

OREGON AGRICULTURAL COLLEGE
EMERSON

T H E S I S .

ON

.....LUNCHEONS.....

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O R E G O N A G R I C U L T U R A L C O L L E G E .

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by

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LUNCHEONS.

Introduction.

All living things require food but none make use of such a variety of foods as does the human race. Many half civilized people of the earth live on very coarse materials. The American Indians, for example do not use a great variety of foods such as we do, but their foods are somewhat better prepared than that of the savages of past centuries.

As the nations of the world become more civilized they spend more time and thought upon the preparation and variety of their food. Innumerable attractive dishes which were formerly quite unknown have now come into common use. Today it is considered almost as important to train children and young women to cook and serve properly as to teach them mathematics, grammar, and other similar subjects.

Many people never stop to think why they should eat but appear to do so because it is a habit or because they feel hungry. Horace Fletcher who has given considerable study to the subject of Dietetics, would have us believe that we are rarely hungry in the true sense of the word. His idea of hunger being a calling of the tissues of the body for food.

Scientifically food may be defined as any substance

taken into the body to supply heat and energy, to repair waste, and to build tissue. Various other definitions have been formulated but in substance they are all alike. The foods which are made use of by the human race may be divided into two great classes, animal foods and vegetable foods. The most important animal foods are as follows: meats, such as beef, veal, lamb and poultry; fish, shellfish, eggs and dairy products. Each of these main groups of foods may be classified into a number of subordinate groups, as for example the many different cuts and edible organs of beef. The important vegetables are the following: flours, flour mixtures, cereals, sugars, starches, vegetables, pickles, condiments, fruits and nuts.

As more care is being taken in the preparation of dishes for the table, thought is also being given to the selection of appropriate dishes for the meal. Thus it has become a custom to serve cereals for breakfast, roast meats for dinner, etc. Those who have studied the subject find it to be for the good of our digestion to make certain selections. It is well known that variety in diet is desirable as the same dishes served day after day and meal after meal become tiresome and fail to be appetizing and may not meet the needs of the body for food.

In the home there should be one meal in the day which may be prepared from the materials left over from other meals, if possible. It would be a great waste and expense to the housekeeper if, after every meal all left overs were

discarded. In most homes, however this is not the case. The careful housewife is able, with a little time and thought, to prepare new and attractive dishes out of the left overs of other meals. As luncheon is usually a light meal, it is the one which most housekeepers find appropriate to prepare from left over articles of food. If the dinner and breakfast are not limited in amounts, it will be found that there may be such things as meat, vegetables, fruit and cereals left. It is by no means necessary that luncheon always be prepared from things which have been on the table before. In the summer time, especially if the cook has her own vegetable garden, it may be much better and cheaper to use fresh materials for luncheon.

It is an established fact that foods are more easily digested if we are cheerful and free from worry while eating. Perhaps it is not such a widely known fact, though none the less true that if the appearance of food is pleasing and the taste is agreeable it stimulates the flow of the digestive juices. The most important reason why we take pains to make an ill person's food look attractive and taste well is because the sight and taste of the dainty food stimulates the flow of the digestive juices and this in turn makes it desirable to the patient.

In planning menus one of the problems is to choose foods which taste well together. Different people have different tastes but a majority will agree upon the ad-

vantages of some combinations and the disadvantages of others. For example there seems to be something distasteful in the combination of beets and tomatoes. This is because there is an absence of contrast in their flavors. Combining foods to make desirable menus may be compared to blending colors to produce an artistic effect. The flavors of the different foods must blend well together. There seems to be something lacking in the meal if there is a total absence of acids so care must be taken to avoid this. Combination of flavor is not the only thing, however, to be considered in making good menus. Attention must be given to the combination of foods so that the food principles may be supplied in proper and relative proportions for the use of the body. It has been found by such men as Atwater, Chittenden, and Fletcher that the body requires much less protein than is usually taken by the majority of people. They have found that fat and carbohydrates may be made use of in supplying energy and heat to the body, leaving only the function of building tissue for protein. By experimenting frequently dietitians have come to the conclusion that it is more advantageous to the body to take into the digestive tract a limited amount of protein which will meet all bodily requirements for tissue building, leaving the energy to be supplied by fat and carbohydrates. Therefore it is essential, in planning menus, to avoid

having too much protein or too much fat or carbohydrate. It is commonly appreciated that it is not well to serve dried beans and peas at the same meal and yet, as serious a mistake is frequently made in combining other foods. Beef is a meat which is high in protein and hence should not be served with beans which, although they are not so high in protein as beef, are the highest protein containing vegetable.

The average housewife who has other duties as well as the planning and preparation of meals must take into consideration, to some extent, the time it takes to prepare a meal. In winter the days fly by quickly and the woman who would have a few hours in the morning for sewing or other work cannot well afford to consume a great deal of time in preparing the luncheon. She therefore almost involuntarily chooses dishes which can be prepared in a short time. If she wishes to have warm bread she must choose some dish easily prepared unless she has sufficient experience to enable her to make rolls or biscuits in a very short time. An elaborate salad or cake would better be omitted if the rest of the luncheon dishes are difficult. With most housewives, who prepare their own meals, time is an important consideration.

Some women who do their own cooking are more concerned with the cost of the luncheon than with the time of preparation. Here we meet with the housewife who prepares attractive dishes from the left overs of the meal before or the day before. Time has less importance with

such a cook and as it is the expense which she considers, she will perhaps be able to gain good results and have a very good luncheon with a minimum expense.

With these considerations seven luncheons have been planned, the cost carefully noted and the food values calculated, the idea being to compare them with Chittenden's standard for a luncheon which is 16.1 grams protein per capita and 928 calories of energy.

The following menus were cooked and served to six girls who are students in the college. In planning these menus an attempt was made to select well balanced luncheons and also such dishes as would taste well together. The amounts were noted and the food value of the meals was estimated, the calculations being as follows:

Luncheon Menus.

Minced ham with eggs	Creamed potatoes
Baking powder biscuits	Blackberry jelly

Mock fried oysters	Escalloped corn
Stuffed apples	Bread
Tea	

Hamburg steak	Rice croquettes
Dressed lettuce	
Strawberry tapioca	Cream

Percentage composition of foods used in the three luncheons. Water and mineral matter present in the foods are not considered here.

	Protein	Fat	Carbohydrate
Ham	22.5	21.0	
Eggs	13.2	12.0	----
Potatoes	2.6	3.0	17.8
Biscuit	8.7	2.6	55.3
Jelly	1.1	----	77.2
Milk	3.3	4.0	5.0
Butter	1.0	85.0	----
Flour	7.9	1.4	76.4
Veal	20.4	5.6	----
Bread	9.3	1.2	52.7
Corn	2.8	1.2	19.0
Apples	0.4	0.5	14.2
Walnuts	16.9	63.4	16.1
Brown sugar	----	----	95.0
Hamburg steak	20.1	16.5	----
Rice	8.0	0.3	79.0
Lettuce	1.2	0.3	2.9
Olive oil	----	100.0	----
Tapioca	0.4	0.1	88.0
Strawberries	0.7	----	24.0
Cream	2.5	18.5	4.5

Luncheon given March 25.

Food	Amount	Cost	Food value of amount used.		
			Protein	Fat	Carbohydrate
Ham	1 lb.	.15	.225	.21	----
Eggs	1/2 lb.	.033	.066	.6	----
Potatoes	1 3/4 lbs.	.017	.045	.052	.222
Biscuit	1 1/4 lbs.	.10	.108	.028	.691
Jelly	1/2 lb.	.15	.006	----	.386
Milk	1/2 lb.	.03	.016	.02	.025
Butter	1/6 lb.	.066	.001	.141	----
Flour	1 oz.	.001	.004	.008	.047

1820 calories of energy per lb. protein and carbohydrate

4040 " " " " " fat

3352.44 calories in protein and carbohydrate

4278.36 " " fat

7630.8 total number of calories

1546.16 20 per cent refuse

5084.64 calories left after refuse is taken out

847.44 calories per capita

213.64 grams protein

35.60 " " per capita

\$.537 total cost of luncheon

.089 cost per capita

Luncheon given March 26.

Food	Amount	Cost	Food value of amount used.		
			Protein	Fat	Carbohydrate
Veal	1 lb.	.18	.204	.056	----
Eggs	2 oz.	.009	.016	.013	----
Bread	1 lb.	.05	.093	.012	.527
Corn	1 11/16 lbs.	.15	.047	.02	.32
Flour	1/8 lb.	.003	.008	.016	.094
Butter	3/16 lb.	.075	.018	.159	----
Milk	1 lb.	.06	.034	.003	.051
Apples	3/8 lb.	.10	.001	.001	.053
Walnuts	1/8 lb.	.05	.021	.079	.021
Brown sugar	1/8 lb.	.008	----	----	.118

2959.32 calories in pro. and car.

1450.36 " " fat

4409.68 total calories

881.93 20 per cent refuse

3527.74 calories left after refuse is taken out

587.95 calories per capita

200.48 grams protein in luncheon

33.41 " " per capita

\$.685 total cost of luncheon

.114 cost per capita

Luncheon given March 28.

Food	Amount	Cost	Food value of amount used		
			Protein	Fat	Carbohydrate
Hamburg steak	1 1/2 lb.	.15	.301	.247	----
Rice	3/4 lb.	.06	.06	.002	.592
Lettuce	7/16 lb.	.05	.004	.001	.012
Olive oil	1/16 lb.	.05	----	.434	----
Bread	5/8 lb.	.031	.056	.01	.333
Egg	1/16 lb.	.003	.008	.007	----
Tapioca	1/4 lb.	.03	.001	----	.22
Strawberries	1 lb.	.15	.007	----	.24
Butter	1/8 lb.	.05	.001	.106	----
Cream	1/3 lb.	.066	.008	.061	.015

3381.56 calories in protein and carbohydrate

3506.72 " " fat

6888.28 total calories

1377.65 20 per cent refuse

5510.62 total calories left after refuse is taken out

918.43 calories per capita

192.30 total grams of protein in luncheon

32.05 grams protein per capita

\$.637 total cost of luncheon

.106 cost per capita

The following luncheons were cooked by members of the Dietetics class and served to members of the class.

Menus

Cream of celery soup Wafers

Salmon croquettes with white sauce Boiled sweet potatoes

Canned strawberries

Fried oysters Escalloped potatoes

Spiced grapes Bread

Tea

Cream of celery soup Crackers

Cold roast meat Sliced tomato with dressing

Chocolate Cake Coffee

Macaroni and cheese Biscuit

Baked apples with cream

Percentage composition per lb. of the foods which were not in the above list.

	Protein	Fat	Carbohydrate
Celery	1.1	0.1	3.3
Onion	1.0	0.1	11.2
Wafers	8.7	8.6	74.5
Salmon	21.8	12.1	----
Sweet potatoes	1.8	0.7	27.4
Oysters	6.2	1.2	3.7
Chocolate	12.9	48.7	30.3
Coffee	.2	----	1.4
Lemon juice	----	----	9.8
Beef	22.3	28.6	----
Sugar	----	----	100.0
Tomatoes	0.9	0.4	3.9
Crackers	9.8	9.1	73.1
Cheese	25.9	33.7	2.4
Macaroni	13.4	0.9	74.1

Luncheon served Oct.22.

Food	Amount	Cost	Number served--eight Food value of amount used.		
			Protein	Fat	Carbohydrate
Butter	13/32 lb.	.20	.004	.34	----
Celery	1 lb.	.10	.011	.001	.033
Flour	1/8 lb.	.006	.009	.001	.095
Milk	2 lb.	.05	.066	.08	.10
Onion	1/16 lb.	.01	----	----	.007
Cream	1/2 lb.	.10	.012	.925	.022
Wafers	1/2 lb.	.05	.043	.043	.372
Salmon	1 1/4 lb.	.50	.272	.151	----
Sweet potatoes	3 lb.	.25	.054	.021	.822
Bread	1 lb.	.05	.091	.016	.533
Strawberries	2 lb.	.30	.014	----	.48

5532.8 calories in protein and carbohydrate

6375.12 " " fat

11907.92 total calories

2381.58 20 per cent refuse

9526.33 calories left after refuse has been taken out

1190.79 calories per capita

261.26 grams protein in luncheon

32.85 grams protein per capita

\$ 1.61 total cost of luncheon

.20 cost per capita

Luncheon served Oct. 25.

Number served--four

Food values of amount used.

Food	Amount	Cost	Protein	Fat	Carbohydrate
Oysters	2 lbs.	.70	.124	.024	.074
Potatoes	1 1/2 lb.	.025	.033	.001	.276
Bread	3/4 lb.	.012	.06	.051	.406
Butter	1/6 lb.	.066	.001	.141	----
Tea	2 oz.	.01	----	----	----
Grape jelly	1/2 lb.	.15	.005	----	.386
Milk	1/2 lb.	.03	.018	.02	.025
Flour	1/16 lb.	.001	.004	----	.047

2655.38 calories in protein and carbohydrate

957.48 " " fat

3612.86 total calories

722.47 20 per cent refuse

2890.38 calories left after refuse has been taken out

722.59 calories per capita

111.12 grams protein in luncheon

27.78 grams protein per capita

\$.994 total cost of luncheon

.248 cost per capita

Luncheon served Oct. 26.

Number served--six

Food value of amount used.

Food	Amount	Cost	Protein	Fat	Carbohydrate
Bread	1 1/2 lb.	.075	.121	.103	.813
Butter	3/4 lb.	.281	.007	.636	----
Celery	1 lb.	.10	.011	.001	.033
Chocolate	1/16 lb.	.025	.008	.030	.018
Coffee	1/15 lb.	.023	----	----	----
Cream	1/2 lb.	.10	.037	.277	.067
Eggs	1/3 lb.	.062	.044	.035	----
Flour	7/16 lb.	.014	.028	.001	.329
Meat	2 lb.	.25	.446	.572	----
Milk	2 lb.	.12	.066	.08	.10
Olive oil	1/8 lb.	.056	----	.125	----
Sugar	1 1/4 lb.	.075	----	----	.125
Tomatoes	2 1/2 lb.	.10	.022	.010	.097
Crackers	1/4 lb.	.025	.024	.022	.182

4691.96 cal. in protein and carbohydrate

7643.68 " " fat

12335.64 total calories

2467.12 20 per cent refuse

9868.51 cal. left after refuse has been taken out

1644.41 " per capita

369.22 grams protein in luncheon

61.53 " " per capita

\$ 1.30 total cost of luncheon

.217 cost per capita

Luncheon served Oct. 28.

Number served--three

Food value of amount used.

Food	Amount	Cost	Protein	Fat	Carbohydrate
Cheese	1/8 lb.	.031	.032	.042	.003
Milk	7/8 lb.	.052	.028	.035	.042
Macaroni	1/4 lb.	.025	.033	.002	.185
Butter	7/32 lb.	.118	.002	.234	----
Flour	9/16 lb.	.016	.054	.005	.423
Apples	1 1/4 lb.	.10	.003	.003	.027
Sugar	1/4 lb	.015	----	----	.25
Cream	1/2 lb	.10	.012	.092	.022

2031.12 calories in protein and carbohydrate

1668.52 " " fat

3699.64 total calories

739.92 20 per cent refuse

2959.72 calories left after subtracting refuse

986.57 " " per capita

74.38 grams protein in luncheon

24.79 " " per capita

\$.457 total cost of luncheon

.152 cost per capita

Recipes of dishes used in menus.

Minced Ham With Eggs.

Ingredients

Boiled ham

White sauce

Eggs

Method

Mix finely chopped ham with white sauce. Put mixture in buttered baking dish and drop eggs over the top. Bake in moderate oven until eggs are cooked

Mock Fried Oysters

Ingredients

Veal cutlets

Egg

Crumbs

Method

Cut pieces of veal cutlet into bits about the size of an oyster, pound with potato masher until well broken. Season, dip in egg and crumbs and fry in deep fat.

Escalloped Corn

Ingredients

Corn

White sauce

Crumbs

Method

Make a white sauce of

2 c milk

4 T butter

4 T flour

1 t salt

Put a layer of corn in bottom of pan. Cover this with white sauce, then put another layer of corn in and continue till corn is used. Put white sauce over corn, cover with bread crumbs and brown in oven.

Stuffed Apples

Ingredients

Apples

Walnuts

Brown sugar

Brandy or vanilla

Method

Core sound apples, stuff centers with chopped nuts and brown sugar. Put one teaspoon of brandy into each core and bake. Serve cold with cream. A few drops of vanilla may be used instead of brandy.

Rice Croquettes

Ingredients

Rice

Egg

Salt

Parsley

Bread crumbs

Method

Boil rice, or use cold left over rice, mix with it enough beaten egg to make it stick together.

Season with salt, parsley, mold into croquettes, dip in beaten egg, then in crumbs and then in egg again. Fry in deep fat.

Cream of Celery Soup

Ingredients

2 c wheat stock

2 T butter

salt

3 c celery

1 1/2 T flour

2 c milk

pepper

1 slice onion

1 c cream

Method

Boil the celery and add it to the stock, make thin white sauce and add it and then add other ingredients.

A list of Menus which are suitable for the different seasons.

Summer menus

Bird's nest salad Glazed potatoes

Bread Chocolate

Surprise tomatoes Bread

Apple float Tea

Lamb chops Riced potatoes

Creamed asparagus tips

Baked pears Cream

Eggs with white sauce

Lettuce and radish salad

Fresh raspberries Cream

Tea

Stuffed onions

Hot rolls Quince jelly

Cucumbers on toast Potato balls

Washington pie

Shrimp salad Potato chips

Gooseberries

Autumn menus

Figs in blanket Potato omelet

Fresh stewed prunes

German meat balls Escalloped cabbage

Cream puffs Tea

Frizzled beef Salad A l'espagnole

Apple dumplings with lemon sauce

Chocolate

Sliced tongue Sweet potato croquettes

Orange Bavarian cream

Liver and bacon Spinach

Ginger bread Tea

Nut and cheese sandwiches Potato salad

Prune fluff Tea

Baked oysters on toast French fried potatoes

Cranberry jelly Biscuits

Escalloped carrots Sausage with apple sauce

Eclairs

Cold sliced ham Potato and nut salad

Sunshine cake Canned blackberries

Chocolate -22-

Winter menus

Eggs Sur Le Plat Potato Macaroni

Blackberry jelly Quick biscuits

Tea

Cream of peanut soup Wafers

Bacon Macaroni

Boiled beans Baked potatoes

Apple sauce Bread

Chocolate

Deviled crabs Nut-date sandwiches

Lemon jelly with whipped cream

Cake

Deviled ham and eggs

Chocolate and apple pudding

Tea

Cream of pea soup Crackers

Pork chops Apple sauce

Boiled potatoes Gravy

Macaroni and cheese

Waldorf salad

Orange custard

Spring Menus

Broiled spring chicken on toast

French fried potatoes

Currant jelly Hot rolls

Lamb chops Green peas

Strawberry shortcake Cream

Bacon Escalloped potatoes

Water cress with mayonnaise

Tea

Breaded veal Riced potatoes

Lettuce and nut salad

Rhubarb pie

Stuffed eggs Fried corn

Strawberry salad Wafers

Fried trout Escalloped corn

Spinach

Lemonade Peanut cookies

Broiled pheasant Creamed radishes

Olives

Stewed cherries

Recipes of some of the dishes given in the above menus.

Bird's Nest Salad.

Ingredients

Spinach
Salt
Pepper
Oil
Lemon juice
Neufchatel cheese
Paprika
Lettuce
Celery tips

Method

Fashion small nests from cooked spinach, chopped and seasoned with salt, pepper, oil, and lemon juice. When cold arrange in the nests eggs of Neufchatel cheese flecked with paprika. Shape eggs with smooth sides of butter paddles. Fill in between nests with dressed lettuce or blanched celery tips.

√ Glazed Potatoes

Ingredients

Cold boiled potatoes
2 egg yolks

Method

Take cold boiled potatoes, roll them in well beaten

yolks of two eggs. Brown in oven.

Surprise Tomatoes

Ingredients

Tomatoes

Eggs

Crumbs

Butter

Method

Select small smooth tomatoes, cut slice from blossom end, scoop out pulp. Break fresh egg into each, sprinkle with crumbs and butter, replace lid, bake until tender in pan containing a little hot water.

Apple Float

Ingredients

Apples

Sugar

Cinnamon or nutmeg

Cream if necessary

Whites of eggs

Powdered sugar

Method

Make apple sauce and rub it through a coarse sieve. Sweeten to taste, flavor with cinnamon or nutmeg, add cream if sauce is too stiff. Add sauce to eggs by spoonfuls, fold rather than stir, slip into hot

oven. When well puffed and brown sprinkle with powdered sugar, serve with cream.

✓ Lettuce and Radish Salad

Ingredients

Lettuce
Radishes
Mayonnaise

Method

Shred lettuce, cut radishes in thin slices over it. Pour mayonnaise over it and garnish with radishes cut to represent tulips.

✓ Stuffed Onions

Ingredients

Onions
Chicken
Stale bread crumbs
Salt
Pepper
Cream or melted butter

Method

Remove skins from onions, parboil ten minutes in boiling salted water to cover. Turn upside down to cool and remove part of centers. Fill cavities with equal parts of finely chopped cooked chicken, stale soft bread crumbs, and finely chopped onion which was removed, seasoned with salt and pepper

and moistened with cream or melted butter. Place in buttered shallow baking pan, sprinkle with buttered crumbs, bake in moderate oven until onions are soft.

✓ Cucumbers on Toast

Ingredients

Cucumbers
Cream sauce
Toast
Butter

Method

Peel cucumbers and cut in one fourth inch slices. Cover with boiling water, stew gently till tender but not broken. Make cream sauce, put cucumbers in, heat through, pour over buttered toast.

Pigs in Blanket

Ingredients

Oysters
Bacon

Method

Roll oysters in bacon, pin with a toothpick and fry.

✓ Potato Omelet

Ingredients

Mashed potatoes
Butter

Method

Use cold, dry mashed potato. Beat smooth with fork.

turn into hot omelet pan with little hot butter,
spread evenly, cook slowly until brown underneath.
Fold as an omelet.

German Meat Balls

Ingredients

Cold meat
Cold potato
Bread
Gravy
Egg

Method

Take any bits of cold meat and chop fine. Several kinds may be used in same dish. One half as much cold potato as meat, as much bread as potato, moisten with hot water. Add any cold gravy that may be left and beaten egg or two to bind. Season to taste, drop from spoon into hot well buttered spider. Turn and cook on other side.

Cream Puffs

Ingredients

1 c boiling water
2 T butter
flour enough to make stiff dough
4 eggs
filling

Method

Boil water and butter, beat in flour while it is

boiling, until it is very thick, cool mixture, add four eggs beating rapidly the while. Place by spoonfuls on buttered pan and bake in hot oven. When done fill with whipped cream or custard filling.

Salad A l'espagnole

Ingredients

Tomatoes
Cucumbers
Onion
French dressing
Mayonnaise
Lettuce

Method

Scoop out tomatoes, mix pulp with equal quantity of cucumber dice and grated onion, mix with French dressing. Refill tomato. Put one tablespoon full mayonnaise on each tomato. Serve on lettuce leaf on plate.

Nut and Cheese Sandwiches

Ingredients

Bread
Butter
Walnuts
Cheese
Cream

Method

Cut bread in thin slices and butter it. Chop

walnuts fine, grate cheese and mix these with
whipped cream to form a paste. Spread on bread.

Prune Fluff

Ingredients

1/2 c stewed, stoned and mashed prunes

3 T powdered sugar

1/4 c chopped raisins

juice of 1/2 lemon

whites 3 eggs

Butter

Walnuts

Method

Beat prunes, sugar, chopped raisins, and juice of
one half lemon together very thoroughly and when
cold, fold in whites of three eggs beaten stiff.
Put into buttered pudding dish, set into pan of
hot water, bake thirty minutes in hot oven.
Sprinkle chopped nuts over top.

Potato and Nut Salad

Ingredients

3 cold boiled potatoes

3 hard " eggs

1/2 c walnuts

12 olives

French dressing

mayonnaise

Method

Cut potatoes and eggs into dice, stone olives, cut fine, break up nut meats, mix all together. Pour over small quantity of French dressing. Let stand on ice. At serving time mix with little mayonnaise.

Sunshine Cake

Ingredients

white of 7 eggs
1 c fine granulated sugar
yolks 5 eggs
1 t orange extract
1/3 t cream of tartar
2/3 c flour

Method

Beat yolks until light colored and thick, beat white until foamy, add cream of tartar and beat until dry, beat sugar into whites, then beat in yolks, add extract and fold in flour. Bake in unbuttered tube pan thirty five to fifty minutes.

Eggs Sur Le Plat

Ingredients

Eggs
Butter
Salt
Pepper

Method

Beat whites to stiff froth, spread on buttered platter

make hollows in froth with spoon. Drop yolks into hollows, season, place in hot oven till eggs are set

Quick Biscuits

Ingredients

2 c buttermilk or sour milk
1 t baking soda
1 T melted butter or lard
Flour to make soft dough

Method

Handle little as possible, roll out, cut, bake in hot oven.

Deviled Crabs

Ingredients

1 c chopped crab meat
2 T butter
2 T flour
2/3 c milk
2 egg yolks
1 t finely chopped parsley
salt and pepper

Method

Make white sauce of butter flour and milk, add egg yolks, crab meat and seasoning except parsley.

Cook three minutes, add parsley and cool mixture, Wash and trim crab shells, fill rounding with mixture, sprinkle with stale bread crumbs mixed with butter (melted). Bake until crumbs are brown or

fry in deep fat.

Lemon Jelly

Ingredients

1/2 box gelatine or 2 T granulated gelatine
1/2 c cold water
2 1/2 c boiling water
1 c sugar
1/2 c lemon juice

Method

Soak gelatin twenty minutes in cold water, dissolve in boiling water, strain and add to sugar and lemon juice, turn into mold and chill.

Deviled Ham and Eggs

Ingredients

1 can deviled ham
crumbs
milk
butter
eggs

Method

Use three times as much crumbs as ham, moisten with milk. Put into buttered individual dishes two thirds full. Break egg into each dish and cook in hot oven till egg is set. Or, dish may be filled one half full of seasoned crumbs, break in egg, cover with dry crumbs and dots of butter, sprinkle with

grated cheese and bake brown.

Chocolate and Apple Pudding

Ingredients

1/2 doz. apples
sugar
cinnamon
1 lb. chocolate
1 qt. milk
yolks of 6 eggs
whites of 2 eggs
1 T canned cherries

Method

Peel, core, quarter one half dozen apples. Put into pan with little water, season with sugar and cinnamon. Cook until apples are reduced to pulp, Scrape one pound of chocolate into saucepan with three fourths cup of sugar and one quart of milk. Beat yolks of six eggs with whites of two. Add one tablespoonful of canned cherries. When chocolate and milk begin to boil pour in the eggs, stirring gently all the time. Pour chocolate over apple pulp, set dish into pan of boiling water, put into oven until firm.

Orange Custard

Ingredients

5 egg yolks
5 egg whites

4 oz. sugar
1 qt. milk
grated rind of 1 orange
Powdered sugar
orange juice

Method

Beat yolks of five eggs with whites of two, four ounces of sugar. Stir into one quart of milk at boiling point the grated rind of one orange. Pour into buttered pudding dish, set pan into another pan of boiling water. Bake until knife comes out clean. Make meringue of whites of eggs beaten stiff with a little powdered sugar, flavored with orange juice and sprinkled with powdered sugar and little of grated rind. Brown quickly in oven. Serve hot or cold.

Strawberry Salad

Ingredients

Lettuce leaves
Strawberries
Mayonnaise

Method

Arrange tender, white lettuce leaves in cup shapes. Fill each cup with strawberries and put a tablespoonful of mayonnaise in each cup. Mayonnaise for this salad should have mustard and tarragon vinegar omitted.

Peanut Cookies

Ingredients

1 c peanuts
1 T butter
1 1/2 c sugar
1 egg
2 T milk
1 c flour
1 t salt

Method

Pound or chop nuts reserving a few whole ones for decoration. Prepare dough of butter, sugar, egg, milk, flour and salt. Add peanuts, mold with teaspoon into two dozen balls. Put half nuts on top. Bake about fifteen minutes.

Some Unusual Luncheon Dishes.

Meats and Fish

Beef Callops

Ingredients

1 T butter
1 T flour
1 small onion chopped fine
1 t minced parsley
1 t salt
1/2 t pepper

Method

Put butter and onion in frying pan, add flour, seasoning, one pound of raw beef cut fine. Cook five minutes stirring constantly. Serve hot on slices of buttered toast.

Beefsteak with Oyster Blanket

Ingredients

Beefsteak
Oysters
Butter
Salt and pepper

Method

Wipe a sirloin steak, cut one and one half inches thick, broil five minutes and remove to platter. Spread with butter and sprinkle with salt and pepper. Clean one pint oysters, cover steak with same,

sprinkle oysters with salt and pepper and dot over with butter. Place on grate in hot oven and cook until oysters are plump.

Fricatelli

Ingredients

Pork tenderloin
Salt and pepper
Grated onion
Powdered sage
Bread crumbs
Eggs
Flour

Method

Grind pork tenderloin very fine in meat chopper. Season with salt and pepper, grated onion and a bit of powdered sage. Take half as much bread as meat, soak crumbs until soft, squeeze dry, and mix with the meat. Add one or two unbeaten eggs to bind. Shape into small flat cakes, dredge with flour and fry.

Escalloped Shrimps

Ingredients

Shrimps
Crumbs
Butter
White sauce
Cheese

Method

Prepare creamed shrimps and arrange in baking dish with alternate layers of seasoned crumbs and dots of butter on top. Sprinkle with grated Parmesan cheese if desired and bake brown.

Pressed Salmon

Ingredients

2 eggs
1 T melted butter
2 c rolled and sifted crumbs
1 can salmon

Method

Mix together thoroughly and put in a buttered mold and steam for one half hour. Serve hot or cold.

Vegetables

Creamed Beets

Ingredients

Boiled beets
Cream sauce
Hard boiled eggs
Parsley

Method

Cut cold boiled beets into dice and put into cream sauce, using enough beet juice to color sauce a delicate pink. Garnish with hard boiled eggs and parsley.

Asparagus A la Pompadour

Ingredients

Asparagus
3 eggs
3 T melted butter
2 T vinegar
Toast
Butter
Salt and pepper

Method

Cook cut asparagus until tender, and drain. Make sauce of three egg yolks well beaten, three table-spoonfuls vinegar. Cook sauce over boiling water until it thickens, season with salt and pepper, pour over drained asparagus and serve on buttered toast.

Timbales of Peas

Ingredients

1 can peas
milk
2 T butter
2 T flour
Salt and pepper
Sugar if desired
Whites 2 eggs
Onion juice if desired

Method

Rub one can of peas through a strainer and add enough milk to make one pint in all. Cook together two tablespoons each of butter and flour, and mix with the sifted peas and milk. Season with salt and pepper and sugar and onion juice if desired. Add slightly beaten whites of two eggs, pour into buttered moulds and steam or bake in a pan of water until firm in the center. Turn out of moulds before serving.

Salads

Crab Salad

Ingredients

Crabs

Tartare sauce

Lemons

Method

Remove meat from shells. Mix with it enough mayonnaise tartare to moisten it. Put it in the cleaned shells, garnish with sliced lemon, cut in quarters, and lay one lapping over another around the edge.

Chicken Salad

Ingredients

Chicken

Celery

French dressing

Mayonnaise

Method

Equal quantities of chicken and celery are cut in cubes, moistened with French dressing, and left for several hours. Just before serving, mix with a little mayonnaise and place more on top. To one quart mixed chicken and celery allow one cup of mayonnaise.

Marguerite Salad

Ingredients

Lettuce

Eggs

French dressing

Method

Make bed of lettuce leaves on each dish. Slice hard boiled eggs lengthwise, remove yolks whole, Put yolks in center of each plate and arrange white around it, cut in strips to resemble petals of a marguerite. Use French dressing.

Peach Salad

Ingredients

Peaches

Cherries

Walnuts

French dressing

Olive oil

Lemon juice

Method

Chill fruit, pare and cut in half. Stuff halves with maraschino cherries and chopped walnuts.

Desserts

Roly Poly

Ingredients

Biscuit dough
Desired kind of fruit
Lemon sauce

Method

Make biscuit dough. Roll into long oblong sheet, spread with desired kind of fruit, fresh or canned, Roll up, tie in a cloth and steam until done. Serve in slices with lemon sauce or sauce flavored with fruit used.

Snow Balls

Ingredients

Rice
Desired fruit
Syrup

Method

Boil rice until tender or use cold boiled rice. Spread it an inch thick over small squares of coarse muslin wet in cold water. In the center place an apricot, canned peach or any desired fruit. Tie cloth carefully covering fruit with the rice. Steam ten minutes and serve with syrup flavored with juice of the fruit used.

Conclusion.

With these various things in mind, such as cost, appropriateness, ease and time of preparation, and combination of dishes, the above menus have been planned and prepared. As has been previously stated, the object was not to plan menus according to Chittenden's standard, but only to compare the every day luncheons with it and by so doing see how nearly they approach it. Luncheons, rather than any other meal have been chosen as a subject because it takes more thought to plan them than it does for either breakfast or dinner for the reason that it is more difficult to plan a meal in which meat is omitted.