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# DINNER CLUB

By HELEN COWGILL



Home Cookery Project  
Division II

**DISCARD**

Oregon State System of Higher Education  
Federal Cooperative Extension Service  
Oregon State College, Corvallis  
Home Cookery Project  
4-H Club Series  
M-40

# TABLE OF CONTENTS

	Page
The Aim .....	3
Goals .....	3
Requirements .....	3
Records .....	3
Exhibit .....	4
Suggestions .....	4
Demonstrations .....	5
Judging .....	6
The Dollar Dinner .....	7
Planning the Menu .....	7
Time Schedule .....	8
Color Schemes .....	9
Figuring the Cost .....	9
Setting the Table .....	9
Serving .....	11
State Bread-Baking Contest .....	13
Meal Planning .....	14
Outline for a Dinner .....	15
A Company Dinner .....	17
Table Etiquette .....	17
Vegetables .....	19
Salads .....	21
Meat .....	23
Desserts .....	27
Bread Baking .....	30
Amount of Work To Do .....	35

# The Dinner Club

By

HELEN COWGILL

Your enrollment for Division III of the Home Cookery Club Project has been received. Enclosed you will find all of the instructions for completing the project, your record book, and six report cards.

## THE AIM

This will be your third year of Cookery Club work. In the first year you learned how to prepare breakfast; in the second year you learned how to prepare luncheon or supper, and in this, the third, year you will learn how to prepare dinner. We hope that you will keep in mind that the aim throughout the three years of the Cookery project is that you may learn how to prepare three meals a day for your family of father, mother, brothers, and sisters, for what the family can afford to spend for food.

## GOALS

1. The formation of good food habits.
2. Skill in planning well-balanced meals.
3. Skill in the preparation of a variety of dishes.
4. Good management in the spending of food money.
5. Efficient use of time spent in meal preparation.
6. Skill in the baking of bread.
7. A study of food advertisements.
8. A visit to a market.

## REQUIREMENTS

1. The planning and preparation of not less than five dinners for the family, and one dinner for a guest or guests.
2. The baking of at least six batches of light bread.
3. The making of a final report.
4. The making of an exhibit at a local, county, or state fair.

## RECORDS

In this mailing there are six progress report cards and a record book. When you have prepared a dinner or baked a batch of bread, record the work in your record book, then when you have prepared

a dinner *and* baked a batch of bread, fill in a progress card and give it to your club leader or secretary, who will see that it reaches the State Club Leader or the County Club Agent in accordance with the plan followed in your county.

### EXHIBIT

The exhibit shall consist of:

One loaf of white bread.

**The basis of awards** in Home Cookery Division III shall be as follows:

(a) Exhibit: One loaf of white bread.....	75
(b) Completeness and accuracy of report and story.....	25
Possible score.....	100

### SUGGESTIONS

The following suggestions will help you in getting the most out of this bulletin.

(a) Unlike Divisions I and II, in Division III you will have a complete meal to prepare each time. We suggest that at first you try only one new dish at a meal, using recipes already familiar for other dishes.

(b) Plan your meal carefully, deciding on the order of work before you begin. At first prepare very simple dinners, but always watch the details and see that your food is well seasoned and attractively served.

(c) Make your meetings businesslike and worth while. Plan them carefully.

When possible divide your meeting into three parts: (1) business, (2) project work, (3) social. The first part, business, should include calling the meeting to order, roll call, minutes of last meeting, old and new business. The second part, project work, may include a demonstration on some of the cookery being studied, the actual preparation of a meal, the setting of a table, meal serving, dish washing, or whatever seems best. The third part, social, may be singing songs, practicing a play, a judging contest, a spelling match, or a good game. Remember, though, to clean up and leave the meeting room in order before starting for home.

(d) Make out your program for your meetings so that everyone will be prepared to do her part. The program of work will be found to be a very great help in getting the most out of your project.

Every organization that accomplishes worth-while things has a yearly program—not always in final detail, but definite enough so that no time is wasted when the time of meeting arrives. Such details as the subject for a talk, who is to talk, and so on can be attended to by a program committee a week or so before the meeting. Dates of meetings, general plans, time for completion of the project, the date for the achievement day, and such things should appear on the program of work.

(e) Continue to practice the good food habits learned while doing Division II.

(f) Bake bread more than the required number of times, if possible, in order to become more skillful.

### DEMONSTRATIONS

Doubtless many third-year Cookery Club members have taken part in demonstrations and so do not need urging to get into the work again this year. Certainly third-year cookery presents many interesting subjects to demonstrate.

Keep in mind that a demonstration is simply, DO—TELL. While one team member *shows* how to do a piece of work, her team mate *tells* what is being done. A demonstration should teach one thing so well that those watching can go home and successfully do the same thing.

Here are a few suggestions that may help you prepare a demonstration.

(a) This is your opportunity to teach others some of the things you have been privileged to learn.

(b) Demonstrate only one thing at a time.

(c) Take each step in order and avoid leaving out any step.

(d) Have your work and talk planned carefully.

(e) Have all equipment and materials conveniently placed.

(f) Use correct English; speak slowly, clearly, and distinctly.

(g) Be happy.

(h) Be neat and clean about your person and work.

(i) Where a process takes some time, have part of the work done before the demonstration begins in order that all steps may be shown and the interest kept.

(j) Plan work and talk so they agree. For example, in bread making, when one is giving the recipe, have the other measuring the ingredients. When one is kneading the dough, have the other tell why and how to knead it.

(k) It makes a cookery demonstration more effective to have something to pass as part of your demonstration, so plan for it.

- (l) Close promptly. Leave everything in order.
- (m) Do not chew gum; it detracts from the demonstration.
- (n) Do not touch or arrange the hair during the demonstration.
- (o) Keep your handkerchief out of sight. If it is necessary to use it, be sure to wash your hands afterward.

**Some demonstration subjects that will interest and instruct your audience:**

- (1) Light bread.
- (2) Clover-leaf rolls.
- (3) Cooking of strong-flavored vegetables.
- (4) Vegetable salads.
- (5) Salad dressings for different salads.
- (6) Table setting and meal serving.
- (7) Meat pie.
- (8) The secret of a good stew.
- (9) Left-over meat in a one-dish meal.
- (10) Tapioca fruit desserts.
- (11) Pastry.
- (12) Fruit whip.
- (13) Fruit salads—their place in the dinner menu.
- (14) Judging a loaf of bread.
- (15) Boiling, simmering, pot roasting, broiling, or roasting meat.
- (16) Building the menu.

## JUDGING

In order to live up to the national club motto, "To Make the Best Better," we must be able to detect the flaws in the work we have done. Even as we have standard measures of quantity, we can and do have standard measures of quality. Some of these are in the form of score cards. The simple score card used in Oregon for all cooked foods is this:

Appearance .....	20 points
Attractive, appetizing.	
Texture .....	35 points
In baking, good crumb.	
In custard, smooth, free from lumps, etc.	
Flavor .....	45 points
Palatable, well seasoned.	
Total .....	100 points

It is desirable for every club member on preparing a dish to score it in order that she may have a better idea as to how well she

has succeeded. Then it is a good idea to score each other's products occasionally to see whether you agree as to quality.

### THE DOLLAR DINNER

The Dollar Dinner Contest is planned for girls in third-year cookery only. Each county may send one girl to the State Fair to enter this contest. It is desirable to have this entrant the winner in a county contest, but if no county contest can be arranged, the club agent or other county official who is responsible for the Home Economics projects may, at his discretion, enter the girl he thinks is qualified to represent the county.

Each contestant is assigned a time for work. She is allowed 3 hours in which to prepare, serve, and clear away a dinner for four guests. She brings all of her food supplies, table linen, towels, dish cloth, holders, and any special equipment she may wish. Dishes, glassware, silver, cooking utensils, range, sink with hot and cold running water, refrigerator, work space, dining table, chairs, and side board are furnished. Each contestant is limited to one dollar for food supplies.

#### Planning the menu.

Since the cost is limited, it is necessary to plan the menu carefully. The meat is always the most expensive item in any dinner so it is well to plan the dinner around it. The cheaper cuts of meat can be made into delicious dishes with little trouble if one plans carefully. Since the cheaper cuts are frequently somewhat tough they are improved by long cooking at low temperature. Meat pies, swiss steak, stuffed pork chops, veal stew with dumplings, hamburgers, meat loaf, veal birds, and many similar dishes are excellent. So are escalloped salmon or tuna fish, salmon souffle, clam fritters, etc.

A fruit cocktail, fruit juice, tomato juice, or clear soup may be served as a first course. The main course should include a meat or meat substitute suitable for dinner, a starchy vegetable such as potato or rice, a succulent vegetable such as peas, carrots, string beans, etc., a bread, a light salad, if desired, or a relish plate of carrot sticks, celery, radishes, etc. This course is followed by dessert. A beverage is served and may be tea, coffee, or milk, depending on which goes best with the menu. As a usual thing, men seem to prefer coffee.

In deciding just what to serve, color, texture, and flavor must be considered as well as time for preparation and cooking. A meal composed of all soft, bland foods is insipid and unpalatable. For example, mashed potatoes should be served with a meat that re-

quires chewing, a vegetable that has high flavor value, and a crisp raw vegetable. A main course that is rich should be followed by a light dessert. A main course that is fairly light may be followed by a heavy dessert such as pie or cobbler. Milk should be used in some way in the meal. Certain food combinations always seem right, such as baked potatoes with veal bird—creamed boiled onions, lettuce salad served with French dressing to which a couple of teaspoons of catsup are added, light rolls, coffee, and lime gelatine would complete this menu. Tomato juice cocktail, salmon loaf, parsley potatoes, cabbage and cucumber salad, green peas, bread and butter, fresh sliced peaches, ice-box cookies, coffee, is another good combination. Lamb stew with steamed rice, corn on the cob, tomato stuffed with celery salad, baking powder biscuits, baked caramel custard, beverage, is still another. These menus are given to show the possibilities, and we trust you will use them as guides in planning your own dinner.

Note that in each of these menus, contrast in texture, flavor, and color has been brought in, as well as wise use of the necessary food elements such as protein, starchy food, a green or yellow vegetable, a raw vegetable, milk, and fruit.

Such foods as light rolls and gelatine dishes may be prepared at least partly before entering the booth, but the judge will be watching for too much early preparation, and the girl who can accomplish the greater amount of work within the time limit, other things being equal, has a little the best of it.

Read current magazines for suggestions for meals, but don't undertake too elaborate recipes. Often the manner of serving a dish takes it out of the commonplace. Why not start a scrap book of pictures of good-looking foods and recipes so when the time comes to enter the contest you may have many ideas to select from. It is an excellent plan to use the food for which your county is noted—Jackson pears, Klamath potatoes, etc.

**Time schedule.** In planning your dinner, it is important also to take into consideration the length of time required to prepare the various foods, the length of time required to cook them, and the best schedule for doing the various kinds of work. A time schedule has been worked out on page 16 which will help you in planning your schedule here.

Time yourself first, when you cook the different dishes at home, as to how long it takes to get each one ready to cook, then the exact time required to cook it. Next make out your schedule so that you make every minute count, and everything will be ready exactly on time. It is an excellent idea to write out this completed schedule and

pin it up in front of you as a guide. At the time of the contest you will have very few interruptions so your schedule should work out nicely.

**Color schemes.** It is possible to carry the color-scheme idea too far, but a meal is always attractive when dishes, flowers, and food are harmonious in color combination. The china provided at the State Fair is ivory colored with a narrow gold band around the edge. The glassware is clear, without color, so any color scheme will blend nicely. It is a good plan to have at least one food colorful—carrots, tomatoes, or bright-green peas. If carrots or tomatoes are used, the flowers should be orange, yellow, blue, or red—not pink! Pink flowers could well be used with green peas and so on.

**Figuring the cost.** Figuring the cost requires care and accuracy, but it is not difficult when once understood. All costs are to be computed at retail figures in the home market. If the recipe is written out in the following form and the number of servings noted, you can readily arrive at the cost per serving for four servings.

#### MASHED POTATOES

5 medium-sized potatoes—3 lbs. @ \$.02.....	\$ .06
$\frac{1}{2}$ cup milk @ \$.12 per quart.....	.015
3 tablespoons butter @ \$.32 per pound.....	.03
	<hr/>
Serves 4	\$ .105

#### MEAT LOAF

1 lb. ground beef @ \$.16 per pound.....	\$ .16
$\frac{1}{2}$ lb. ground pork @ \$.16 per pound.....	.08
1 egg @ \$.18 per dozen.....	.015
$\frac{1}{2}$ c. bread crumbs (2 slices @ \$.10 a loaf).....	.015
	<hr/>
Serves 6	\$ .27

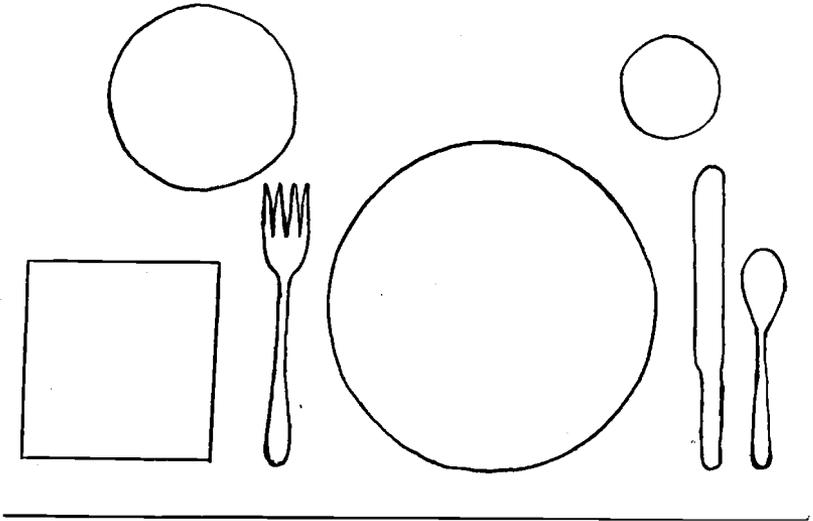
Cost for 1—\$.045. Cost for 4—\$.18.

**Setting the table.** Since the Dollar Dinner is a no-host dinner, the table is set a little differently than it would be for a family meal.

If a linen tablecloth is used, a silence cloth should be put on the table first. See that it is straight with an equal amount hanging over the sides and ends. The tablecloth should have the lengthwise fold running along the lengthwise center of the table and the cloth should be straight and smooth. A lace cloth may be used if desired.

It is desirable to have a few flowers attractively arranged in a low vase or bowl. Flowers for the table should not be strong scented, and the colors should harmonize with the food colors. The flower

arrangement should be low enough so that guests can see each other over the top of it.



A Cover

A *cover* is all of the silver, china, and glassware to be used by one person and is arranged in the following manner: Twenty-four inches from the center of one plate to the center of the next, is allowed for each cover. The dinner plate is placed at the center of the cover with the rim one inch from the edge of the table. To the right of the plate is the knife with the sharp edge toward the plate; to the right of the knife is the teaspoon or teaspoons with bowl up. To the left of the fork is the napkin with the open corner toward the fork and the edge of the table, and parallel with the edge of the table. Each of these articles is one inch from the edge of the table. The water glass is placed at the tip of the knife, the salad plate above the fork and the edge of the table, parallel with the edge of the table. Each of these articles is one inch from the edge of the table. The water glass is placed at the tip of the knife, the salad plate above the fork. If both salad plate and bread and butter plate are to be used, place the salad plate above the napkin and the bread and butter plate above the dinner fork.

The sugar bowl and cream pitcher may be placed near one end of the table. Bread, particularly hot bread, should be brought in from the kitchen on a warm plate and in a napkin. After passing the plate

once, it may be placed on the table near enough to one of the guests so it can easily be reached to pass again. Salt and pepper shakers should be placed in either of two positions: individual ones in front of each guest or larger ones at diagonally opposite corners but parallel with the edge of the table—in order that two guests may use one pair. Relish and jelly may be placed where there is room and where they may be easily reached. Great care is required to see that everything that will be needed is in place but that the table does not look cluttered and crowded. Where more than two teaspoons or forks will be required, it is best to place the extra spoon or fork just before serving the course where it will be used.

**Serving** the dinner is an art in itself. Before announcing dinner, the water glasses should be filled two-thirds full and the first course should be on the table. Either a cocktail, juice, or soup container should be on a plate. The glasses may contain ice cubes, or the water may have been cooled with ice in the pitcher. When the dinner is ready to be served the judge should be notified and she will assemble the guests. The hostess should put on a fresh apron, see that her hair is neat, and go into the dining room to be introduced to any of her guests whom she does not know and to greet those she does know. Then she should indicate to each guest where he is to sit.

*What is wrong with the picture on the cover of this bulletin?*

While the first course is being eaten (or drunk), the plates for the main course may be served in the kitchen. The plates as well as the food should be hot, and the food should be so arranged that the plate does not seem crowded although care must be taken to insure sufficient food to satisfy a normal appetite. A sprig of parsley, a dash of paprika, a slice of lemon with fish, a strip of pimiento, or a stuffed olive will accent the plate. You can get many interesting ideas from the many women's magazines.

As soon as the cocktail, juice, or soup is eaten, the girl should remove the dishes. Remove the plate and all on it. Beginning at the head of the table, remove the dishes from each guest in turn. Take the plate and dish or glass from the left with the left hand. Pass this plate over to the right hand, and then take a second plate in the left hand and carry both out to the kitchen. Return for the dishes of the other two guests. Return to the kitchen for two dinner plates. First, place the plate you are holding in the left hand before one guest, transfer the plate held in the right hand to the left hand and again from the left, place it before a second guest. Bring in the second two dinner plates and place them before the other two guests. Again go into the kitchen and bring the hot bread and pass it to each guest.

Pass it to the left so the guest may easily help himself with the right hand. Cold bread may be placed on the table before announcing dinner, or immediately after bringing in the plates.

The beverage is next served and should be very hot. If the coffeepot is put on the stove before the plates are served, you can be sure of having hot coffee when needed. Fill the cups about two-thirds full. The cup and saucer is placed at the right of the spoons, using the right hand. The handle of the cup may be turned at right angles to the edge of the table or parallel to it. The guests may help themselves to cream and sugar, or you may have the sugar bowl and cream pitcher on a small tray and pass it to the left of each guest. If the beverage is to be tea, pour boiling water in the teapot before beginning to serve the plates. See that there is plenty of boiling water in the teakettle, then before passing the bread, pour the water out of the teapot, put in the tea and fill the pot with boiling water. Allow it to steep while passing the bread.

While the guests are eating this main course, you should straighten the kitchen, prepare the dessert for the table, and if any time is left, you might start washing cooking utensils.

When the guests have finished the main course, remove the service dishes (pickles, butter, etc.), then the dinner plate of one guest with the left hand, transfer it to the right hand, take the salad plate with the left hand, and if there is also a bread and butter plate, put the salad plate on the dinner plate and take up the bread and butter plate. Carry one person's dishes at one time. The coffee cup is left on the table and more coffee is offered. The water glasses are refilled from a pitcher. See that the water is cold. It is now time to bring in the dessert. This is served in the way the other courses were—to the left.

While the dessert is being eaten, you can scrape and stack the dishes according to kind, dispose of the waste, and put away the left-over food. If there is time before the guests finish, you may begin washing the dishes, but be sure to go in to say "goodbye" to your guests! After the guests are gone, finish washing the dishes up to those still on the table. Then finish clearing the table, straighten the dining room and return to the kitchen. Take clean dish water and wash glassware, silver, and cups and saucers in the order given.

Dishwashing may be pure drudgery or it may be fun, depending on whether we approach it with dislike or zest. Have plenty of clean towels, hot water, and mild soap. Rinse the dishes well with *hot* water. Be sure to wash the stove and sink.

Be sure to bring containers for your left-overs so you can take away all of your supplies and so leave the shelves and refrigerator

empty for the next girl. Leave everything in place as you found it. Please refill the ice-cube trays. If each girl uses only one tray of cubes, there will always be one tray of cubes ready to use. Of course you will sweep the kitchen!

Thank you! It was an excellent dinner.

EQUIPMENT FURNISHED AT THE STATE FAIR

Kitchen electric range	Measuring cup	Tablespoons
Electric refrigerator	2 mixing bowls	Large fork
Sink and hot and cold water	2 stew pans	2 paring knives
Work table	4 pot lids	Can opener
Teakettle	Percolator	Spatula
2 dishpans	Roaster	Pastry brush
Soap, scouring powder	Grater	Flour sifter
Strainer	Funnel	3 bowls
Skillet	Potato masher	3 small baking pans
Rolling pin	Dover beater	3 pans
Double boiler	Measuring spoons	Dish drainer
Dish scraper	1 butcher knife	
	Teaspoons	

6 each of the following, in old ivory china with a gold band:

Dinner plates	Salad plates	Cups and saucers
Bread and butter plates	Sauce dishes	1 gravy bowl

Glassware in cube cut, clear glass:

6 water glasses	Pickle dish	Water pitcher
6 sherbet dishes	Creamer and sugar bowl	Jelly dish
6 small plates	Flower bowl	
Salt and pepper shakers		

Silver—6 each knives, forks, salad forks, 4 tablespoons, 12 teaspoons, 6 bread and butter spreaders, 6 cocktail forks, 1 butter knife, 1 sugar spoon.

BASIS OF AWARDS

Menu .....	30
Balance .....	15
Suitability of combinations of flavor, color, etc.....	15
Preparation .....	40
Palatability .....	20
Skill .....	15
Speed .....	5
Service .....	10
Appearance of table.....	5
Skill in service.....	5
Cost .....	20
	<hr/>
POSSIBLE SCORE .....	100

STATE BREAD-BAKING CONTEST

For the past several years we have held a special bread-baking contest at the State Fair for girls in third-year cookery.

Each county is urged to hold a county contest and then to enter the winner in the state contest.

Each girl is to bring her own bowl, measuring cup, pan to heat milk, cup or small bowl for yeast, spoons, spatula or knife, flour sifter, and one one-pound loaf pan. She may bring the ingredients if she desires but they will be on hand. Each girl is responsible for mixing and baking her loaf and will be judged on the following basis:

Mixing .....	50
Accuracy of measuring, correct mixing, good baking, neatness, speed, and efficiency.	
Finished product.....	50
General appearance.....	10
Texture .....	15
Flavor .....	25
Possible score .....	100

### MEAL PLANNING

See Cookery II Bulletin for a guide to meal planning.

In planning meals several things must be considered.

1. **Good balance**—that is, the proper combinations of foods so that body-building, regulating, and fuel foods are all included.

Plan to serve only one food of a kind—one meat or meat substitute, one starchy food (bread is the exception here), one green or leafy vegetable, one other vegetable may also be served, one dessert. *Do not*, for example, serve rice pudding, baked beans, and mashed potatoes at the same meal. *Do not* serve ham and macaroni and cheese at the same meal.

2. **Economy.** Choose foods in season, with a preference given to those raised on the home place. Plan to save time in preparation and service.

3. **Palatability** depends on pleasing combination of flavors, contrast in flavor and method of cooking. Foods that are bland in flavor, such as potatoes, rice, bread, creamed chicken, cereals, should be served with foods with stronger, distinctive flavors, such as beef steak, currant jelly, onions, tomatoes, etc.

Do not have all foods served at one time, soft, but rather have some that are crisp and require chewing, to offset such foods as creamed dishes and buttered vegetables.

4. **Attractiveness of appearance.** Pleasing to the eye, because of good color combinations and attractive arrangement.

5. **Variety in preparation.** Do not serve several creamed dishes at one meal, nor several fried foods. For example, do not serve cream soup, a creamed vegetable, and gravy with meat at the same meal.

An exception to this rule is the oven dinner of roast meat, browned potatoes, and browned onions or carrots, or other vegetable. This combination should be offset by a crisp salad served with French dressing, or crisp celery and a tart, fruity dessert.

The meal planning chart given in your Division II Cookery bulletin is a convenient guide to all meal planning. Study it carefully and in making your menus see that each column is represented. Because many foods are valuable for more than one purpose you will find them in more than one column, in which case the one food would supply the requirements of the various columns in which it is found. (Milk is found in five, green leaves in four, etc.) Plan your dinner so that it not only will be well balanced by itself but will round out the day's meals most satisfactorily. Perhaps it will be a help to have the following outline for a dinner.

Plan to use a pint of milk per person some time during the day.

Use meat, fish, or poultry only once daily.

Use fruit and vegetables each at least twice daily (one of the vegetables should be raw).

Use whole-grain cereal and bread at least once daily.

### OUTLINE FOR A DINNER

Meat, or a meat substitute

Starchy food

Vegetable (other than starchy), either cooked or raw

Bread and butter

Beverage

Dessert

A vegetable salad or fruit salad desirable.

### MENU FOR A SIMPLE DINNER WITH DIRECTIONS FOR PREPARING

LAMB PATTIES

BAKED POTATOES

BUTTERED TURNIPS WITH PARSLEY

CABBAGE AND APPLE SALAD

BREAD AND BUTTER

CANNED RASPBERRIES

TEA

MILK

This meal provides :

<b>Energy</b>	<b>Protein building</b>	<b>Regulating and protective</b>
All foods in the meal	Milk Lamb	Turnips Milk Butter Cabbage Apples Raspberries

Supplies that will be required for serving five persons :

- 1½ pounds of lamb shoulder (minced)
- 5 medium-sized potatoes
- 6 or 8 medium-sized turnips
- 1 small head of cabbage
- 1 or 2 apples
- 1 qt. of raspberries or two boxes of fresh berries
- Milk for children (one glass each)
- Bread and butter
- 5 strips of bacon

Order of work :

1. Heat the oven for the potatoes and put on water to heat for the turnips.
2. Prepare the potatoes and turnips.
3. Put the potatoes in the oven.
4. Shred or chop the cabbage, cut up the apple (if it is a red apple, leave the skin on to give an attractive color contrast). Combine the cabbage, apple, and salad dressing and put the salad in a cool place until needed.
5. Start setting the table. Put plates and service dishes in the warming oven.
6. When the potatoes have been in the oven fifteen to twenty minutes, put the turnips in the boiling water.
7. Finish setting the table.
8. Mince the parsley.
9. Form the minced lamb into patties.
10. Put the skillet on to heat.
11. Put butter, cream, and milk on the table.
12. Slice the bread and put it on the table.
13. Put the patties on to broil.
14. Drain the turnips, butter them.
15. Fill the water glasses.

16. Scald the teapot, make the tea.
17. Take the potatoes from the oven, pierce and press open.  
Put in a lump of butter.
18. Take up patties, put turnips in their service dish, sprinkle the minced parsley over them.
19. Place meat and vegetables on the table.
20. Announce dinner.

Every menu needs to be carefully thought out so that all the food may be ready to serve at the right time and the meal can be ready at the hour set for it.

Some pointers:

1. Keep the kitchen table and sink orderly.
2. Plan your work so that everything is ready at once.
3. Begin in time so that you need not rush nor serve the meal later than the scheduled hour.

Breakfast on the day this dinner is served might be something like this:

STEWED PRUNES

WHOLE-WHEAT CEREAL WITH CREAM

SOFT-BOILED EGGS

TOAST

MILK

Lunch might be:

MACARONI AND CHEESE

SLICED TOMATOES

BREAD AND BUTTER

GINGERBREAD

COCOA

### A COMPANY DINNER

Do not make the mistake of thinking it is necessary to prepare a great variety of food, to use expensive foods, or to prepare elaborate dishes that require a great deal of skill, in order to serve guests.

Set the table carefully, have the table linen fresh, the glass and silver sparkling, the food simple but delicious. Be clean and dainty yourself, and be smiling and gracious, and your guests will be happy.

Directions for setting the table will be found on page 10.

### TABLE ETIQUETTE

Thoughtfulness for the comfort and pleasure of others is the foundation of all rules of etiquette. Good manners must become

second nature if they are to serve us when needed, so don't save your manners for company! And then, too, should we not be most kind and polite to our own family?

The following simple rules for table etiquette have been found to add to the enjoyment of eating together :

Sit erect. Keep elbows off the table and close to the sides of the body.

Keep the napkin on the lap. Use it only to wipe fingers and lips.

Do not begin to eat until all are served.

Keep lips closed while chewing.

Do not try to talk with food in the mouth.

Do not play with silver or bread.

Talk of pleasant things.

Do not monopolize the conversation.

Avoid taking more food on the plate than you wish to eat.

Eat all that is on the plate but avoid scraping the plate.

Wipe mouth before drinking.

Take bread from plate with fingers, not fork.

If a dish is passed to you, help yourself before passing it on.

Ask to have a dish passed to you. Do not reach across the table.

If someone asks you to pass a dish, pass it *without* helping self.

It is bad form to serve one's self from a dish with one's own silver.

Break bread, and butter a small portion at a time except hot bread, which is best when buttered while hot. Keep bread on the plate, not on table.

Hold the knife only when using it to spread or cut; at other times place it on the plate, not leaning against it.

Use the knife in the right hand. Hold it like a pencil with the forefinger on the back of the blade.

While cutting meat, hold the fork in the left hand with the tines down.

Meat may be conveyed to the mouth with the fork held in the left hand or the knife may be laid on the plate and the fork transferred to the right hand.

The spoon is used only in eating prepared fruits, custard, desserts, soups, egg in a cup, cereals, and similar foods.

In eating cereal, ice cream, and similar foods, dip the spoon toward you; take food from the tip of the spoon. Dip the soup spoon away from you.

When through stirring a beverage, place the spoon in the saucer.

Eat vegetables with a fork when possible.

Celery, olives, green onions, and radishes are eaten from the fingers.

Cake with soft icing is eaten with a fork.

Cut fowl from the bone. Never pick it up.

When skin of a baked potato is eaten, use the knife to cut off each portion as it is eaten.

Do not pile meat and potatoes on the fork. Take one food at a time.

When at the table, do not hold a dish in your hand while eating from it.

Avoid coughing at the table; if unavoidable, turn your head and hold handkerchief to the mouth.

If necessary to blow the nose, leave the table, go to another room; return quietly.

When through eating, lay the knife and fork together on the plate.

Do not stack dishes nor push them away.

Remain seated until all have finished eating.

## VEGETABLES

Vegetables may be roughly classified as starchy and other than starchy. Potatoes, dried beans, and dried peas are eaten largely for their starch, although they also furnish some minerals and vitamins.

The other vegetables are rich in minerals and vitamins. Such vegetables as cabbage, celery, and lettuce, because of their bulk, aid in preventing constipation.

Celery, lettuce, cabbage, tomatoes, carrots, chard, endive, radishes, onions, cucumbers, green peppers, and romaine are often served raw in salad although all of them may be cooked.

**Boiling.** Mild-flavored vegetables such as tomatoes, peas, string beans, carrots, and celery may be cooked in a small amount of water until tender, drained, and served with butter or a little cream. Green vegetables will retain their color best if cooked uncovered.

**Baking** is desirable for some vegetables such as potatoes and squash. Scrub and put in the oven and bake until tender. Squash must then be cut open and the seeds and membrane removed. Put in some butter and return to the oven to brown slightly. Serve in the shell.

**Cooking strong-flavored vegetables.** Did you ever come home from school and smell the cabbage cooking from away down the

road? Of course you have, or if it wasn't cabbage, perhaps it was onions. Cabbage, cauliflower, turnips, onions, rutabagas, kohlrabi, broccoli, brussels sprouts, and chard are strong-flavored vegetables that contain a substance that vaporizes when the vegetable becomes hot. If cooked in a small amount of water in a covered pan this substance condenses again on the lid and falls back into the vegetable, forming a new substance which is harder to digest, turns the product a darker color, and gives it a stronger flavor.

Within the past few years, it has been discovered that when these vegetables are cooked in a quantity of water, uncovered, for a short time, they are finer flavored, more attractive in appearance, do not scent up the house and draw flies, and are more easily digested. The following method is the one that has been found to give the best results.

**Method.** Prepare the vegetable as usual, by washing, paring (turnips, rutabagas, etc.), and cutting into the desired sized pieces. Have two quarts of water in a kettle boiling. Add  $1\frac{1}{2}$  t salt. When boiling well again put in the prepared vegetable. Boil without covering until the vegetable is just tender. Drain and prepare for serving in any desired way.

**After cooking** until tender by any of these methods, vegetables may be dressed in any one of several ways:

1. Served plain with butter, salt, and pepper.
2. Served with a cream sauce (the same medium white sauce you learned to make in Cookery Divisions I and II), or real cream or canned milk, depending on your taste and what you can have. It is best when using canned milk, to pour it on the well-drained vegetable and let it heat for just a moment as boiling often causes it to curdle.
3. Cauliflower, cabbage, turnips, corn, string beans, potatoes, and onions may be put in a baking dish and covered with a white sauce, some buttered crumbs or corn flakes, and baked until the top is a golden brown.
4. Turnips are delicious when cut into one-half inch cubes before cooking, then served with a little butter and about a table-spoon of finely minced parsley sprinkled over the top after they are in the service dish.

Since it requires only from 6 to 10 minutes to cook these vegetables in the way described, it is necessary to plan a meal carefully so that everything else may be ready to serve as soon as the vegetables are ready since they are much more palatable when served immediately while very hot. It is better to set them aside and reheat

them quickly rather than to keep them hot while waiting to serve a meal.

### Some special vegetable dishes—

*Escalloped tomatoes* (canned or fresh tomatoes). To one pint of tomatoes add three level tablespoons of sugar, 1 teaspoon of salt, 2 tablespoons of butter. Put into a baking dish (an oven-glass pie dish is very good, but any baking dish that can be put on the table will do).

Cut two slices of bread into cubes, and spread them over the top of the tomatoes. Dot with bits of butter, sprinkle with salt, pepper, and paprika, and bake until the bread is brown.

*Parsnip fritters*. Boil or steam parsnips until tender. Mash thoroughly. To each two cups of parsnips add one tablespoon of flour, one egg, and one teaspoon of salt. Mix thoroughly. Have a frying pan ready, with some hot bacon fat or beef drippings, or any preferred frying fat. Drop the parsnip mixture by tablespoonfuls into the fat and sauté until an attractive brown on both sides.

*Young carrots and green onions*. Wash young carrots but do not peel. Run carrots through a food chopper. To two cups of carrots use eight to twelve little green onions, leaving just a little of the tender green part on.

Lay the onions on top of the carrots and add a very little water. Cook until the onions are tender (5 to 10 minutes). Season with salt and butter and serve immediately.

*Peas and carrots* are delicious when cooked together. Use equal quantities of each.

*Peas and green onions*. French cooks often serve peas and green onions prepared in the way described for carrots and onions.

*Peas and mint*. Cook the peas, chop fine some spearmint. Add 1 t of the mint to 4 c of the peas. Season with butter, salt, and pepper.

*Carrots and celery*. Another delicious vegetable combination is prepared by cooking equal amounts of cut celery and sliced or diced carrots together until tender. Serve with butter or cream.

## SALADS

Salad served at dinner time should be less heavy than one that may be used as a main dish for luncheon. Usually a French dressing or a simple boiled dressing is better than a rich mayonnaise.

**French dressing—**

1 T lemon juice or vinegar    Pepper and paprika to taste  
 3 T salad oil                     $\frac{1}{2}$  t salt

Combine ingredients, and beat well to mix and thicken. Serve immediately.

**Variations of French dressing—**

- |  |                             |
|--|-----------------------------|
| 1. Add $\frac{1}{2}$ t mustard           | } to plain French dressing. |
| $\frac{1}{2}$ t celery salt              |                             |
| 1 t sugar                                |                             |
| 2. Add 2 T catsup                        | } to plain French dressing. |
| 1 T finely chopped raw onion             |                             |
| 1 T finely chopped sweet cucumber pickle |                             |
| $\frac{1}{2}$ t celery salt              |                             |

**Boiled dressing—**

$\frac{1}{4}$  c vinegar                     $\frac{3}{4}$  c milk                     $\frac{1}{4}$  t paprika  
 $\frac{1}{2}$  t salt                        1 whole egg                1 t sugar  
 1 T flour

Scald milk in a double boiler. Mix the dry ingredients. Add the dry ingredients to the milk and cook until somewhat thickened. Beat the egg slightly. Pour the milk onto the egg. Return to the double boiler. Add the vinegar and cook 2 or 3 minutes.

This dressing may be varied in the same ways suggested for French dressing.

**Salad combinations.** In your second-year cookery you learned quite a bit about salads and were given some good salad recipes. Use them again this year, and in addition try a few of the following.

1. Plain lettuce with any of the dressings described above.
2. Lettuce and tomato with any of the dressings described above.
3. Shredded or chopped raw cabbage with grated or chopped raw carrot, served with boiled dressing.
4. Raw carrot, celery, cabbage, and apple with boiled dressing.
5. Lettuce, tomato, and cucumber with French dressing.
6. Shredded cabbage and green pepper with any of the dressings described above.
7. Any left-over cooked vegetables may be combined with shredded lettuce, cabbage or celery, and served with any of the dressings described above.
8. Thin slices of oranges with plain French dressing to which

1 T of sugar, and enough paprika to make the dressing red colored, have been added. Mix and add dressing just before serving.

#### Salad cautions—

1. Have salad greens crisp, clean, dry.
2. Use only enough dressing to coat the various ingredients.
3. Have everything cold.
4. Arrange attractively on individual plates.
5. Avoid a messy appearance.

A bit of pimiento, green pepper, chopped parsley, bright red beet, or a dash of paprika adds greatly to the attractiveness of a salad. The types of salads described above are valuable because they supply vitamins and minerals as well as add bulk to the food. Use them frequently.

## MEAT

Since dinner is the principal meal of the day, meat is usually served, although often fish, fowl, or a meat substitute such as macaroni and cheese is used.

You have already learned that meats are body-building foods and therefore have a valuable place in the diet when properly used.

There are many excellent ways to prepare and serve meat and whole books have been written on the subject. Besides the recipes given below, many meat dishes can be found in bulletins published by the various meat packers. But there are only a few ways of cooking meat, after all, and if you learn these few ways you can make your own recipes if you so desire.

In the following paragraphs are described the common ways of preparing meats, together with some recipes for serving left-over meats.

**Broiling** is used for steaks and chops. The meat is spread on a grill or wire rack placed over coals or in the broiling oven of an electric or gas range. Turn the meat frequently to retain the juices. Season with salt and pepper after the meat is seared on both sides.

Pan broiling is the same as broiling except that the steak or chop is broiled in a skillet (preferably of iron). Have the skillet smoking hot before putting in the meat. The skillet may be greased slightly with a piece of fat from the steak or chop or salt may be sprinkled in the pan. Sear the meat quickly on one side, turn and sear on the other side, reduce the heat enough to keep from scorching the meat and cook until as well done as desired.

Broiling and pan broiling are especially well adapted to the more tender cuts of meat. Chops and steaks can be cooked in six to ten minutes.

Broiled meat should be a rich brown in color, tender, and juicy. Meat for broiling should be cut from  $\frac{1}{2}$  to  $1\frac{1}{2}$  inches thick to get the best results and should be the more tender cuts, such as tenderloin, "T" bone, loin chops, and porter house. Round steak, neck, chuck, and flank require long, slow cooking.

**Boiling** is cooking in water. The meat is left in a single piece, preferably weighing one or more pounds and in a shape that will slice well. An old hen, a rump of beef, a shoulder of mutton, and similar cuts of meat are suitable for boiling. Seasoning should be added when the meat is partly done. Salt, pepper, bay leaves, spices, and vegetables may all be used as seasonings. Simmering instead of boiling gives a more tender meat.

**Stewing**, like boiling, is cooking in water. If the meat is to be stewed, it should be cut into small pieces. Either raw or cooked meat may be made into stews.

**Roasting or baking.** We *roast* meat or fowl but we *bake* fish, although the process is the same. Place the meat, fowl, or fish in a large flat pan or a roaster. If desired the roast or fowl or fish may be dredged with flour before putting into the oven. If there is very little fat in the meat, a strip of bacon may be put on top of it. Have the oven medium hot ( $300^{\circ}$  to  $350^{\circ}$  F.). It is usual to allow 20 minutes for each pound as roasting time.

Meat cooked at a low temperature requires no water and no basting.

**Frying.** Sometimes small fish such as smelt, joints of fowl, and croquettes are fried in deep fat.

**Saut eing** is frying in a small amount of fat in a skillet. This is the method used for breaded cutlets, liver, and often fish and chicken.

A small amount of fat is put in a skillet and when smoking hot the pieces of meat are added. When the meat is brown on one side, turn it and brown on the other side, reduce the heat and cook more slowly until tender.

Some recipes combine two methods of cooking. For example, Swiss steak combines saut eing and stewing.

**Swiss steak.** Cut round steak into pieces convenient in size for serving. Pound into the pieces flour seasoned with salt and

pepper. Brown in beef fat in a skillet. Pour on hot water to cover. Cover the pan and cook slowly until tender. Or the meat may be put in a casserole after browning, water or milk added, and the whole cooked slowly in the oven until tender. Either onions or carrots and celery may be used as seasoning.

**Meat loaf.** Use ground beef or a mixture of ground beef and pork. Season to taste with salt and pepper. To each 2 pounds of meat add 1 egg,  $\frac{1}{2}$  cup of milk or water, and  $\frac{1}{2}$  cup of fine cracker crumbs. Form into a loaf and put into a roasting pan or put into a well-greased bread pan. Strip the top with bacon and roast.

**Meat pie.** This is an excellent way to serve left-over meat. Cut the meat into small pieces. Brown in a little fat, add seasonings such as a bit of onion or celery salt. Add a little flour. When the flour is a good brown add water, milk, or tomatoes as desired. Put into a baking dish. When partly cooled put on a crust made of biscuits and bake until the biscuits are done. If the biscuits are put on when the meat is boiling, steam is formed which makes the biscuits soggy.

**City chicken.** This is a dish that once served will be called for frequently. Either have the butcher prepare the meat for you or buy pork and veal steaks cut about one inch thick. Also get from the butcher as many wooden meat skewers as you want servings of the meat. Cut the meat in one and a half inch squares. Put three pork and two veal cubes, alternately, on a skewer. Prepare one skewer for each person to be served.

Prepare an egg for dipping by beating slightly and adding one tablespoon of water. Dip the "city" chicken in the egg and then in fine cracker crumbs or dry bread crumbs seasoned with salt and pepper. Fry until nicely browned, then put in a covered roasting pan. Add half a cup of water and cook in the oven until tender. This requires at least one-half hour. These are delicious and quite inexpensive.

**Lamb patties.** The cheaper cuts of lamb may be used for lamb patties to good advantage. Grind the meat, season with salt and pepper, form into little cakes about one-half inch thick and small enough around so that a slice of bacon will wrap around and just lap over. Fasten the bacon with a toothpick. Place in a baking pan and bake until done and the bacon has browned.

**Stuffed flank steak.** Have the butcher cut a pocket in the steak. Fill with bread crumbs seasoned with salt, pepper, a little

minced onion and a little melted butter. Sew up the opening or fasten together with new safety pins. Put in a greased baking pan, salt and pepper the meat. Put a little fat on top of the meat and roast until tender.

**Stew.** Use left-over steak, chops, roast, or boiled meat. Cut into  $\frac{1}{2}$ -inch pieces. Cut up fine one or two slices of bacon. Chop a small onion. Fry the bacon and onion until a light brown. Turn in the cut-up meat, brown it slightly. For each cup of liquid you plan to use for the gravy, add to the meat two tablespoons of flour. Blend well. Add milk or broth in the desired quantity, stir until the gravy thickens. Season to taste with salt and pepper.

If the meat is not tender enough to prepare in the above manner, proceed as above up to the addition of the flour, then put the meat, some strips of raw carrot and more onion if desired in a casserole or deep pan. Pour in some hot water, more than enough to cover the meat. Cover the casserole or pan. Cook in the oven until the meat is tender, then thicken the gravy. Left-over tomatoes, either fresh or canned, are an excellent addition to this stew. A bay leaf gives a delicious flavor, too.

**Turkey delight.** Sometimes our Christmas turkey is so large that we have turkey hot, turkey cold, turkey hash, and more turkey! Here is another way to serve it that we have found is truly delicious:

Cut the last of the turkey off the bones, put any bits of the fat together with some finely cut bacon in a frying pan. Add a little chopped onion, when the bacon and onion are brown add the turkey, then two tablespoons of flour to each cup of milk that is to be used (two cups of milk to one cup of turkey is about right). Stir until it boils, season with salt and pepper and push to the back of the stove.

Next prepare a dry dressing. Use stale bread. Cut off the crusts (dry them and crush for crumbs later), dip the bread into cold water, squeeze and tear into small bits. To four cups of bread crumbs add  $\frac{1}{4}$  cup melted butter, and two teaspoons of sage, and salt and pepper to taste.

Grease a dripping pan, put in the dressing. Pour over it the turkey and gravy. Cover the top with buttered bread or cracker crumbs or crumbled and buttered corn or wheat flakes (the last are a little more expensive). Bake until brown. Serve in the pan. Cabbage and apple salad, buttered carrots, and beet pickles would be pleasing with this dish.

Left-over chicken, lamb, veal or beef or canned tuna fish or salmon are also delicious prepared in this manner.

**Meat roll.** Grind or chop left-over meat. Make a rich biscuit dough. Roll it out  $\frac{1}{4}$ -inch thick. Pile the chopped meat on one-half the dough, fold over the other half. Moisten the edges with water and press the edges together. Place in a greased baking pan. Bake until the crust is done. Put on a platter; serve with a medium white sauce.

**One-dish dinner.** Put a layer of cooked carrots or peas in the bottom of a casserole or baking dish, then a layer of left-over meat, chopped, and cover with a layer of mashed potato. Pour on enough milk or broth to moisten. Cover with buttered crumbs. Season with salt and pepper and put in the oven to heat and brown. Serve with a raw vegetable salad, bread and butter, and a fruit dessert.

## DESSERTS

Nearly every one likes something sweet at the end of a meal. This is particularly true of dinner. If the dessert is chosen to add just the right contrast in flavor and food value to the main part of the meal, the results will be pleasing both to the palate and to the digestive system, but if a rich, heavy pudding or pie is added to an already rich meal, the effect is quite likely to be disastrous.

**Simple desserts.** Fresh fruit in season, such as strawberries, peaches, or melons, canned fruit, fruit whips, fruit salads, fruit gelatines, various tapioca puddings, and blanc manges are all excellent and quite simple to prepare.

*Fresh berries* of all kinds are easily prepared and make delicious desserts. Put them in a colander or sieve and wash very carefully to prevent crushing. Hull strawberries, look other berries over for bits of stem and leaves. Put into a serving dish and do not sweeten until they are to be served; then use only enough sugar to flavor. More sugar than this is undesirable as it furnishes only fuel and satisfies the appetite without supplying any building material.

*Fresh peaches* are delicious, too, when sliced and served with a little sugar.

*Plums, prunes, pears, and grapes* are usually eaten from the hand rather than as a prepared dessert.

*Oranges* are delicious to serve, cut either in thin slices or in small portions. They may be served alone, with a little sugar, or with

bananas or pineapple. Another delicious dessert is to sprinkle a little cocoanut over the thinly sliced oranges.

*Canned fruit* makes a desirable dessert just as it comes from the jar.

*Baked apples* are as acceptable as a dessert at dinner as they are as a first course for breakfast. To prepare them, select an apple like the Newtown Pippin which bakes nicely. Wash thoroughly. Core and place in a baking pan. Add a little water and sprinkle with sugar, using from one to two tablespoons of sugar to each apple. Bake until tender. Serve either hot or cold.

*Baked pears.* Prepare like apples, except that they are best cut in halves before coring. They require longer baking, and are nicest when baked slowly.

**Fruit whip.** A fruit whip is a combination of fruit pulp, egg white, and enough sugar to give a pleasing flavor. Raw apple may be used by grating it. Dried prunes and dried apricots are also good. Of course, they must be soaked and cooked until tender, then rubbed through a sieve. Bananas are excellent, too. They must be rubbed through a sieve. Very mild-flavored fruits are not suitable for whips, as they produce a tasteless product far from pleasing.

2 egg whites  
 1 c fruit pulp  
 $\frac{1}{4}$  to  $\frac{1}{2}$  c sugar, depending on the fruit used  
 $\frac{1}{8}$  t salt

A little lemon juice will often improve the flavor.

*Method.* Put the egg whites and salt in a large bowl. Beat with a rotary beater until stiff. Add the sugar gradually. Fold in the fruit pulp. Chill and serve with a thin custard.

#### Thin custard—

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

*Method.* Scald milk in a double boiler. Beat egg yolks slightly; add sugar. Gradually pour on the hot milk, stirring constantly. Return to the double boiler and cook until the custard just coats the spoon. Cool quickly. Add salt and vanilla.

**Chocolate whip—**

4 T sifted flour	1 c milk, scalded
$\frac{1}{3}$ c sugar	1 egg yolk slightly beaten
$\frac{1}{8}$ t salt	1 egg white stiffly beaten
1 square unsweetened chocolate	1 t vanilla
cut in small pieces	

*Method.* Combine the sugar, salt, flour, and chocolate. Add the hot milk gradually. Cook in double boiler until the chocolate melts and the mixture thickens. Add a small amount to the egg yolk. Return to double boiler and cook two minutes. Cool partly. Fold in the stiffly beaten egg whites and add the vanilla. Serve with cream.

Toasted cocoanut or chopped nuts may be sprinkled over the whip if desired.

**Fruit cup—**

A mixture of fruits cut in small portions and served in a small cup. Sweeten to taste. This is an excellent first course for a company dinner.

**Fruit tapioca—**

2 c fruit juice
3 T quick cooking tapioca
$\frac{1}{2}$ c sugar
$\frac{3}{4}$ to 1 c of fruit (amount depends on whether the fruit is mild in flavor or not)
$\frac{1}{8}$ t salt

*Fruits that may be used.* Strawberries, raspberries, blackberries, apricots, peaches, prunes, pineapple. If pineapple is used, 4 T of tapioca will be required.

*How to prepare fruit.* Fresh fruit—stew in a little water until tender. Use the juice as part of the liquid required, adding only enough water to make the two cups.

Canned fruit is ready to use. Less sugar will be required if the fruit was canned with sugar.

Dried fruit. Wash carefully. Soak in cold water, using three cups of water to one of the fruit. Cook until tender in this same water.

*Method of making fruit tapioca.* Heat the 2 cups of juice in a double boiler. Add the tapioca, salt, and sugar, and cook until the

tapioca is clear. This usually requires from five to fifteen minutes. Stir frequently. When clear, cool partly and fold in the fruit, which may be cut in small portions or rubbed through a sieve (all but pineapple). Chill and serve with cream.

### Deep apple pie—

Make good thick apple sauce. It should be rather tart. Fill a deep baking dish half full of the apple sauce.

#### *Crust*

1 c flour	2 T shortening
2 t baking powder	about $\frac{3}{4}$ c milk
1 t salt	

*Method.* Sift flour before measuring; then sift flour, baking powder, and salt together. Cut in the shortening. Add the milk to make a dough as for biscuits. Roll to  $\frac{1}{2}$  inch thick. Cut with a medium-sized biscuit cutter, and place the biscuits on top of the apple sauce. Put a bit of butter on top of each biscuit. Bake in a hot oven until the biscuits are a golden brown. Serve with hard sauce.

### Hard sauce—

1 c powdered sugar
$\frac{1}{4}$ c butter
$\frac{1}{4}$ t vanilla

*Method.* Cream the butter and sugar together and flavor with the vanilla. Put a heaping teaspoonful on each serving of the pie. Peaches and apricots are delicious in this kind of pie.

### Gelatine desserts—

Recipes always come with the package of gelatine; any of them will be delicious and nutritious.

## BREAD BAKING

Although many housewives today buy their bread, every Cookery Club girl should learn how to make light bread before she completes her club work.

**Requirements.** At least six bakings of yeast bread. After baking, record the work done in your record book.

**Flour** is finely ground grain. In the United States wheat flour is the most generally used.

**Graham flour** is made from the whole wheat grain. *Whole wheat* flour has only the rough outer coat of the grain removed. *White* flour has all the outer, coarser parts removed. *Best patent* flour is the highest quality of bread flour. It contains a relatively large proportion of good quality gluten.

**Yeast** is a tiny plant that can only be seen with the microscope. It grows by dividing. It must have food and moisture to grow. In growing it forms a gas, which, in trying to escape, makes the dough light. Yeast may be purchased by the box in little dry cakes, or in small moist cakes wrapped in tinfoil. The dry cakes need longer soaking. Better results with dry yeast are obtained when the sponge method is used.

**Liquids.** Milk, water, whey, buttermilk, or potato water may be used in bread making.

#### Light bread—

4 c liquid—milk, water,	2 T fat (if desired)
etc., see liquids above	3 t salt
2 T sugar	12 c flour (approximately)
1 cake yeast or 1 c liquid yeast	

**Sponge method.** Add the yeast to the lukewarm liquid. Sift in about one-half of the flour. Stir and beat until smooth and bubbly. Set aside to rise until the sponge has doubled in bulk. While rising, the sponge should be kept warm but not hot (about 82° F.).

When light, add the sugar, salt, and shortening to the sponge; then add more flour until the dough is too stiff to handle with a spoon. Turn out on a floured board. Sprinkle a little flour over the dough. Flour the hands and knead the dough, drawing the edge farthest from you up over the rest. Press the dough down and away from you with the palms of your hands; turn the dough half way around and repeat. Continue kneading until the dough is smooth and velvety to the touch and will keep its shape. This takes about twenty minutes.

Place in a greased bowl, cover with a clean cloth, and set the bowl in a warm place for the dough to rise. When the dough has doubled in bulk and is easily dented, knead in the bowl until the gas has been worked out. Let the dough rise again until nearly as light as before, knead enough to get out the gas bubbles, then form into loaves. Put it into well greased pans; let rise again until nearly double in bulk, when it is ready for baking. After you have kneaded the dough the first time, do not use any more flour because the dough

cannot be kneaded sufficiently to work the extra flour in thoroughly and the result is that the bread is likely to appear streaked.

Dough should be put in a warm (82° F.), not hot, place to rise. If you put it on top of the warming oven, be sure to put a board under the bowl. It is a good plan to put the bowl containing the dough over a pan of lukewarm water. It usually takes approximately one hour for the dough to rise the first time, forty-five minutes the second time, and about half an hour the last time. If every one used exactly the same amounts of every ingredient and kept the dough at exactly the same temperature, we could give exact time.

*Baking.* When you have formed your dough into loaves, start getting your oven to the right temperature. It should be hot (450° F.) at first. This is hot enough to brown a piece of white paper in five minutes. At the end of fifteen minutes, the bread should be a light, golden brown. Reduce the temperature of the oven to 300° F., and continue baking for thirty to forty-five minutes longer, the time depending on the size of the loaves.

**Quick method.** Instead of setting a sponge many people, especially when they use compressed yeast, prefer to mix the ingredients into a stiff dough.

Put the liquid, which is 82° in temperature, into your mixing bowl, reserving  $\frac{1}{4}$  cup of it for the yeast. Crumble the yeast cake (compressed) into the liquid reserved for it and add 1 teaspoon of sugar. Put the sugar, salt, and melted shortening in the bowl. Add nearly one-third of the flour. Beat until smooth; add the yeast; then enough more flour to make a dough that can be handled on the board.

Continue according to directions for bread made by the sponge method, letting the dough rise twice before forming it into loaves.

**Whole wheat and graham breads.** From  $\frac{1}{3}$  to  $\frac{2}{3}$  of the white flour in the above recipe may be replaced by either graham or whole wheat flour. This makes a palatable and nutritious loaf that is greatly preferred by many.

**Prune bread.** Prunes added to either white, whole wheat, or graham bread make a very delicious loaf. The following recipe is excellent:

1 qt. liquid (milk or water)	4 T melted shortening
1 or 2 cakes compressed yeast	3 t salt
About 3 qts. sifted bread flour	4 T sugar
	1 pound prunes

The prunes should be soaked until tender, then pitted and cut into small pieces. They may be added to the dough before all the flour is in, or they may be added during the first kneading. The first method colors the dough, while the second does not.

In making prune bread, follow the instructions given for white bread.

**Raisin or date bread.** Use one pound of raisins or dates instead of the prunes, and follow the recipe for white bread.

**Nut bread.** Use two cups of coarsely chopped nuts in the recipe for white bread.

**Apple bread.** Roll a piece of white bread dough that is ready for the last rising until it is  $\frac{3}{4}$ -inch thick. Put it into a well-greased shallow baking pan. Peel, core, and slice good cooking apples, cutting the slices wedge-shaped. Stick the slices of apple into the dough so the thin edge of the wedge goes into the dough. Put the slices in close together, letting about half of each slice extend above the dough. Sprinkle with sugar and cinnamon. Let rise until the dough doubles in bulk. Bake until the apples are tender, and the dough is baked through and is brown on the bottom.

**Cinnamon rolls.** Roll a piece of white bread dough until it is  $\frac{1}{2}$ -inch thick. Spread with softened butter. Sprinkle generously with a mixture of sugar and cinnamon, using one part of cinnamon to four parts of sugar. Roll and cut into  $\frac{1}{2}$ -inch slices. Put in a well greased flat baking pan close together. Brush the top with melted butter. Let rise until nearly double in bulk; bake in a quick oven until a rich golden brown.

**Light rolls.** When the dough has doubled in bulk the first time, take out the amount required for rolls. To one-fourth of the dough add two tablespoons of sugar, and two of butter or other shortening. Knead them in well. It may be necessary to add a little more flour. Let rise again, then roll and cut with a biscuit cutter. This insures having all the rolls the same size. Roll each piece between the palms of your hands to form round rolls. Put them close together in a pie tin or straight-sided layer cake tin. Let rise and bake in a hot oven about 20 to 25 minutes.

**Clover-leaf rolls.** Put four small rolls in each muffin ring. Just before putting in the oven cut an H in each roll and brush the top with melted butter.

**Parker house rolls.** For a parker house roll the dough is always rolled and cut with a biscuit cutter; then one half is folded

over the other. They may be made from plain bread dough, but the following recipe makes better ones.

1 cake compressed yeast	$\frac{1}{4}$ c lukewarm water
1 pt. milk, scalded and cooled	4 T shortening (lard or butter)
2 T sugar	3 pts. good bread flour
	1 t salt

Put the yeast and 1 teaspoon of the sugar into the water. Combine the milk, sugar, shortening, and one-half of the flour. Beat well; add the yeast mixture, and beat again. Let rise until light. Add the salt and as much more of the flour as is required to make a dough you can handle. Knead well. Let rise again until double in bulk. Roll out  $\frac{1}{4}$ -inch thick; cut with a 2-inch biscuit cutter. Crease through the center with the dull edge of a knife; brush with melted butter; and fold one side over the other. Let rise again, in well greased shallow pans, until nearly double in bulk. Bake about ten minutes in a hot oven (450° F.).

#### Some points to keep in mind in bread making—

1. Use bread flour because it contains more gluten of a better quality than cake flour.
2. Knead the dough thoroughly in order to mix the ingredients well, and to develop the gluten.
3. Never get the dough above 82° F. because yeast plants are easily destroyed at a higher temperature.
4. Have the oven 450° F. when the dough is put in. When crust is formed reduce the temperature to 300° F. for the rest of the baking period.
5. When baking rolls and other variations of light bread, the higher temperature may be used during the entire baking period.

**Faults in bread making.** If your bread has little burned blisters on top, your oven was too hot at first.

If it is golden brown in some places, as it should be all over, and if too brown or too white in other places, you have a poor oven and you must change your loaves around in the oven about once every ten minutes.

If your loaves run over at the sides, either your dough was too soft or too light or your oven not hot enough. Try to correct this fault the next time you bake.

If your loaves crack and one side rises much higher than the other, your dough was too stiff, or your oven has uneven heat from

the top and sides. Watch next time and see which causes your trouble.

If the bread is sour, one of several things may be the trouble. Was it too warm while rising? Did it stand too long before baking? Did you have poor yeast?

Coarse holes may be caused by the dough rising too long, or by its not being stiff enough, or by the oven being not hot enough and the dough rising too much while it is in the oven. Of course good bread must be thoroughly done.

**Suggestions.** Always read your recipe carefully before beginning to work. Then collect your utensils and materials. Try to bring everything from the pantry in as few trips as possible. If you wish, you and your mother may bake together. One time you might set the sponge at night and knead the dough before going to school next morning. Then mother could bake it while you are in school. Next time she might start it and let you bake it. Or, if you are one of our younger members, she might let you set the sponge for all the bread; and then when the dough is ready to knead, you might knead one loaf and she the rest.

### AMOUNT OF WORK TO DO

In order to complete the project you are required to prepare not less than six dinners and bake six batches of bread, but those of you who are deeply interested won't be satisfied to fulfill only the minimum requirements. You will be eager to become expert cooks and bread makers.

It is our hope that during the vacation period you may keep the family supplied with bread and rolls; that you will frequently prepare not only dinner but all three meals a day; that you will volunteer to do much of the marketing and meal planning in order not only to become more skillful but also to be a true partner of your mother in making home a happy, healthful place.

**LIVE FOR SOMETHING**

Live for something, have a purpose,  
And that purpose keep in view;  
Drifting like a helmless vessel,  
Thou canst ne'er to life be true.  
Half the wrecks that strew life's ocean,  
If some star had been their guide,  
Might have now been riding safely,  
But they drifted with the tide.

Live for something, and live earnest,  
Though the work may humble be,  
By the world of men unnoticed,  
Known alone to God and thee.  
Every act has priceless value  
To the architect of fate;  
'Tis the spirit of thy doing  
That alone will make it great.

Live for something—God and angels  
Are thy watchers in the strife,  
And above the smoke and conflict  
Gleams the victor's crown of life.  
Live for something; God has given  
Freely of His stores divine;  
Richest gifts of earth and heaven,  
If thou willest, may be thine.

—*Robert Whitaker.*