

# FOOD AND NUTRITION CLUB

Supper and Breakfast

4-H CLUB CIRCULAR 44

COLUMBIA, MO.

OCTOBER, 1934



**COOPERATIVE EXTENSION WORK IN  
AGRICULTURE AND HOME ECONOMICS**

UNIVERSITY OF MISSOURI COLLEGE OF AGRICULTURE AND THE UNITED

STATES DEPARTMENT OF AGRICULTURE COOPERATING

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Distributed in furtherance of the Acts of Congress of May 8, and June 30, 1914

Linens fragrant from wind-blown flax,  
 Flowers gay in a flame-bright bowl,  
 Berries gleaming in yellow cream,  
 Bread from wheat grains brown and whole—  
 Here in this room, who could be sad?  
 This is a place to make one glad.

Grace Nowell Crowell

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# Food and Nutrition Club

## Supper and Breakfast \*

The object of the Supper and Breakfast Club is to teach girls to plan and prepare healthful meals, to set the table attractively, to serve foods nicely and to acquire table manners that have become established through long usage.

### REQUIREMENTS

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

(1) To plan three breakfasts and three suppers; (2) to prepare and serve at home two breakfasts and two suppers; (3) to set the table correctly for fifteen meals; (4) to wash the dishes five or more times using recommended methods as nearly as possible; (5) to keep Food Habits score for two weeks; (6) to prepare fifteen dishes from the following list: beverages, cereals, milk dishes, egg dishes, bread, potatoes, tomatoes, salads and fruit dishes. (These are to be in addition to those served at the above meals.)

2. As a club, to plan, prepare and serve a supper 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 may be organized any time during the year. This project lends itself nicely to a year-round club.

### I. ORGANIZATION

There shall be five or more members in the Supper and Breakfast 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.

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

\*Prepared by Miss Flora L. Carl, Extension Nutritionist, in collaboration with Miss Jane Hinote, State Club Agent.

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 meetings.
    - (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 club 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 supper 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.—The Right Kinds of Food.**
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 by *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.
    - (4) Unfinished business.
    - (5) New business.
    - (6) Songs.
    - (7) Adjournment for work.
  2. Discussion and demonstrations.—The local leader in charge.
    - (1) The Right Kinds of Food. (See page 6). General rules for preparing food. Leader shows how to use Food Habits Score Card and record blanks and demonstrates measuring. Girls practice measuring. Leader demonstrates the preparation of a beverage. Girls prepare a beverage.
    - (2) Assignment of work: Prepare and serve at home one or more beverages. Individual demonstrations, measuring. Check food habits for a week. Topic for roll call: "A beverage that I have prepared."
  3. Social hour.

**III. Club Meeting.—Adequate Breakfasts.**

1. Business meeting. (Follow suggested outline for Club Meeting II.)
2. Discussion and demonstration.—The local leader in charge.

Adequate breakfast. (See page 9). Demonstrates preparation and serving cereals and fruit dish. Individual demonstrations by club members.

Assignment of work: Prepare and serve cereals and fruits at home. Individual demonstrations, cereals and fruits. Topic for roll call: "The number of times I have prepared cereals and fruits."

3. Social hour.

**IV. Club Meeting.—Wholesome Suppers.**

1. Business meeting.
2. Discussion and demonstrations.—The local leader in charge. Wholesome suppers. (See page 12). Preparation of a milk and egg dish. Also dishwashing. Individual demonstration by members.

Assignment of work: Prepare several egg and milk dishes, varying the method of cooking. Individual demonstrations making white sauce, preparing an egg dish, preparing a milk dish. Also dishwashing. Topic for roll call: "The egg dish that I like best".

3. Social hour.

**V. Club Meeting.—Quick Breads for Breakfast or Supper.**

1. Business meeting.
2. Discussion and demonstrations.  
Quick Breads. (See page 19.) Discuss score card and score one kind of Quick bread. (See page 22.) Make quick bread. Individual demonstrations. Check record blanks.

Assignment of work: Make bread at home. Team demonstrations. (See page 36). Score quick bread at home. Topic for roll call: "One point to consider in scoring quick breads."

3. Social hour.

**VI. Club Meeting.—Dishes from Home Grown Foods.**

1. Business meeting.
2. Discussion and demonstrations.  
Dishes from Home Grown Foods. (See page 22.) Preparation of Vegetables, Using left-overs. Team demonstrations. Score one kind of quick bread.

Assignment of work: Prepare and serve vegetables and left-overs at home. Team demonstrations on selected subjects. Topic for roll call: "A vegetable and left-over that I have made and served at home."

3. Social hour.

**VII. Club Meeting.—Picnic Suppers.**

1. Business Meeting.
2. Discussion and demonstration.—Picnic Suppers. Club Refreshments. (See page 27). Judge one kind of quick bread. Team demonstration.  
Assignment of work: Continue to prepare foods to meet requirements. Topic for roll call: "Refreshments that I would like to serve to the club."

3. Social hour.

**VIII. Club Meeting.—Setting the Table.**

1. Business Meeting.
2. Discussion and demonstration.—Setting the Table. Plan menu for company supper. Judge muffins or biscuits.

Assignment of work: Practice setting table for meals at home. Finish all individual requirements. Topic for roll call: "The number

of times I have set the table according to suggested plan."

3. Social hour.

**IX. Club Meeting.—Table Service and Manners.**

1. Business meeting.

2. Discussion and demonstrations.—

Table Service and Manners. (See page 33).

Planning the supper. Division of work for each member in preparation of the supper. Division of responsibility when supper 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 supper. Practice serving food and practice table manners. Complete record books. Bring all provisions assigned.

3. Social hour.

**X. Club Meeting.—Club Supper.**

Prepare and serve supper to invited guests.

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

**XI. 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 blank so that the results of all the work of the club may be summarized in the back of the Secretary's Record Book and in the leader's final report for the club.

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, interstate 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 quick breads and cookies.

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. THE RIGHT KINDS OF FOOD**

Building a body is somewhat like building a house. It takes a long time to build a good house. If it is to be a really serviceable, attractive house that will last for years, good judgment must be used in selecting the material out of which it is to be built and in proportioning the kind of materials used and in putting these materials together in such a way that they will unite to form a perfect whole. To build a healthy body, one must select the right kinds of food in the proper proportions, and maintain habits that make it possible to use their foods to the best advantage.

A living thing is continually changing. If one is not what he would like to be it is possible to change and become more nearly so. The kinds of food needed for growth and keeping the body in good condition are:

1. Foods that build bone, blood, and muscle, such as milk, cheese, eggs, and lean meat.

2. Foods that will keep the body in good running order, aid it in resisting disease, and promote growth, such as milk, fruits, vegetables, and whole grain cereals.

3. Foods that will keep the body warm and give it the ability to play and work, such as bread, potatoes, cereals, sweets, butter, and other fats and starches.

The food selection score card in the record blank lists the kinds and amounts of food needed by a normal person over 6 years old.

#### **General Rules for Preparing Food**

1. Fire started so there will be adequate heat and hot water.

2. The working surface clean and orderly.

3. The hands washed and the nails clean and the hair neatly arranged. Clean towel ready on which to wipe the hands.

4. Order of work and time required listed and a definite plan of procedure made.

5. Recipes carefully read, utensils and supplies collected. The dry ingredients measured, then the same utensils used to measure the liquids. Accurate measurements used to prevent waste and assure better results.

6. Separate spoon filled from spoon used in stirring, instead of stirring spoon used in tasting.

7. Utensils put to soak as soon as the work is finished, then the supplies stored, the utensils washed and put away, and the working surface left clean.

#### **Measuring**

All measurements must be level. Standard measuring cups and spoons should be used. A good measuring cup has straight sides, the divisions marked so they can be easily seen from both inside and outside of the cup with no grooves that make it hard to wash. For measuring dry ingredients it is desirable to have a glass cup, without a lip, and holding just an even cup, so the ingredients can be leveled off. For measuring liquids, an aluminum, glass or block tin cup with a lip and the mark for one cupful down a little from the top is preferable to avoid spilling.

Part of a cup of solid fat may be measured by putting as much water in a cup as the difference between a full cup and the amount of fat desired, and then adding fat until the water and fat will fill the cup. For example, if one-third of a cup of butter is needed, fill a measuring cup two-thirds full of water, add enough butter to fill the cup, then pour off the water.

To measure a spoonful of any dry ingredient, the spoon is filled, then leveled off with the blade of a knife held at a right angle to the spoon. A level spoonful can be divided lengthwise for one-half spoonful, and a half divided crosswise for one-fourth spoonful, and for a third a level spoonful is divided crosswise into thirds.

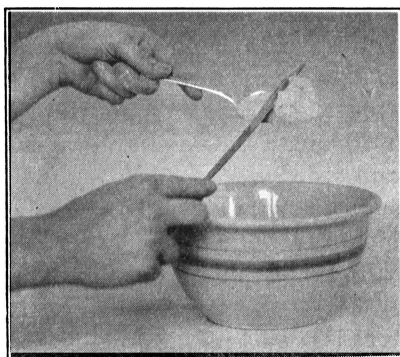


Fig. 1.—Levelling off a spoonful.

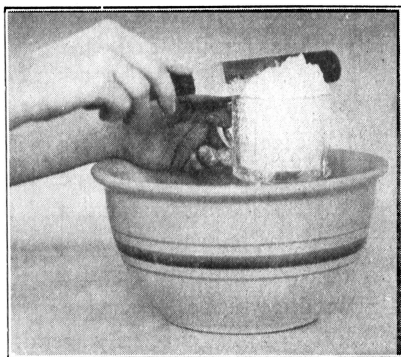


Fig. 2.—A cupful-stroke measure.

Butter and other fat will have to be packed down in the spoon with the flat side of the blade of the knife. Flour should be sifted and baking powder, soda, and cocoa well stirred before measuring.

#### Table of Equivalents

3 tsp.=1 tbsp.	2 cups sugar or fat=1 lb.
16 tbsp.=1 cup dry ingredients	4 cups white flour=1 lb.
12 tbsp.=1 cup liquid material	1 sq. chocolate=1 oz.
2 cups=1 pt.	$\frac{1}{4}$ cup cocoa=1 oz.

#### Beverages

Beverages may contribute to the food value of the meal. The one chosen will depend upon the other food served at the meal and upon the food eaten at the other meals that day. If there are no milk dishes for supper and the quart of milk has not been drunk or eaten in food at breakfast and dinner, the beverage may be hot or iced cocoa, milk or buttermilk. If there is to be soup or pudding made with milk, so that the amount of milk in it with that eaten at breakfast and dinner completes the required quart, a fruit:

drink may be served. The beverage should be hot for a meal in which all other food is served cold.

#### Cocoa (6 servings)

Cocoa, 4 tablespoons  
Sugar, 4 tablespoons  
Salt, few grains

Milk, 5 cups  
Water, 1 cup

Mix cocoa, sugar, salt and water together. Boil 3 minutes. Add hot milk, beat with a rotary egg beater and serve.

**Tea.**—Into a scalded pot place one-half teaspoonful of tea for every cupful of water. Pour over it freshly boiling water and leave in a warm place 3 minutes. If the tea is not to be served at once, remove the tea leaves if they are in a tea ball or strainer, or otherwise pour the tea off into another hot scalded tea pot. If the tea stands on the leaves or is heated with the leaves, it will become bitter. If water which has been boiling for some time is used, the tea will not have so good a flavor.

**Fruit Drinks.**—Exact recipes are not necessary for fruit drinks. Any fruit juice left from canned cherries, peaches, pears, strawberries, raspberries, blackberries and plums, if accented with a little fresh lemon, grapefruit or rhubarb juice will make a good fruit drink. Combinations of fruit juices ripen and improve in flavor on standing an hour or two. A sugar syrup, made by boiling equal parts of sugar and water together for 5 minutes, is more desirable for sweetening fruit drinks than plain sugar.

Tea is often used as a base for various fruit punches, because it brings out the flavor of the juices and makes them go farther.

Whole fresh or canned strawberries, cherries, raspberries, fresh mint sprigs and thin sections or slices of lemon or orange are attractive garnishes for fruit beverages.

### III. ADEQUATE BREAKFASTS

A good, hot breakfast plays an important part in starting and keeping the day right. The average healthy person wants and relishes this meal. Often, however, breakfast is omitted or slighted because of hurry or the desire to remain or become thin. If one is over weight, it is better to eat less at all three meals than to omit any one meal.

It is serious enough for adults to go without breakfast, but with young persons it is almost impossible to have a diet adequate for work, play, best growth and development if one meal is missed. Numerous studies show that the habit of going without breakfast and malnutrition are commonly found together. No boy or girl

should go to school without breakfast. The pangs of an empty stomach cause one to feel fagged out long before the next meal, and school work is difficult and exhausting. When a person omits a meal, he may eat the next one hastily and upset his digestion, or he may lose the hunger feeling and refuse to eat the wholesome food needed.

### Planning the Breakfast

A well planned breakfast contains something hot. A hot cereal or a hot drink speeds up and aids digestion and assimilation. Some fruit should be served for breakfast, preferably at the beginning so it will stimulate the appetite and the flow of the digestive juices. Fresh fruit in season, canned or dried fruit, tomato, fruit or sauerkraut juice may be used as well as orange or grapefruit. Jam, jellies and preserves are not considered as fruit, but as sweets. The fruit may be followed by a cereal, preferably a whole grain cereal, served with top milk and no sugar, then crisp bacon or egg, toast or other bread and a beverage. Bread and coffee, or a cookie and a glass of milk are not satisfactory breakfasts for an active person. A bowl of hot, whole grain cereal and top milk is a better breakfast but is not adequate for a growing girl or boy.

When planning meals, the amount of energy, time and money should be considered. One should be able to prepare a well balanced, palatable breakfast for five persons in 20 to 30 minutes.

The method of preparing and serving the various breakfast dishes determines the success of the meal. Poached, scrambled, baked or soft cooked eggs are more desirable than fried eggs. A hot savory cereal, cooked long enough to bring out its true flavor gives genuine satisfaction.

### Breakfast Menus

1. Whole wheat cereal with raisins, poached egg, toast, beverage.
  2. Baked apple with oatmeal, toast, bacon, egg, beverage.
  3. Tomato juice, creamed eggs on toast, whole wheat muffins, beverage.
  4. Any fresh fruit in season, prepared cereal, broiled ham, toast, marmalade or jam, beverage.
  5. Fruit juice or dried fruit, muffins, scrambled eggs, honey, beverage.
- Milk or cocoa is a desirable beverage for boys and girls but adults may prefer coffee.

### Fruit in the Diet

Fruit is an appetizing, easily digested, valuable food. It furnishes minerals and vitamins that help the body function efficiently and maintain health; and it furnishes roughage which aids elimination. The acids give fruit its pleasing flavor and the vitamins it



contains acids to appetite and digestion. Fresh raw fruits help build strong bones and teeth.

Fruit should be served twice a day for best health. On days when tomatoes are not served, a fresh, raw fruit or vegetable should be eaten.

Ripe, raw fruit as plums, grapes, berries, peaches, pears, bananas, and melons used alone or in combination with each other or other fruits, make a delicious and easily prepared dessert or appetizer for beginning a breakfast or other meal. Acid fruits, when served at the beginning of a meal, stimulate the flow of digestive juices. Fruit canned with a small amount of sugar may be served as it comes from the can for dessert. Most fresh, dried or canned fruit can be served in such desserts as gelatin, custards or bread, tapioca, cornstarch and steamed puddings.

Raw, baked or stewed apples or apple sauce are usually inexpensive. Dried fruits and many fresh fruits, as peaches, pears and apples are delicious when cooked in a baking dish in the oven. A stick of cinnamon, cooked with prunes adds a different flavor.

#### Baked Apples

Core apples and pare or not pare as desired. Around six apples, pour one cup of water in which has been dissolved  $\frac{1}{4}$  cup of sugar. Bake in a moderate oven until the apples are tender. Serve hot or cold, with or without plain or whipped cream. For variety, fill the centers with any of the following: brown sugar and butter, creamed; chopped dried figs; raisins; jelly; strawberry jam; chopped nuts and sugar; maple sugar and butter; red cinnamon candies.

#### Brown Betty

Butter,  $\frac{1}{4}$  cup, melted  
Bread crumbs, 2 cups  
Apples, 2 cups, sliced

Fruit juice or water,  $\frac{1}{2}$  cup  
Sugar,  $\frac{1}{4}$  cup

Arrange alternate layers of buttered bread crumbs and thinly sliced apples in a baking dish, sprinkling each layer with sugar and a little cinnamon or other spice. Finish with crumbs and pour water or fruit juice over all. Cover and bake  $\frac{1}{2}$  hour, remove the cover and bake three-fourths hour more.

Peaches, apricots or rhubarb may be substituted for the apples.

#### Cereals

Cereals furnish material for heat and other forms of energy. Because they are a starchy food, they may be used in place of such foods as bread, potatoes, rice or macaroni. If whole grain cereals, as rolled oats, whole wheat and brown rice are used, minerals, vitamins and roughage are added to the diet.

Cereals are our cheapest food, being even less expensive than bread. Prepared cereals are more expensive than cooked cereals,

but provide a variety in breakfast menus. Home grown wheat, cleaned, dried, ground and then cooked, costs little besides the time and fuel and cannot be excelled for food value and flavor.

The whole or ground wheat may be used in muffins, light bread, waffles, cookies, various types of puddings or combined with cheese or meat and tomatoes as the main dish for supper.

The amount of cooked cereal to be served to each person will depend upon the food to be served at the meal and upon how well the individual likes cereal. If the cereal forms the main part of the meal, as much as one cup of cooked cereal may be eaten by each person, but ordinarily  $\frac{1}{2}$  cup of the cooked cereal is enough for a serving. All cereals except rolled oats swell about four times their volume, when cooked. If four cups of cooked cereal are needed for the family, only one cup of the uncooked cereal will be needed. Rolled oats swell twice their volume, so that if four cups of cooked oats are needed, two cups of the rolled oats must be used.

**Cooking Cereals.**—The exact amount of water needed in cooking cereals varies with the consistency desired, the length of time it is cooked, the size and shape of the pan used and the cereal itself. In general, a cup of rolled oats takes about two cups of water, while a cup of any other cereal takes four cups of water. One teaspoon of salt is added to the water for each cup of raw material.

The cereal is poured slowly into the boiling, salted water and stirred fairly constantly until thickened. The pan containing the cereal then should be set into another pan of hot water, covered and left over a slow fire until ready to serve. Long cooking improves the flavor of all cereals but particularly that of oats. When reheating cereal, it is well to add a little water, cover and not stir until it is thoroughly hot, since stirring when cold is apt to cause lumps.

#### IV. WHOLESOME SUPPERS

Supper and luncheon are the same kind of meal and contain fewer and more quickly prepared foods than those served for dinner. Readily digested foods are selected, so there will be no interference with sound sleep or mental activity. If part of the family cannot get home for the noon meal and must eat a cold lunch, the light meal of the day usually is served at noon and called luncheon.

Supper, being the last meal of the day, affords an opportunity to balance up the diet of the day by including those needed foods that were not eaten at breakfast or dinner.

Supper usually contains a main dish, a green vegetable or salad, bread and butter, a beverage and a fruit or milk dessert. The addition of cookies or cake and sometimes the use of hot bread will make the meal more satisfying for those who work or play hard. Even in summer at least one food should be hot, as it aids digestion and makes the meal more satisfying.

The main dish is often made from leftovers and usually contains a protein food, as milk, meat, eggs, cheese or beans. It may also contain a starchy food, as potatoes, rice, cornmeal, cracked wheat, macaroni, noodles or bread crumbs, a vegetable or both. Bacon, green pepper, chopped onions, tomatoes, parsley, cheese and celery give character to many main dishes made from leftovers. Buttered bread crumbs give a finished appearance to foods that are baked. The main dish may be cream soup, chowder, soufflé or other egg dish, a creamed or scalloped meat or vegetable dish, a salad of meat, fish or chicken or a cereal served with top milk.

If the main dish is of a soft smooth texture, serve with it a crisp, crunchy and bulky food, as lettuce, radishes, raw cabbage, celery, carrots or apples. If it is bland in flavor, a relish or salad that is tasty and tart should be served.

#### Suggested Supper Menus

1. Cream of pea soup, tomato and cucumber salad, whole wheat muffins, apple or peach tapioca, milk or tea.
2. Potato salad, bacon or cold meat, bread, cocoa, canned or fresh fruit, cookies.
3. Creamed eggs or meat on toast; cabbage, green pepper and carrot salad; brown betty; milk.
4. Scalloped cabbage, cottage cheese, carrot and green pepper sticks, spoon corn bread, apple sauce, a beverage.
5. Tomato juice, mush with top milk, ginger bread with a fruit sauce.

#### Milk and Egg Dishes

Whole milk is the best single food for young and old. One quart of milk for all growing persons and one pint for adults should be used each day. Milk builds good muscle, promotes growth, builds up resistance to disease, furnishes heat and other forms of energy for the body and builds and keeps teeth and bones in good condition. Because it is a bland food and does not appeal to some persons as a drink, it is essential to know a variety of ways in which it can be prepared. Some of these are: cream soup, creamed and scalloped dishes, cocoa, cottage cheese, custards, bread puddings, milk gelatin desserts, ice cream and milk sherbets.

Eggs may be served at any meal and in a variety of ways. Whether alone, with ham or bacon or in omelets, souffles, or croquettes, eggs may appear in the main dish of any meal. Many quick breads, salad dressings, sauces, desserts and beverages are better and more attractive when made with a liberal proportion of eggs. In whatever way they are served, eggs are a good source of muscle building material and energy. The yolk contains minerals and vitamins needed for building the body and keeping it healthy.

**Cooking Eggs.**—The secret of success in cooking eggs and dishes in which eggs predominate is to cook slowly at a moderate, even heat. In preparing soft-cooked eggs, or hard-cooked eggs with tender whites, cover the eggs with cold water and heat gradually to simmering. Do not let water boil as boiling temperature toughens the egg white. Cover and leave for a few minutes for soft-cooked eggs and 20 to 30 minutes for hard-cooked ones. The exact length of time must be found by experience since it depends upon the number of eggs cooked at a time, the size of the pan and the quantity and the temperature of the water.

#### Poached Eggs

Break the eggs into boiling, salted water to cover in a shallow pan, and immediately remove from the fire. Cover and let stand for about five minutes. Remove the eggs carefully with a perforated spoon.

#### Scrambled Eggs and Bacon

Beat the eggs lightly, add 1 tablespoon of cream or top milk for each egg, and season with salt and pepper. Pour the mixture into a pan containing melted butter. Cook over hot water. Remove and serve at once with crisp bacon.

#### Plain Omelet

Eggs, 4	Salt
Milk, 4 tablespoons	Butter

Beat the egg whites until stiff. Beat the yolks until thick and lemon colored. Add the milk and salt. Cut and fold together the yolks and stiffly beaten whites. Melt enough butter in an omelet pan to grease the bottom and sides of the pan. Heat the pan, turn the egg mixture into the pan and cook over a slow fire until it is puffy and light brown underneath, then place in the oven until the top is dry. Touch the top of the omelet lightly with the finger and if the egg does not stick to the finger the omelet is done.

Loosen the edges of the omelet, slip a spatula or flexible knife under the side next to the handle of the pan, fold one-half over the other and press lightly to make it stay in place, slip it onto a hot plate and serve at once.

If the milk is heated and added to the egg yolk, it will cook the yolk slightly and give a smoother consistency. One-half cup of medium white sauce used instead of the milk will give a larger omelet with more body.

### Variations of Plain Omelet

1. Ham or other meat. Scatter finely chopped meat over the center of the omelet while cooking.
2. Cheese, parsley, or cooked vegetable as peas, asparagus, mushrooms, or combination of chopped green pepper, celery and parsley, added to the mixture before it is cooked.
3. Jelly or Jam may be spread over the omelet just before folding.

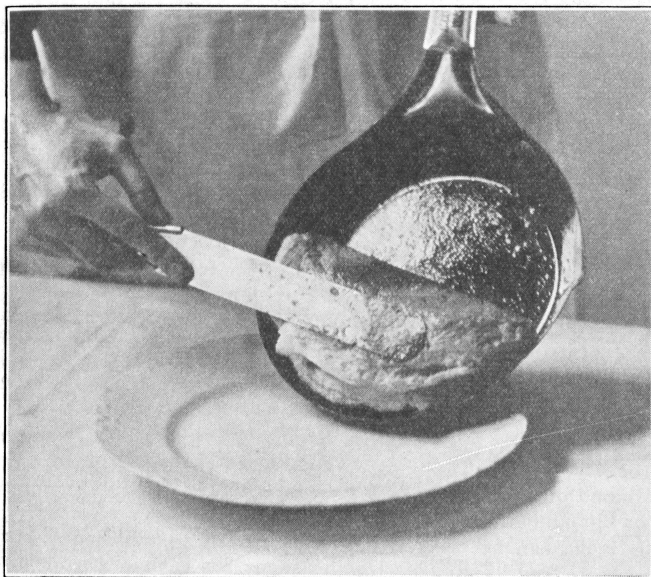


Fig. 3.—Folding an omelet.

### White Sauce

White sauce, often called cream sauce, is used in making all kinds of cream soups and in creamed or scalloped egg, fish, meat and vegetable dishes.

The thin white sauce is used in making cream soups, and the medium white sauce for creamed and scalloped dishes.

Material	To make 1 cup	To make 2 cups	To make 3 cups	To make 1 qt.
<b>Thin Sauce</b>				
Milk .....	1 cup	1 pt.	3 cup	1 qt.
Butter .....	1 tbsp.	2 tbsp.	3 tbsp.	$\frac{1}{4}$ cup
Flour .....	1 tbsp.	2 tbsp.	3 tbsp.	$\frac{1}{4}$ cup
Salt .....	$\frac{1}{2}$ tsp.	1 tsp.	$1\frac{1}{2}$ tsp.	2 tsp.
<b>Medium Sauce</b>				
Milk .....	1 cup	1 pt.	3 cup	1 qt.
Butter .....	2 tbsp.	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup
Flour .....	2 tbsp.	$\frac{1}{4}$ cup	6 tbsp.	$\frac{1}{2}$ cup
Salt .....	$\frac{1}{2}$ tsp.	1 tsp.	$1\frac{1}{2}$ tsp.	2 tsp.

**Method:** Melt the fat in a pan, add the flour and salt, stirring until mixed. Add the milk and stir constantly until it is thickened. Either a sauce pan or a double boiler can be used.

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#### Creamed Eggs

Eggs, 6 hard cooked

Medium white sauce, 2 cups

Add the hard cooked eggs, which have been sliced or chopped, to the sauce, pour over toast or serve in a vegetable dish.

#### Plain Souffle

Butter, 3 tablespoons

Milk, 1 cup scalded

Flour, 3 tablespoons

Eggs, 2 to 4

Salt, 1 teaspoon

Make thick white sauce of butter, flour and milk. When well thickened, pour on yolks of eggs which have been beaten until thick and lemon colored; cool, cut and fold in the egg whites beaten stiff but not dry. Turn into a buttered baking dish and bake in a slow oven until firm. This takes about an hour. Bread crumbs may be used instead of the flour or in combination with it.

To vary a plain souffle, add one of the following: (1)  $\frac{1}{2}$  cup of grated cheese; (2)  $\frac{1}{2}$  cup to 1 cup chopped meat or fish; (3)  $1\frac{1}{2}$  to 2 cups of cooked vegetables as peas, beans, corn, asparagus, or carrots; (4)  $1\frac{1}{2}$  squares of unsweetened chocolate and  $\frac{1}{2}$  cup sugar to a souffle made with bread crumbs for a dessert.

#### Custards—Basic Recipe

Milk, 2 cups

Sugar,  $\frac{1}{4}$  cup

Eggs, 2 (or 4 yolks)

Salt,  $\frac{1}{8}$  teaspoon

Vanilla, almond or other extract,  $\frac{1}{2}$  teaspoon; or

Nutmeg or cinnamon,  $\frac{1}{4}$  teaspoon

Fewer yolks can be used in a soft custard if  $\frac{1}{2}$  tablespoon cornstarch or 1 tablespoon flour is mixed with the sugar for each egg yolk omitted.

#### Baked Custard

Scald milk in double boiler. Beat eggs slightly, add sugar, salt and add gradually the scalded milk. Put in buttered custard cups, set in a pan of water and bake in a slow oven until firm. If custard is baked in a large pan, 3 eggs are needed for a pint of milk.

#### Soft Custard

Mix like baked custard, cook in a double boiler, stirring constantly until mixture coats the spoon. Remove at once from the heat and set in cold water. Be careful not to overcook as this gives a curdled mixture.

#### Custard Puddings

1. Fruit and cake. Layers of dry cake and pieces of canned peaches, apricots or oranges arranged in a glass dish and soft custard poured over them. The cake can be omitted.

2. Ginger Pudding. Soft custard served over gingerbread.

3. Floating Island. Soft custard served in dessert dishes with meringue on top. Jelly may be used as a garnish.

4. Caramel Custard.  $\frac{1}{3}$  cup caramelized sugar added to the scalded milk. Make as plain custard omitting the sugar.

5. Rice or Tapioca Pudding. Soak  $\frac{1}{4}$  cup of rice or pearl tapioca for one hour in enough water to cover or use  $1\frac{1}{2}$  tablespoons minute tapioca. Cook the soaked rice, pearl tapioca or minute tapioca in 2 cups of scalded milk. Finish as for plain custard.

**Bread Puddings—Basic Recipe**

Milk, 1 quart  
 Eggs, 2  
 Crumbs or pieces of bread packed solidly, 1 to 2 cups.  
 If soft, 2 cups; if dry, 1 cup  
 Spice,  $\frac{1}{4}$  teaspoon, or  
 Sugar,  $\frac{1}{2}$  cup  
 Vanilla, 1 teaspoon  
 Salt,  $\frac{1}{4}$  teaspoon

Beat eggs slightly. Add sugar, spice, salt, milk, crumbs, and vanilla. Let stand about half an hour. When crumbs become soft, stir well if lumps need to be broken. Turn into buttered baking dish and bake in slow oven until firm.

To vary this pudding, add (1)  $\frac{1}{2}$  cup chopped raisins, figs, dates or currants; (2) omit spice, add an additional  $\frac{1}{4}$  cup sugar and 2 squares melted chocolate or  $\frac{1}{2}$  cup cocoa mixed with the sugar or (3) separate eggs, adding yolks and 1 cup cocoanut to pudding, and making meringue of whites and  $2\frac{1}{2}$  tablespoons of sugar, spreading it over pudding when nearly done and browning in oven.

**Creamy Rice Pudding**

Milk, 4 cups  
 Rice,  $\frac{1}{2}$  cup  
 Grated rind of  $\frac{1}{2}$  lemon or sprinkling of nutmeg  
 Salt,  $\frac{1}{2}$  teaspoon  
 Sugar,  $\frac{1}{2}$  cup

Wash rice, mix ingredients and pour into buttered baking dish. Bake in slow oven until creamy, which takes from 2 to 3 hours. (Looks like rice with heavy cream). Stir several times during first hour to prevent rice from settling and crust from forming too early.

**Cottage Cheese**

One gallon of skim milk will make about  $1\frac{1}{2}$  pounds of cottage cheese. It will take about 30 hours for the milk to sour and clabber at a temperature of 75 degrees. To hasten the process, add 2 tablespoons of freshly clabbered milk to a gallon of sweet milk. As soon as it is firmly clabbered, cut into 2-inch cubes. Stir. Heat by placing the pan of milk in a pan of hot water and raise the temperature of the milk to 100 degrees Fahrenheit, or until it is barely luke warm, and hold it at that temperature for about 30 minutes, stirring it gently at five-minute intervals.

Pour the curd and whey into a cheesecloth bag and hang up and drain. As soon as the whey has ceased to drain off, pour the curd into a bowl and work until it becomes fine in grain, smooth and of the consistency of mashed potatoes. Add 1 teaspoon salt to each pound of curd, and sweet or sour cream to suit the taste.

**Dishwashing**

Sparkling clean dishes enter into our enjoyment of good food as truly as does the way food is prepared and served. Often as much time is spent after the meal in dishwashing and putting the kitchen in order as is spent in the preparation of the food. Every means should be used that will make this a more pleasant and less time-consuming part of the family meal work without sacrificing cleanliness to speed. First, check the equipment on hand. When replacing or adding new tools or supplies be sure that the size,

shape and material will suit the need. Dish cloth and dish towels are more often lacking in number than in quality. Add to the supply of dish cloths and towels and store in a convenient drawer in the kitchen so that soiled ones need never be used. Chip or bar soap made into a jelly by dissolving the soap in hot water saves time in getting a pan full of rich suds. If the water is hard, save money by first adding washing soda. In actual use in softening water, one pound of washing soda is equal to 18 to 20 pounds of soap. Have ready for use one pound of washing soda that has been dissolved in one quart of boiling water, use two or more tablespoonfuls to a gallon of water then add soap to make suds. When water must be conserved, a medium size dishpan is preferable to the large size, as the same amount of water will stay hotter and will more nearly fill the pan so that the washing is more quickly and thoroughly done. Oblong and rectangular pans with straight sides fit into sinks better than round pans. A wire dish drainer is inexpensive and is a time saver. When the drainer is fitted into a deep pan the boiling hot rinse water may be used again for fresh suds so that the dish water need not be cold or greasy at any time in the dishwashing job. Dishes rinsed with boiling hot water and air dried are cleaner than dishes dried with towels, besides there is a saving in laundering towels. To make dishwashing easier, (1) Put food supplies away. (2) Get all dishes thoroughly scraped and like dishes stacked together at the right of the dish pan. Start the actual dishwashing only when the water is hot and the washing can be done with as few interruptions as possible. (3) Use boiling hot water for rinsing.

**Wash Dishes as Follows.**—Fill dish pan in which dishes are to be washed half full of hot water. Make a good suds.

Wash glasses, silver and then dishes with a dish mop until the water has cooled to a comfortable temperature for the hands, substitute the dish cloth for mop if you can wash faster with the cloth. Stack the washed dishes in the dish drainer so that the boiling hot water can strike all the dishes on the inside with some on the outside if possible. After rinsing turn the cups, pitchers, and bowls upside down. Set loaded dish drainer aside for the dishes to air dry. Quick drying, so that dishes do not have to be wiped, depends on getting the dishes really hot. If a dish drainer is not available rinse the dishes with boiling water and stack loosely in another pan to air dry.



## V. QUICK BREADS FOR BREAKFAST OR SUPPER

Muffins, corn bread, griddle cakes, biscuits and other breads in which baking powder or soda are used for leavening, are called quick breads. These breads can be quickly mixed, quickly baked and are best when served hot. Hot breads are somewhat difficult to digest if the bread is not thoroughly baked and the bread is swallowed in heavy masses. To be most digestible they should be thoroughly baked, light, porous and crusty.

Quick breads are made light and porous by the carbon dioxide gas which is formed by the soda or baking powder with the liquid used. Baking powder is made from one part of soda to two parts of cream of tartar or some other acid substance and a starchy filler. When soda is added for the leavening agent, sour milk is usually used because of its acidity while baking powder is used with sweet milk. The amount of baking powder to be used in any given recipe varies with the kind of baking powder used. On the label of every can of baking powder is printed the number of teaspoons of baking powder to use for each cup of sifted flour. These proportions should be used rather than the amounts of baking powder given in the recipe.

In addition to the baking powder or soda, the air which is beaten into the mixture or into the egg and folded in helps make the batter light. Beaten egg must be carefully folded into the batter or the bubbles will break and the air escape without leavening the mixture.

The tiny bubbles of gas are made larger by the heat of the oven and, as they expand, they raise the batter or dough. The flour mixture is set by the heat and the bread remains light and porous while the gas escapes with the steam.

Soft wheat flour, or flour made from winter wheat often called pastry flour, contains less gluten and is preferable for the making of quick breads, as it gives a more tender product.

Milk is the liquid preferred for most quick breads although water, sour or sweet cream produce very satisfactory products.

Any good fresh shortening, as butter, chicken fat, lard or combinations of these may be used. The tenderness of the bread is due to the shortening and also to careful mixing and handling.

Sugar is added to quick breads for flavor and fine texture. If too much sugar is added, the flavor is undesirable for bread and the bread becomes heavy, sticky and coarse grained. Honey or molasses may be used instead of sugar.

Eggs act as thickening agents although in the unbaked product they seem to add moisture. One egg is considered equivalent to one tablespoon of flour in thickening power and, when beaten, it is equivalent to one-half teaspoon of baking powder in leavening power.

In quick bread the egg and melted fat are frequently put in the milk, so they will be more evenly mixed through the product.

#### General Proportions for Biscuits and Muffins

For every cup of flour use:

$\frac{1}{4}$  teaspoon of salt if butter is added,  $\frac{1}{3}$  if lard is used.

2 level teaspoons of baking powder.

1 tablespoon of fat, but 2 for short cake dough or rich muffins.

$\frac{3}{8}$  cup liquid for baking powder biscuit.

$\frac{1}{2}$  cup liquid for muffins.

$\frac{2}{3}$  to  $\frac{3}{4}$  cup liquid for griddle cakes.

1 tablespoon sugar or more and  $\frac{1}{2}$  egg in muffins.

The amount of flour will vary slightly according to the kind and how thoroughly it is sifted. If top milk is used instead of whole milk, more liquid is required and less fat. If the liquid used is cream, the fat is omitted. With sour milk or cream, one-half teaspoon soda is needed for each cup. Since this will only leaven a cup of flour, baking powder must be added for additional flour.

Quick breads are baked in a hot or very hot oven, 400 degrees to 500 degrees F. and the time varies from 12 to 40 minutes. The product is done when it is a golden brown in color, when it shrinks from the pan, when the crust, is pressed gently with the finger, springs back into place and when no batter or dough sticks to a toothpick that has been inserted.

#### Muffins

Flour, 2 cups

Baking powder, 4 teaspoons

Sugar, 2 to 4 tablespoons

(may be omitted entirely)

Salt,  $\frac{2}{3}$  teaspoon

Milk, 1 cup

Butter or other fat, 2 tablespoons

Egg, 1

The amount of sugar and butter used depends upon taste.

Mix and sift flour, salt, sugar and baking powder. Beat eggs slightly and add milk. Gradually stir milk and egg into dry ingredients and beat just enough to remove lumps. Add melted fat. Fill greased muffin pans two-thirds full and bake in hot oven about 25 minutes. If iron pans are used, heat them before filling with batter. If there is not enough batter for all of the cups, partially fill the empty ones with water.

#### Corn Meal Muffins

Make as muffins, using one-third corn meal and two-thirds flour.

#### Graham Muffins

Make as muffins, using equal parts of graham and white flour.

### Fruit Muffins

Add  $\frac{1}{2}$  to  $\frac{3}{4}$  cup of currants, chopped raisins, fresh blackberries or black raspberries to the batter. Save out a little flour from the amount called for to mix with the fruit, so it will not sink to the bottom of the pan.

### Spoon Corn Bread

Water, 2 cups	Fat, 1 tablespoon
Milk, 1 cup (sweet)	Eggs, 2
Corn meal, 1 cup	Salt, 2 teaspoons

Mix water and corn meal and bring to the boiling point and cook 5 minutes. Add milk, fat, salt and then the beaten eggs to the mush. Beat well and bake in a greased baking dish for 25 minutes in a moderate oven. Serve with a spoon from the dish in which it was baked. This amount will serve six.

### Biscuits

Salt, $\frac{2}{3}$ teaspoon	Butter, lard or other shortening, 2 tablespoons
Baking powder, 4 teaspoons	Milk, $\frac{3}{4}$ cup
Flour, 2 cups	

Mix and sift dry ingredients. Work in shortening and gradually add the liquid, mixing with knife to soft dough. Put on a floured board, pat or roll lightly to one-half inch in thickness. Cut with a floured cutter, place on tin and bake in hot oven for 12 to 15 minutes. Use as little flour as possible on molding board. Do not let flour stick to outside of biscuits.

Biscuit dough can be dropped from a spoon on the pan instead of being rolled out. They are then called drop biscuits.

Biscuit dough is used for covering meat pies and, with slight variations, for dumplings and short cakes. It also may be made into fancy quick breads as cinnamon rolls, pin wheel biscuits, Swedish tea ring and Dutch apple cake.

### Cheese Biscuits

Add  $\frac{1}{2}$  cup grated cheese to the dry ingredients after working in the shortening, blend well and proceed as for regular biscuits.

### Jam Tea Biscuits

Make a deep impression in the top of each biscuit. Fill with jam and bake.

An ideal muffin is golden brown in color, with a slightly rounded upper crust which is rough rather than smooth and glazed. It has no tunnels and the crumb is light and fluffy with a uniform texture somewhat like a very light, loose cake.

A good biscuit is uniform in shape, approximately twice as large as before baking, has straight sides, a level, fairly smooth top, a tender, golden brown crust, top and bottom. The inside is light, flaky, creamy white, free from yellow or brown spots and the small holes are evenly distributed. The crumb feels soft in the mouth but does not become doughy. It has a delicate pleasing taste.

## SCORE CARD FOR QUICK BREADS

	Perfect score	Actual score
<b>General Appearance</b> .....	15	_____
Size—Uniform in size, of suitable size for serving, and in such proportions that the center can be thoroughly baked.		
Shape—Regular and attractive in shape, since they are served whole.		
<b>Lightness</b> .....	15	_____
Relatively large for their weight and with a feathery appearance.		
<b>Crust</b> .....	10	_____
Color—Top and bottom crusts—even golden-brown color.		
Smoothness—Smooth and free from wrinkles or cracks.		
Texture—Crisp and tender rather than hard or tough. May be somewhat thicker than in yeast bread.		
<b>Crumb</b> .....	25	_____
Color—varies with kinds of quick bread.		
Uniform in color, without streaks .....	5	
Grain—Fairly fine and uniform .....	10	
Texture—Moist, tender and elastic; rather than tough, harsh and crumbly or sticky and doughy .....	10	
<b>Flavor</b> .....	35	_____
Agreeable, characteristic of kind of quick bread and free from all undesirable qualities.		
	100	_____

## VI. DISHES FROM HOME GROWN FOODS

People who live on the farm are fortunate in having plenty of milk, eggs and cottage cheese the year round; an abundance of fresh fruits, vegetables and young chickens through the summer season; and much fresh meat during the winter. In order to provide balanced meals at all times, it is necessary to can and store fruits and vegetables during the summer and fall for use in the late fall, winter and early spring; and to can and cure winter meat for use during the warmer weather.

Few people appreciate the wide range of colorful, appetizing dishes that can be prepared from foods grown on Missouri farms. The clear color of tender vegetables served raw or properly cooked, the color of freshly gathered fruit served on its own leaves and the rich yellows and browns of butter, eggs, cream and meat are pleasing to the eye and aid digestion. There is no reason for white, colorless or drab meals with such a wealth of color in home pro-

duced foods. However, foods of good color are not attractive if they are over-cooked, allowed to stand some time before serving or if they are stirred and mixed until their natural form, color and texture are destroyed. Food is most attractive when it retains its characteristic, natural flavor which is not covered by seasonings or spoiled by overcooking. Variety in preparation, however, does add interest and there is no excuse for getting into a rut when there are so many different ways of preparing and serving home produced foods.

The attractiveness of food depends also upon the way it is served. It is more palatable if hot things are served hot and cold things cold; if bowls, cups and plates are not filled too full, if table coverings are scrupulously clean and the arrangement of the table is orderly.

### Vegetables

Vegetables, like fruits, furnish iron for rich, red blood; other minerals and vitamins for health and development of the body; and roughage to keep the system clean and in good condition. Vegetables furnish some energy, and dried beans and peas also contribute muscle building material.

Two servings of vegetables and potatoes should be eaten every day. The dark green vegetables as string beans, peas and greens; tomatoes; and such yellow vegetables as carrots are of special importance in the diet.

Start the cooking of most vegetables in boiling salted water. Use as small a quantity of water as possible in cooking all but the strong flavored vegetables, such as cabbage, onions and turnips. Cook vegetable only until tender.

**Potatoes.**—Potatoes are one of the foundation foods in the diet, but they are not used to the best advantage when they are fried, a method which makes the starchy vegetable less easily digested. Better ways of preparing potatoes, from the standpoint of health, are baked, boiled (with or without the skins), mashed, scalloped or creamed, combined with eggs as in potato souffle or in salad.

#### Scalloped Potatoes

Wash, pare and cut potatoes in slices. Put a layer in a buttered baking dish, sprinkle with salt and pepper, dredge with flour and dot with butter. Repeat. Add hot milk until it may be seen through top layer. Bake about 1½ hours or until tender. Scalloped potatoes may also be prepared with cooked potatoes.

Grated cheese or hard cooked eggs may be added to scalloped potatoes if made with cooked potatoes and minced ham added to those made with cooked or uncooked potatoes.

### Potato Salad

Potatoes for salad should be well seasoned with salt, and a well seasoned fairly acid salad dressing used. There should always be something crisp used in the salad. The salad dressing should be mixed with the salad and it is better if the salad is mixed an hour or more before serving. Always taste the salad after mixing as it usually needs additional salt and vinegar.

One or more of the following foods may be made to give crispness and flavor: cabbage, celery, apple, cucumber, green pepper, carrot, onion or pickle. Olives or celery seed or salt are sometimes used for additional flavor and hard cooked eggs, beets or pimento for additional color or food value.

### Cooked Salad Dressing

Salt, $\frac{1}{2}$ teaspoon	Butter, $1\frac{1}{2}$ tablespoon
Mustard, 1 teaspoon	Egg yolks, 2
Sugar, $1\frac{1}{2}$ tablespoon	Milk, $\frac{3}{4}$ cup
Flour, 1 tablespoon	Vinegar, $\frac{1}{4}$ cup

Mix dry ingredients and cream with butter. Add egg yolks and milk. Stirring constantly, cook until mixture thickens, adding vinegar just as it begins to thicken.

### Mock or Quick Mayonnaise Salad Dressing

#### Part I

Egg, 1
Salad oil, 1 cup
Juice of 1 lemon or Vinegar, 2 tablespoons
Salt, 1 teaspoon
Red pepper, $\frac{1}{8}$ teaspoon
Dry mustard, $\frac{1}{4}$ teaspoon

#### Part II

Butter, 2 tablespoons
Flour, $\frac{1}{2}$ cup
Water, 1 cup

Place the ingredients of Part I in a bowl in the order given. Do not mix.

Melt the butter in a sauce pan, stir in the flour until well blended. Add the water gradually, stirring constantly. Cook until thickened and the mixture bubbles away from the sides of the pan. This can be cooked in a double boiler for 15 minutes, if that method is preferred.

Add this mixture to Part I while hot. Beat with a rotary beater until thoroughly blended. Cool before using.

**Tomatoes.**—Fresh tomatoes offer many possibilities for salads, or they may be cooked and then prepared in the same ways as canned tomatoes, strained and served as tomato juice, stewed, combined with white sauce in cream of tomato soup, creamed on toast, combined with cheese and bread crumbs (tomatoes au gratin), scalloped, as a soufflé, or combined with other vegetables.

### Tomato Sauce

Tomato sauce is made like medium white sauce, except that strained tomato is used in place of milk. It may be seasoned with onion, celery or other flavorings.

Ground leftover meat, hard cooked eggs, cooked string beans, corn or onions may be served in tomato sauce, or it may be served on hot buttered toast, or with cooked rice, spaghetti, hash, meat cakes, loaf, or chops, or in scalloped meat or cheese dishes. Cheese is a good addition to the rice or spaghetti and tomato dishes.

#### Cream of Tomato Soup

Tomatoes, 2 cups canned or stewed	Onion, 1 slice
Milk, 1 quart	Salt, 2 teaspoons
Flour, 4 tablespoons	Butter, 4 tablespoons

Scald milk with onion, remove onion and make a white sauce of the flour, butter, milk, and salt. Put the tomatoes through a sieve, season and heat. Just before serving, combine tomatoes and white sauce while both are hot, adding the tomato to the white sauce.

#### Scalloped Tomatoes

Remove contents from one can of tomatoes and drain tomatoes from the juice. Season with salt, pepper, a few drops of onion juice, and sugar if preferred sweet. Cover the bottom of a buttered baking dish with buttered cracker or bread crumbs, cover with tomatoes and sprinkle top thickly with buttered crumbs. Bake in a hot oven until crumbs are brown.

One-half to one green pepper cut up fine, thin slices of onion or celery may be added to the scalloped tomatoes. Raw eggs may be broken on top of the scalloped dish and the whole baked in a slow oven until the tomato is hot and the eggs done.

#### Poinsettia Salad

Use fresh or firm canned tomatoes. Cut the tomatoes in sections, cutting from stem end down almost to the bottom of the tomato. Place on a lettuce leaf or other greens. Arrange in the shape of a flower and put a spoonful of cottage cheese in the center. Garnish with cooked or mayonnaise dressing. Celery, olives, or bits of green pepper may be added to the cottage cheese.

#### Suggestions for Using Left-Overs

1. Scalloped dishes may be made of small amounts of meat and vegetables, with gravy, tomato or white sauce and rice, potatoes, or bread crumbs used as a filler.
2. Green peppers, tomatoes, cucumbers, or onions, may be stuffed with various combinations of left-over vegetables, bits of bacon, or meat and baked.
3. Souffles, and omelets may be made with left-over vegetables, cheese, or meat.
4. Chowders and cream soups may be made from one or various combinations of left-over vegetables or meats.
5. Salads may be made of small amounts of vegetables arranged in separate groups or put together in an orderly way on shredded or plain lettuce, cabbage or spinach. The dressing may be mixed first with each vegetable or added at one side of the salad.

### Cream Soup

Vegetable juice, and milk, 4 cups      Flour, 4 tablespoons  
 Butter, 4 tablespoons      Vegetable pulp, 2 cups  
 Salt, pepper, and onion or other seasoning  
 (Any vegetable or pleasing combination of left-over vegetables.)

Cook the vegetable with the seasoning, drain and mash through a sieve. Make a white sauce of the butter, flour and liquid. Combine the white sauce and the sifted vegetable pulp and serve very hot. In making cream soups allow  $\frac{2}{3}$  cup of thin white sauce and  $\frac{1}{3}$  cup vegetable pulp or puree to each person.

Croutons made of one-half inch squares of bread toasted in the oven may be served with cream soup.

### Vegetable Chowders

Salt Pork or drippings, 4 tablespoons  
 Onion, 1      Green pepper if desired  
 Vegetables, 2 cups      Milk, 3 cups  
 Salt and pepper      Rice or barley,  $\frac{1}{2}$  cup or  
 Potatoes cut in  $\frac{1}{2}$  inch pieces, 4 medium  
 Soda crackers. 8

Cut pork in small pieces and fry out in a kettle large enough so that chowder can be cooked in it. Cut up onion and brown slightly in fat. Cut vegetables in  $\frac{1}{2}$  inch cubes. Add vegetables of which chowder is to be made, potatoes, rice, or barley and enough boiling water to cook them. If chowder is made of a vegetable that needs long cooking, do not add the potatoes or rice until half an hour before vegetables will be done. When vegetables are tender, add milk; and when hot through, break crackers in the chowder and serve.

Some kinds of chowder are: (1) Canned or fresh corn and potato, and green pepper if desired; (2) Salsify and potato or barley; (3) Lima bean, carrot and rice; (4) Tomato, potato, carrot alone or with green peppers and celery.

## VII. PICNIC SUPPERS

The food for picnic suppers may be prepared ahead of time, or all or part of it may be cooked out of doors. Cooked vegetables, stews or scalloped dishes can be taken in pans and reheated. If the food is prepared at home, it should be the kind that can easily be eaten out of doors, and it should be packed so that it will be as good and as attractive when eaten as when prepared.

Suggested menus follow: (1) Potato salad, meat sandwiches, radishes, onions, fresh fruit and cake. (2) Baked ham, candied sweet potatoes, cabbage and carrot salad, fruit drink and cookies. (3) Scalloped potatoes and cheese, lima beans, fresh sliced or whole stuffed tomatoes, ginger bread and cider. (4) A meat and a vegetable sandwich, fruit salad, cookies, iced cocoa. (5) Cold sliced meat, potato chips, pickle, a hot vegetable, molasses cookies, fresh fruit.



### Club Refreshments

The social hour of the club meeting offers an opportunity for preparing and serving afternoon refreshments to one's friends. The charm of refreshments lies largely in the daintiness of the food and the manner in which it is served. The object of having food is to promote sociability rather than to feed the hungry. The food served should be inexpensive, suitable for the season and easy to prepare and serve, yet pleasing to the eye and appetizing in flavor. Inexperienced hostesses are likely to try to serve too many foods.

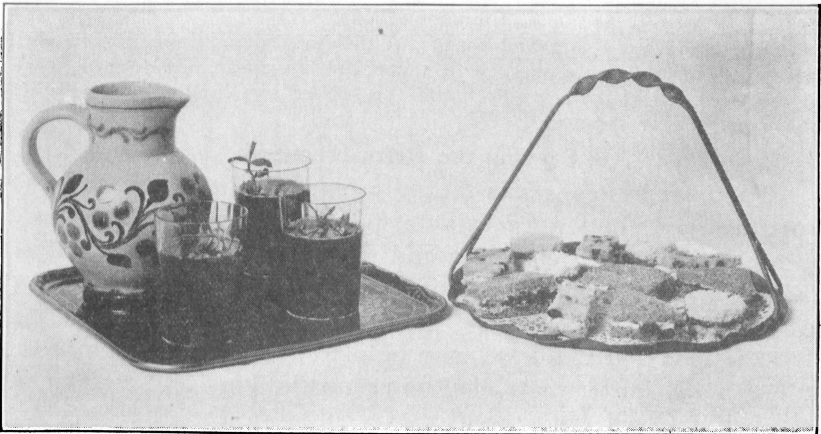


Fig. 4.—Simple club refreshments.

Attractive suitable refreshments can be prepared from home produced foods with little effort.

#### Suggested Food Combinations for Club Refreshments

Cookies, gingerbread, sandwiches, cake or cinnamon toast with a drink such as lemonade, grape juice or other fruit drink, cider, milk, cocoa or tea. Popcorn with raisins or apples.

Fruit or vegetable salad with hot biscuit, sandwiches or wafers.

Cake with whipped cream, upside down cake or short cake alone or with a drink.

Fresh fruit served whole on individual plates or in a basket with grape leaves underneath.

Frozen dessert with cookies or cake.

Cottage cheese, preserves, crackers, and a drink.

#### Sandwiches

Sandwiches for teas and parties are usually dainty ones. The bread is first buttered and then cut in thin slices and made into

sandwiches. The sandwiches may be cut with a biscuit cutter, cut diagonally across each way to make four three-cornered sandwiches, or straight across to make three finger length, narrow sandwiches. Brown bread and nut bread baked in baking powder cans make attractive sandwiches.

Plain bread and butter sandwiches are suitable for afternoon refreshments, as are also those filled with lettuce and salad dressing alone or with cottage cheese, hard boiled eggs, nuts, one or more ground fresh vegetables as green pepper, radish, cucumber, celery or carrots, or many other combinations. Meat or other hearty sandwiches are more suitable for picnics and hikes.

#### **Cinnamon Toast**

Slice bread very thin and toast. While hot, spread immediately with butter and sprinkle generously with sugar and cinnamon. If desired, place on the top shelf of the oven or under the broiler just long enough to melt the sugar. Serve at once.

#### **Serving the Refreshments**

The wise hostess plans the refreshments so she will be away from the guests only a few minutes to prepare the food. She may do the last minute preparation and serving of the food herself or ask one of her special friends, another guest, her sister or mother to help her.

The food and the drink may be placed on a dinner, luncheon or bread and butter plate, depending on the kind and amount of food being served, with the necessary silver on the plate and carried to the seated guest. Napkins are usually passed first.

If the drink or the food requires some accessory as cream, sugar, or sauce, the hostess has this on a tray or plate and passes it to each guest who serves herself.

Another way to serve the food is to spread a luncheon cloth on the dining room table and invite the guests into the dining room, bring in the napkins, plates, cups and silver on a tray, arrange it on the table neatly, bring in the food and serve it by any of the following ways: (a) The hostess, sitting back of the table, pours the drink in the cup, puts it and the silver on the plate and hands it to a friend who takes a napkin and carries it to the guest, and then passes such foods as sandwiches or cakes; (b) The guests come to the table and serve themselves to everything but the drink which the hostess, seated at the end of the table, pours; (c) The hostess sits at one end of the table with the beverage, silver and cups or glasses before her, while a friend sits at the other end of

the table with the plates before her on which she serves such foods as upside down cake, short cake, salad or other foods that are attractively served at the table. The guests pick up their own napkins, take the plates on which the friend has served the food and carry them across to the hostess who adds the drink and silver. The guests may prefer to stand about in groups rather than to be seated.

Each guest as well as the hostess shares the responsibility for wholesome, stimulating conversation.

A few flowers nicely arranged in a bowl or a vase will give a festive air to the occasion.

### Cookies

Cookies may either be dropped or rolled but should be made in a size convenient for serving.

#### Sugar Cookies

Sugar, 1 cup	Eggs, 2
Flour, 3 cups	Butter, $\frac{1}{2}$ cup
Baking Powder, 2 teaspoons	Vanilla, 1 teaspoon
Salt, $\frac{1}{4}$ teaspoon	Milk, $\frac{1}{4}$ cup

Measure into the sifted measured flour all dry ingredients except the sugar, and sift together. Measure the fat into a bowl and cream slightly, then add the sugar gradually and cream well together so the fat will be evenly distributed through the butter. Beat the eggs and add with the flavoring to the creamed sugar and fat. Add part of the dry ingredients, then some liquid, beat until smooth and add remainder of each alternately. Put a small amount of flour on the kneading board and place about a fourth of the dough on the flour. (Too much flour and too much handling will make the cookies stiff and tough.)

Turn dough so the floured side is on top. Roll lightly as pressure may make the dough stick to the board. Lift rolling pin frequently and roll in different directions each time until the dough is about one-fourth inch thick.

Cut cookies as near together as possible, so there will be few trimmings. With a spatula or flexible knife, lift the cookies off the board and place on a cookie sheet or pan. A little sugar may be sprinkled on top of the cookies before putting them in the oven, to give them a finished look. Bake in a hot oven five to seven minutes.

#### Drop Cookies

To make drop cookies use one-third less flour, twice as much milk and another teaspoon of baking powder in the sugar cookie recipe. Drop from a small teaspoon, leaving space between each cookie.

#### Sugar Cookie Variations

(1) Add two tablespoons cocoa; (2) add one teaspoon ginger; (3) add one-half teaspoon cinnamon, one-half teaspoon allspice, one-fourth teaspoon cloves, and one-half teaspoon ginger; (4) Add one-sixth cup of nuts; (5) put raisins, nuts or cocoanut on top.

**Molasses Cookies**

Sugar, $\frac{1}{4}$ cup	Milk, 1 tablespoon
Flour, 2 cups	Molasses, $\frac{1}{2}$ cup
Soda, $\frac{1}{8}$ to $\frac{1}{4}$ teaspoon	Cinnamon, $\frac{1}{2}$ teaspoon
Butter, 3 tablespoons	Nutmeg, $\frac{1}{2}$ teaspoon
Salt, $\frac{1}{2}$ teaspoon	

Follow directions for sugar cookies.

**VIII. SETTING THE TABLE**

The most attractive covering for a table is the linen tablecloth. Linen wears better than cotton and does not retain stains so easily but it costs more. Unbleached or half-bleached linen cloths may be used. If the table is well finished the use of doilies or table runners saves the work. The table covering, of whatever material it may be, should be put on the table squarely. If it is a cloth, the crease should run lengthwise of the table and not at an angle, as straight lines are used throughout the table setting.

There should be as little noise as possible at the table and, therefore, it is well to have a silence cloth under the table cloth. This silence cloth also protects the table from being marred by hot dishes. It may be made of felt, asbestos, or cotton flannel. A cotton blanket is sometimes used.

The cover consists of the silver, china, and glass needed by each person. To be seated comfortably, 26 inches or more are desirable for each cover. The knife and fork should be placed on the table far enough apart that the arrangement of the silver will not be upset and the table disarranged when the dinner plate is set between them. All silver is placed about an inch from the edge of the table, so that the silver will not be accidentally moved when a person sits down at the table. The fork is placed at the left of the dinner plate. The tines are up because the fork rests steadier in that position. The knife is placed at the right as nearly everyone cuts food with the right hand. The cutting edge is turned toward the dinner plate. The spoons are placed next to the knife, with the bowls up. If there is a salad fork, it is placed at either side of the dinner fork. The table is left neater if the space between the plates and silver becomes smaller rather than larger as the silverware is used. The napkin is usually placed on the left, in line with the edge of the silver and with open corner toward the fork and edge of the table for convenience in unfolding and placing on the lap. The bread and butter plate is placed at the tip of the fork, while the water glass is placed at the tip of the knife where it is nearer the hand that usually carries the glass to the mouth.

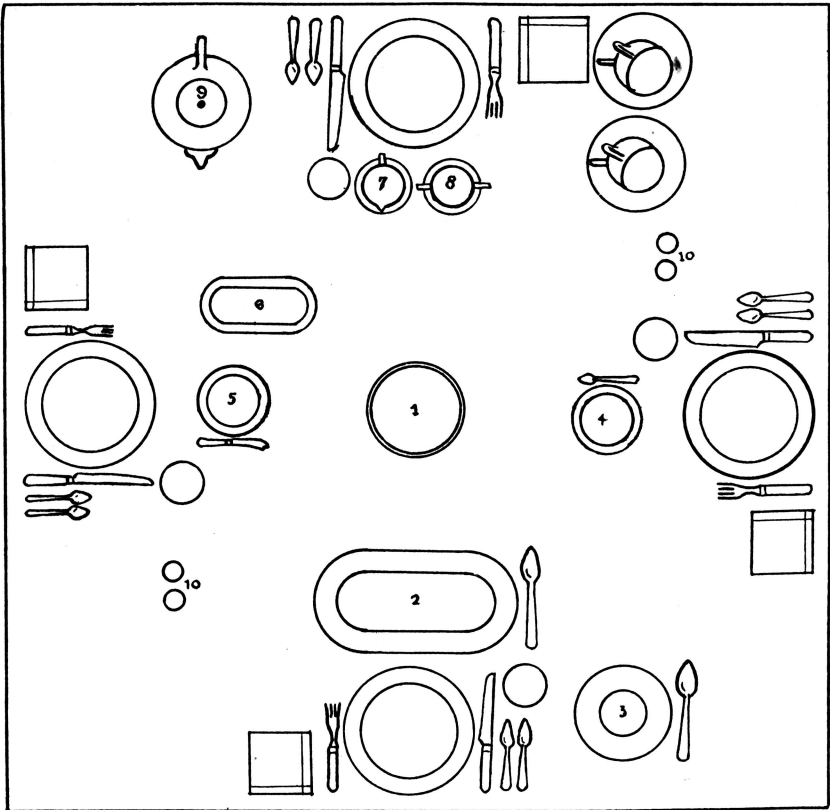


Fig. 5.—Table setting arrangement. 1. Decoration. 2. Main dish. 3. Vegetable. 4. Jelly. 5. Butter. 6. Bread. 7. Cream. 8. Sugar. 9. Tea or coffee. 10. Pepper and salt.

The salt and pepper shakers should be placed so that they are conveniently reached and should be in a straight line with the edge of the table just as the silverware is placed. Nothing that goes on the table should upset this principle of arrangement. As the hostess usually pours a beverage served with the meal, the coffee or tea pot is placed at the right of her place so as not to interfere with her cover, and the cream and sugar directly in front of her, enough above her cover so as not to appear crowded. The decoration, which may be a bowl of flowers or of fruit, candles or a plant, usually is placed in the center of the table. The table decoration should be low or so slender that no one has difficulty in seeing the other persons at the table.

The chairs should be placed so that the seats are just touching the edge of the table cloth.

When the covers are laid and the accessories added, the table is ready for the placing of the food. Plates of bread, butter, jelly, cheese, and dishes of other food which are to be passed at the table should be placed near enough to a cover so that they can be conveniently reached, and so the table will have a balanced, neat appearance. Any silver needed for serving these dishes is not put in the food but placed at the right of the dish in a straight line, with the handle toward the person in front of whom the dish is placed.

If these dishes of food are placed the same distance from the edge of the table, in straight lines, and if they are spaced so the arrangement seems to balance, the table will look orderly. Glasses should be filled with water or milk to within three-fourths of an inch from the top. A pitcher of water or one of milk may be placed near the cover of one of the older boys or girls to help divide the serving responsibility. The father serves the meat and vegetables, the meat platter or dish of hot food being placed above his cover and the dishes of vegetables that are to be served on the plate being placed at each side of the platter. The carving knife is put at the right of the platter or host's silver and the fork at the left. Spoons for serving vegetables are placed at the right of his cover. Usually, the mother sits at the foot of the table and the father at the head. The mother serves the salad, beverage and dessert unless these are served in the kitchen. The salad is often arranged on individual plates which are placed at the left below the bread and butter plate, which keeps the table balanced when a hot beverage is served. It is customary to serve all vegetables on the dinner plate except juicy ones, which may be served in separate dishes.

## IX. TABLE SERVICE AND MANNERS

In the family type of meal service, the main part of the meal is on the table when the family is seated. The meat and vegetables are grouped around the father's cover, the salad usually is at each person's place, and the beverage is near the mother's cover. The father serves the plates and they are passed from person to person, first to the mother, next to the one at her right, and down on that side of the table until all are served. If there are guests they should be served after the hostess or mother. Where there are older persons at the table, as a grandmother or aunt, it is more

courteous to serve them before the plates are passed to the others.

The dessert may be served from the kitchen or at the table, but in either case, the used dishes should be removed. The following suggestions might well be used in the serving of another course:

1. Remove first the meat, vegetables, butter, bread and other dishes of food with the serving silver.

2. Remove the hostess' dishes first, then the others in regular order.

3. Do not try to remove the dishes from more than one cover at a time or do not "stack" them, that is, do not put the salad plate or other dishes on to the dinner plate in front of the person whose dishes are being removed as this is noisy and unattractive.

4. Remove all dishes except the cup and saucer and glass from the left of the person. These should be removed from the right. (Often the cup and saucer are not removed until the close of the meal.)

5. Remove crumbs, using a folded napkin and plate. Remove the crumbs from the left of each person.

6. Serve all food from the left except the beverage. Serving the foods and removing the dishes from the left makes the person being served more comfortable as he knows on which side to expect the server.

7. The water glasses are filled either by passing the glass to the person serving the water at the table or by someone filling the glasses from the right at the various covers, preferably without moving the glass. If it is necessary to move the glass, the hand should be placed near the bottom of the glass so that the fingers will not come in contact with the portion of the glass from which the person drinks.

8. If one not seated at the table is passing a dish from which persons are asked to help themselves, the dish should be held at the left and low enough so that the persons served can easily help themselves with their right hand.

These suggestions may be followed on such occasions as family gatherings, church suppers and club suppers.

### **Table Manners**

Certain rules for good table manners have become established through long usage in our country. They have been generally accepted because, if followed, they make the person eating feel in-

conspicuous and at ease and because they show consideration of others.

1. It is preferable to sit down from the left side of the chair and rise from the same side.

2. No one begins to eat until all have been served.

3. One sits up straight with arms and elbows off the table. When not eating, the hands should rest in the lap. It is not considered good form to play with the silverware or arrange the clothing or hair.

4. One should eat what is served, even if only a little. Comments on the dislike of food are inconsiderate of the person who planned or prepared the meal.

5. Bread should be broken, usually into quarters, when a slice is served, since it is awkward to hold and eat from a whole slice. The bread is buttered as eaten.

6. The mouth should be kept closed when chewing. Talking when the mouth is filled is not pleasing to the others at the table.

7. If an accident occurs, as little attention as possible should be paid to it. One should ask to be pardoned and remedy the difficulty quickly and quietly.

8. As little food as possible should be left on the plate. This includes eating the lettuce under the salad and serving one's self the quantity of food which can be eaten. It is better to have a second small serving than a first serving which is too large.

9. The knife is to be used for cutting foods too firm to be cut with a fork. It is also used for spreading butter. It is never good form to use the knife to carry food to the mouth. The knife is held in the right hand with the forefinger resting lightly on the back edge of the blade. The knife is usually held close to the middle of the handle. When cutting, the elbows are kept as close to the body as possible. One or two bites are cut at a time.

10. The fork is used for cutting foods like lettuce (unless too solid), pie, watermelon, and creamed foods served on toast (unless toast is very tough). When the knife is used for cutting, the fork is held as is the knife, but in the left hand and with the tines turned down. Most food is carried to the mouth with the fork held in the right hand, the tines up to keep the food on the fork more easily.

Knives or forks are rested across the upper right hand part of plate when not in use, or when plate is passed for a second helping.

11. The spoon is used for all soft foods which cannot be eaten with a fork. Custards, soups, and soft vegetables, like stewed to-



matoes, are eaten with a spoon. Soup should be drunk from the side of the spoon. The soup spoon is filled by dipping away from one's self so that any drop that forms on the bottom of the spoon will fall into the soup plate. A spoon is used to stir sugar into a beverage and test the temperature. After tasting to see if a drink is sweet enough or not too hot, the spoon is placed on the saucer.

## 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 plates of muffins, usually constitute a class in a judging contest, the muffins 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 quick breads: uniform shape, irregular in shape, lopsided, even color, good crust on all sides (top and bottom), rough rather than glazed, free from wrinkles and breaks, surface cracked, thoroughly baked, crust crisp and tender, depth of crust good on all sides, texture (fine and even), crisp, tender texture, coarse texture, crumb flaky, full of holes, full of tunnels, light, heavy, too compact, free from yellow or brown spots, too much salt, too much baking powder or soda or sugar.

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

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

## DEMONSTRATIONS

In so 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.

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**

Some ways of preparing apples, biscuits with variations, deserts from home produced foods, salads, soups, scalloped dishes or desserts from left-overs, making whole wheat biscuits with variations and any other subjects that the leader or club selects.

**Suggested Outline for a Demonstration—Making an Omelet with Variations**

<p><b>A speaks and demonstrates</b>                  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.                  Tells that they will demonstrate the making of omelet with variations. Discusses recipe.                  ".....will continue the demonstration."</p>	<p><b>B assists</b>                  Joins in giving pledge. Stands at attention while being introduced. Assists.                  Gets equipment and materials ready for use.                  Assists with materials for making omelet. Cleans up.</p>
<p><b>A assists</b>                  Gets all needed things ready for "B".                  Cleans up.</p>	<p><b>B speaks and demonstrates</b>                  Gives introductory sentence in regard to omelet and variations. Demonstrates variations and the meals of which they might be a part. Demonstrates serving omelets. ".....will conclude the demonstration."</p>
<p><b>A speaks</b>                  Summarizes demonstration. Asks for questions.                  Concludes demonstration.</p>	<p><b>B assists</b>                  Quietly collects equipment and cleans up the table if time permits. Stands at attention for questions.</p>