

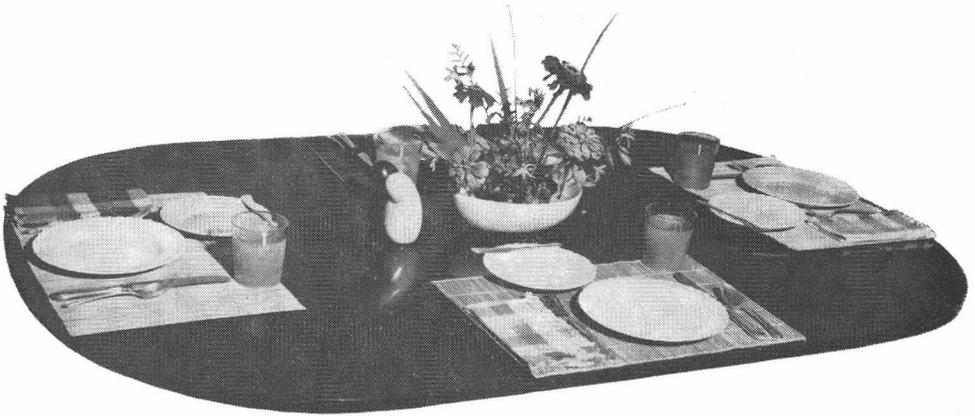
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HOME COOKERY PROJECT

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THE

*Luncheon or Supper*

CLUB

~~DISCART~~

Oregon State System of Higher Education  
Federal Cooperative Extension Service  
Oregon State College, Corvallis

Club Series M-52

4-H Club Cookery Project

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Revised by  
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from  
Extension Club Bulletin M-50  
by Helen Cowgill

# THE *Luncheon or Supper* CLUB

You learned in your first year Cookery Club to prepare and serve good breakfasts and to make tempting school lunches. Weren't you proud of the cookies and cupcakes you made for your family? You can help Mother keep the cookie jar full.

Now you are ready to learn about luncheons. They can be fun, too.

## HERE IS WHAT YOU DO TO LEARN ABOUT LUNCHEONS

1. Study the foods that are going to make you healthy and happy and learn how to keep records. (Group One.)
  - A. Check your eating habits for a week now and again near the end of the project.
  - B. Learn how to keep records of the dishes that you prepare.
2. Prepare and serve twice (at home or at club meetings) at least *two* dishes in each of these groups:
  - Group Two: Soups that satisfy.
  - Group Three: Vegetable salads.
  - Group Four: The starch cousins.
  - Group Five: Eggs as the main dish.
  - Group Six: Suitable milk dishes.
  - Group Seven: Fruit delicacies.
  - Group Eight: Sponge type cakes.
3. Plan, prepare, and serve meals.

Three luncheons or suppers.

Assist other girls in the club by entertaining the mothers of members (a girl working individually may prepare a fourth luncheon instead of entertaining if she wishes).
4. Take part in club demonstrations.
5. Judge the foods you have prepared.
6. Exhibit one cake of the sponge cake type (plain sponge cake, angel cake, sunshine) at one or more of the following fairs: local, county, and state. State Fair is limited to county winners:

### BASIS OF AWARDS

(a) Exhibit—one cake of sponge cake type .....	75
(b) Completeness and accuracy of record book .....	25
	<hr/>
Possible score .....	100

7. Compete in the Cake Baking Contest. Ask your county extension agent for the Oregon 4-H Cake Baking Bulletin for details.

8. Keep a recipe file of your own. Try the recipes in the newspapers and in your mother's magazines. When you find one you like, put it in your file.

9. Observe health and safety rules. Be your own best exhibit.

### SUGGESTIONS FOR YOUR MEETINGS

1. Have the president appoint a program committee to work with your leader to plan your meetings for the year.

2. Study the Guide to Good Eating (page 8) to understand just how to check your eating habits.

3. Have the members read the first part of this bulletin before the next meeting.

4. Remind the members what they are to do before the next meeting.

5. Review the instructions given on measuring. Do you remember what you learned in Cookery I about measuring dry and liquid ingredients? Also fats? Why not review it, because accurate measuring is important in cooking. Then find out, by experiment, how many (a) teaspoons equal 1 tablespoon, (b) tablespoons equal 1 cup dry measure, (c) tablespoons equal 1 cup liquid measure, (d) cups equal 1 pint, (e) cups of fat equal 1 pound.

Use flour for the dry ingredient, water for the liquid, and any convenient solid fat for the fat. When you have finished measuring, compare your results with the table of measures given in your Division I Cookery bulletin. Are they alike? If not, several things may have occurred: (1) Your spoons and cups may not be of standard size. (2) You may not have paid close enough attention to the business of measuring. Check up on yourself and remedy the fault. To get uniformly good results each time you try a recipe, you *must* measure accurately.

6. Good food habits should be discussed at your meetings. Even if you eat all the right foods, you may not get the full value of them unless you observe the following:

- (a) Do not eat when excited, hurried, tired, or angry. Peace of mind aids digestion.
- (b) Eat slowly.
- (c) Chew thoroughly.
- (d) Eat meals at regular times.
- (e) Drink from 4 to 8 glasses of water each day.
- (f) Drink no tea or coffee.
- (g) Eat candy only after meals and then only occasionally.
- (h) Avoid very rich and fried foods.

7. Have samples of different kinds of recipe files at a meeting and help members decide on one for themselves.

A man's shoe box covered with oil cloth, fabric, or wallpaper is the correct size for 4" x 6" cards. File guides may be made from lightweight suit boxes. A good cook book will suggest headings for the guides. A menu section might be added. Some file boxes which include guides can be purchased inexpensively.

8. Discuss cleanliness habits in cooking and in personal and work habits. How about a demonstration on care of the hands and hair?

9. Include common courtesies and table manners because they apply to eating and entertaining.

10. Singing is good for the soul, young or old. Include songs at every meeting. Parties or weiner roasts at which games are played will be fun for a meeting.

11. A meeting could be devoted to the safety measures to observe in food preparation, the selection and use of kitchen equipment, and the prevention of poisoning and illness due to food.

### TAKE PART IN DEMONSTRATIONS

Every club meeting should have one or more demonstrations on the program—members showing and telling the others how to do something useful and interesting that they have learned in the project.

The demonstration may be given by one member or by a team of two members. Sometimes the leader will give the demonstration first and the members may do a similar one later. When a team is demonstrating, the demonstration is divided at that point where it would be natural to shift from one process or idea to another so that both members have about the same amount to do.

1. Tell *what* you're going to do.
2. Show and tell *how* to do it.
3. Tell how and why you did it.

Tips that make it fun:

1. Speak slowly and distinctly.
2. Be happy—smile.
3. Dress for the job and be neat and clean.
4. Look at the group.
5. Think of helping others, not about yourself.
6. Have good posture, working and standing.
7. Be interested—club members "catch" it.
8. Keep equipment and supplies away from the center and front of the table so the group can see everything you do.

9. A tray with supplies can be placed at one side of the working surface and an empty tray (or cookie sheet) for soiled dishes and things to be discarded on the other side.

Every club member will want to demonstrate at a club meeting during the year. Some may choose to demonstrate more than once. And, some club members will want to "polish" their demonstration a bit and give it for other groups. The leader has a helpful leaflet on demonstrations.

Some suggested demonstration topics :

1. White sauce in luncheon dishes.
2. Milk soups.
3. Milk desserts.
4. Variety in egg preparation.
5. Macaroni and cheese.
6. Tasty rice dishes.
7. Salad dressing (French, boiled, or mayonnaise).
8. Vegetable salad.
9. A relish tray.
10. Fruit as salad or dessert.
11. Cakes without fat.
12. Party sandwiches.
13. Afternoon tea.
14. Setting the table for a home luncheon.
15. A simple luncheon.
16. Serving a company luncheon.
17. A school or picnic lunch.

### JUDGE YOUR OWN COOKED FOODS

Every good cook who stands back and admires her handiwork in the kitchen is really judging whether the product is better than the one she made last time. She looks at the outside and considers whether it looks appetizing and is of good color. When she cuts into the product she examines the texture to see if the product is free from lumps and is of the right consistency. If it happens to be bread, the texture is light and tender, the holes not too large, etc. The flavor must be appetizing and well seasoned. To help you to improve the quality of your sponge cakes, use the table in the "Oregon 4-H Cake Baking Bulletin." For other help in understanding good standards in cooked products, see "Judging Helps for 4-H Cookery Clubs." Both of these are available from your County Extension

Agent. In scoring your own food products, you might like to use the following score card.

SCORE CARD	
General appearance .....	30
Texture .....	40
Flavor .....	30
Total .....	100

### ARE YOU READY TO START WORK?

Do You—

- Wear a clean wash dress or apron?
- Wear a ribbon or net on your hair?
- Have your hot pad handy to use?
- Wash your hands and clean your nails?
- Wash your hands after handling your handkerchief or handling unclean things?
- Wash your dishes in clean, hot, soapy water and rinse with clear, boiling water?
- Stack the washed dishes in the draining rack and let them air-dry?
- Keep your dish cloth clean? (Wash it carefully with soap and water and boil it frequently.)
- Leave the kitchen clean?

### GROUP ONE: RECORD KEEPING AND FOOD CHART

#### Home work—

1. Learn to keep records.
2. Check food habits for one week.

**Learn to keep records.** It is important to know how to spend money wisely, how to figure the cost of food, how to choose foods that are in season, that are reasonable in price, and that will provide good nutrition.

In your Cookery II record book, page 3, there is a list of commodities (that is what foods are called in the market). When you go to your grocery store, take your record book with you; find out what each item is selling for, and put the price in your record book.

With the help of your leader at the next meeting, you are to figure the cost of the five recipes. Some of the prices of ingredients were listed in the record book for Cookery I. You will need to get others from your grocer.

## A GUIDE TO GOOD EATING

Keep this daily food plan for 2 weeks

(One week at the beginning and one week near the end of project)

What you should eat	What you did eat													
	First week							Second week						
	1st day	2nd day	3d day	4th day	5th day	6th day	7th day	1st day	2nd day	3d day	4th day	5th day	6th day	7th day
Milk—4 cups in food or drink .....														
Potatoes—1 serving (white or sweet) .....														
Leafy, green, or yellow vegetable— 1 serving .....														
∞ Other vegetable—1 serving .....														
Tomato or citrus fruit—1 serving .....														
Other fruits—1 serving .....														
Egg—1 serving .....														
Meat or meat alternate—1 serving .....														
Cereals—whole grain or enriched— at least 2 servings daily .....														
Butter—2 T daily .....														

Keeping this food plan for 1 week will show you whether you are eating the foods which are necessary to include every day if you are to remain in the best of health. Study your chart, and if you find you are not eating some of these important foods, start today to make a special effort to include them. Toward the end of your project keep another food plan and check yourself again to see how much you have improved. You may like to make a chart for each member of your family and have each one check himself at the table.

Good health is one of the most valuable things you can have. Eating these foods will help you to have it.

Fill in your record book as you do your cooking, then you won't forget when you did it. When all the spaces are filled in, you have done all that you have to do, but we know you'll do more. Record all the additional work you do on extra sheets pasted in, if necessary.

**Check your food habits.** Do you like to eat meat and potatoes, bread and gravy, and very few vegetables? Do you want pie or cake often and must you have candy every day? Such eating does not give us enough of the building material we need for vigorous good health.

In order to keep fit and to grow strong, healthy bodies, we need to eat certain foods daily. We have here a *guide to good eating*. You will be interested in studying this guide and in checking what you eat to see whether you are treating yourself right.

Check the foods you are eating for one week. At the end of each day you should have a check in each column for that day. Near the end of your project, check yourself again for a week. Have you improved?

## GROUP TWO: SOUPS THAT SATISFY

### A GOOD SOURCE OF CALCIUM AND VITAMINS

**Objectives:** To learn to make smooth white sauce and combine it with other foods to make cream soups.

### Suggestions for club meetings—

1. Topics for discussion:  
Study the proportions of flour to milk in thin white sauce. How does this vary from a medium white sauce used for creamed foods?  
Review the methods of measuring that you learned in your breakfast unit last year.
2. Roll call topics:  
Name different kinds of cream soups.  
What I should serve with cream soup.
3. Demonstration: How to make a foundation white sauce.
4. Table courtesy. The soup spoon is dipped away from you and soup is taken from the side of the spoon.

**Home work.** Prepare and serve two kinds of cream soup—each kind twice. Cream soups add milk and a vegetable to the diet and should be served frequently. **When you have prepared dishes from this group, fill in your report card, have your leader sign it, and send it to your county extension agent. Then you will be a full-fledged club member.**

**Cream soups.** Many times the principal dish at luncheon or supper is a good milk soup served with crisp crackers or very dry, crisp toast.

The foundation for all milk soups is a thin white sauce. To this is added some vegetable, or clams or oysters.

When vegetables are cooked in water, the water may be saved to use in the making of soup, since many of the minerals that are so valuable to us are dissolved in the water.

If you have cooked the vegetables in a steamer over boiling water, or with the skin on, very little of the mineral is lost and the water is not valuable.

#### Foundation white sauce (thin)—

$\frac{1}{2}$ c milk	1 to 2 t butter
1 T flour	$\frac{1}{2}$ t salt
$\frac{1}{2}$ c vegetable water*	pepper (if desired)

Put all the vegetable water and all but about 2 tablespoons of the milk in the double boiler to heat. Mix the flour and a small quantity of milk to a smooth paste.

When the milk is very hot, stir in the flour mixture. Continue stirring until the mixture thickens a bit. Add the butter and seasonings. Cook for fifteen minutes.

Note: For *medium* white sauce, used in creamed foods such as macaroni and cheese, creamed vegetables, fish, use 2 T flour per 1 c milk.

#### Vegetables to use—

Carrots	Corn	Peas	Potatoes
Celery	Salsify	Lima beans	Onions

**How to prepare.** Any of these vegetables may be cut into small pieces and added to the white sauce. Any except the corn, celery, and onions may be rubbed through a sieve and only the pulp added to the white sauce.

Proportion of vegetables to white sauce: Use from  $\frac{1}{2}$  to 1 cup of vegetable to 1 cup of white sauce.

A good variation is to combine two vegetables in one soup. For example, corn and lima beans make a pleasing combination, so also do carrots and peas, carrots and onions, or carrots and celery. For many people a bit of onion is a flavorsome addition to almost any soup. Celery salt may be used as a seasoning for any of these soups,

\* If no vegetable water is left, use all milk.

if desired. Grated cheese sprinkled over the soup after it is in the plate is another variation; use one level teaspoonful of the cheese to a dish.

A bit of color and a delicious flavor may be given a cream soup by sprinkling a little finely cut parsley over the soup in the serving dish. A dash of paprika is another pleasing addition, but both parsley and paprika should not be used on the same soup.

A *second method* of making cream soups, which is often more convenient, is this: Cut the vegetable into small pieces before putting it on to cook. When tender, add the desired amount of milk and make a thickening for the soup, using 1 tablespoon of flour to each cup of liquid. Then add the butter and seasonings.

**Tomato soup.** Tomatoes were not put in the list of vegetables given above, because in using tomatoes for soup a different method must be followed on account of the acid they contain.

Make your white sauce of milk only. Heat an equal quantity of tomatoes to the boiling point. Combine the two mixtures by adding the tomato slowly to the hot milk to prevent curdling. Serve immediately.

This is such a very good soup for you that we hope you will learn to make it well and will serve it frequently.

**Clam or oyster soup.** Either fresh or canned clams or oysters are delicious in a cream soup. Drain the liquid off and add to the milk. Do not put in the clams or oysters until just long enough before serving to heat them thoroughly, because long cooking makes them tough.

**What to serve with cream soup.** A very good luncheon or supper would be: cream of vegetable soup, crisp crackers, bread and butter, fruit sauce, gingerbread, and milk.

### GROUP THREE: VEGETABLE SALADS

GOOD SOURCE OF VITAMINS AND MINERALS

**Objective:** To learn to prepare and serve attractive salads that blend well with the rest of the menu.

**Suggestions for club meetings—**

1. Topics for discussion:
  - (a) Why vegetables are good for us.
  - (b) How to use raw vegetables.
  - (c) Some pleasing vegetable combinations.

2. Roll call topics:
  - (a) Name a leafy vegetable.
  - (b) Name a pod vegetable (beans, peas, etc.).
  - (c) Name a root vegetable (turnips, carrots, etc.).
  - (d) Give a good salad combination.
3. Report on work done since last meeting.
4. Check record books.
5. Demonstration: Show how to make one of the suggested salads.
6. Table courtesy: Salads are cut and eaten with the fork.

**Home work.** Prepare and serve at least two vegetable salads, each twice.

**Why vegetables are good food.** Green and yellow vegetables, such as lettuce, cabbage, celery, carrots, greens of all kinds, string beans, corn, peas, tomatoes, etc., are especially valuable because they supply much of the mineral matter needed for building bones and teeth, for keeping the blood just right, and for helping to regulate the body processes. Vegetables also contain certain substances which are absolutely necessary to growth and health. These substances are called vitamins. If we eat vegetables and fruits, we do not need to worry about getting all we need of these very important substances. Vegetables also contain cellulose which adds bulk and helps to prevent constipation.

As cooking vegetables destroys some of the vitamins, it is best to eat raw as well as cooked vegetables every day.

When we use vegetables in salads, we combine them with a dressing that supplies some of the fat we need. If the dressing contains egg, a very little protein is also supplied.

**Salads** should be crisp and fresh. They should be put together lightly by mixing with two forks just enough to combine the ingredients.

For an attractive salad you may use a large bowl or platter. Arrange lettuce leaves in cup shape in the bowl. In the central lettuce cup put the salad dressing (mayonnaise or boiled) which must be stiff enough not to run. In the lettuce cups surrounding the central one, put the various vegetables—in one peas, in another diced beets, in another finely cut celery, etc. In serving such a salad each person is served or helps himself to some of the vegetables desired and some of the dressing.

If you have a solid head of lettuce, a good way to serve it is to cut it into slices from  $\frac{1}{3}$  to  $\frac{1}{2}$  inch thick, cutting it across the head.

**Preparation of salad ingredients—**

Raw vegetables—wash and dry carefully.

Lettuce—either in whole leaves or shredded, or if a firm head, sliced crosswise.

Cabbage—shred or chop fine.

Carrots—slice thin, chop, shred, or grate.

Radishes—serve whole, sliced, or cut into roses.

Celery—shred, cut in thin slices, or dice.

Cooked vegetables—drain off juice, putting juice into soup kettle—cut into attractive sized pieces.

Garnishes that add to the attractiveness of a salad are: parsley, hard-cooked egg, olives, nut meats, strips of pimiento or green peppers, slices of pickles, little radishes, thin slices of lemon either plain or dipped in paprika, or finely chopped parsley.

Both raw and cooked vegetables may be used in salads. *If you are using home canned vegetables, boil them for at least 10 minutes, then cool before using in salad.*

Vegetables must be combined or served with a dressing to make a good salad.

**What to serve with vegetable salads.** If we use vegetable salads, with whole-grain bread and butter, milk, and a simple dessert, we have a very well balanced meal.

**French dressing.** Three tablespoons salad oil to 1 tablespoon vinegar or lemon juice, salt, sugar, and paprika to taste. This dressing should be beaten or shaken to mix the oil and acid, then served immediately.

**Boiled salad dressing—**

Dissolve:

2 T sugar                       $\frac{1}{2}$  t salt                       $\frac{1}{4}$  t paprika

2 T flour                      1 t dry mustard

in

$\frac{3}{4}$  c milk

Beat in the top of a double boiler

1 whole egg or 2 yolks

$\frac{1}{4}$  c vinegar

Add the dissolved ingredients. Cook and stir the dressing over boiling water until thick and smooth.

Add:

2 T butter

Chill the dressing. It may be thinned with sweet or sour cream.

**Mayonnaise—**

1 egg or 2 egg yolks

$\frac{1}{2}$  t salt

$\frac{1}{2}$  t dry mustard

$\frac{1}{4}$  t paprika

Dash of cayenne

2 T vinegar or lemon juice

1 c salad oil

Cream, plain or whipped; or fruit juice to dilute dressing, if necessary

Break egg into small deep bowl and stir in seasonings with rotary beater; add 1 tablespoon vinegar and beat very thoroughly. Beat in  $\frac{1}{4}$  cup oil gradually, about 1 tablespoon at a time, until mixture becomes thick, beating thoroughly after each addition.

Beat in remaining 1 tablespoon vinegar, then the oil gradually, about 2 tablespoons at a time, beating thoroughly after each addition, adding oil faster as mixture thickens. Dilute as desired.

Makes about  $1\frac{1}{2}$  cups dressing.

NOTE: If oil is added too rapidly, mayonnaise sometimes curdles and remains thin. If so, start with a second egg, beat in curdled mixture gradually, and proceed as directed.

**Sour-cream dressing—**

1 c sour cream whipped until stiff.

1 T lemon juice added during whipping.

For vegetable salad add salt, pepper, and celery salt if desired.

**Variations of plain boiled dressing or mayonnaise—**

1. Add 1 part of catsup to 2 parts of dressing.
2. Add 1 part finely chopped sweet cucumber pickle to 2 parts salad dressing.
3. Add 1 finely chopped hard-cooked egg to  $\frac{1}{2}$  cup of salad dressing.

These variations are especially pleasing with plain lettuce or water cress.

**Salad combinations—**

1. Finely cut raw cabbage, finely cut or grated raw carrot, finely cut raw celery, in equal parts. A very little onion may be added if desired. Serve with a boiled or mayonnaised dressing, and either with or without lettuce.

2. Lettuce, cooked peas, boiled or mayonnaise dressing.
3. Carrot and peanut salad.  
2 c raw, grated, or finely cut carrots  
1 c roasted peanuts  
Mayonnaise dressing  
Serve on lettuce or cabbage leaves.
4. String beans, carrots (raw), cabbage shredded.  
1 c cooked string beans  
1 c chopped raw carrots  
2 c shredded cabbage  
Sour-cream dressing  
Serve on lettuce or cress.
5. Lettuce, cucumber, and tomato, with French, boiled, or mayonnaise dressing.
6. Lettuce, asparagus tips, cooked peas. Garnish with sweet red peppers or pimiento.
7. Shredded cabbage with sour-cream dressing.
8. Shredded cabbage with boiled dressing.
9. One cup of shredded cabbage and  $\frac{1}{2}$  cup of pineapple. Garnish with bits of pimiento. Serve on lettuce or cabbage leaf with sour-cream dressing.
10. One cup of cottage cheese, 1 cup of grated or finely ground raw carrot, and 1 cup of diced celery. Serve with boiled dressing. One-half teaspoon of grated onion may be added.
11. Boiled potatoes, a bit of onion, diced celery, and slices of hard-cooked egg, mayonnaise or boiled dressing. Serve on a lettuce leaf. Garnish with little radishes, or strips of pimiento.
12. Lettuce, peas, carrots, string beans, cucumber.

You can readily see that salad combining is a matter of what you have plus personal tastes, plus ingenuity, and a desire to please.

The salads suggested are only a few of many possible combinations. For a main luncheon or supper dish, the salad is best served with cream, boiled, or mayonnaise dressing.

When salads are served as the substantial dish at a meal, they should be accompanied by bread and butter, milk or cocoa, ginger-bread or simple cake or cookies, fruit, or a simple dessert.

**GROUP FOUR: THE STARCH COUSINS**

FUEL FOOD—WHOLE GRAINS ADD MINERALS AND VITAMINS

**Objectives:** To learn the value of starchy foods.  
To learn how to prepare starchy foods.

**Suggestions for club meetings—**

1. Topics for discussion:  
Kinds of starchy foods.  
How starchy foods should be prepared.  
What to combine with starchy foods.
2. Roll call topics:  
Good ways to cook rice.  
Good ways to serve left-over potatoes.
3. Demonstration: The preparation of any dish in this group.
4. Records: Check record books to see that you have written down all you have done.
5. Table courtesy: The napkin used at luncheon is often smaller than a dinner napkin and is laid, unfolded, on the lap. Use the napkin only for wiping the mouth and fingers.

**Home work.** Prepare at least two dishes from recipes given in this group, each dish at least twice.

**The starch cousins.** Our bodies are machines and must be supplied with fuel in order that they may do their work. The work of the body is of two kinds. One kind is called voluntary and the other involuntary. Walking is an example of voluntary activity and breathing is an example of involuntary activity. While the body works, heat is generated. So fuel food not only supplies us with the energy needed for work, but indirectly keeps us warm.

One of the fuel foods is starch. Starch is found in all cereal grains and in some vegetables, such as potatoes, dried beans, dried peas. Macaroni is made of flour and is three-fourths starch.

The starchy cereal foods are used as whole grains—for example, brown rice; as cracked or cut grains, such as cracked wheat; rolled, granulated, or ground, examples of which are wheat flakes, rolled oats, cornmeal, and the various flours and cornstarch. Flour is made into breads, macaroni, noodles, etc.

Because starchy foods have a great deal of cellulose not only surrounding the whole grain or vegetable but surrounding each tiny

particle, it is necessary to cook these foods in order to make them more easily digested and to make them palatable.

Starchy foods must be cooked in water to permit the grains to swell and burst. It is this swelling which causes starchy food substances to thicken the liquid in which they are being cooked.

**Baked potatoes.** Select medium sized, smooth potatoes. Scrub carefully. Put on the grate in a hot oven (425°-450° F.). Bake until tender (from 25 to 40 minutes). Break open to allow steam to escape. Serve immediately with butter, salt, and pepper.

The reason why baked potatoes (a starchy food) do not have to be cooked in water is that potatoes contain a great deal of water which is kept in by the skin during baking. When the water inside gets hot, steam is formed which cannot escape because of that nice, tight, brown skin! Steam that is kept in like that gets much hotter than boiling water so that baking a potato is really cooking it at a higher temperature than boiling, and because of the higher temperature the starch cells burst more completely than when cooked at a lower temperature. That is why a baked potato is mealy and most delicious. It is also more easily digested and therefore is recommended especially for little children and invalids.

**Creamed potatoes.** Sometimes boiled or baked potatoes are left over and can be used for a luncheon dish. A good way to serve them is to cut them into thin slices or little cubes and reheat them in a white sauce. Use 2 tablespoons flour and 2 tablespoons butter to 1 cup of milk for this white sauce. Make this white sauce just as you made the white sauce for cream soup.

**Rice (first method)—**

1 c rice	4 to 6 c water or milk, boiling hot
1 t salt	

Wash the rice thoroughly. Put the rice in the top of a double boiler in the water or milk and add the salt. Cook until tender. When milk is used, a longer cooking period will be needed in order to evaporate the milk until the rice is creamy. Of course, cooking rice in milk increases its food value very much indeed.

Rice cooked in this way may be served with cream and either white or brown sugar, or it may be served with a cheese sauce, or as Spanish rice. Brown rice is better than white rice because minerals found in the hull are retained. Makes about 3 cups rice.

**Rice** (second method). Another very satisfactory way to cook rice is this:

2 c boiling water	$\frac{1}{2}$ t salt
1 c raw rice	1 t butter

Use a vessel with a tight-fitting lid. Add the salt and butter to the water. When it is boiling add the rice slowly. When it begins to boil again, cover it tightly and reduce the heat so it will barely simmer. Cook for 25 to 30 minutes.

#### **Cheese sauce—**

1. Make a white sauce using 2 tablespoons of flour to 1 cup of milk and  $1\frac{1}{2}$  tablespoons of butter.
2. Add  $\frac{1}{2}$  cup of grated or finely cut American cheese.
3. Season with salt and pepper.
4. Serve as a gravy on the rice.

If desired, this sauce may be mixed with the rice in the proportion of 1 cup of sauce to 3 or 4 cups of cooked rice, a few buttered bread crumbs sprinkled over the top, and the whole dish baked until brown. Crushed corn flakes in place of crumbs are especially good on all escalloped dishes.

#### **Spanish rice—**

2 c cooked rice	1 pimiento or sweet green pepper
1 small onion	1 c cooked tomatoes
	Salt and pepper to taste

1. Run the onion and pimiento through a meat grinder or chop fine.
2. Cook them in the tomato.
3. Add this hot mixture to the rice.
4. Put into greased baking dish.
5. Bake slowly one hour.

Serve these rice dishes with a green salad (lettuce and French dressing) or crisp celery, bread and butter, fruit, and milk (tea for grown-ups if desired).

#### **Baked macaroni and cheese—**

2 to 3 c white sauce
$\frac{1}{2}$ package (9 ounce package) macaroni
$1\frac{1}{2}$ c to 2 c grated cheese
2 T butter
$\frac{1}{2}$ c dry bread crumbs
Salt to taste

1. Make white sauce using 4 T flour, 2 c milk, and 3 T butter. Keep hot.
2. To cook the broken macaroni, use 2 qt of rapidly boiling water and 2 t of salt.
3. Boil 9-12 minutes, or until tender.
4. Drain in a colander and pour hot water through it to prevent stickiness.
5. Arrange layers in a casserole of macaroni, cheese, and white sauce, using about  $\frac{1}{3}$  of each for separate layers.
6. Cover with buttered crumbs.
7. Bake in a moderate oven (350°-375° F.) for 20-25 minutes or until browned. Makes 4 to 6 portions.

### GROUP FIVE: EGGS AS THE MAIN DISH

A GOOD SOURCE OF PROTEIN AND VITAMIN A

**Objectives:** To learn more about the value of eggs than was given in Home Cookery, Division I.  
To learn how to prepare egg dishes suitable for luncheons and suppers.

#### Suggestions for club meetings—

1. Topics for discussion:
  - Why eggs should be cooked below the boiling temperature.
  - How beating the egg whites makes them light.
  - Some good combinations of egg dishes.
2. Roll call suggestions:
  - What eggs contain (protein, minerals, etc.). See section on eggs.
  - Suitable luncheon menus with egg dishes for the main dish.
3. Records: Check record book.
4. Demonstration: The making of one of the dishes in this group.
5. Table courtesy: Sit erect at the table. Keep your elbows at the side. Never rest them on the table.

**Home work.** Prepare at least two egg dishes. Each one should be prepared two or more times.

**Eggs.** In Division I of the Home Cookery Club Project you learned that eggs belong to a large class of protein foods and why

it is best to cook them below the boiling temperature. Some more interesting facts about eggs are: most of the food value of the egg is in the yolk which contains a very good protein and one of the most valuable fats we have, although in only a small quantity; egg yolk contains iron, which is needed in the blood, phosphorus, and vitamin A.

**Shirred eggs, country style.** Sometimes when we have company it is fun to serve something a little special, isn't it? Shirred eggs are sure to please.

1. Butter a custard cup or ramekin for each person to be served. Use 1 egg for each person.
2. Separate the whites from the yolks, being careful *not to break the yolk*.
3. Beat the whites until light and foamy, so that they are able to hold a peak yet are not dry.
4. Add a pinch of salt (less than  $\frac{1}{8}$  teaspoon to each egg).
5. Divide the whites into the custard cups.
6. Make a little depression in the center.
7. Carefully place one yolk in each cup.
8. Sprinkle a dash of salt and pepper on each yolk.
9. Put the cups in a shallow pan of hot water.
10. Bake at 325° F. until the yolks are set and the whites a delicate brown. Serve immediately.

#### Baked omelet or soufflé—

1 c milk	1 t salt
4 T flour	pepper
2½ T butter	4 eggs

Make a white sauce with the milk, flour, butter, and seasonings. Separate the whites and yolks of the eggs and beat them until light. When the white sauce is somewhat cool stir in the yolks and fold in the whites. Pour into an oiled baking dish. Bake in a hot oven for 30 to 40 minutes (375° F.) or until it is puffed in appearance and golden brown in color.

This omelet may be varied by the addition of 1 cup of cooked peas, asparagus, cauliflower, flaked fish, or chopped chicken. Add any one of these to the white sauce before putting in the eggs. Bake as for the plain baked omelet. The kinds of fish that can be used for this are halibut, salmon, or tuna.

**Creamed eggs—**

1. Make a white sauce using 2 T flour and 2 T butter to 1 c milk.
2. Salt and pepper to taste.
3. Hard boil four eggs.
4. Shell and cut into quarters.
5. Add the white sauce and serve on hot buttered toast, shredded wheat biscuits, or hot baking powder biscuits. Serves 4.

**Record book.** Just a reminder. Are you recording your work in your record book as you do it?

**GROUP SIX: SUITABLE MILK DISHES**

## GOOD SOURCES OF CALCIUM AND VITAMINS

**Objectives:** To learn more uses of milk.

To learn how to prepare milk dishes in addition to those learned in Division I.

**Club meetings suggestions—**

1. Topics for discussion:
  - Why milk is best cooked below boiling temperature.
  - Why milk should be a part of every girl's and boy's diet.
  - Kinds of milk that may be used (cow's milk, goat's milk, condensed, and powdered).
2. Roll call topics:
  - The equivalents of a medium glass of milk.
  - Some ways to use milk.
3. Records: Check Record Book.
4. Demonstration: Show how to prepare one of the dishes in this group.
5. Table courtesies: A teaspoon used with a beverage belongs in the saucer except when sugar is being stirred into the beverage.

**Home work.** Prepare at least two dishes from this group.

**Milk.** In your Division I Cookery bulletin you learned that milk is a very important food and several reasons why it is. We want you to know some other reasons.

We know that for the young, whether it is your baby brother or sister, or a kitten, puppy, calf, or colt, milk is a perfect food because it contains all the nutrients that the helpless little baby requires to make it grow and be healthy. After we are past babyhood we must have some other foods to go along with milk, but milk is

still a very valuable food, and all growing children ought to drink or use a quart of it every day. It is our best source of calcium, which is needed for bones, teeth, and blood. Here are some of the quantities of other foods that would be required to supply as much calcium as one quart of milk:

7 $\frac{1}{3}$ pounds of carrots	27 pounds of potatoes
39 eggs	6 $\frac{3}{4}$ pounds of cabbage
	28 medium sized oranges

There are a few foods that have a little more calcium than those shown above but because those given are more generally eaten, they are used as illustrations.

The following recipes all call for milk and add variety to the meals while making it possible to have a good supply of milk for every member of the family.

#### Cream pudding (blanc mange)—

1 c milk	$\frac{1}{2}$ t vanilla
2 T cornstarch*	$\frac{1}{4}$ t salt
4 T sugar	Nutmeg (if desired) or 1 t of vanilla

1. Scald the milk in a double boiler.
2. Mix the sugar, cornstarch, and salt in a separate bowl or pan.
3. Add the hot milk slowly to the dry ingredients, stirring until smooth.
4. Return the mixture to the double boiler and stir until the mixture thickens.
5. Cook for 20-30 minutes to cook the starch.
6. Add vanilla.
7. Turn into a mold which has been rinsed with cold water. Mold may be a pan or serving dish.

Serve with thin cream, whipped cream, or a sauce made from fruit juice sweetened and thickened slightly with cornstarch.

Variations of blanc mange are: chocolate cream pudding and fruit cream pudding.

**Chocolate cream pudding.** Add 1 square of unsweetened chocolate, melted, or 2 T of cocoa, to cream pudding. If unsweetened chocolate is used add 2 T of sugar.

**Fruit cream pudding.** Add  $\frac{1}{2}$  cup of dates, prunes, apricots, or figs to the plain cream pudding.

\* For a less stiff pudding use 1 T of cornstarch.

**Floating island—**

2 c milk	3 T powdered sugar
3 egg yolks	$\frac{1}{8}$ t salt
3 egg whites	$\frac{1}{2}$ t vanilla
$\frac{1}{4}$ c sugar	

**CUSTARD—**

1. Scald the milk in the double boiler.
2. While it is heating, beat the egg yolks, sugar, and salt together in a bowl deep enough to hold part of the milk also.
3. When the milk is scalding hot, pour part of it slowly into the egg yolks, stirring constantly.
4. Return it all to the double boiler and cook until the spoon is coated.
5. Take it from the stove at once, set into a pan of cold water to stop the cooking immediately.
6. Flavor with the vanilla when partly cool, pour into bowl.

**MERINGUE—**

1. Beat the egg whites stiff.
2. Add the powdered sugar.
3. Drop the meringue by spoonfuls onto the custard.

When milk and egg dessert is served, the main dish of the meal should be quite light. It might well be a crisp, green salad and brown bread and butter, milk for children and tea for grown-ups.

**Baked custard—**

2 c milk	$\frac{1}{2}$ t salt
3 eggs	1 t butter

1. Scald the milk.
2. Beat eggs until smooth but not foamy.
3. Add the milk slowly to the eggs.
4. Add salt and butter.
5. Pour the custard into custard cups or a shallow pan greased with butter and set in a pan of hot water.
6. Bake at 325° F. until the custard sets. When the custard has baked sufficiently, a knife blade will come out clean.

This dish may be a main dish for luncheon or supper. It may be served with creamed chicken, creamed asparagus, or peas poured over the custard.

**Cheese custard—**

$\frac{1}{2}$ c dried crumbs or granulated tapioca	1 egg
$\frac{1}{2}$ c cheese, grated or finely cut	$\frac{1}{2}$ t salt
1 c milk	Paprika

1. Beat the egg slightly and add the other ingredients.
2. Turn into a buttered baking dish, custard cups, or ramekins.
3. Place in a pan of hot water and bake in a moderate oven until the mixture is firm. Serve hot.

**Cheese fondue—**

1 c coarse bread crumbs	$\frac{1}{2}$ t salt
3 eggs separated	$\frac{1}{4}$ t dry mustard
1 c milk	$\frac{1}{4}$ lb American cheese cut fine

1. Beat the egg whites until very light.
2. Beat the yolks with the same beater.
3. Combine all of the ingredients except the egg whites.
4. Fold in the egg whites.
5. Bake in a two-quart baking dish at 325° F. until firm. Serve at once. Serves 4.

**Welsh rabbit.** This is a cheese dish that is good served with bran muffins, a green salad, and some kind of fresh or stewed fruit, especially if a tart fruit is used.

1 c milk	$\frac{1}{2}$ t salt
$\frac{1}{2}$ c cheese (finely cut)	Dash paprika
2 T flour	$\frac{1}{2}$ t mustard (if desired)
2 T butter	

1. Combine all ingredients except the cheese as you did for foundation white sauce (page 10). Add mustard to flour.
2. When cooked until smooth, add the cheese.
3. Cook until cheese is melted.
4. Serve on crisp crackers or toast.

**Cottage cheese—**

1 quart sour milk (well clabbered)	$\frac{1}{2}$ t salt
Cream or butter to mix well	Pepper to taste

Pour 2 quarts of boiling water into the sour milk. Allow it to stand until the curd separates from the whey. Strain through a cloth (two thicknesses of cheesecloth are good for this purpose). Either press out the whey, or allow it to drip for several hours. Put the curd into a bowl; add salt, a little cream or melted butter, and mix thoroughly. Serve with bread and butter, a green salad, a fruit dessert, a beverage, for lunch or supper. A little chopped pickle or pimiento may be added for flavor if desired.

**GROUP SEVEN: FRUIT DELICACIES**

BODY REGULATING—GOOD SOURCE OF VITAMINS AND MINERALS

**Objectives:** To learn why fruits are valuable in the diet.  
To learn how to prepare and serve fruits.

**Home work.** Prepare at least two fruit dishes, each one twice.

**Suggestions for club meetings—**

1. Topics for discussion:
  - Why fruits are valuable foods.
  - Kinds of fruits most common in our part of the state.
  - Good ways to prepare fruit.
2. Roll call topics:
  - Fruits I like.
  - Menus containing fruit.
  - Fruit dishes.
3. Records: Check your record book.
4. Demonstration: Any dish given in this group.
5. Table courtesy: In eating fruit, care should be taken not to get the fingers soiled. Fruit juices stain napkins.

Fruit is one of the necessary foods in our diet. Fruits contain a great deal of valuable mineral matter; they are also rich in vitamins.

Most people are fond of fruits of all kinds. In most parts of the state fruits are plentiful.

**WAYS TO SERVE FRUIT**

Fresh oranges, grapefruit, peaches, all kinds of berries, or bananas, may be served as a first course or as a dessert.

**Grapefruit, oranges.** Wash carefully. Cut in half crosswise. With a sharp knife, cut around the fleshy part so that it can be removed from the rind with a spoon. Sprinkle a bit of sugar on the fruit if desired. Serve one half a grapefruit to a person. Serve either a half or the two halves of the orange to a person. Either grapefruit or orange is especially appetizing as a first course at breakfast or luncheon. Orange may also be peeled and cut in thin slices crosswise. Another popular way to serve either is in the form of juice. With a bit of French dressing oranges make a good salad, with or without lettuce. Sugar and paprika should be used in making the French dressing for sliced oranges. Peel the orange, removing the white skin. Slice across in thin slices, arrange on individual salad plates on crisp lettuce leaves. Pass the French dressing, which should be shaken well, just before serving.

**Peaches** may be peeled and sliced and served as a dessert for luncheon or supper. Serve with sugar, with or without cream.

**Bananas** are delicious sliced and served with cream and sugar as a dessert, or they may be served on a lettuce leaf, either cut in two lengthwise or sliced, and served with mayonnaise. If the mayonnaise has an equal quantity of whipped cream added it will make an even more delicious dressing. Top the salad with a sprinkling of chopped walnuts. Serve with whole wheat bread and butter, a cheese dish, and milk, and everyone will be pleased.

**Berries** such as strawberries, raspberries, and blackberries are simply washed, hulled, carefully picked over, and served as they are or with cream and sugar.

**Pears, apples, plums, prunes, and apricots** are more often simply peeled and eaten from the hand, although pears and apples are often served in salads.

#### FRUIT SALADS

**Waldorf salad.** Equal parts of finely cut apple and celery. If the apples are red skinned a pleasing effect is obtained by leaving the skin on, as tiny bits of red will then show in the salad. Moisten this salad with mayonnaise dressing. If desired,  $\frac{1}{4}$  as many chopped walnuts as apple may be added. Serve on crisp lettuce leaves.

**Cherry salad.** Use either fresh or canned Royal Ann cherries. Pit them. Place a lettuce leaf on the salad plate; on this, place a tablespoonful of cottage cheese; surround the cheese with the cherries. Serve with mayonnaise to which has been added an equal quantity of whipped cream. Boiled dressing may be used instead of mayonnaise. Garnish with strips of pimiento if desired.

**Fruit salad No. 1.** Orange, banana, Malaga grapes, a few chopped walnuts. Cut the oranges in small sections, slice the bananas and grapes (remove seeds from grapes), and break the nuts into small pieces. Serve on lettuce leaves with any preferred dressing.

**Fruit salad No. 2.** Any fruits you may have in the house may be combined and served as a salad. Either cooked or raw fruits are combined as desired. Apple, pear, peach, celery, in any proportion, are served on lettuce, cress, or cabbage.

**Pear salad.** Use canned pears for this salad. Place half a pear on a leaf of lettuce or on a bed of shredded lettuce or cabbage. Top the pear with mayonnaise and dash a bit of paprika over the dressing. Serve with celery which has had the hollow filled with creamed cheese.

A variation of pear salad is to place a spoonful of cottage cheese on the half pear and serve with either mayonnaise or plain boiled dressing.

Try some of the attractive salads you see illustrated in your mother's magazines.

### FRUIT DESSERTS

Fruits may also be prepared as dainty desserts by combining with various other foods.

#### Apricot dainty—

1 c dried apricots            3 egg whites

$\frac{1}{3}$  c powdered sugar

1. Wash and soak the apricots.
2. Simmer, covered (in water in which fruit has been soaked) until soft.
3. Mash them or press through coarse strainer or colander.
4. Add the sugar.
5. Beat the egg whites until very stiff.
6. Fold them into apricot and sugar mixture.
7. Chill and serve with custard sauce made from the three egg yolks.
8. Follow the same recipe for custard as that given for Floating Island custard.

Dried prunes may be substituted for the apricots, using less sugar and adding a little lemon juice.

#### Apple crisp—

1. Peel, core, and slice in a 7" x 7" pan or oven proof dish: 3 pounds of tart apples (7 or 8 large cooking apples\*).  
(If apples are dry and sweet, dot them with butter and sprinkle them with lemon juice.)

2. Work like pastry with a pastry blender or a knife or your finger tips:

$\frac{1}{2}$  c bread flour

$\frac{1}{4}$  t salt

$\frac{1}{2}$  c brown sugar

$\frac{1}{2}$  t cinnamon

$\frac{1}{4}$  c butter

3. Spread this crumbly mixture over the apples.
4. Bake in a moderate oven 375° F. for about 30 minutes, or until the apples are done.
5. Serve hot or cold with or without cream. Serves 6.

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\* Four cups diced rhubarb (use lemon juice) or 3 cups of pitted cherries may be substituted.

**Fruit tapioca.** Cut peaches, apricots, or apples in slices and fill a baking dish. To  $\frac{1}{2}$  cup of minute or pearl tapioca add 1 quart of boiling water,  $\frac{1}{2}$  cup sugar, 1 tablespoon of butter, and  $\frac{1}{4}$  teaspoon salt (scant measure). Pour this mixture over the fruit and bake until the tapioca is clear and the fruit is tender. Serve cold with cream and sugar.

**Record book.** See that your record book is up to date.

## GROUP EIGHT: SPONGE TYPE CAKES

### FUEL FOODS

**Objectives:** To learn the value of sponge cake in the diet.  
To learn how to make various kinds of sponge cake.

#### What to do at club meetings—

1. Topics for discussion:
  - Why eggs must be fresh for cake making.
  - Why it is best to use soft wheat flour for cakes.
  - How cakes may be made light.
2. Roll call topics:
  - Different kinds of leavening agents. (For instance, baking powder, steam, sour milk and soda, etc.).
3. Demonstration: The making of a sponge cake.
4. Table courtesy: Cake with soft icing is eaten with a fork.

**Home work.** To bake at least four cakes from this group.

**Sponge cakes.** You have made several different things with eggs so you know that they must be cooked at a rather low temperature in order to keep them from being made tough. A sponge cake is something like an omelet, in fact quite a good deal like a baked omelet or soufflé, except that we do not put it together in the same way.

#### Some whys of cake success—

1. Use soft wheat or cake flour to give finer textured cake.
2. Sift flour once before measuring. Use *level* measurements.
3. Eggs at room temperature whip better.
4. Egg whites may be beaten with a wire whip, a rotary beater, or a power beater. When using a power beater, remember

that the right degree of stiffness will be reached more quickly than when using a hand beater.

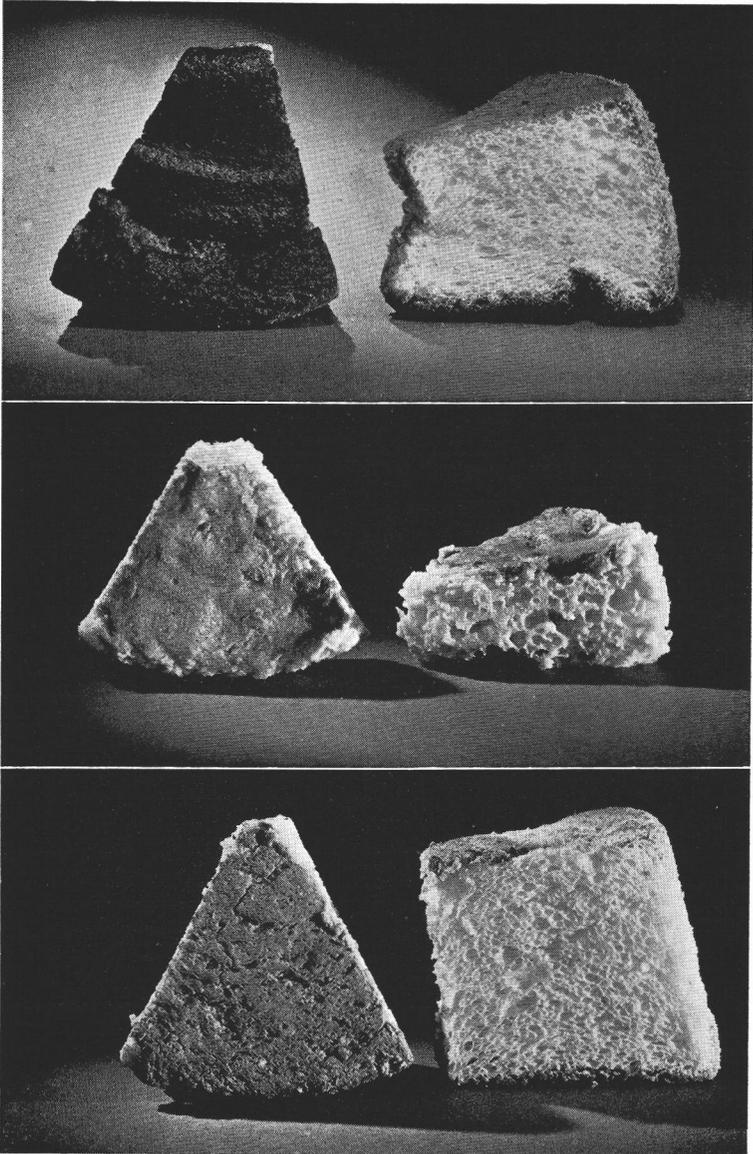
5. Egg whites are stiff enough when they hold up in shiny peaks and the air bubbles are fine and even.
6. Acids help to make eggs tender; hence, the cream of tartar or lemon juice in recipes.
7. In separating eggs, keep all the yolks out of the whites. The yolk contains fat, and fat usually decreases the volume of foam and keeps whites from becoming as stiff as is desired.
8. Fold in ingredients gently, using as few strokes as possible. Remember, air is the leavening agent.
9. Bake in an ungreased pan. Wax paper may be cut to fit the bottom of the pan if desired.
10. Cake is done when surface springs back when pressed lightly with the finger.
11. When cake comes from the oven, turn it upside down on a cake rack to allow even circulation of air.

You may wish to use the following recipes or you may have another that you prefer.



—Courtesy Robertshaw Thermostat Company

When baking cakes in deep pans, such as tube pans, arrange cake on rack so center of cake is near center of oven.



—Courtesy Robertshaw Thermostat Company

*Top:* Cakes of sponge type baked at too low a temperature are poor in volume, pasty, have coarser grain, and sticky under-done crust. *Middle:* Cakes of the sponge type baked at too hot a temperature have small volume, are compact, and have a thick, burned crust that is badly cracked. *Bottom:* Cakes of sponge type baked at 325-350° F. have a good volume, are fine and even in grain, crust of good color and not too thick.

**Sponge cake—**

4 eggs	1 $\frac{1}{4}$ cups sugar
1 $\frac{1}{2}$ cups cake flour	$\frac{1}{2}$ cup water
$\frac{1}{4}$ teaspoon cream of tartar	$\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla	

1. Sift flour, measure 1  $\frac{1}{2}$  c and add  $\frac{1}{4}$  c sugar and sift again.
2. Separate eggs, putting whites in a large bowl and yolks in a smaller bowl.
3. Add vanilla and water to egg yolks and beat until very light and foamy.
4. Beat in  $\frac{1}{2}$  cup sugar, gradually. Beat until mixture thickens.
5. Add salt to egg whites and beat until foamy.
6. Add cream of tartar to egg white mixture and beat until they hold up in stiff, shiny peaks.
7. Beat in  $\frac{1}{2}$  cup sugar ( $\frac{1}{4}$  cup at a time).
8. Fold in gently the beaten egg yolks.
9. Fold in gently the flour (sift about  $\frac{1}{4}$  cup of flour over the egg mixture at a time). Use as few strokes as possible to blend mixture.
10. Pour the batter into an ungreased tube pan. Waxed paper may be fitted into the bottom of the pan if desired.
11. Bake for 45-50 minutes at 325° F. (slow oven).
12. Invert pan until cake is cold.

**Small sponge cakes—**

1. Turn sponge cake batter into muffin pans.
2. Bake in moderate oven (350° F.) for 20 to 25 minutes.
3. Invert pans and rest one edge against cake rack until almost cold.
4. Loosen with spatula and coax cakes free, before they are cold, to prevent breaking. They are not easily removed when cold.
5. Serve with fresh fruit or whipped cream; or ice and roll in shredded cocoanut.

**Jelly roll—**

Bake the sponge cake in a large shallow pan so the cake will be about  $\frac{3}{4}$  inch thick. The pan should be lined with waxed paper or a piece of white paper lightly greased with unsalted fat.

Turn out on a clean towel sprinkled with powdered sugar. Cut off the end crusts. Spread with currant jelly or apricot jam. Roll the short way, using the towel to help roll it without cracking. Leave in the towel until set.

**Angel food cake—**

1 c egg whites	$\frac{3}{4}$ c cake flour*
2 T cold water or 1 T cold water and 1 T lemon juice	$\frac{1}{2}$ t salt 1 t cream of tartar 1 t flavoring
1 c sugar*	

1. Sift flour. Measure accurately.
2. Return flour to sifter. Add  $\frac{1}{2}$  c of the sugar.
3. Sift together 5 times. (If 2 clean pieces of paper are used, this sifting is easily accomplished. Sift on to one piece of paper. Set sifter on second piece of paper, lift first paper and pour flour into sifter. Repeat the required number of times.)
4. Separate eggs and measure. (They should be at least 24 hours old and cold.)
5. Put whites into the large bowl.
6. Add salt and water.
7. Beat until foamy.
8. Add the cream of tartar.
9. Continue beating until the whites will not slip when the bowl is tipped.
10. Beat in the other half cup of sugar.
11. Add the flavoring.
12. Carefully fold in the sifted flour and sugar a little at a time, using the wooden spoon. Avoid breaking down the air cells as this makes the batter sirupy instead of fluffy.
13. Pour into the tube pan which you have previously rinsed with cold water. *Never* grease the pan for a butterless cake.
14. Bake 45 to 50 minutes, beginning at 325° F., and gradually increasing the temperature to 350° F.
15. Invert the pan to cool.

**Golden West cake** (courtesy of Mrs. L. A. Humphreys). This recipe is an excellent one to use up the yolks left from the angel food cake given above.

1. Put the 11 yolks in mixing bowl and beat until stiff and lemon colored.
2. Add 2 cups of sugar and cream thoroughly.
3. Sift together 3 cups of cake flour, 3 teaspoons of baking powder, and 1 $\frac{1}{2}$  teaspoon of salt.
4. Add one-third of the flour to egg-and-sugar mixture.

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\* At 5,000 feet elevation, increase sugar 2 T and flour  $\frac{1}{4}$  c. Bake 350° F., 40 minutes.

5. Put 2 teaspoons of butter into a measuring cup and fill the cup with boiling water.
6. Add  $\frac{1}{3}$  cup of hot water to the cake mixture and stir well.
7. Add the remainder of the flour and hot water, alternately, until all of both is added.
8. Add 2 teaspoons of flavoring extract. Do not beat mixture at all—simply stir.
9. Bake in large loaf cake pan at 375° F. for 15 minutes, then at 350° F. for 45 minutes.

#### Other uses for egg yolks—

**NOODLES.** To each egg yolk add 1 tablespoon of cold water. Beat sufficiently to combine. Stir in enough flour to make a stiff dough. Put on a floured bread board and knead in as much flour as possible. When enough flour has been kneaded in the dough will be smooth and will not stick to the board. Roll very thin (less than  $\frac{1}{8}$  inch), and cut in narrow strips. Let dry thoroughly before using. It is possible to leave the dough rolled out until partly dry and then roll up and cut across the roll, but often the dough sticks together and the strips are not so even.

Noodles may be used as soon as dried or they may be stored, in either paper sacks or fruit jars until wanted, provided they are very dry before storing.

There are several ways in which noodles may be used: (1) Chicken and noodles: When you have boiled chicken and it is thoroughly cooked, remove the chicken from the broth and add noodles broken up as you would macaroni or spaghetti. Cook until tender. Return the chicken to reheat and serve at once. (2) Noodles are delicious in chicken or beef soup. (3) Noodles au gratin: Use in place of macaroni, adding the white sauce and cheese as given in the recipe in this bulletin.

**SALAD DRESSING.** Another use for egg yolks is in the making of either boiled or mayonnaise salad dressing, recipes for which are found elsewhere in this bulletin. Either type of dressing may be made up in fairly large quantities and will keep if properly stored.

#### Sunshine cake—

10 egg whites	1 t lemon extract
$1\frac{1}{2}$ c powdered sugar	1 c flour
7 egg yolks	1 t cream of tartar

Combine and mix the same as for angel food except that the egg yolk is carefully folded into the egg white before the flour and sugar are added. Bake same as sponge cake in an angel food pan.

If you want to vary these cakes you may make any one of them into a chocolate cake, using  $\frac{1}{4}$  cup of cocoa sifted with the flour.

**How to prepare a cake for exhibiting.** Cut a piece of stiff cardboard to fit into the bottom of a cake box. Cover this cardboard with several layers of waxed paper. When the cake is taken out of the pan put it on this piece of cardboard and cool thoroughly. The brown crust is left on the side of the cake. Do not frost the cake.

## GROUP NINE: AFTERNOON TEA

Our mothers do many thoughtful things for us so we, of course, are always looking for courteous things we can do for them. Wouldn't you like to invite them to an afternoon tea? There are several things that you will need to do in preparation for this event. In the first place, the president should appoint four committees: (1) a committee on arrangements, (2) a committee on refreshments, (3) a committee on entertainment, and (4) a committee on decorations.

Where there are only a few members, each member will have to serve on more than one committee. The committees could be combined so that each one will have about an equal amount of work; for example, the committees on arrangements and refreshments can be combined; also the committees on decoration and entertainment.

### 1. THE ARRANGEMENTS COMMITTEE

The arrangements committee can arrange for the place to hold the tea. Perhaps one of the girls could invite them all to her home, or perhaps you have an assembly room at the school or an attractive recreation room or club room. Perhaps the club leader could let you use her home. This committee will issue the invitations. You may want to invite some others besides your mothers; for example, your teachers, or teachers.

### 2. THE REFRESHMENTS COMMITTEE

The refreshments committee is a very important one. For afternoon tea very light refreshments should be served, such as tiny sandwiches, little cakes, and of course a beverage, which is usually tea, but may be lemonade or fruit punch. Remember that only very light refreshments should be served between meals.

**Sandwiches.** The sandwiches served are pleasing if made quite small and cut into fancy shapes. If you use nut or raisin bread, butter is all the filling necessary. The sandwiches may be cut square, rectangular, round, or crescent-, heart-, or diamond-shaped. The bread should be sliced and cut into the desired shapes before

spreading it with butter, in order not to waste any butter. The scraps of bread can be used in a bread pudding or dried thoroughly for bread crumbs so they need not be wasted. If you use plain whole wheat or white bread, you might like to use one of the sandwich fillings given in your Division I Cookery bulletin.

**Tea cakes.** Little cookies or small cakes may be served. You might use the small sponge cakes (page 31) and ice them with fine powdered sugar mixed with a little water or cream flavored with any desired flavor and colored with vegetable coloring if you wish. Or drop the sponge cake batter by spoonfuls onto a slightly buttered baking sheet; in the center of each little cake place a quarter of a walnut, or sprinkle shredded cocoanut over each little cake. You might serve slices of some of the cake that you have learned to make or you could use one of the cooky recipes given in your Division I Cookery bulletin.

**Tea.** In making tea a good rule is to allow 1 level teaspoon of tea to each cup. Have your teapot hot. Put the tea leaves into a tea ball, fill the teapot with freshly boiled water, put in the tea ball and leave for 3 or 4 minutes, or until the tea is as strong as desired.

#### Nut bread—

2 c flour	$\frac{1}{2}$ c nut meats
$\frac{1}{2}$ c sugar	1 c milk
3 t baking powder	2 T melted fat
$\frac{1}{2}$ t salt	1 egg

1. Sift the flour, sugar, baking powder, and salt together.
2. Add the nut meats.
3. Mix the milk, melted shortening, and egg.
4. Add to dry ingredients and stir only until mixed.
5. Pour into a greased loaf pan and bake in a moderate oven (350° F.) for 45 to 50 minutes.
6. Let stand one day before slicing for sandwiches.

#### Marguerites—

2 egg whites beaten stiff	1 t vanilla
1 c sugar	$\frac{1}{2}$ c nut meats
$\frac{1}{2}$ c water	Crackers (white or graham)

1. Cook the sugar and water until it forms a thread.
2. Pour gradually from pan on to the beaten whites, beating constantly.
3. Add vanilla and nuts.
4. Spread it on the crackers and brown in the oven.

**Molasses raisin nut bread—**

2 T white fat	$\frac{1}{4}$ t salt
2 T butter	$\frac{1}{4}$ t soda
1 egg	$1\frac{1}{2}$ t baking powder
$\frac{1}{2}$ c molasses	$\frac{1}{2}$ c sweet milk
2 c flour	1 c chopped nuts
1 c chopped raisins or dates	

1. Cream fat.
2. Add beaten egg and mix well.
3. Add molasses.
4. Sift flour with dry ingredients.
5. Add flour alternately with milk to first mixture.
6. Add chopped fruit and nuts.
7. Bake at 350° F., 10 to 12 minutes.
8. Cut into bars 3 inches long and  $1\frac{1}{2}$  inches wide.

**Date nut bars—**

2 eggs	$\frac{1}{4}$ t salt	1 c broken walnuts
1 c sugar	2 t baking powder	5 T boiling water
1 c flour	1 c finely cut dates	1 t vanilla

1. Put the boiling water on the dates. Let stand.
2. Beat the eggs until fairly light.
3. Add the sugar.
4. Sift flour, salt, and baking powder together.
5. Sift flour mixture onto egg and sugar mixture.
6. Add nuts and dates, mix all together.
7. Bake in well-greased shallow pan, about 9 by 15 inches.
8. Bake in a slow oven (325° F.) about 25 minutes or until the little bubbles cease to appear.
9. When the cake is nearly cooled, cut into rectangles, squares, or diamond shapes about 2 inches in size.
10. Roll in powdered sugar. These are excellent for an afternoon tea.

**3. THE ENTERTAINMENT COMMITTEE**

The entertainment committee should so plan that every one will have a good time.

Some suggestions to help you be good hostesses are:

Look your best; wear a neatly pressed, clean dress, and have your hair and nails well groomed.

Plan the entertainment before the guests arrive.

- Create a friendly feeling.
- Receive guests naturally and express pleasure at seeing them.
- Show the guests where to put their wraps.
- Introduce all guests to each other and to members of the club. One easy way to do this is to say, "Mrs. Davis, this is Mrs. Morton, Mrs. Hayes, and Mrs. Andrews."
- Try to visit with all the guests.
- Remember, gum chewing is done *only* in private.
- Serve the refreshments in an attractive manner.
- Be present when the guests are leaving. Receive their compliments with appreciation and modesty. Express your pleasure that they could come.
- Do your share to clean up after the tea. If everyone helps all will feel the party was a success.

#### Serving the tea—

The tea table should be set as attractively as possible. One of the girls could pour the tea at the end of the table where napkins, plates, cups, cubed sugar, and perhaps slices of lemon have been placed. Plates of sandwiches, cakes, and any other foods being served can be arranged attractively on the table. A centerpiece of flowers or evergreens will help to make the table attractive.

Invite each guest to come to the tea table where she is served a cup of tea. She then selects the food that she wishes and carries her plate to a chair near a friend. A little later one of the girls can pass the plates of sandwiches and cakes to the guests in case they would like more. Additional tea may also be passed. As soon as the guests have finished, their plates should be removed.

#### 4. THE DECORATIONS COMMITTEE

The decorations committee should see to it that the rooms to be used are in order and well dusted. If flowers can be obtained, they should be attractively arranged by this committee. No other decorations are needed.

## GROUP TEN: WHAT'S FOR LUNCH TODAY

**Objective:** To learn to plan and prepare well-balanced and attractive luncheons.

### Club meeting suggestions—

1. Discuss—  
     Patterns for luncheon menus.  
     How lunch can complete day's requirements.  
     Table setting for luncheons.
2. Roll call topic: A common courtesy at the table.
3. Demonstration: Serving a luncheon.
4. Table courtesy: When passing the plate for a second helping, lay the knife and fork to one side of the plate; do not put them on the tablecloth. While eating, when not using either the knife or fork, lay it across one side of the plate; do not lean it against the plate or put it on the tablecloth.

**Home work.** Prepare and serve 3 luncheons or suppers.

A good lunch supplies you with about  $\frac{1}{3}$  of your food needs for the day. Consider what you had for breakfast and what you will have for your night meal when you plan your luncheon. Remember you will want to balance your day with a good meal in the middle of it.

A luncheon or supper should be a lighter meal than the dinner, which is the main meal of the day. Where children must take a cold lunch to school, many families find it best to have the main meal in the evening, in which case the noon meal is the light one. Many families, however, prefer to have their main meal in the middle of the day because they think eating heartily near bedtime is not a good practice.

### A pattern for a good lunch—

1. Main dish, such as macaroni and cheese or cream soups.
2. Vegetable, as a tossed green salad.
3. Bread or roll and butter.
4. Milk.
5. Simple dessert as fruit, custard, gelatin, or pudding.

Here are some sample menus:

MACARONI AND CHEESE  
 TOSSED VEGETABLE SALAD  
 BRAN MUFFINS  
 CANNED OR FRESH PEACHES  
 MILK

CREAM OF CORN SOUP  
PEANUT BUTTER AND CHEESE SANDWICHES ON WHOLE WHEAT BREAD  
RAW CARROT STICKS  
CUSTARD  
MILK

PEACH AND COTTAGE CHEESE SALAD  
HOT ROLLS AND BUTTER  
CHOCOLATE PUDDING  
MILK

**Setting the table.** Well-prepared food, attractively served on a properly set table, is always inviting. If place mats are used, they should be set  $\frac{1}{2}$  inch from the edge of the table and parallel to the edge. A table cloth should be laid over a pad, and the center crease should be down the center of the table.

**Cover.** All the silver, dishes, and glass for each person are called a cover and are placed in the following order: The plate is in the center of the cover and about 1 inch from the edge of the table. The knife, with cutting edge toward the plate, and the teaspoon are placed to the right of the plate. The fork and the salad fork with the tines up are placed to the left of the plate. All silver is placed 1 inch from the edge of the table.

The water glass is placed at the tip of the knife, the bread and butter plate at the tip of the fork.

The napkin is placed to the left of the fork with the open corner at the lower right corner. Salt and pepper, cream and sugar, and service spoons are placed where they can be reached conveniently.

A low centerpiece of flowers or fruit adds to the attractiveness of the table. Flowers with a strong or disagreeable odor should not be used. The cover photograph shows a table set for luncheon.

**Records.** Now check your food habits again and see how well you practiced what you have learned. (See page 8.)

Complete your record book, and after it is signed, be sure it is sent to your County Extension Agent. **Until your record book is checked, you cannot receive credit for your work.**

It is hoped that you have enjoyed your cooking, that you will make many opportunities to put what you have learned into practice, and that you will offer to prepare many meals for Mother.

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