There is no growth when the plants are kept in this manner. When using dried yeast the sponge or long process of bread making is used.

**Compressed Yeast.**—In compressed yeast the plants are ready to grow because cornstarch or tapioca flour has been mixed with the yeast plants and the yeast is moist, so bread may be made with it by the straight dough or short process. This yeast must be kept in a cool place before using in order to prevent it from growing, using up the food supply and then dying, and to prevent mold and bacteria from growing upon it. Compressed yeast in good condition should be of uniform creamy color, and should break with a clean break. If it is stringy, moldy or ropy it should not be used.

#### One Loaf of Bread—Hard Wheat Flour

Liquid 1 cup	Dry or compressed yeast $\frac{1}{4}$ cake, or
Fat $\frac{1}{2}$ to 1 tablespoon	Liquid yeast $\frac{1}{4}$ cup
Sugar $\frac{1}{2}$ to 1 tablespoon	Hard wheat flour 3 to 4 cups
Salt 1 teaspoon	

The above amounts are given for one loaf of bread of the average size, about one pound in weight, and 4 by 5 by 9 inches in size. These amounts may be multiplied by the number of loaves desired for a family baking.

There are two methods of making bread, using the above proportions of ingredients; long process or "sponge" bread and short process or "straight dough" bread.

### Making Hard Wheat Flour Bread by the Long Process

1. Boil the water or scald the milk to kill any bacteria that might spoil the flavor or texture of the bread.

2. Place yeast (if in cake form) in lukewarm water to soften so it can easily be distributed through the sponge. Lukewarm water should be used because hot water will kill the delicate yeast plants.

3. Add the sugar, salt and fat to the scalded liquid.

4. When the liquid is lukewarm add the softened yeast cake and mix.

5. Add about half the flour or enough to make a light batter and beat well. Beating incorporates air for the yeast plants and also develops the gluten.

6. Cover the sponge with a clean cloth and let stand in a warm place—82° F.—until light and bubbly. Usually the sponge is set in the evening and allowed to stand over night.

Yeast grows best at 82° F. which is a little higher temperature than a warm room. If the yeast is chilled, it will stop growing and consequently delay and perhaps diminish the rising process.

7. In the morning or when the sponge is light and bubbly, gradually add the remainder of the flour or just enough so the dough can be kneaded. Different flours absorb different amounts of water so the exact amount of flour needed can only be determined by experience. The flour should be added gradually because if too much is added the bread will be harsh and dry.

8. Sprinkle a small amount of flour on a dry, clean board, turn the dough on the floured board and knead. Use a quick even stroke, gathering up the dough with the fingers, pushing the lifted portion down twice with the lower part of the palms and turning the dough one quarter of the way around in the second downward stroke. Kneading is necessary to develop the gluten and to distribute the gas bubbles which the yeast plants form in fermenting the flour.

9. Knead the dough from 10 to 20 minutes or until it does not stick to the hands or board, and until it is smooth, spongy and elastic to the touch. A bread mixer makes it possible for an inexperienced person to mix and knead the bread.

10. After kneading, place the dough in the bowl, cover tightly and put in a warm place—82° F. to rise. If the dough is not covered tightly, a crust may form which will cause streaks in the loaf of bread. If the dough is kept too warm—more than 90° F. while it is rising, the bread may have a coarse texture and sour flavor.

11. When the dough has doubled in bulk, and when lightly pressed with the finger it retains the dent, push the center in, pull the sides over

and press into the center, and turn the ball of dough over so the smooth side is up. This can be done in less than a minute and is preferable to taking the dough out of the bowl and kneading. The object of this kneading is to break up the gas bubbles so that fermentation can continue without injuring the gluten by stretching it too far.

12. Return the dough to the bowl, cover tightly and allow it to rise, at 82° F., until doubled again. This usually requires about an hour.

13. When doubled in bulk, turn on to the board, knead lightly until reduced to its original bulk, then shape into loaves and place in the pan in which it is to be baked. Ordinarily bread baked in single loaves bakes evenly, has a better crust, color, and shape than when several loaves are baked in the same pan.

14. Set the pans with the dough in a warm place and when double in bulk, put in a medium hot oven at 360° F. and bake for 45 minutes. After the first 10 minutes, increase the heat for 15 minutes to about 425° F., then let it cool to about 375° for the last 20 minutes. Bread should shrink from the pan at the end of the baking period.

15. Remove from the pan and place on a rack or across the bread pans to cool. Wrapping up the loaves or putting them in the box still warm favors the growth of mold, frequently results in undesirable odors and flavors and a soft, instead of a crisp, crust.

16. Store the bread in a tin or earthenware container that is frequently emptied, scalded and sunned so it will be free from mold and odor and yet will keep the bread moist.

### **Making Hard Wheat Flour Bread by the Short Process**

The method of making short process bread differs from the long process only in the length of time needed for making the bread and in the method of adding the flour. In the short process no sponge is set over night. It is necessary to use yeast which is in a growing condition such as compressed yeast and the dough is made the morning of the day the bread is to be baked.

The liquid, yeast, flour, sugar, salt and fat are all mixed as in making the sponge in the long process except that all of the flour is added and the dough is kneaded at once. It is set in a warm place—82° F.—until it is double in bulk, then punched down, allowed to rise again, made into loaves, allowed to rise and baked as by the long process.

**Graham and Whole Wheat Bread.**—Graham and whole wheat bread can be made in the same way as light bread, by substituting whole wheat or graham flour for one-half of the white flour.

### **Soft Wheat Flour Bread**

Bread made from soft wheat flour requires the use of more sugar, more yeast, and less water. A softer dough must be used than in making

bread from hard wheat and the dough must be kneaded less, and handled more gently. The dough rises more quickly but not so high as that made from hard wheat flour. Consequently, the loaves are somewhat smaller than those made from an equal quantity of hard wheat flour, but are just as nutritious. The bread has a finer, more cake like texture, nuttier flavor, and dries out a little more readily.

For 4 loaves of bread or 3 loaves and rolls or coffee cake use:

Sifted flour	12 to 14 cups	Sugar	$7\frac{2}{3}$ tablespoons or $\frac{1}{2}$ cup, scant
Flour for scalding	1 cup	Lard	$1\frac{1}{2}$ tablespoons
Potato water, milk, buttermilk or potato water and milk combined	$3\frac{1}{4}$ cups	Salt	$1\frac{1}{3}$ tablespoons
		Dried yeast	1 cake

1. Sift, then measure 1 cupful flour and add just enough of the warm potato water or other liquid to form a soft paste or batter.
2. Heat remaining liquid to boiling point, add about  $\frac{1}{3}$  of it to flour paste, beat vigorously, add remaining  $\frac{2}{3}$  in two installments, stirring all of the time.
3. When above mixture is lukewarm, add sugar and yeast, cover and set in a warm place, 82° F., for 12 hours. (This mixture is very thin and not like the sponge used for hard wheat flour).
4. At the end of 12 hours, add melted lard, salt, and enough warmed flour to make a thin batter.
5. Beat for a minute, then add the rest of the flour gradually. The dough should be so soft that it must be handled quickly to prevent its sticking to the fingers and to the board.
6. Turn dough on board and knead *quickly* but *lightly* until dough is soft, velvety and elastic.
7. Place dough in a slightly greased and warmed mixing bowl, cover, and set in a warm place, 82° F.
8. When dough has doubled in bulk, which may not take an hour, turn on board and knead gently for a few minutes until gas bubbles are small and evenly distributed. Mold and place in a warmed greased pan turning dough so all surfaces will be greased.
9. Cover and set in a warm place until dough is almost trebled in bulk.
10. Bake in a moderately warm oven (350° F.) for ten minutes, then increase to hot oven (400-420° F.) and continue baking for 25 minutes. (Total time 35 minutes).

#### SCORE CARD FOR YEAST BREAD

	Score
General Appearance-----	10
Shape—roundness of "dome"	
Smoothness—no cracks, bulges, lumps or the like	
Color of crust—uniform, bright golden brown	
Lightness—Relation of Size to Weight-----	10
Crust-----	10
Thickness—about $\frac{1}{8}$ inch	
Quality—crispness and tenderness	
Crumb	
Color—Even creamy white with a satin luster-----	5
Texture-----	25
No streaks or extreme closeness of grain	
Small, elongated, uniform cells with thin satiny walls, scattered evenly throughout the loaf.	
Elasticity—softness and springiness.	
Flavor—Taste and Odor-----	30
Sweet, nutty flavor with no "off" taste or odor	
Keeping qualities-----	10
	100

## VII. CAKE AND OTHER DESSERTS

Desserts may be classified as light, medium, and heavy, according to the kind of materials used. Fruit, whips, fruit gelatin, sponge cakes and sherbets are light; custards, milk puddings, simple frozen desserts, gingerbread and cup cakes are medium; and pies, whipped cream desserts, rich frozen desserts, rich puddings and rich cakes are among the heavy desserts.

The dessert should be as carefully planned in relation to the meal as is the main dish.

### Cake

Cake may be served as the entire dessert; as a short cake with fresh or canned fruit; with fruit or a light dessert such as those made with custard or gelatin, or as a pudding with a fruit or sweet sauce. Sponge cake may be spread with jelly or rolled into a jelly roll. Cake is really a luxury rather than one of the essential foods, and one should use only the best available ingredients for making it.

A good grade of soft wheat flour, makes the best cake. Whether the flour is packaged and sold under a special name, or bought by the sack makes little difference except that the former is usually more expensive. If it is necessary to use a hard wheat, or bread flour, reduce the amount by 2 tablespoons for each cup of flour required in the recipe. Use fine sugar, fresh eggs, and good fat or shortening. Butter gives a fine flavor but chicken fat, lard or other cooking fats may be used if of good flavor. If substituting lard or another cooking fat for butter in a cake, reduce the amount of fat  $2\frac{1}{2}$  tablespoons and add  $\frac{1}{2}$  teaspoon salt for each cup of butter required in the recipe. Cream may be used in place of butter. 1 cup light cream replaces  $\frac{3}{4}$  cup milk and  $\frac{1}{4}$  cup butter. 1 cup medium cream replaces  $\frac{2}{3}$  cup milk and  $\frac{1}{3}$  cup butter. 1 cup whipping cream replaces  $\frac{1}{2}$  cup milk and  $\frac{1}{2}$  cup butter. When using sour cream, add  $\frac{1}{2}$  teaspoon soda for each cup sour cream and use less flour.

**Methods for Mixing Cakes and Cookies Containing Fat.**—There are three general methods for mixing cakes.

#### I. The Creaming or Conventional Method:

1. Cream fat until very waxy looking, about 2 minutes.
2. Add sugar gradually, continue creaming about  $1\frac{1}{2}$  minutes after all sugar is added or until mixture is fluffy and light in color.
3. Add egg beaten until very light. Beat about 2 minutes.
4. Add sifted dry ingredients alternately with the milk and flavoring, being careful never to add enough milk to let the fat separate (curdled appearance), beginning and ending



with flour. Baking powder may be added with the last portion of flour. Beat thoroughly.

5. If 2 or more eggs are used, the stiffly beaten whites may be folded in last.

## II. The Quick, Whip, or Bowl Method:

1. Sift flour, baking powder, and salt.
2. To well-softened fat, add unbeaten egg, sugar, milk and flavoring. Beat thoroughly for 1 or 2 minutes.
3. Add dry ingredients all at once and beat thoroughly for 2 minutes, or liquids may be added to dry ingredients without previous beating and all ingredients beaten for about 2 minutes.

## III. The Muffin or Batter Method:

1. Sift dry ingredients thoroughly into mixing bowl.
2. Make a well in the flour mixture.
3. Beat eggs until very light, add liquid, flavoring and melted fat (slightly cooled).
4. Turn liquids into the dry ingredients.
5. Beat about 2 minutes.

The time suggested for mixing and beating is only approximate, owing to individual differences in manipulation.

Any of the three methods may be used for most cakes and cookies containing fat. Good products can be prepared by any of these methods in which one has developed skill. The batter and whip methods are effort-and-time savers. The resulting product is at its best when served quite fresh. The cake has a crumb which is bread-like or flaky but lacks fineness of grain. Either of these quick methods is recommended for cookies. The creaming method produces a cake with a more stable emulsion than either of the others and consequently is recommended for cakes that are not necessarily eaten fresh. The crumb is velvety and the cake has a fine even grain. This method is usually recommended for so-called rich cakes.

A tapering earthenware or glass mixing bowl and a light wooden spoon well shaped is most efficient for mixing cakes. Such a spoon is more comfortable to handle, leaves no trace of color on bowl or mixture and makes less noise than a metal spoon.

### Plain Cake with Fat—Basic or "Pattern" Recipe

Sweet milk 1 cup  
Soft wheat flour 3 cups  
Eggs 2  
Fat  $\frac{1}{2}$  cup (Scant)

Baking powder 3 teaspoons  
Salt  $\frac{1}{2}$  teaspoon  
Sugar 1 cup  
Vanilla 1 teaspoon

Bake in moderate oven 350°-375° F.

**Sponge Cake**

Egg yolks  $\frac{1}{2}$  cup  
 Egg whites  $\frac{1}{2}$  cup  
 Sugar 1 cup

Soft wheat flour 1 cup  
 Lemon juice 3 tablespoons  
 Salt  $\frac{1}{2}$  teaspoon

Add salt to egg whites and beat until stiff enough to stay in the inverted bowl. Add half the sugar gradually to the whites. Beat the yolks until thick and lemon colored and add the last half of the sugar gradually to the yolks. Add the lemon juice to the yolk mixture. Fold the sifted flour (measure after sifting) into the yolks, alternately with the whites. Bake in an ungreased pan in a slow oven 300° F.) for about 1 hour. Invert the pan and cool before removing.

**Angel Food Cake**

Egg whites 1 cup  
 Sugar 1 cup to  $1\frac{1}{4}$  cup (as preferred)  
 Soft wheat flour 1 cup

Salt  $\frac{1}{2}$  teaspoon  
 Cream of tartar 1 teaspoon  
 Vanilla 1 teaspoon

Sift flour thoroughly. Add salt to the egg whites and beat until foamy. Add cream of tartar and continue beating until the whites will stay in the inverted bowl. Sift the sugar and gradually add to the egg whites; continue beating until all the sugar is added. Add the vanilla. Carefully fold in the flour, by sifting 3 or 4 tablespoons at a time on to the whites, using a spatula or an egg whip. Bake in an ungreased pan in a slow oven at 300°F. for about 1 hour. Invert the pan and cool before removing.

**Baking the Cake.**—Much of the success of the cake depends on its baking. Sponge cakes should be baked from 40 to 60 minutes in a slow oven—300° to 400° F. Butter loaf cakes are baked from 45 to 60 minutes in a moderate oven—350° to 400° F., and butter layer cakes, 20 to 30 minutes in a moderate oven. Fruit and pound cakes require  $1\frac{1}{2}$  to 4 hours in a slow oven.

The time required for baking a cake should be divided into quarters. During the first quarter the cake should begin to rise. During the second quarter it should continue to rise and begin to brown. During the third quarter it should continue to brown and in the fourth quarter it should finish baking. Cakes, when done, shrink from the sides of the pan, spring back quickly when pressed with the finger, and a tooth-pick or wire cake tester, inserted into the center of the cake will come out clean. After baking, turn the cake pan upside down on a cake rack or onto a clean brown paper. If the cake is inclined to stick, loosen it carefully around the edges and rest the pan on its 4 sides successively and the weight of the cake will help it out. A cold wet cloth placed on the bottom of the pan will also help loosen it. Any cake of the sponge variety is best left suspended in the pan in which it was baked until it is cold, when it will come out by itself. A cake cooled in a draft may fall.

## SCORE CARD FOR BUTTER CAKE

	<i>Score</i>
<b>General Appearance</b> .....	15
Shape—Level on top or only slightly rounded.	
Size—Large enough to prevent drying out and not too large to bake through in usual time; medium size best.	
Color—A rich brown or a light creamy brown all over.	
<b>Lightness</b> —Very light, feathery, fine, even graded.....	10
<b>Crust</b> .....	10
Depth—A medium thin crust, smooth on top, a little rough on sides and bottom.	
Quality—Tender, a little crisp, inclined to crumble, or peel off.	
<b>Crumb</b>	
Color—Without spice or chocolate, the crumb should be a rich, creamy yellow throughout.....	5
Texture—Slightly moist, elastic, spongy, fine, even, tender and delicate. Light and feathery.....	20
<b>Flavor</b> .....	40
Odor—A sweet odor but no decided odor or flavor of shortening, egg, or flavoring.	
Taste—A sweet, rich taste, delicate rather than pronounced.	
<b>TOTAL</b> .....	100

**Ginger Bread**

Butter or lard $\frac{1}{4}$ cup	Ginger 1 teaspoon
Sugar $\frac{1}{2}$ cup	Soda 1 teaspoon
Molasses $\frac{1}{2}$ cup	Salt $\frac{1}{2}$ teaspoon
Flour 2 cups	Sour milk $\frac{1}{2}$ cup
	Egg 1

Melt butter and mix with sugar. Add molasses and mix thoroughly. Sift in part of all other dry ingredients which have been well stirred together. Add some of the sour milk and continue adding dry ingredients and milk alternately until all have been used. Add well beaten egg. Put into a well greased pan and bake in a slow oven about 25 minutes.

**Gelatin Dessert**

Good gelatin dessert recipes come in the packages with the gelatin.

**Bavarian Cream**

Fruit 1 quart	Gelatin 2 tablespoons
Sugar 1 cup	Cold water $\frac{1}{2}$ cup
Whipping cream 1 pint	Salt $\frac{1}{4}$ teaspoon

Soak the gelatin in cold water. Mash the fruit with the sugar and rub it with the juice through a sieve. Place in a sauce pan and simmer for 5 minutes. Remove from fire and add the gelatin and stir until dissolved. Chill and when the mixture begins to thicken, fold in whipped cream. Place in wet mold. When set, serve with plain or whipped cream.

**Frozen Desserts**

One part of salt should be used to 8 parts of ice. The can should not be more than  $\frac{3}{4}$  full of the dessert mixture because it expands on freezing and crowding causes a coarse texture. The dasher should be turned at an even rate, slowly at first, but rapidly thereafter. After freezing is completed, the dasher should be removed, the opening stopped, the freezer packed with ice, covered well and set aside to ripen. It takes about 3 hours to ripen a frozen cream, sherbet or ice. Gelatin or junket added to frozen milk desserts improves their texture, gives more body and the product does not melt down so rapidly.

**Sherbet**

Water 4 cups	Juice 2 cups
Sugar 2 cups	Lemon juice $\frac{1}{4}$ cup
Egg whites 2	

Make syrup by boiling water and sugar together. Cool, add lemon juice, other fruit juice, strain and freeze. Add 2 stiffly beaten egg whites to ice when it is half frozen, and then continue freezing.

The juice sometimes left after canning or when canned fruit is opened can be used for sherbets. Instead of using an exact recipe for such sherbets, make a strong rather sweet fruit drink with enough lemon juice added to bring out the fruit flavor, and add egg whites as above and freeze. The juice may be raspberry, strawberry, cherry, grape, pineapple, peach or cranberry.

#### Vanilla Ice Cream I

Cream 1 quart

Sugar  $\frac{3}{4}$  cup

Vanilla 1 tablespoon

Scald the cream and dissolve the sugar in it. Cool and add vanilla.

#### Vanilla Ice Cream II

Scalded milk 2 cups

Egg 1

Flour 1 tablespoon

Salt  $\frac{1}{3}$  teaspoon

Sugar 1 cup

Thin cream 1 quart

Vanilla 2 tablespoons

Mix flour, sugar and salt, add egg slightly beaten, and milk gradually. Cook over hot water 20 minutes, stirring constantly at first. If the custard should have a curdled appearance, it will disappear in freezing. When cool, add cream and flavoring strain and freeze.

### VIII. THE COMPANY DINNER

Dining is an art as well as a pleasure. To acquire the art of dining a family must have not only well cooked food, nicely served, but time and inclination to relax, enjoy the food and take part in the conversation.

A simple meal carefully planned, well cooked and nicely served makes "company for dinner" a real pleasure to the hostess. Often an elaborate menu tires her so that she cannot enjoy her guests and means so much work that she does not entertain as often as she would like. The meal should be carefully planned with the minimum of cooking to be done at the last minute, and the dishes familiar ones so there will be no doubt about the results. Preparation of the food should be done far enough in advance to allow time for relaxation before the guests arrive.

#### Serving the Meal

Usually the first course is placed on the table before the guests come into the dining room. A fresh fruit, tomato juice, melon, congealed consommé or bouillon is a good choice since they will not lose palatability during the slight delay which occurs between announcing the meal and starting the eating. If the first course is hot, it should be placed after the guests are seated. The used dishes should be removed before the next course is served. They may be passed to the hostess who remains seated, and as inconspicuously as possible, places the dishes on a serving table or a tray, at her right. If no appetizer is served, the main course is on the table before the guests are seated.

In serving the main course, first place the warmed plates in the center of the cover at the head of the table. Place the meat directly at the top of the cover in front of the plates, the potatoes at one side of the plates and on the other side the vegetables that the host is to serve on the plate. The silver for serving the food may be laid with the cover of the one who is to serve or it may be placed on the cloth at the right

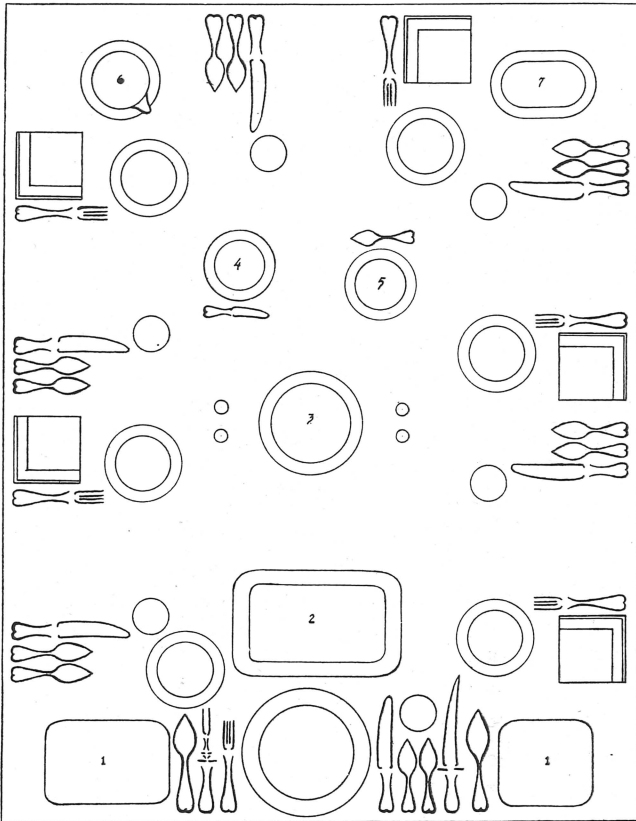


Fig. 2.—Table Setting Arrangement: 1. Vegetables. 2. Meat. 3. Decoration. 4. Butter. 5. Relish or jelly. 6. Water. 7. Spread.

of the dish which it accompanies. Place remaining food near hostess or others who are to help with the serving and set dishes as gravy, bread, jelly and pickles close enough to someone so they can be conveniently reached for passing around the table.

In serving, only one hand is used, except when cutting or lifting a serving that cannot be managed with one hand. It is a better plan to place the dish containing the food near the plate so it can be served with one hand than to pick up the plate and hold it with one hand while serving with the other. Two small servings of food are usually preferred to one very large one.

The salad may be placed before the guests are seated or served by the hostess after the main course is started. The beverage is poured by the hostess. She asks the guests their preference as to sugar or cream and places these in the cup before filling. The beverage may

accompany the main course and be replenished for the dessert or served with, or after the dessert. The cups and saucers for the beverage are stacked, two cups on two saucers, at the left of the hostess and the beverage is placed at her right. To serve the beverage she lifts the top saucer and the two cups with her right hand, places it near the beverage container. She returns the top cup to the other saucer, and then pours the beverage and passes it.

After the main course is eaten the food is removed from the table and then the used dishes are removed. In clearing the table, a dinner plate is removed then the other dishes, used by one person, are placed on the dinner plate. Do not stack dishes before those dining or pile more than a few dishes together. The daughter may remove the food and the plates be passed to the hostess, who places them on the serving table or tray which the daughter can take to the kitchen. Crumb the table, when necessary, using a folded napkin and a plate. Refill the cups and water glasses. It is preferable to refill glasses and cups without removing them from the table. Place the dessert either in front of each person at the table or in front of the hostess who will serve it.

In serving or removing dishes, the hostess is served first, and her cover cleared first. Use the left hand in placing and removing dishes. Dishes and food, with the exception of the beverage are usually placed from the left and removed from the left. In serving food from which the guest helps himself, hold the dish low and offer from the left.

**Seating.**—The hostess or the person helping to serve the meal sits where she can most easily communicate with the kitchen. Ordinarily the host and hostess sit at opposite ends of the table. The honor guest, if a woman, is seated at the right of the host; if a man, at the right of the hostess. Other guests may be seated as seems advisable for good conversation and congeniality.

It will avoid confusion, particularly at a crowded table, if every one sits and rises from the left side of the chair. If it is possible, the mother, or hostess, remains seated at the table, throughout the meal.

#### SUGGESTED MENUS FOR COMPANY DINNER

	Fruit Cocktail			Tomato Juice
Lamb Chops		Mint Jelly	Roast Pork	Baked Peaches
Parsley Potatoes		New Peas	Baked Potatoes	Buttered Carrots
	Spring Salad		Chinese Cabbage	Salad Dressing
	Strawberry Shortcake		Bavarian Cream	Sponge Cake
	Coffee			Coffee
			Melon	
			Fried Chicken	
			Pickled or Spiced Fruit	
	Buttered String Beans			Mashed Potatoes
	Sliced Tomatoes			Cucumbers and Green Peppers
	Vanilla Ice Cream			Fruit Sauce
			Plain Cakes	
			Coffee	

## JUDGING

The aim of judging is to help girls establish and recognize standards of quality. The first step in judging is to know the score card; its divisions, values of each division and terminology.

After members have learned to use the score card in judging one product, they are ready to judge by comparison. Four products of the same kind, as four loaves of bread, constitute a class in a judging contest, the loaves being designated as 1, 2, 3, and 4, or A, B, C, and D. The club members should compare the one placed first with the one placed second, the second with the third, and the third with the fourth. Reasons which should be given orally to the leader or judge should be given in a similar way.

In order that girls may have a terminology to express themselves in giving reasons for their placings, the following list is given for bread: Good shape, irregular in shape, lop-sided, even color, golden brown in color, good crust on all sides (top, bottom and end), surface smooth (free from wrinkles and breaks), surface cracked, thoroughly baked, crust crisp and tender, depth of crust good on all sides ( $\frac{1}{2}$  inch thick), good texture (fine and even), coarse texture, full of holes, light and elastic, heavy, too compact, good color (creamy white), poor color (grayish), sweet and nutty (like the taste of wheat), too much salt, off taste, acid taste, off odor, acid odor, delicious nutty odor.

In giving reasons the girls should say, "I placed the class of yeast bread B, C, D, A. I placed B over C because.....  
I placed C over D because..... I placed D over A because....."

Give a conclusion as, "For the reasons given I placed the class of yeast bread B, C, D, A," or "Therefore, I placed this class of yeast bread B, C, D, A."

## DEMONSTRATIONS

In as far as possible, all club members should be instructed in the regular club meetings by the demonstration method. By this method, the leader saves time by teaching all of the club members at one time, and then supervises the work of the individual members as needed.

As a usual thing, one or more members can begin redemonstrating useful phases of the project work to the club soon after the processes have been demonstrated to the club by the leader or by some other successful person of the community or county.

After an opportunity has been given for individual demonstrations, a team of the best demonstrators (two members to be preferred) should then be selected from the membership of the club, either by individual try-outs, by vote of the club, by mutual consent of the members, or by designation of the leader.

All teams should have the opportunity of demonstrating before their home community, and the best teams may demonstrate approved practices to other community groups and to county groups.

### Suggested Subjects for Team Demonstrations

Cooking less tender meat, making salads from home grown products, making yeast bread, making desserts, and any other subjects that the leader or club selects.

### Suggested Outline for a Demonstration

<p><i>A speaks and demonstrates.</i></p> <p>Leads in giving the 4-H Club pledge; tells what club and community team represents; introduces team mate and self; gives brief history of club.</p> <p>Tells that they will demonstrate the making of light bread. Discusses recipe of long process bread. Discusses kinds of flour and yeast and puts yeast to soak.</p> <p>Measures ingredients and makes sponge. Puts sponge aside. Demonstrates kneading of dough.</p> <p>“----- will continue the demonstration.”</p>	<p><i>B assists.</i></p> <p>Joins in giving pledge. Stands at attention while being introduced.</p> <p>Assists.</p> <p>Gets equipment and materials ready for use.</p> <p>Assists with materials for making sponge and prepares bowl—See about oven heat. Gets dough ready for kneading. Cleans up.</p>
<p><i>A assists.</i></p> <p>Gets all needed things ready for “B”.</p> <p>Cleans up.</p> <p>Removes loaf from oven.</p>	<p><i>B speaks and demonstrates.</i></p> <p>Gives introductory sentence in regard to dough. Demonstrates kneading and making dough into loaf. Puts into bread pan and puts pan in a warm place. Shows other loaf that is ready for baking. Discusses heat for baking. Demonstrates care of loaf when taken from oven, and storage of bread.</p> <p>“----- will conclude the demonstration.”</p>
<p><i>A speaks.</i></p> <p>Summarizes demonstration.</p> <p>Asks for questions.</p> <p>Concludes demonstration.</p>	<p><i>B assists.</i></p> <p>Quietly collects equipment and cleans up the table if time permits.</p> <p>Stands at attention.</p>