

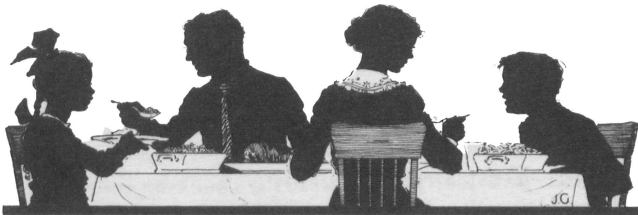
FOOD AND NUTRITION

III. Dinner

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FOOD AND NUTRITION*

III. Dinner

The average person sits down and eats about 1100 meals every year. The food eaten in these meals probably has as much to do with his health as any other one factor. To want to learn more about planning, preparing, and serving adequate, palatable, attractive meals for one's self, her family, and for guests is a worthy ambition. Practically every social occasion has some food connected with it and every girl is naturally interested in food. A person is always seen to best advantage when she is a gracious hostess in her own home.

Dinner is the main meal of the day and the material included in this circular follows that given in 4-H club Circular 57, The Breakfast and Supper Clubs.

FOOD FOR THE DAY

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

The Energy Foods or fats, sugar, and starches. They 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 others. The colder the weather and the more one works or exercises, the greater the need for this kind of food. Protein foods, too, may furnish energy.

The Building Foods or proteins, mineral salts, and water. They are necessary for the building and maintaining of all body fluids and tissues except fatty tissue. Our best protein foods are milk, eggs, meat, fish, and cheese. However, nuts, peas, beans, lentils, and cereals contain small amounts of protein. Our best sources of mineral salts are milk, vegetables, fruits, egg yolk, whole grain cereals, and liver. Young people who are growing rapidly need extra amounts of building foods, especially milk. Milk is excellent for building a good framework for the body since it contains calcium and phosphorus to build bones and protein for muscle tissue.

The Regulating Foods or the mineral salts, vitamins, and water. They are important in regulating the various processes that go on in the body. They have much to do with the promotion of growth, the prevention of disease, and the maintenance of a healthy, vigor-

*Prepared by Flora Carl and Ruth Foster, Extension Nutritionists in collaboration with Jane Hinote and Helen Church, State Club Agents.

ous body. Milk, fruits, vegetables, whole grain cereals, liver, egg yolk, and cod liver oil are some of the important foods in this group.

Water is as essential as any food. It is a part of all the tissues and fluids of the body, making up about 76 per cent of the body's total weight. Water regulates the body temperature, dissolves the food so it can be assimilated, and helps remove waste products.

Each day's food should include some energy foods, some building foods, and some regulating foods. These will be provided if each day's meals contain some food from each of the following five classes of food: (1) milk and cheese; (2) vegetables and fruits; (3) eggs, meat and fish; (4) bread and cereals; (5) fats and sweets. The amount and kind of each of these five classes of food needed by an individual will vary with his age, sex, activity, state of health, and the season. No two foods in one group are exactly alike in food value, but foods in the same group may be used interchangeably. This classification of foods is of some help in food buying, for it separates foods that have little in common and brings together foods that are enough alike to be compared in price. It helps little in meal planning to know at a specific time that eggs are 15 cents a dozen and bananas are 5 cents a pound; but it is helpful to know that bread is 10 cents a pound, while a cereal is 3 cents a pound, or that salmon is 15 cents a pound while sirloin steak is 35 cents a pound.

It is much easier to have an adequate diet with a variety of foods than with a limited number of foods. It is desirable to learn to like all foods and to have a pleasing variety of foods from meal to meal. It is not necessary to have all five classes of food in each meal, but the day's meals should, together, meet the food requirements of the individual. The planning of balanced, adequate, attractive, palatable meals is a very important and intricate problem; and the less money and time one has for preparation of the meals, the more thought and care will be needed for planning.

A PATTERN FOR A DAY'S MEALS

The following foods would meet the daily food requirements of a normal person over 6 years old:

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

Vegetables and Fruits—At least 4 to 6 servings of fruit and vegetables, preferably 2 fruits, 2 vegetables, and potatoes. One vegetable should be leafy or dark green or yellow; and one fruit or vegetable should be a raw fresh fruit or vegetable or tomatoes or citrus fruit.

Eggs and Meats—One egg, and a serving of meat, fish, cheese, or dried beans or peas.

Whole Grains—Two whole grain products. Whole wheat bread, oatmeal, whole wheat cereal, or other whole grain breads or cereals may be used.

Water—Six to 8 glasses of water.

Bread, Butter, Sweets, and Other Foods—To meet the energy requirement of the person.

DIGESTION

Even when food is correctly chosen, it must be digested before it will help in the developing and maintaining of a strong, beautiful body. Digestion is the process by which food in the alimentary tract of the body is dissolved and broken down in simpler forms so it can be assimilated and used by the body.

Eating at regular hours each day is an aid to good digestion. Piecing, eating between meals, or having meals continuously at different hours usually results in an inadequate diet and poor food habits. Fresh air, outdoor exercise, regular and complete elimination are also necessary for good digestion. Coarse and bulky foods, liquids, and foods that require much chewing, stimulate and give better tone to the digestive tract.

The digestive tract operates like a railroad system. Signals are sent on ahead from the mouth to the stomach, and so from one organ to the next, to prepare the way for the oncoming food. Conditions which are favorable or unfavorable at the beginning of digestion also affect it along the way. Cheerfulness, good companionship, appetizing food, attractive surroundings, are factors which favor good digestion.

The more one enjoys his food, the better he digests it. Food that looks and smells so good that the very thought of it makes the mouth water, starts the digestive juices of all the tract to flow readily, and makes for good digestion.

Meal time should be a happy time of good comradeship, and not a time to discuss one's trouble, to complain or to settle a disagreement. If one is very tired, it pays to rest 15 minutes before eating; and if one is angry or excited, it is well to wait until he is calm.

PLANNING THE DINNER

Dinner is the heartiest meal of the day and thus provides the most food in quantity and variety of any meal of the day. Dinner may be served at noon or in the evening depending on the activities and habits of the family. It may well be the social event of the day for the family, the time when the members of the family all sit down together and enjoy each other, as well as the food.

Menus are always in demand, but they never seem quite to suit any one's need. They furnish suggestions, but a pattern to follow in planning the meal is frequently of more help. The following is a pattern for a simple dinner:

A main dish, usually meat, a meat-like or a combination meat dish; 1 hot starchy food such as potatoes, rice, macaroni, or dressing; 2 vegetables; a fruit or a salad; bread and butter; a beverage; a sweet or a dessert.

To the above pattern for a dinner may be added: a light soup, tomato or fruit juice, a fruit, or a fruit or fish cocktail as a beginning to stimulate the flow of digestive juices; a relish, pickle, jelly, or other similar food to add color and flavor; and nuts or mints.

In planning meals it is important to consider the time and energy available for preparation, the cost and the attractiveness of the different dishes, as well as the nutritive value of the food.

An attractive meal is one in which the food is well but simply cooked; the natural color, flavor, texture, and form of the food are retained; one is not conscious of a sameness of food, because no similar foods or like methods of cooking are used. Foods of definite flavors are best when served with foods of bland flavors; for instance, relish with a cream soup. Foods that are crisp, such as cabbage, radishes, or toast, may well be served with soft foods, such as scalloped or creamed dishes. Dry foods are served with moist ones and there are some hot and some cold foods in each meal.

Usually, meat is so different from anything else that it makes a center around which to plan. Any vegetable or fruit looks well and tastes well with meat, but a white vegetable such as potatoes needs a contrasting neighbor on the plate, such as green peas, green cabbage, yellow carrots, or red beets. With the bland taste of potatoes and peas, and their soft texture, something flavorful and something crisp are needed, such as a green salad, radishes, raw carrot sticks, or freshly shredded cabbage.

Food is at its best as soon as it is cooked, and with careful planning all food may be ready at the same time. Hot dishes should

be served hot and cold dishes cold. Foods should be suited to the season; for instance, pancakes, doughnuts, pie, and heavy puddings are enjoyed in the winter, but when the warm days come less hearty foods are more appreciated.

MENU-MAKING SCORE CARD

	Points
Standard menu	100
1. Balances as to protein, carbohydrate, fat, and bulk	20
Not more than one protein dish, one hot starchy food, one dish high in fat, two vegetable dishes besides potatoes or dried beans, and yet sufficient volume to provide a feeling of comfortable fullness.	
2. Suited to the family and the occasion	25
The food is suited to the age, sex, and activities of the various members of the family. The meal fits in with the other meals of the day, is sufficiently hearty but does not contain many foods difficult to digest. The family's likes and dislikes and the occasion, if special, are considered and the menu is appropriate for the time of year and weather.	
3. Attractive to the eye and pleasing to the palate	20
There is variety in texture, in flavor, and in method of preparation. The food is colorful, well cooked, and has contrast in temperature. There is a minimum repetition of foods and the foods are served when they are at their best.	
4. Economical as to time, energy, and money costs	20
There is little variety in the meal and yet no sameness of foods. The meal contains not more than one dish that is difficult to prepare. The cooking utensils are few and easy to wash; the food is easily served; and few serving dishes are required. Most of the foods used are home produced foods, few foods are purchased "ready-to-serve"; the amount of food prepared is just sufficient; and there is no waste.	
5. The food is nicely served	15
Hot things are served hot and cold things cold. There is shining cleanliness, order, dignity, a bit of gaiety, and a feeling of leisure.	

In an economical meal, home produced and home prepared foods are used. There may be a variety of foods served from day to day, but there is little variety at any meal. One kind of jelly or preserves, one starchy dish, and one meat or other protein food are sufficient. Tested recipes and accurate measurements are used and the cooking is watched so that no food is wasted from improper or careless preparation or serving.

PLANNING MENUS

The following are menus for a breakfast and a supper for a day in June.

BREAKFAST				SUPPER	
	Fresh	Strawberries		Scrambled	Eggs
	Oat	Meal	Milk	Chopped	Vegetable Salad
Whole	Wheat	Muffins	Butter	Rye	Bread
	Milk	Coffee		Cookies	and Milk

Considering these menus as two meals of the day, which of the following foods would you include for dinner, in order to have a well-balanced day's food supply? Check the foods which you would include for dinner.

- | | |
|--------------------------|--------------------------------|
| _____ 1. Pork chops | _____ 9. Cabbage salad |
| _____ 2. Creamed eggs | _____ 10. Tomato gelatin salad |
| _____ 3. Salmon souffle' | _____ 11. Cornstarch pudding |
| _____ 4. Baked potatoes | _____ 12. Baked custard |
| _____ 5. Fried potatoes | _____ 13. Stuffed baked apples |
| _____ 6. Rice | _____ 14. Milk |
| _____ 7. Stewed tomatoes | _____ 15. Coffee |
| _____ 8. Salmon salad | |

The following statements marked (x) are the foods chosen. The pattern for a day's meals and the pattern for a dinner (1 meat or meat like dish; 1 hot starchy food; 2 vegetables; a fruit or a salad; a sweet or dessert; a beverage) were considered.

- x 1. Pork chops (Meat or a protein dish needed).
- 2. Creamed eggs (Eggs have already been served).
- 3. Salmon souffle' (Number of eggs used in souffle').
- x 4. Baked potatoes.
- 5. Fried potatoes (Not as good as baked potato because meat is also broiled or fried).
- 6. Rice (May be used, but baked potatoes seem to go better with pork—rice with beef or chicken).
- x 7. Stewed tomatoes (Vegetable needed).
- 8. Salmon salad (Not this salad, since there is a protein food and a vegetable is needed).
- x 9. Cabbage salad (With tomatoes, as a vegetable, makes 2 vegetables).
- 10. Tomato gelatin salad (Have tomatoes as a vegetable).
- 11. Cornstarch pudding (Need a fruit—have ample amount of starchy material).
- 12. Baked custard (Need a second serving of fruit).

- x 13. Stuffed baked apple (Need a fruit and a dessert).
 x 14. Milk (Needed for a quart of milk a day for children—adults may prefer coffee).

Check these menus and other menus you plan on the following points:

- | | |
|---|--|
| 1. Is it satisfying?_____ | 9. Does it lack roughage?_____ |
| 2. Does it contain many foods difficult to digest?_____ | 10. Is it suited to the family?_____ |
| 3. Is it colorless and unattractive?_____ | 11. Is it seasonable?_____ |
| 4. Are the foods of the same consistency?_____ | 12. Is it too costly?_____ Were the foods used farm grown?_____ |
| 5. Is there contrast in method of preparing food?_____ | 13. Is the time needed for preparation excessive?_____ |
| 6. Is a food repeated in the meal?_____ | 14. Is it well balanced?_____ |
| 7. Are there too many bland foods?_____ | 15. Does it have contrast in texture, color, method of preparation?_____ |
| 8. Are there too many starchy foods?_____ | 16. Some hot and some cold foods?_____ |

SUITABLE DISHES FOR BEGINNING A DINNER

A small serving of a light food with a very pleasing flavor is frequently served at the beginning of a meal to stimulate the appetite and to make the meal a special occasion. Sometimes it is desirable to serve tomato juice, cranberry juice, or other juice for the first course, in the living room before the guests come into the dining room. If the first course requires the use of a spoon or fork, it is usually preferable to serve it at the table.

Tomato Cocktail—Use canned tomato juice or 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, lemon juice, or by diluting about $\frac{1}{3}$ with water in which celery has been cooked, or with the juice from kraut, or any other well flavored vegetable.

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

Fruit and Melon Cocktails—Sections of fruit combined in a pleasing color and flavor combination and held together with a fruit juice or thin sirup 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 with about two

tablespoons of thin sirup in a stem glass or other glass dessert dish may be served at the beginning of a meal.

DINNER WITH MEAT

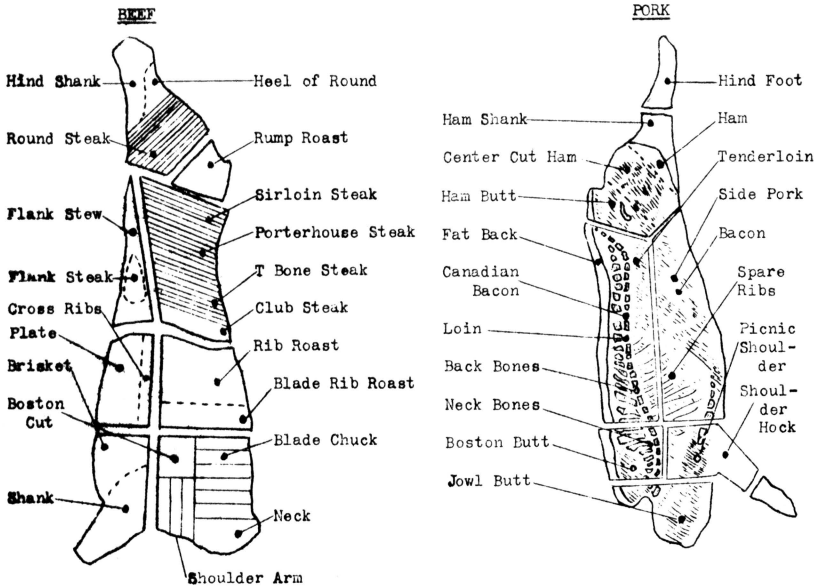
Meat is one of the most popular foods in the American diet. It has long been considered the main dish around which other parts of the meal are planned. Because of its fine flavor, meat stimulates the appetite and the flow of the digestive juices. A well planned dinner that includes meat gives a feeling of satisfaction for a longer period after eating, than one in which this food is omitted. However, because of its high flavor, it is likely, sometimes, particularly with young children, to crowd out other essential foods such 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 and red blood. In addition, it contains fat, which will yield heat and other forms of energy. The lean part contains a good proportion of iron, copper, phosphorus, and vitamin B. The glandular organs of the animal, especially the liver, contain unusual amounts of iron and vitamin A. Many diets are low in these elements, particularly during the winter months.

Fish is classed as a meat and it has about the same nutritive value. The oil of fish is a good source of vitamin D. Fish from the ocean are an excellent source of iodine.

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 and less flavorful 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 and less flavorful 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. If the fibers of meat are cut lengthwise instead of across, the teeth have to cut through the fibers and this makes the meat seem less tender. Less tender meats have about the same nutritive value as tender cuts, and are less expensive to buy. The palatability of any cut of meat depends on the quality or grade and the cooking.

MEAT CHARTS—RETAIL CUTS*



Beef is more tender and palatable if allowed to age for 10 days or longer; while pork gets stale on standing. Pork should always be cooked to the well done stage. Beef has more juice and flavor if cooked rare. All meat should be cooked at a low or moderate temperature. All cuts of pork are tender. The thick pieces may well be roasted; and the thinner pieces may well be braised, rather than broiled, since the higher temperature of broiling drains off fat. Bacon and ham may be broiled.

Veal cuts are similar to beef cuts but are about $\frac{1}{3}$ to $\frac{1}{2}$ the size. Veal cutlets are similar to roast steak in beef. Veal is tender but contains considerable connective tissue which requires long, slow cooking to soften it. Braising, steaming, and roasting are favorite methods of cooking veal. To braise meat, brown in a small amount of fat and then cook it slowly in a small amount of liquid in a covered utensil. The liquid may be juice from the meat or added water, milk, cream, or meat stock. Veal contains too little fat and too much connective tissue to pan broil or broil. Veal chops and cutlets are usually browned first and then cooked slowly in a covered container. Veal is cooked to the well done stage or 170°F.

*Adapted from charts from the National Livestock and Meat Board.

All cuts of lamb are tender. Roasting, braising, and broiling are the preferable methods of cooking lamb. Lamb combines well with vegetables and is frequently used in stews. Lamb is usually cooked to the medium or well done stage. It should always be served piping hot or very cold.

MEAT COOKERY

Meat is cooked to make it more palatable, to give a more desirable color and texture, and to destroy any bacteria, trichina, or other 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.

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

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 heavy weight pan without a lid. This method may be used for steaks, chops, fish, and young fowl. Cut tender steak 1 to 2 inches thick. Use a little of the fat from meat to oil the skillet or broiler rack. Heat the pan and put in the meat. Cook slowly on top of the stove in the oven or under the flame, and do not pierce or turn frequently. Steaks $1\frac{1}{2}$ inches thick require about 10 minutes for a rare steak and about 12-15 minutes for one that is medium done. Salt draws juice from the meat, so salt the meat when it is done. Serve broiled meat on a hot platter immediately after it is cooked. 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 $\frac{1}{8}$ inch. Rare meat cuts clean, while in raw meat the tissue drags as the knife goes through.

Thick lamb or pork chops and fowl take longer than steak to broil. Pork chops $\frac{3}{4}$ to 1 inch thick should be broiled 15 to 20 minutes or until well done.

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 300-350°F. In roasting, no moisture is used and the meat is cooked by dry, slow heat in an oven pan. Fat from the cut of meat or a strip of bacon may be placed on top of the roast to baste it. A tender piece of meat should not be covered while it is cooking. Ordinarily one can count on about 20 minutes per pound for beef, and 25 to 30 minutes per pound for roasting 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.

Cooking Meat to Make it More Tender—Less tender cuts of meat can be made more tender (1) by slow cooking with water; (2) by pounding or grinding, which breaks the connective tissue; (3) by adding an acid such as that of tomato juice, or vinegar. Many attractive, palatable dishes can be made by using one or all three of these methods in cooking meats. A Dutch oven or any heavy utensil with a rack and 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 cuts of meat.

Variety in Preparation.—By preparing meats in a variety of ways one can avoid monotony. The following list, for instance, gives 17 ways of serving chicken:

Broiled	Creamed	Loaf	Chicken in aspic
Fried	En casserole	Braised	jelly
Smothered	Ala king	Hash	Salad
Roasted	Patties	Croquettes	Cold-sliced
Stewed with dumplings			Chicken pie

Left-over Meat.—Small portions of meat can be made to go a long way and be made very appetizing by serving in the following ways: combined 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; in meat pies with baking powder biscuit or mashed potato crust on top; with vegetables, dumplings, spaghetti, or noodles; in stews, scalloped dishes, hash, or creamed meats; in salads.

Roasted, broiled, braised, or fried meats may be accompanied by canned, freshly cooked, pickled, or spiced, tart fruits such as cherries, plums, apples, peaches, and gooseberries. Tart jellies or sauces are also frequently served with meat.

VEGETABLES FOR DINNER

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

Vegetables are an excellent source of such minerals as calcium, phosphorus, and iron, which are necessary for the building and maintenance of sound teeth, straight bones, red blood, and other tissues. Yellow, dark green, and leafy vegetables and tomatoes are excellent sources of vitamins and minerals that have much to do with promoting growth and protecting against disease. All vegetables contain some minerals and vitamins that are essential for a sense of well being and 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 positive 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. Very young children and some older persons, especially those who have had ulcers, colitis, or are subject to diarrhea and fermentation, have a very sensitive intestine which is irritated by this "roughage." For them the coarser vegetables should be put through a ricer or strainer, or they should be omitted. The leafy vegetables, tomatoes and other watery vegetables, yield little energy or protein food, while the starchy root vegetables such 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, form, texture, and flavor contribute much toward making the meal attractive and appetizing. For these reasons, at least one fruit or one vegetable should be served with every meal.

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 persons cannot 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. Sections of small tender carrots and strips of green pepper may be served like celery. Their crisp crunchiness, fresh flavor, and bright color make them an addition to almost any meal.

APPROXIMATE TIME TABLE FOR COOKING VEGETABLES*

The time required for cooking vegetables varies with the quality of the vegetable and the size of the pieces, as well as the method of cooking. In using the following table, bring the vegetable to the boiling point as soon as possible and begin counting time when the vegetable begins to boil.

Vegetable	Time for Cooking Vegetables		
	Baked Hrs.	Steamed Min.	Boiled 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	½	5-10
Okra	20	10-20
Onions	1	30 40
Parsnips	¾-¾	30-40	20-30
Peas, fresh	10-20
Peas, dried	6-8	180
Potatoes	¾	40	35
Rhubarb	½	5	5
Rutabagas	20-30
Spinach	5-6	5-10
Squash, summer	20	15
Squash, winter	¾-1	30-40	20
Sweet potatoes	¾	30-35	25-35
Swiss chard	10-25
Tomatoes	¾-¾	10-20
Turnips	20-30	15-20
Turnip greens	20-30
Salsify	20	20

*Adapted from Farmers' Bulletin 1762, of the U. S. Department of Agriculture.

All vegetables are better if used when young and tender and if cooked soon after they are 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, one should keep them in a damp, cool place and should not husk, shell, or peel them until ready to begin cooking them. Since much of the important food value of vegetables is next to the skin, baking and boiling in the skin are good methods of cooking.

Overcooking partly destroys the color, form, texture, and flavor of vegetables, as well as some of the food value. Vegetables should be cooked only until tender. All vegetables, other than strong

flavored ones such as onions and cabbage, should be cooked in as small an amount of water as possible and all of this liquor used. When boiling all vegetables except peas and beans, one should start them in boiling salted water and keep the water boiling gently. Peas and beans, like other protein foods, are best if cooked below boiling temperature. 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, as 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 served with the vegetables, it may be used in beverages, cocktails, soups, or sauces.*

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

All home canned vegetables other than tomatoes should be boiled 10 minutes before tasting to prevent illness which would occur if botulinus bacteria had developed in the canned non-acid foods. Dried vegetables should be soaked 10 to 12 hours before cooking.

Panned Vegetables.—Panning is a very satisfactory method of preparing watery vegetables, such 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 or cream 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 or cream.

Scalloped Vegetables.—Many vegetables, such as celery, onion, cabbage, peas, carrots, string beans, egg plant, cucumbers, potatoes, tomatoes, or spinach and other greens, may be scalloped. Boil the vegetable in salted water until it is tender. Make about $\frac{1}{2}$ 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. Stir constantly and cook until it has thickened. Butter a baking dish, put in a layer of cooked vegetables, then a layer of white sauce, and 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.

Cheese, hard cooked eggs, fish, or meat may be added between the layers of vegetables to make a "one dish meal."

SUGGESTED SCORE FOR COOKING LEAFY VEGETABLES

	<i>Points</i>
Standard Product	100
Color retained	10
Bright green, not brown.	
Texture	10
Just tender, not too soft nor cooked to pieces.	
Flavor	40
Delicate, no strong flavors due to overcooking.	
Natural flavor of the vegetable not lost nor covered up.	
Food values retained	40

MINERALS

Mild flavored—Vegetable cooked in small amount of liquid, liquid used or absorbed in cooking.

Strong flavored—Vegetable cooked minimum time and in a larger amount of water.

VITAMINS

Fresh vegetables used soon after gathering.

Vegetable cooked only until tender.

Served as soon as cooked.

Vegetable Dinners.—A vegetable dinner usually includes a dark green vegetable, another vegetable to add color, a starchy vegetable, and a raw vegetable or fruit served as a relish or salad. Cottage cheese, poached or creamed egg, or a vegetable which includes milk, egg, or cheese in its preparation, is served as a part of a vegetable plate. Bread and butter, a drink (usually milk to furnish more protein), and a fruit or a milk and egg dessert, served with the vegetable plate, make a well balanced meal and an excellent vegetable dinner.

SUGGESTIONS FOR VEGETABLE PLATES

1. Harvard beets, green beans with parsley buttered, creamed onions, brown corn fritters.
2. Greens with cheese sauce, baked squash, buttered lima beans, carrot sticks.
3. Asparagus and endive salad, baked potato, buttered carrots.

SALADS

Salads help us to achieve variety in our menus because of the number of different foods and food combinations that can be used in salads. A salad is one of the best ways of serving left-overs in an appetizing manner. Fruit and vegetable salads add nutritive value, color, flavor, and a crisp texture to meals; and for these reasons they may well be served at least once each day.

A pleasing salad for the family should not require many minutes for preparation 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 and cabbage 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 available in the farm home.

A salad may be served with the main course or served as a separate salad course. In either case, it should not contain a fruit or vegetable that is used in any other way in the meal. Dinner is a hearty meal and usually the best salad to serve with it is a fruit salad or a light vegetable salad with a simple dressing.

When served with the main course, the individual salads may be placed on the table before the meal, or the salad may be served from a salad bowl or platter by the hostess, or it may be served on the dinner plate with the main course. An extra fork is not necessary but may be used.

Salad Greens.—Some salad greens that can be raised at home and used are lettuce, parsley, endive, Chinese cabbage, cabbage, chicory, spinach, escarole, romaine, nasturtium leaves, or any young, tender, edible leaves.

The salad greens may be shredded with a 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 serving depends somewhat upon the kind of greens and the salad material that is used.

Salad greens, whether used as the foundation of the salad or as a garnish, should be cold, crisp, thoroughly clean, and dry. Each leaf should be washed separately and shaken lightly before it is placed on the plate. If the green is to be kept for a time, wrap it

in a clean damp towel or place in a damp lettuce bag which may be made from a flour sack, and keep it in a cool place. Wilted greens may be freshened by placing in cold water for 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 salad dressing, a mayonnaise, or a French dressing.

Any salad dressing contains three essential ingredients: an acid, (usually lemon juice or vinegar), a fat, and seasoning. In the uncooked dressing the fat is usually cream or one of the vegetable oils, olive oil, or a combination of olive oil and one of the less expensive oils. Any fat of desirable flavor that is liquid at room temperature may be used. Bacon fat, rendered chicken fat, and drippings from fresh pork or cured ham are excellent in French dressing.

A cream or a French dressing may be used on such raw vegetables as cabbage, lettuce, or other salad greens, tomatoes and cucumbers; it may be used on cooked vegetables such as beets and asparagus. French dressing made with vegetable oil may be used on fruit salad. It is also used to marinate foods for salads. To marinate, pour the French dressing over the food and let it stand for about an hour, drain off the excess dressing, and then add the marinated food to the rest of the salad.

Cooked dressing and mayonnaise may be used with any salad combination. Thousand Island, Russian, and cheese dressing are used for plain lettuce or other leafy salads; 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 sometimes used 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.	

*See 4-H Club Circular 57, The Supper and Breakfast Club, for Cooked Salad Dressing.

FRENCH DRESSING

Salt $\frac{1}{2}$ teaspoon
 Cayenne (speck) or
 Paprika $\frac{1}{4}$ teaspoon

Vinegar 3 tablespoons
 Oil, chicken, or bacon fat 6 table-
 spoons
 Sugar 1 teaspoon

Combine seasonings and vinegar, mix well. Add oil and beat with fork just before using. 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 yolks 2
 Flour 1 tablespoon
 Sugar $\frac{1}{4}$ cup
 Salt $\frac{1}{8}$ teaspoon

Lemon juice or vinegar $\frac{1}{4}$ cup
 Pineapple or other fruit juice, or
 water $\frac{1}{4}$ cup

Whipped cream (sweet or sour) 1 cup

Stir together flour, sugar, and salt; add egg yolks and mix. Add liquid 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 small pieces and yet the pieces should be large enough to be identified.
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 nearly all other salads except congealed salads should be put together just before serving.
7. To keep apples or bananas from turning dark, one should cut them immediately before using, or cut and sprinkle with lemon or other tart juice, or cut them directly into the salad dressing.
8. Something crisp or crunchy, such as nuts, celery, raw apples, cabbage, cucumber, pepper, or raw carrot will improve 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 Salad.—Recipes for salads are unnecessary, as ingredients may be combined in any desired propor-

tion, the amounts varied 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; with carrots, raisins and apples; with carrots, nuts, and cocoanut; with green pepper and minced onions; with equal parts of raw turnips and apples; with tomatoes and cucumbers; with apples and peanuts or bananas; with horseradish and beets.

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

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 eggs, and parsley.

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

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

Apples combined with nuts and celery or raisins; with water cress; with dates; with raw turnips or rutabagas; with celery or cabbage and mint leaves; with bananas and nuts. Pared, cored, and boiled in sirup with or without red hots and served cold with celery or nuts or other fruit.

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

Other fruits such as canned or fresh peaches, pears, or pineapple, combined with cottage cheese or American cheese, celery or nuts; any combinations of drained, diced, canned, or fresh fruit that give a pleasing color and flavor.

BREAD FOR DINNER*

The type of bread served with a dinner will vary with the other foods served and the likes and dislikes of the family. A quick bread, such as corn bread, biscuits, or muffins, makes the meal seem more filling than if yeast bread were used. A hot bread is frequently used in place of the hot starchy food. When hot breads are served, it is necessary to allow more time and energy for last minute preparation and for serving the meal. It will cost less to use yeast bread for the family than to use hot or quick breads.

YEAST BREAD

Homemade yeast bread will always be a favorite with some persons and many families find it more economical to make rather than to buy their bread. Making yeast bread is not a difficult task, and yeast bread can be made at any season of the year.

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, cheese, and other products.

*For more information on the making of bread, ask your home demonstration agent or county agent for Farmers' Bulletin 1775, "Homemade Bread, Cake, and Pastry."

In making yeast bread, there are three necessary ingredients: flour, liquid, and a leavening agent. Some other materials may be 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 mixed with a liquid gives an elastic, sticky material that makes it possible to form dough. The gummy mass left in the mouth after chewing wheat grains is gluten.

Spring wheat contains a larger amount and a different kind of gluten than winter wheat. The flour made from spring wheat is called hard wheat flour, while the flour made from winter wheat is called soft 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 flour is usually preferred because it absorbs more liquid, making a larger and a different textured 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. Directions for making yeast bread from Missouri soft wheat flour are given in Missouri Agricultural Extension Service Circular 367.

Bread made from soft wheat flour requires the use of more sugar and more yeast. 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, a different flavor, and it dries out a little more readily. Graham or whole-wheat flour is made from the whole grain of either hard or soft wheat. There is no standard formula for 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, buttermilk, or potato water, or a combination of any of these. The moistness of the bread depends upon the kind of liquid used, the amount used, and the way in which the bread is baked and cooled. Bread made with potato water or milk keeps fresh longer than bread made with water.

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 a liquid yeast may be used successfully if the yeast plants are in a good, growing condition. There are three general forms of yeast used: compressed yeast, dry yeast cake, and ferment starter or liquid yeast.

In compressed yeast the plants are active, living cells. Corn-starch or tapioca flour has been mixed with the well washed yeast plants. The yeast is moist and bread is made with it by the straight dough or short process. This yeast must be kept in a cool place before it is used 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, even texture, and should break with a clean break. If it is dark or streaked, stringy, moldy or ropy, or if it has an off odor, it should not be used.

In dry yeast cakes, the yeast plants are kept in a dry state. The yeast is mixed with corn meal, or a similar material, pressed into cakes, and the moisture dried out. There is no growth of the yeast while the plants are kept in this manner. When using dried yeast one uses the sponge or long process of bread making.

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, such as sugar, flour, or potato. To have starter for the next baking, a part of the liquid is taken out, a little sugar or starch material added, and this set aside so more yeast plants can grow for the next baking 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 and well aired each time before using so that it will be relatively free from bacteria.

Fat is used to make bread tender and it adds to the fuel value of the bread.

Sugar added in a small quantity increases the activity of the yeast, causes the loaf to brown nicely, and adds to the flavor of the bread.

Salt is added to improve flavor. In too large quantity it will retard the growth of yeast.

METHODS FOR MAKING BREAD

There are two general methods used for making bread—the straight dough, quick or short process and the long process. If the temperature is kept between 80 and 84°F. bread can be made by the straight dough or quick process in about 4 hours from the time the dough is mixed until the loaves are put into the oven. By the long process it takes about this same time after the sponge is made up in the morning. The time can be shortened by the use of the larger quantity of yeast and more sugar, but then the dough must be watched very closely or a bread with less desirable texture and flavor will result.

Bread From Hard Wheat Flour.—The following proportions will make about 3½ pounds of bread. The liquid may be milk, water, potato water, or any combination of these. (From U.S.D.A. Farmers' Bulletin 1775.)

Sifted hard wheat flour about 9c.	Salt 4 teaspoons
or 2½ lbs.	Fat 2 tablespoons
Liquid 2¾ c.	Sugar 3 tablespoons
Yeast 1 or 2 cakes	

MAKING BREAD WITH HARD WHEAT FLOUR 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 in ¼ to ½ cup of liquid. This softens it so it can be distributed easily through the sponge. A lukewarm liquid should be used because a high temperature will kill the delicate yeast plants.
3. Add the sugar, salt, and fat to the scalded liquid, or it may be added in the morning when the sponge is made into a dough.
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 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 in a comfortable room. If the yeast is chilled or overheated 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 be determined only 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 are formed by the action of the yeast plants on the flour.
9. Knead the dough until it does not stick to the hands or board, and until it is smooth, velvety, 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, grease lightly and put in the thermometer or cover tightly, and put in a warm place (82°F. 85°F.)



Bread making is an Art.

to rise. If the dough is not greased or 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, if 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 2 minutes 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. Grease, put in thermometer or 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 onto 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. 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 containing the dough in a warm place and when double in bulk, put in a medium hot oven, about 400°F. and bake until well done. This requires about 45 minutes to an hour for a one pound loaf. 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 while still warm, favors the growth of mold and frequently results in undesirable odors and flavors and a soft instead of a crisp crust.

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

MAKING BREAD WITH HARD WHEAT FLOUR BY THE STRAIGHT DOUGH, QUICK OR SHORT PROCESS

This method of making 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 overnight. Compressed or any yeast which is in a growing condition is used 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 the flour is added and the dough is kneaded at once. It is set in a warm place (82° to 85° 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 or Whole Wheat Bread.—Bread made from whole wheat flour contains more mineral salts and fiber than does bread made from white flour. It is desirable to have about half of the bread one eats made from a whole grain or dark flour.

Graham or whole wheat bread can be made from either soft or hard wheat flour and by the long or short process method. Whole wheat flour has less gluten than white flour, the dough ferments more quickly, and is softer and more moist. Great skill is required to make good bread with all whole wheat flour from soft wheat. It is easier to make bread using all whole wheat flour from hard wheat. The following ingredients will make 3 pounds of whole wheat bread:

Liquid 2½ c	Fat 3 tbsp.
Yeast 1 to 2 cakes	Salt 4 tsp.
Sugar—brown—4 tbsp.	Hard whole wheat flour 7 c.

Stir the flour to lighten it and proceed as for white bread. Many persons prefer to use ½ whole wheat flour and ½ white flour. If soft whole wheat flour is used, use the method given for making bread from soft wheat flour. If hard whole wheat flour is used, one should use the method suggested for bread from hard wheat flour.

SCORE CARD—YEAST BREAD*

	<i>Points</i>
Standard product	100
External characteristics	30
Shape—well proportioned, evenly rounded top	10
Crust—uniform browning except slightly darker on top, about ½ of an inch deep, crisp, tender, smooth, free from cracks and bulges	10
Volume—light in weight in proportion to size	10
Internal characteristics	40
Texture—tender elastic crumb, free from dryness or doughiness	20
Grain—fine cells elongated upward, evenly distributed, cell walls thin	10
Color—characteristic of ingredients used, free from dark streaks	10
Flavor	30
A blend of well-baked ingredients, free from undesirable flavor from bacterial action (sourness) or of yeast or other ingredients	30

*Farmers' Bulletin 1775.

Bread Variations.—A variety of breads may be made by adding to the first mixing, some flavorful foods such as diced fruits, nuts, peanut butter, cocoanut, or cheese. Fruit bread keeps well, and cheese and nut breads are especially good toasted. All of these breads are especially good in sandwiches and are very good in picnic or school lunches. Use the same proportions as given for white bread; increase the sugar to 6 tbsp. and add $1\frac{1}{2}$ c. of soaked, drained, and chopped dried fruit (raisins, apricots, prunes, figs, or dates), 2 cups of nuts (hickory, peanuts, pecans, or walnuts), $1\frac{1}{2}$ c. of shredded cocoanut, or $1\frac{1}{2}$ c. of peanut butter. For cheese bread, add 2 c. of grated cheese but do not increase the sugar.

CAKE AND OTHER DESSERTS

Desserts may be classified as light, medium, and heavy, according to the kinds 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; with fruit or a frozen dessert; as a short cake with fresh or canned fruit; with 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. 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. One cup light cream replaces $\frac{3}{4}$ cup milk and $\frac{1}{4}$ cup butter. One cup medium cream replaces $\frac{2}{3}$ cup milk and $\frac{1}{3}$ cup butter. One 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.

THREE GENERAL METHODS FOR MIXING CAKES

1. The creaming or conventional method :
 - (1) Cream fat until very waxy looking, about 2 minutes.
 - (2) Add sugar gradually, continue creaming about 1½ 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.
2. 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.
3. 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, are 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	Baking powder 3 teaspoons
Soft wheat flour 3 cups	Salt $\frac{1}{2}$ teaspoon
Eggs 2	Sugar 1 cup
Fat $\frac{1}{2}$ cup (scant)	Vanilla 1 teaspoon

Bake in moderate oven 350° 375° F.

SPONGE CAKE

Egg yolk $\frac{1}{2}$ cup	Soft wheat flour 1 cup
Egg whites $\frac{1}{2}$ cup	Lemon juice 3 tablespoons
Sugar 1 cup	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.

Baking a 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 1½ 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 fingers, and a tooth-pick or wire cake tester, inserted into the center of the cake will come out clean. After baking, turn the cake out 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 four 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 CAKE WITHOUT FAT (SPONGE)*

	<i>Points</i>
Standard product	<u>100</u>
External characteristics	30
Shape—symmetrical, level top	10
Surface	10
Unfrosted: Smooth, uniform light brown.	
Frosted:	
Consistency—characteristic of kind, creamy, moist, free from stickiness, crystals, or crustiness.	
Flavor—characteristic of kind, delicate, and pleas- ing in combination with cake.	
Distribution, style, and color—suitable to kind of cake and frosting.	
Volume—lightweight in proportion to size	10
Internal characteristics	40
Texture—tender, feathery, resilient crumb	20
Grain—fine, round, evenly distributed cells with thin cell walls; free from tunnels	10
Color—uniform, characteristic of the kind of cake	10
Flavor	30
Delicate, free from excessive flavor of egg, flavoring, or acid	30

SCORE CARD FOR CAKES CONTAINING FAT

	<i>Points</i>
Standard product	<u>100</u>
External characteristics	30
Shape—symmetrical, slightly rounded top, free from cracks or peaks	10
Surface	10
Unfrosted: Smooth, uniform light brown except where ingredients darken the color.	
Frosted:	
Consistency—characteristic of kind, creamy, moist, free from stickiness, crystals, or crustiness.	
Flavor—characteristic of kind, delicate, and pleas- ing in combination with cake.	
Distribution, style, and color—suitable to kind of cake and frosting.	
Volume—light in weight in proportion to size	10
Internal characteristics	40
Texture—tender, moist crumb, velvety feel to the tongue	20
Grain—fine, round, evenly distributed cells with thin cell walls; free from tunnels	10
Color—uniform, characteristic of the kind of cake	10
Flavor	30
Blended flavor of ingredients. Free from undesirable flavor from fat, leavening, flavoring, or other ingredients	30

RECIPE FOR GINGERBREAD

Butter or lard $\frac{1}{2}$ 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 the 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.

*These score cards are taken from Farmers' Bulletin 1775.

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 the 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	Fruit juice 2 cups
Sugar 2 cups	Juice 2 cups
Egg whites 2	Lemon juice $\frac{1}{2}$ cup

Make sirup 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 flavor, and add egg whites as above and freeze. The juice may be raspberry, strawberry, cherry, grape, pineapple, peach, or cranberry.

VANILLA ICE CREAM

Scalded milk 2 cups	Egg 1
Flour 1 tablespoon	Salt $\frac{1}{4}$ 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. When cool, add cream and flavoring. Strain and freeze.

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 a minimum of cooking to be done at the last minute, and the dishes should be 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.

Suggestions For Preparing The Meal.—For company, as well as home meals, it is important to plan each step in the preparation and serving of the meal. Many persons find it a real help in planning company meals to write out the complete menu and follow it with a time schedule. The following is a sample plan for a 12:00 o'clock dinner for a day in July.

Melon
 Braised Chicken and Gravy Steamed Rice
 Buttered Green Beans Sliced Tomatoes
 Bread Butter Pickles
 Raspberry Ice Sponge Cake
 Coffee or Milk

SUGGESTED MENUS FOR COMPANY DINNER

Fruit Cocktail		Tomato Juice
Lamb Chops	New Peas	Roast Pork Broiled Peaches
Parsley Potatoes	Mint Jelly	Baked Potatoes Buttered Carrots
Spring Salad		Chinese Cabbage Salad Dressing
Strawberry Shortcake		Bavarian Cream Crisp Cookies
Coffee or Milk		Coffee

Melon
 Fried Chicken
 Pickled or Spiced Fruit
 Buttered String Beans Mashed Potatoes
 Sliced Tomatoes Cucumbers and Green Peppers
 Vanilla Ice Cream Fruit Sauce
 Crackers
 Coffee

Serving the Company Dinner.—Usually the first course is placed on the table before the guests come into the dining room. A fresh fruit, tomato juice, melon or congealed bouillon 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. A relish such as pickles, carrot strips, celery, or radishes is frequently served with soup. 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 should be on the table before the guests are seated.

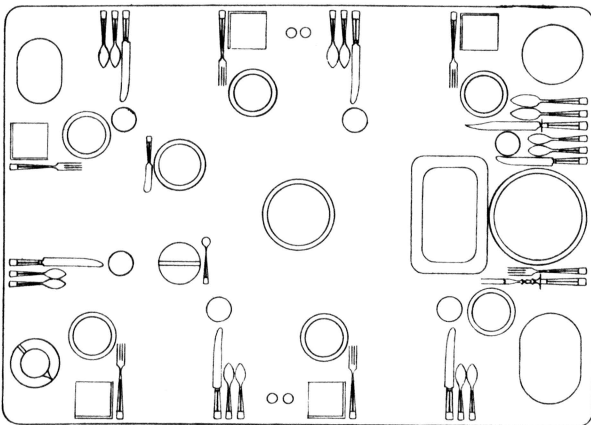
In serving the main course, place the warmed plates in the center of the cover at the head of the table. Place the meat directly at the top of the cover in front of the plates, the potatoes at one side of the plates, and on the other side the vegetables that are to

be served on the plates. The silver for serving the food may be laid with the cover of the one who is to serve, or the silver needed for serving the meat or main dish may be placed by this dish.

Place remaining food with the needed silver at its right, near hostess or others who are to help with the serving, and set the bread, jelly, and pickles 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.



The table is arranged for serving a dinner to a family of six people.

The plates are placed in front of the host and the silver for serving the main course is placed with his cover. The carving knife and fork may be placed by the main dish. The salad plates are placed at the left and near the top of the fork, though they are sometimes placed at the right and near the top of the knife. If individual salts are used they are placed at the top of the cover; but if only one or two salt and pepper holders are used, they are placed in line with the cover. The bread and the beverage are placed near the hostess. Relishes, jelly, etc., are placed with the silver for serving, near the cover so they can be reached easily.

After the main course is eaten the food is removed from the table and then the used dishes are removed. In clearing the table, the 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.

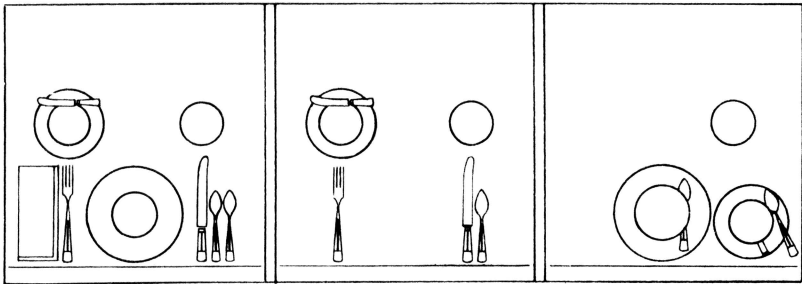
In serving or removing dishes, the hostess is usually served first, and her cover cleared first. Use the left hand in placing and removing dishes. Dishes and food, with the exception of the beverages are usually placed from the left and removed from the left. In serving food from which the guests helps 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. No one sits down at the table or leaves it until the hostess gives the signal or permission to do so.

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

A COVER PROPERLY ARRANGED FOR SERVING THE FOLLOWING MENU:

Fruit cocktail and saltines, roast lamb, new potatoes, fresh garden peas, carrot sticks, broiled peaches, whole wheat muffins, current jelly, ice cream, crisp cookies, coffee.



First course

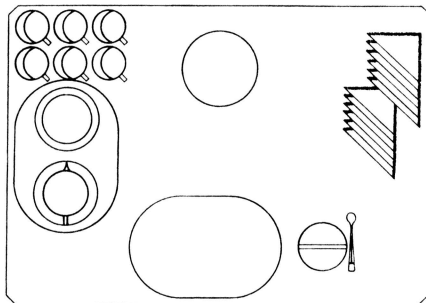
Main course

Dessert

The fruit cocktail glass is placed on a small plate which is in the center of the cover. The bread and butter plate is placed at the top of the fork. The dinner plates are stacked in front of the host who will serve them. The dinner plate with the used silver and the bread and butter plate are removed before the dessert is served. The spoon for the dessert might have been laid when the cover was laid, or placed just before the dessert was brought in; or it may be brought in on the plate with the dessert.

TIME SCHEDULE

- 9:00 Put melons, tomatoes, and opened jar of pickles in the ice box—preferably done night before.
- 9:15 Prepare, freeze, and pack raspberry ice.
- 10:00 Snap the beans and wash the rice.
- 10:15 Start the fire.
- 10:30 Brown the chicken and put in the oven.
- 10:45 Prepare sponge cake.
- 11:00 Put sponge cake in the oven.
- 11:15 Put the beans and the rice on; set the table.
- 11:35 Get out all the dishes needed for the food and the butter for beans. Pour water from the rice and put over hot water to steam.
- 11:40 Make the chicken gravy, the coffee, slice the tomatoes.
- 11:55 Fill water glasses, put bread, butter, cream, tomatoes, pickles, on the table.
- 12:00 Take up the hot food and serve.
- 12:20 Remove cake from pan, unpack raspberry ice, and serve.



A Table Arranged for an Informal Tea

The table is arranged to serve hot spiced grape juice, dainty assorted sandwiches, and salted nuts. If the tray is large enough, the cups, stacked by twos, may be placed on the tray along with the small plates and pitcher of hot grape juice. The hostess or her friend serves the beverage to the guests as they come to the table. The guests help themselves to the sandwiches, nuts, and table napkins.

TEAS AND RECEPTIONS*

A tea is an informal social affair. There may be only two or three guests or as many as a hundred. A reception is usually a rather formal affair. It is often used to introduce a person, for instance, a teacher or a new family, to a large group of people. The success of any social affair depends largely on the spirit of friendliness and hospitality that is manifested. At a reception, there is usually a reception line. A guest mentions her name to the first one in line, who in turn introduces her to the next person in line. Guests usually wear street clothes, and do not remove their hats. Friends of the hostess invite the guest to the dining room and serve the refreshments. For a tea, the refreshments may be served in the living room or dining room. The hostess may pour the tea herself or ask a relative or friend to pour so she will be free to greet her guests and see that all are comfortable and enjoying a social hour. At a tea, the guest usually goes to the person pouring, for the plate and beverage, and then chooses the sandwiches, small cakes, and nuts and seats herself near the person with whom she wishes to talk. The food served at a tea or reception should be dainty, colorful, and attractive, rather than filling. The best linen, the best china, shining silver, and flowers are used. Napkins are used if the food is of the type to require them. Only small, dainty napkins should be considered, (never paper ones). Wafers, dainty cookies, little cakes, muffins, thin slices of fruit cake, or cinnamon toast with a beverage is sufficient food for this type of social gathering. Two or three dainty sandwiches, mints, and nuts, with a beverage, are very appropriate for a tea. The following are sample menus:

- (1) Nut bread sandwiches, candied orange peel, hot tea.
- (2) Assorted cookies, nuts, coffee.
- (3) Cheese sticks, hot spiced grape juice.
- (4) Dainty sandwiches, cocoa, nuts.
- (5) Crackers, hard candies, iced punch.

*Adapted from N. Beth Bailey's "Meal Planning and Table Service."