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The Dinner Club

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4-H Foods Project IV
Club Series M53
Revised December 1956



FEDERAL COOPERATIVE EXTENSION SERVICE

OREGON STATE COLLEGE

CORVALLIS

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The Dinner Club

--- Junior and Senior

WINNIFRED K. GILLEN

State Extension Agent, 4-H

MORE FUN and experiences in cooking await you in this Dinner Club project. You learned how to prepare and serve simple meals in the three previous 4-H Foods projects. Now you are ready to learn about dinners—the kind you can serve attractively and at low cost.

Many of the things you learned will help you in preparing and serving good dinners. Fruits, soups, salads, quick breads, and desserts all have a place in good dinners. Membership in food preservation, garden, or poultry clubs will help you realize the value of home-produced foods.

In this project you will learn more about vegetable and meat cookery. Baking of yeast bread and pastry will be new. How to figure food costs will be valuable when planning low cost menus. The thrill of trying new recipes will come with each day's work.

Remember all of the four H's in your club program. You want full development of your Head, Heart, Hands, and Health. Help make this year's club program a rich experience for you, and a satisfying one for your leaders.

Membership

Junior Dinner Club

All members enrolled in Dinner club who have not reached their 15th birthday by January 1 of the current club year. They will complete the junior requirements.

Senior Dinner Club

All members enrolled in Dinner club who have passed their 15th birthday by January 1 of the current club year. They will complete the senior requirements.

What to Do

- Prepare and serve (at home or at club) the following foods:

	Minimum requirements	
	Junior	Senior
Pastry—different pies	5	5
Vegetables—different recipes	5	10
Meats—different recipes	5	10
Yeast breads—different bakings	5	10

- Plan, prepare, and serve meals.

	Minimum requirements	
	Junior	Senior
Dinners for the family	5	7
Dinners for guests	1	2

Set the table, following your guide, for the family meals whenever possible.

- Continue your recipe file. In addition to the recipes that you try, add a section for the menus that you serve. When you are a guest and you like the menu especially well, write down the menu and put it into your file to try sometime.
- Take part in club demonstrations.
- Judge the foods you have prepared. Learn how they should be, then improve your work.
- Show your skill by entering the contests in cake baking, bread baking, and "Dollar Dinner."
- Keep record of work done. Use the same project record book for both junior and senior members. Add extra pages if the report of your work fills more space than your record book provides.
- Exhibit your work. Exhibit at a local, county, or state fair. (State fair is limited to county winners.) Junior members exhibit a loaf of white bread. Senior members exhibit a loaf of whole wheat bread.

Meal Planning Guides

1. Spend money wisely.
2. Plan meals appropriate to the season. Learn to use locally produced foods.
3. Use home-grown or home-preserved foods wherever possible.
4. Have variety in food preparation. Avoid too many fried foods or too many boiled foods in any one meal.
5. Plan for palatable combinations of flavors; have foods with contrast in flavor.
6. Keep in mind attractive color combinations of foods.
7. Serve some foods which are crisp and some which are creamy or soft, some moist and some dry foods.
8. Use one food only one way at a meal; don't use tomato juice and tomato salad in the same meal.
9. Serve only one heavy-starch food, such as potatoes and macaroni or rice, at a meal.
10. Serve leftovers so they will be attractive.

Know the "Pattern" for Dinner

A well-planned dinner may include the following foods:

1. A soup, fruit cocktail, fruit juice, tomato juice, or other appetizer. It may be heavy or light according to whether the main course of the meal is heavy or light. This course may be omitted.
2. A meat or other protein dish.
3. Potatoes. You may sometimes substitute sweet potatoes, rice, macaroni, etc.
4. A second vegetable.
5. Bread or rolls and butter. Jam or jelly if desired.
6. A fruit or vegetable salad or relish plate.
7. A dessert. If your main course is rich, serve a light dessert. If the main course is fairly light, a heavy dessert such as pie or cobbler may be served.
8. A beverage (milk, tea, or coffee) may be served as a part of the main course, or with the dessert.

A Sample Menu

TOMATO JUICE COCKTAIL
LAMB LOAF
MASHED POTATOES GREEN BEANS
CLOVERLEAF ROLLS MINT JELLY
RELISH PLATE
SLICED PEACHES GINGER COOKIES
COFFEE

Figure the Cost

It would be helpful for you to figure the cost on several of your meals, as an itemized statement of costs is to be prepared for the meal served in a "Dollar Dinner" contest. Here are suggestions that will help you prepare your statements of costs.

1. Charge the retail prices in local stores for home-produced goods and those you buy. Charge only for portions actually used, but be sure to allow generous servings. List retail price, amount used, and cost for that meal.
2. Note the items included in the menu which are grown or preserved by you, perhaps as a part of another club project. Estimate the cost and figure your saving. While this amount cannot be accurate when figuring in small quantities, it does give you some idea of the savings earned through home efforts.

To itemize the cost of your menu, the following form is suggested. Costs are figured on the sample menu given above.

COST OF FOOD

Items included	Retail cost ¹	Home grown or preserved by contestant	Cost of producing or preserving ²	Estimated amount saved
<i>Tomato juice</i> —1 pint10	Home preserved10
<i>Lamb loaf</i>				
1 lb. lamb @ .59 lb.59			
1 egg @ .60 doz.05			
3 oz. onion @ .09 lb.01			
2 T shortening @ .33 lb.04			
$\frac{1}{2}$ can tomato soup @ .12 can06			
$\frac{1}{2}$ c crumbs01			
Total cost of recipe76			
<i>Potatoes</i> , 2 lbs. @ .05 lb.10	Home grown		.10
<i>Beans</i> , 1 lb. @ .10 lb.10	Home grown		.10
<i>Rolls</i>				
1 package yeast04			
1 egg @ .60 doz.05			
2 $\frac{1}{2}$ c flour @ .06 lb.03			
$\frac{1}{2}$ c milk03			.03
$\frac{1}{2}$ c sugar @ .05 cup02			
2 T shortening @ .33 lb.04			
Total cost of recipe21			
Cost of $\frac{1}{2}$ recipe used11			
<i>Butter</i> , 1/6 lb. @ .75 lb.12			
<i>Relish plate</i>				
2 carrots @ .10 bunch01	Home grown		.01
1 piece celery @ .12 bunch01			
1 green pepper02	Home grown		.02
$\frac{1}{2}$ bunch radishes, cucumbers02	Home grown		.02
Dill pickles01	Home grown		.01
Total cost of recipe07			
<i>Peaches</i> , $\frac{3}{4}$ qt. @ .2821	Home canned	.10	.11
<i>Cookies</i>				
$\frac{1}{2}$ c shortening @ .16 c05			
$\frac{1}{4}$ c brown sugar @ .15 lb.018			
$\frac{1}{4}$ c white sugar @ .10 lb.013			
2 T molasses01			
1 egg @ .60 doz.05			
1 $\frac{1}{2}$ c flour01			
Salt, cinnamon, cloves, ginger02			
Total cost of recipe17			
$\frac{1}{2}$ of recipe used09			
<i>Miscellaneous</i>				
Jelly, soda, seasoning, etc.20	Home preserved	.08	.12
Cream10			
Total miscellaneous30			
TOTALS	1.96			

\$1.96—Retail cost of meal served to four persons.

.62—Estimated amount saved through home producing and preserving of foods.

\$1.34—Actual cash cost of meal to club member.

¹ Charge current prices for family size purchases. Do not charge quantity prices.

² Negligible costs need not be charged, since small quantities are being figured. Charge for food, if purchased, and sugar for home frozen or canned foods.

Make a Time Schedule

Skill and practice are required to have all foods properly cooked and ready to serve at a certain time. A schedule of work will be helpful as you prepare your dinner. Keep a record of the time it takes to do each activity. List each step of the meal preparation and amount of time you will need to complete each task. A study of the record will show any needs for changing the order of work, or of developing time-saving methods of work, in order to complete the meal in a certain time.

Most successful hostesses write out their menus and make a time schedule of work so they will not feel hurried and can be ready to greet their guests when they arrive.

The following time schedule is for the menu on page 5. If you are entering the Dollar Dinner contest, make two copies of your time schedule, one for the judge and one for yourself. You can adapt this schedule for use in your own home.

9:00 to 9:20	Move supplies into booth and get acquainted with kitchen
9:20 to 9:35	Form rolls
9:35 to 9:50	Make cookies
9:50 to 10:05	Make meat loaf while cookies bake
10:05	Cookies out and meat loaf in
10:05 to 10:10	Wash dishes
10:10 to 10:45	Prepare relish plate, potatoes, peaches, and beans
10:45 to 11:00	Chill glasses, set out butter, jelly, cream
11:00 to 11:20	Cook potatoes
11:00 to 11:25	Cook beans
11:00	Remove meat loaf; reset oven
11:00 to 11:25	Bake rolls
11:00 to 11:20	Set table and make coffee
11:20 to 11:25	Pour water, chilled juice; complete table
11:25	Mash potatoes
11:30	Seat guests
11:30 to 11:35	First course
11:35 to 12:05	Second course
12:05	Serve chilled peaches
12:10 to 12:20	Third course
12:20 to 12:50	Dishwashing and cleanup
12:50 to 1:00	Remove all supplies from kitchen

Are You Ready for Work?

Wear a wash dress and work apron while preparing the meal. You may wish to change to a clean and more attractive apron before serving. Your hair should be arranged neatly, and if long or quite fluffy should be held in place by an invisible net. Your hands and fingernails should be clean. Scrub them with warm water and plenty of soap. Use only a very light or clear nail polish when working with food.

Check These Hints for Successful Cookery

1. Follow the recipes carefully. Read them through before you start work.
2. Measure accurately.
3. Cook foods at right temperatures.
4. Use acceptable cooking methods.
5. Do not overcook foods.
6. Use timesaving methods of work whenever possible.
7. Serve foods that are well seasoned. Taste food as it is being prepared and just before serving. Use a separate tasting spoon. Dip a small amount of the food from the pan with the stirring spoon into the tasting spoon.
8. Avoid waste. Pare fruits and vegetables carefully. Prepare only the amount of food that you are planning to serve, but plan for generous servings. Leftover foods should be saved. Dollar Dinner contestants should take extra containers to bring home any leftover foods.
9. Always be clean in handling food.

How Shall We Cook Our Vegetables?

Vegetables provide minerals, vitamins, and roughage. Some vegetables add carbohydrates and protein to our diets. Not all, however, provide the same food elements. For this reason, careful menu planning requires the use of a variety of vegetables.

A good cook can prepare vegetables so they look attractive, taste delicious, and keep their food value. Our next order of business will be to find out how to make the lowly vegetable perk up and take its proper place at the dinner table.

The HOW of cooking vegetables depends on many things. Leafy greens call for steam-boiling. Root vegetables lend themselves to almost every method of cookery. You may select a cookery method for different reasons—perhaps it saves time and preserves precious minerals and vitamins, as in the case of pressure cooking, or it is

convenient in relation to methods you are using for the other foods that make up your menu, as in the case of a boiled dinner or an oven meal.

As you make your choice keep in mind the following steps in five basic vegetable cookery methods. These methods are given in detail for fresh and dehydrated vegetables in the table on pages 10 and 11. Handle canned and frozen vegetables in much the same way. Remember, however, that canned vegetables are already cooked and need only reheating—*except in the case of home-canned vegetables, which should be boiled at least 10 minutes before tasting, on the same day they are served.*

Frozen vegetables cook more quickly than fresh vegetables and usually are best if cooked without prethawing. Frozen corn on the cob is better prethawed, because the cob may still be cold after the corn is ready.

Boiling

Mild-flavored vegetables

- Use a small amount of water $\frac{1}{2}$ to 1 inch deep in a saucepan—salt $\frac{1}{2}$ teaspoon per cup of water.
- When the water boils briskly, put in prepared vegetables—whole, halved, sliced, or diced. When preparing, cut lengthwise to save food value.
- Cover tightly, bring water back to boiling over full heat, adjust heat to keep boiling, and cook until crisp-tender. Drain.
- Add butter, or any desired additional seasonings, and heat until fat melts into the vegetable. Cream sauce may be poured over the vegetable.

Strong-flavored vegetables

- Use same method as for mild-flavored vegetables or—
- If a milder flavor is preferred, use enough boiling water to cover and cook covered or uncovered until crisp-tender.

Leafy greens

- Use a very small amount of water—the water that clings to the leaves after washing is usually enough.
- Trim away coarse stems and ribs. This will make quick and even cooking possible.
- Place in broad-based saucepan with a tight-fitting cover.
- Steam-boil over moderate heat until kettle is filled with steam. Lower heat, maintain steam and cook until vegetable is crisp-tender, 5 to 15 minutes, depending on type and age of vegetable.
- Drain, season with salt, pepper, butter, or other seasoning.

VEGETABLE

● Cook in small amount of water

● Cook until just crisp-tender

Vegetables	Boil Cook covered in $\frac{1}{2}$ -1" boiling salted water	Steam Place 1 quart water in bottom of steamer	Pressure cook $\frac{1}{2}$ cup water in bottom of cooker	Pan sauté Melt fat. Add shredded or thinly sliced vegetable
<i>Mild-flavored</i>	<i>Minutes</i>	<i>Minutes</i>	<i>Minutes</i>	<i>Minutes</i>
Asparagus	15-25	30-40	9	
Beans, green, wax	15-25	30-40	2-2 $\frac{1}{2}$	5-8
Beans, lima	20-30	35-45	1 $\frac{1}{2}$ -2	
Beets, sliced	15-25	9-12		
Carrots, young	15-20	20-30	2-3	5-8
Corn, on cob	6-10		5	
Eggplant	10-20			
Mushrooms			1	4-5
Peas, green	10-25	15-25	1	
Potatoes, white	35-40	40-50	8-10	
Potatoes, sweet; yams ..	20-30	35-45	8	
Squash, Hubbard	35-45	45-50	12-15	
Squash, acorn				
Squash, summer	8-15	15-20	2-3	5
Tomatoes	5-10			5
<i>Strong-flavored^a</i>				
Broccoli	10-20	20-30	1 $\frac{1}{2}$ -2	
Brussels sprouts	10-20	20-25	2	
Cabbage, green, red	5-15	10-20	1-1 $\frac{1}{2}$	5-8
Cauliflower	10-20	15-30	2-3	
Onions	20-35	25-30	5-8	10-15
Parsnips	20-30	30-45	10	
Turnips, white, yellow	20-30	25-35	10	5-8
<i>Greens²</i>				
Swiss chard	10-15	20-35	5	8-10
Spinach	8-10	15-20	1 $\frac{1}{2}$ -2	5-6
<i>Dehydrated^b</i>				
Beans, kidney and lima ⁴	Quick 50 Reg. 120-150		10-15 15-20	
Beans, navy, white ⁴	Quick 50 Regular 90		25 40	
Peas, split	Quick 30 Regular 120		8 unsoaked 10 unsoaked	

¹ Boil as for mild-flavored vegetables.

² Cook in water that clings to leaves.

COOKERY CHART

● Season adequately and interestingly

● Use the vegetable liquor

Bake		Servings	Preparation pointers
Whole or large pieces uncovered, sliced or diced in covered casserole		Approximate amount for 4 servings	
Degrees F.	Minutes	Pounds	
		2	Break off tough ends, remove scales, tie in bunches. Cook upright in narrow, covered kettle.
		1-1½	Remove ends and strings. Leave whole, cut crosswise diagonally, or slit lengthwise.
		2-3 unshelled	Choose limas by color, not size. Select fresh, bright-colored beans. Snap pods open.
350	90	2	Pare thinly, slice. If cooked in skin, leave on 2 inches of stem, increase cooking time.
		1-1½	Scrape thinly. Use young carrots whole or halved; old carrots shredded or diced.
		8 ears	Remove husks and silk just before cooking. Cook, covered, in boiling salted water to cover.
350	30	1½	Pare just before using to avoid discoloration. Halve for steaming, dice or slice for pan sautéing.
350	50	1	Tender mushrooms need no peeling. Remove thin slices of stem end. Leave whole, slice, or dice.
		2 unshelled	Shell, steam-blanch for 1 minute. Refrigerate, tightly covered, until ready to cook.
425	50-60	1½-2	Remove any blemishes or sprouts. Cook in skins whenever possible to preserve nutrients.
425	45-50	1½-2	For casserole dishes or braising, precook, skin and halve, slice, or dice.
350	60-90	2-3	Cut in servings, remove seeds, bake in skins. For mashing, prebake, or peel, dice, and steam.
350	50-60	2 large	Cut in half, remove seeds. Bake cut side down. Turn over, season, and continue to cook.
350	15-20	2	With seeds in, slice medium thick for boiling and sautéing.
350	20-30	1½	Cut thick or in halves for baking.
			To peel, hold tomato over direct flame until skin wrinkles. In stewing, do not add water.
		3	Remove leaves. Pare lower stalks and slit lengthwise. Cook upright in narrow kettle.
		1	Remove outer imperfect or wilted leaves and bit of stem end.
		1-1½	Remove outer imperfect leaves. Cut in quarters or shred.
350	45-60	1 large head	Remove outer leaves and tough stalk. Separate head into flowerlets.
		1½	Slip off outer two layers of skin. For baking whole, hollow out stem end to hold seasonings.
		2	Pare, slice, or dice. For pan sautéing or braising, precook by boiling until just tender.
		2	Pare, slice, dice, or shred white turnips. Mash yellow.
		2	Remove roots, coarse stems, and fibers. Wash through several waters to remove sand. Same for spinach.
		2	
350	60	½-1	Remove imperfect beans. Soak overnight in a quantity of water which is three times the volume of beans.
300	3-4 hrs.	½-1	Same preparation as for kidney beans.
350	30-45	½-1	Same preparation as for kidney beans.

* Cook in water used for soaking.

* Precook beans before baking.

Dehydrated legumes—beans, peas, lentils

- Sort and wash.
- Soak overnight in water three times the volume of legumes; or a shortcut method is to boil them with water for 2 minutes, remove from heat, soak 1 hour, and they are ready to cook.
- For cooking use the same water in which legumes are soaked.
- Before cooking add salt. To develop additional flavor, add a ham bone, salt pork, or bacon rind. In cooking tough legumes, such as chick peas and soybeans, salt should be added during the last half hour of cooking.
- Bring to a boil over moderate heat, then lower heat and simmer until crisp-tender for vegetable or casserole dishes, and until quite soft for use in soufflé, vegetable loaf, or puréed soup. Add more water if needed.
- Season with any desired special seasonings, or use as directed in recipes.

Steaming

- Prepare vegetables as for boiling.
- Place in perforated pan over 1 quart of boiling water in bottom of steamer.
- Sprinkle salt over vegetable— $\frac{1}{2}$ teaspoon per pound of vegetable.
- Cover tightly and adjust heat so as to insure a flow of steam without boiling the water away too quickly. Cook crisp-tender.
- Place in hot serving dish and season with additional salt, pepper, butter, or a sauce.

Pressure cooking

- Prepare vegetables as for boiling or steaming.
- Place in cooker with $\frac{1}{2}$ cup of water.
- Add $\frac{1}{4}$ teaspoon salt per pound of vegetable.
- Put on cover and tighten seal according to manufacturer's directions.
- Follow manufacturer's directions exactly for building up steam, building up pressure, and lowering pressure before opening cooker.
- Serve with butter or a sauce.

Pan sautéing

- Shred, dice, cut in long slender strips, or thinly slice vegetable.
- Melt, in a heavy frying pan, 2 to 4 tablespoons of fat for each quart of prepared vegetable.
- Add vegetable and desired seasonings to fat. Add a few tablespoons of water if the vegetable is dry. Cover pan tightly and place over full heat until steam begins to form. Lower heat and cook until crisp-tender.

Baking

- Bake vegetables, such as potatoes and squash, in their skins.
- Bake whole vegetables such as onions uncovered; season with salt and dot with butter.
- Casserole-bake sliced or diced vegetables. Dot with butter, season with salt and pepper, add small amount of liquid, cover tightly.

Twin secrets of vegetable cookery: *Timing and Seasoning*

Overcooking makes any vegetable soft and mushy, with its flavor literally cooked away. Properly timed, all the sweet, natural flavor of the vegetable is retained with a texture crisp, yet tender. Perfect timing is not as easy as it sounds. A timing device will help you, but primarily you must use common sense. There is a lot of difference between a tiny young carrot, so tender it doesn't need peeling, and a big, husky, completely mature carrot. There is also a difference between the sweet corn you get right out of the field, and the week-old ears you may find at the corner store. And again there is a difference between midget-sized peas and a large, plump variety. Follow timing directions, of course, but vary the timing for age, size, freshness, and variety of each vegetable.

Seasoning is part of cooking, not something you do as an afterthought. As you choose your cooking method, for best results put in your seasonings at the right time. Fat, salt, and pepper are the primary seasonings; but spices, herbs, special salts, meat seasonings, cheeses, onions, and lemon juice all have a place in developing the flavors which make us pass our plates and ask for "more."

Try the recipes for vegetables that you find in your magazines. Copy into your files those that you prepare and like. Maybe you'd like to try these:

POTATO PUFF

This is a nice company-meal dish.

1. Scrub well-shaped uniform-sized potatoes.
2. Bake in hot oven (400° F.) until done.
3. Cut baked potatoes in half lengthwise with a sharp knife, being careful to keep edges neat.
4. Scoop potato from shells and mash.
5. Add ingredients, except egg white, and whip. Fold egg white in last. For six potatoes use:

1 t salt
¼ c hot milk

¼ c grated cheese
1 egg yolk, beaten
1 egg white, beaten

6. Refill potato shells, heaping the mixture in natural peaks. Garnish with paprika, if desired.
7. Place in hot oven until tops are slightly browned. This mixture may be baked in a casserole or in muffin tins. It may be prepared beforehand, ready for the last baking.

CABBAGE COOKED IN MILK

Essential nutrients are saved in this recipe because the cooking time is short and all cooking liquid is used.

1 qt finely shredded cabbage
1 pt milk
2 T flour

2 T butter or bacon fat
Salt
Celery salt (if desired)

1. Cook the cabbage in milk about 5 minutes over low heat; stir occasionally to prevent scorching.
2. Blend butter and flour, add to cabbage. Stir and cook until milk is slightly thickened. Season to taste.

PANNED SPINACH WITH BACON

½ c bacon cut in pieces
2 qt spinach, shredded

¼ c water (none is needed if spinach is wet)

1. Cook bacon in large skillet. Add spinach and water.
2. Cover tightly and cook over low flame about 10 minutes, stirring occasionally.

Let's Cook Meat

Meat adds its rich nutritive value to the diet and gives that "satisfied feeling" to meals.

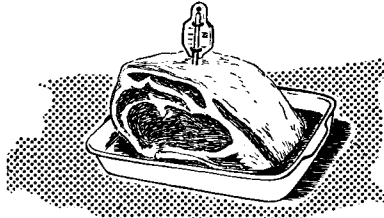
Meat is one source of complete protein necessary for growth and repair of the body. As a good source of minerals, it contains iron and phosphorus. Meat is also a good source of the members of the B-vitamin family—such as thiamine, riboflavin, and niacin.

Dry heat

In dry-heat cookery, no liquid is added and no cover is used.

Roasting is used for tender beef roasts, veal, fresh pork, cured pork, lamb, and meat loaves.

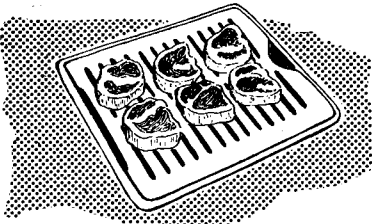
1. Season with salt.
2. Place on rack in a shallow pan, fat side up.
3. Do not baste.
4. Roast in a slow oven (325° F.) until meat thermometer shows it is done, or if you haven't a thermometer, follow the timetable on page 17.



Broiling can be done in broiler pan, or in frying pan on top of the stove. Tender steaks, chops, smoked ham slices, bacon, and ground meat patties may be broiled.

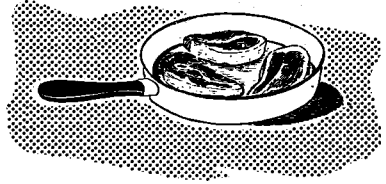
To use a broiler pan:

1. Set oven regulator for broiling.
2. Slash fat edges in several places to prevent curling.
3. Place meat on a rack 2 to 3 inches from heat.
4. Broil until top is brown.
5. Season with salt and pepper.
6. Turn and brown other side.
7. Season and serve at once on hot platter.



To pan-broil on top of stove:

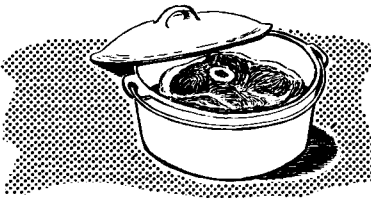
1. Place meat in heavy frying pan.
2. Slash fat edges in several places to prevent curling.
3. Do not add fat or water. Do not cover. Meat patties and liver require a small amount of fat rubbed onto the pan to prevent sticking.
4. Cook slowly, turn occasionally, and use low temperature.
5. Pour off fat as it accumulates.
6. Brown meat on both sides.
7. Season and serve at once on hot platter.



Moist heat

Use a cover and cook in steam from small amount of liquid. Water, vegetable juices, tomato pulp and juice, milk, cream, fruit juices, bouillon, or stock may be used as the liquid.

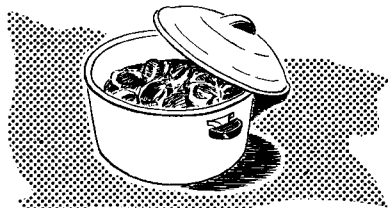
Braising is used for pot roasts, swiss steaks, pork chops, and veal chops.



1. Brown meat on all sides in fat. Meat may be floured first.
2. Season with salt and pepper.
3. Add a small amount of liquid. If it cooks away, more may be added.
4. Cover tightly.
5. Cook at low temperature until tender.

Simmering or stewing is cooking in liquid and is used for soups and stew meats.

1. Brown stew meat on all sides in fat. Large cuts such as corned beef are not browned.
2. Season with salt and pepper.
3. Cover with liquid, cover kettle, cook below boiling point until tender. Vegetables can be added just long enough before serving so that they will be done.



TIME AND TEMPERATURE FOR ROASTING AND BRAISING MEATS

(Oven temperature for roasting, 325° F.)

Meat	Weight	Cooking time per pound	Temperature of meat when done	Braising
	<i>Pounds</i>	<i>Minutes</i>	<i>Degrees F.</i>	<i>Hours</i>
<i>Beef</i>				
Standing ribs	6 to 8			
Rare		16 to 18	140	
Medium		20 to 22	160	
Well-done		27 to 30	170 to 180	
Boned and rolled		Add 15 min. per pound		
Rump		25 to 30		
Swiss steak, 1½ to 2½ in.				2 to 3
Pot roast	3 to 5			3 to 4
<i>Veal</i>				
Loin	6 to 8	30 to 35	170 to 180	
Breast				
Stuffed	3 to 4			1½ to 2
Rolled	2 to 3			1½ to 2
<i>Lamb</i>				
Leg	6 to 7	25 to 30		
Shoulder	4 to 6	25 to 30	175 to 180	
Loin	4½ to 5	30 to 35		
Boned and rolled cuts		Add 10 min. per pound		
Breast				
Stuffed		40 to 45		1½ to 2
Rolled		40 to 45		1½ to 2
Chops				45 to 60 min.
Steaks				45 to 60 min.
<i>Pork, fresh</i>				
Loin, piece	4 to 5	35 to 40		
Loin, whole	12 to 15	10 to 20		
Shoulder	4 to 6	35 to 40		
Boned and rolled cuts		Add 10 min. per pound	185	
Chops				45 to 60 min.
Ham, fresh	10 to 14	30 to 35		
Spareribs, 1 side	1½ to 2½	40		
<i>Pork, smoked (not precooked)</i>				
Ham, whole	15 and over	15 to 20	170	
	10 to 12	18 to 20	(160 for pre-	
Ham, half	6 to 8	25	cooked	
Shoulder	5 to 8	28 to 35	ham)	

Frozen meats

If thawed, frozen meat is cooked in exactly the same manner as fresh meat. If steaks or chops are unthawed, you will need to cook more slowly so meat will be cooked to the desired "doneness" without becoming too brown on the outside. Frozen roasts need about $\frac{1}{3}$ to $\frac{1}{2}$ again as long for cooking as defrosted roasts.

Cooking time

The amount of fat in meat affects the method and length of time it is cooked. Veal which has very little fat requires longer cooking than the same cut in beef. Pork must be cooked thoroughly to destroy trichinae that might be present. Remember that slogan: "No Pink Pork." Cook it well done.

Time and temperature should be controlled accurately to prevent loss of juices. A meat thermometer is the most accurate means of determining doneness. It is inserted until the bulb reaches the center of the largest muscle. The thermometer registers the inside temperature of the meat.

A less accurate method of determining doneness is allowing a certain amount of time for each pound of meat in the roast. If the meat is very cold when put into the oven, a longer time per pound must be allowed.

Garnishing

Meats may be served accompanied by the vegetables on a big platter or chop plate. Whole carrots, onions, parsley, potatoes, green beans, broccoli, and many other vegetables add color and interest.

Broiled tomatoes, apple rings, cooked prunes, pineapple rings, or peach halves make colorful garnishes for broiled meats.

Fresh radishes, carrot and celery curls, parsley, tomato slices, cucumber slices, and pepper rings make attractive garnishes also.

Since the flavor of pork is complemented by the flavor of apple, glacéd apple slices, spiced apples, baked apples, or apple sauce make delicious accompaniments as well as attractive garnishes. Mint sauce and mint jelly usually are served with lamb. Something tart such as lemon or tartar sauce usually is served with fish.

Recipes

SWISS STEAK (6 servings)

1½ pounds round steak, cut 2 inches thick	2 T lard or fat from beef trimmings
$\frac{1}{4}$ c flour	$\frac{3}{4}$ t salt
	2½ c canned tomatoes

1. Mix salt and flour. Pound the flour mixture into the meat on both sides.
2. Brown the steak on both sides in hot fat. Add tomatoes and cover tightly.
3. Simmer gently for $2\frac{1}{2}$ hours, or cook in oven at 300° F. for 3 hours. Use a heavy pan with a tight-fitting lid.

LAMB PATTIES

The cheaper cuts of lamb may be used to good advantage for lamb patties.

1. Grind the meat and season with salt and pepper.
2. Form into cakes about 1 inch thick and small enough around to wrap with a strip of bacon. Secure the bacon with a toothpick.
3. Brown the patties on both sides in a slightly greased hot pan.
4. Reduce the heat and cook slowly until they are done.

BAKED HAM LOAF

(6 servings)

1 pound ham	$\frac{1}{2}$ c tomato hot sauce
$\frac{1}{2}$ pound fresh, lean pork	1 T brown sugar
$\frac{1}{4}$ c bread crumbs	$\frac{1}{4}$ t grated onion (optional)
2 eggs	

1. Grind ham and pork together.
2. Mix all ingredients. Place in loaf pan.
3. Set loaf pan in pan of hot water. Bake $1\frac{1}{2}$ hours at 350° F.

SAVORY STEW

(8 servings)

1. Have 3 pounds stewing meat (beef, veal, or lamb) cut in 1-inch cubes. (Leftover meat may be used.)
2. Roll in flour seasoned with salt and pepper.
3. Brown meat in 3 tablespoons hot fat in heavy kettle.
4. Cover with boiling water, simmer $1\frac{1}{2}$ hours (if raw meat is used).
5. Add—

1 c each of cut-up carrots, turnips, celery	4 c cubed potatoes
1 c whole tiny onions or cut- up onions	1 bay leaf
	2 T minced parsley
	$\frac{1}{2}$ t thyme (if desired)
6. Simmer about 30 minutes. Thicken liquid for gravy. (For about each cup of liquid in the stew, blend 2 tablespoons of flour with $\frac{1}{4}$ cup cold water and add to liquid.) Stir until the gravy thickens. Avoid mashing vegetables.

Salad Secrets

- Salads help to provide needed minerals, vitamins, and roughage.
- **COOL, CRISP, AND CLEAN** are the three "C's" to remember in being a successful salad maker. Wash ingredients carefully, and chill in a plastic bag or damp cloth in the refrigerator. Take from refrigerator just before they are to be served.
- Consider contrast in texture, color, form, and flavor when selecting greens, fruits, or vegetables to combine in salads.
- Plan the salad in relation to the nutritional balance of your meal.
- Use a light, delicate dressing on a salad that accompanies a substantial meal.
- Do not bruise or crush the greens. Use the minimum of dressing.
- Serve salads from a large bowl or deep platter, or you may arrange them on individual plates, or in little salad bowls. Use salad plates large enough to hold the salad attractively.

Salad Suggestions

In your Easy Meals and Main Dish Meals projects you learned quite a bit about salads and salad dressings. You were given some good salad recipes. Use them again this year, and try the following:

- Wedge of lettuce.
- Lettuce and sliced tomato.
- Shredded cabbage with grated raw carrot seasoned with grated onion, and add some peanuts tossed in french dressing.
- Raw carrot, celery, cabbage, and apple with boiled dressing.
- Any leftover cooked vegetables may be combined with shredded lettuce, cabbage, or celery.
- Raw salads may be used frequently. Arrange platter with contrasting rows of salad vegetables, remembering color and pattern. Foods vary with the season but might include tomato slices, cucumber slices, carrot curls or sticks, celery curls, asparagus stalks, radish roses, pepper rings, onion rings, cauliflower flowerlets, turnip moons, and lettuce wedges.
- Grated raw carrots mixed with seedless raisins in lettuce cups.
- Sprigs of young spinach leaves sprinkled with bits of crisp bacon, and sieved hard-cooked egg.
- Fresh or canned peaches, or apricot halves filled with cream cheese balls, or chopped celery and nuts.
- Banana slices rolled in chopped peanuts with orange slices.
- Pineapple slice with mound of cottage cheese.
- Molded gelatin salad of vegetables or fruits.

BASIC FRENCH DRESSING

This dressing for simple green salads makes 1 cup.
Shake well in a tightly covered jar—

1 T sugar	$\frac{1}{4}$ c mild vinegar or lemon
1 t salt	juice
1 t paprika	$\frac{3}{4}$ c salad oil
1 t mustard	Few drops onion juice or
$\frac{1}{4}$ t pepper	clove garlic

Keep in covered jar in refrigerator. Shake again to mix before using.

BASIC FRENCH DRESSING VARIATIONS

HONEY FRUIT DRESSING (Excellent for citrus fruits)

Use lemon juice in above recipe. Add $\frac{1}{3}$ c sugar, $\frac{1}{3}$ c honey, and 1 t celery seed.

CHIFFONADE DRESSING (For vegetables)

To $\frac{1}{2}$ basic french dressing add 1 T shredded ripe olive, 1 T shredded green pepper, 1 hard-cooked egg (white sieved, yolk mashed), and 1 T finely cut chives.

LORENZO DRESSING

Add 4 T chili sauce. Chopped watercress may be added if desired.

Let's Bake Yeast Bread

Homemade bread—don't you love its fragrant, fresh odor? Those crusty brown loaves of white bread, or nutty whole wheat bread, cooling on the kitchen table are just the right encouragement to send anyone scurrying for the butter and jam.

You'll want to make at least the minimum number of bakings of yeast bread required for your division and record every one in your record book. How proud you will be you did the baking yourself! Home-baked bread added to everyday or company meals will be sure to make them an instant success.

Different shapes and types of rolls can be made from bread dough. These will add to your fun. You may want to make rolls the first time. Make the recipe until you get the feel of handling the dough.

Flour

Graham flour and whole wheat flour are both made from whole wheat grain and are used interchangeably. You can get finely ground whole wheat flour or a variety that contains some coarser bran particles.

In the milling process, white flour has all of the outer, coarser parts of the grain removed, and valuable nutrients are removed from the wheat kernel. Enriching flour is an effort by the manufacturer partially to restore some of the minerals and vitamins that have been removed in milling. Iron, thiamine, niacin, and riboflavin are added to white flour to enrich it. Enriched flour looks, tastes, and bakes like any other white flour. Are you using enriched flour? Look at the label on your sack of flour.

Flours are divided into two basic kinds: those made from hard wheat and those made from soft wheat. Bread made from either is good. The difference is mainly one of quality. Hard wheat contains a larger amount of gluten. Gluten gives the elastic quality to the dough and entangles the gases as the dough rises. When the dough bakes, the gluten sets and is an important part of the texture.

Stores often carry 2 types of white flour in sacks. One type is called all-purpose or family flour. The other type is pastry flour. Each is a mixture of hard and soft wheat flours. There is more hard wheat in the all-purpose flour so it is a little better suited to the making of yeast breads.

Yeast

Yeast is the substance responsible for the bubbles of gas which cause the dough to rise. You can buy yeast for use in baking in two forms: dry yeast in granular form, or compressed yeast in cake form. One package of granular dry yeast equals one cake of compressed yeast.

Dry yeast can be kept for several weeks in a cupboard. It needs no refrigeration. It is wise to use it before the expiration date on the package.

Compressed yeast can be kept for about a week in the refrigerator. It gives the maximum performance when it is uniform in color and texture throughout.

Other ingredients

Liquids, such as milk, water, or potato water may be used. Water usually is used to soften the yeast. All water in the dough produces bread with a wheatier flavor and a crisper crust. All milk in the dough adds food value, and the finished product results in a more velvety grain and creamy white crumbs.

Fat gives good flavor and a nicely browned crust to the bread.

Sugar provides food for the yeast to grow on, gives sweetness to the bread, and encourages a golden color. Molasses or honey is often used in whole wheat and rye bread.

Salt helps to control action of the yeast and develops the flavor of bread.

WHITE BREAD (Two 1-pound loaves)

Crumble into bowl:

1 cake compressed yeast *or* 1 package dry granular yeast.

Add:

1 c milk which has been scalded and cooled to lukewarm*	2 T sugar
	2 T shortening
1 c lukewarm water	2 t salt

Add:

6 c (about) sifted all-purpose flour (half at a time)

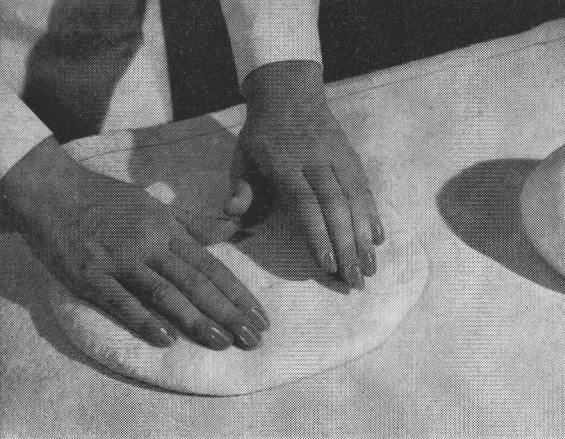
1. Beat until smooth after addition of $\frac{1}{2}$ of the flour.
2. Add remaining flour, reserving $\frac{1}{2}$ to 1 cup flour for use on the board or cloth.
3. Place dough on floured board and knead until smooth and elastic.
4. Place ball of dough in greased bowl and let rise until double in size—about $1\frac{1}{2}$ hours.
5. Punch down and let rise again (about 30 minutes) until double in size.
6. Turn dough out on *lightly floured* board or cloth and shape into loaves.
7. Place in greased pan (about $8\frac{1}{2}'' \times 4\frac{1}{2}'' \times 2\frac{3}{4}''$) and let rise until double in size.
8. Bake at 400° F. for 45 minutes.
9. Turn out of pan to cool before storing.

WHOLE WHEAT BREAD (Two 1-pound loaves)

1 cake compressed yeast <i>or</i>	2 T butter or other fat
1 package granulated yeast	2 t salt
$\frac{1}{4}$ c lukewarm water	3 c enriched white flour
2 c milk	3 c whole wheat flour
2 T sugar, mild molasses, or honey	(or more)

1. Use the same method of mixing as for White Bread.
2. Whole wheat dough should not quite double in bulk during the rising periods.

* Lukewarm milk, when drop is placed on wrist, feels neither warm nor cool! If you would rather not scald milk, use dry or evaporated milk.



1. Flatten ball of dough.



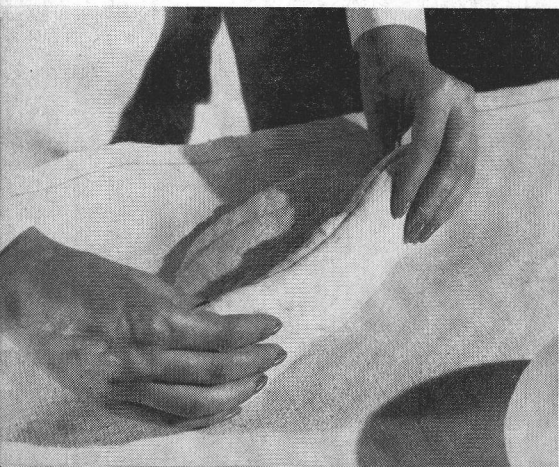
2. Fold lengthwise.



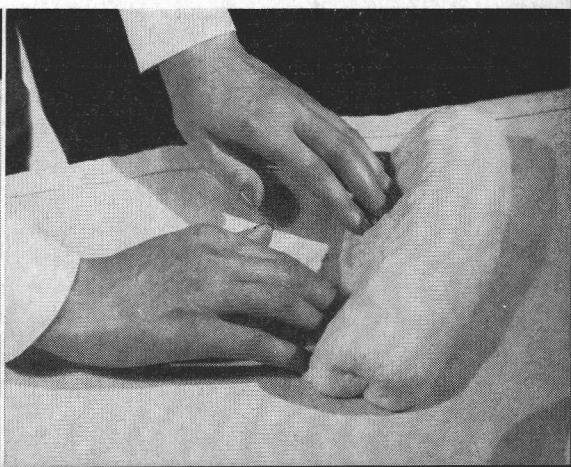
Divide dough into loaf portions and shape into balls.

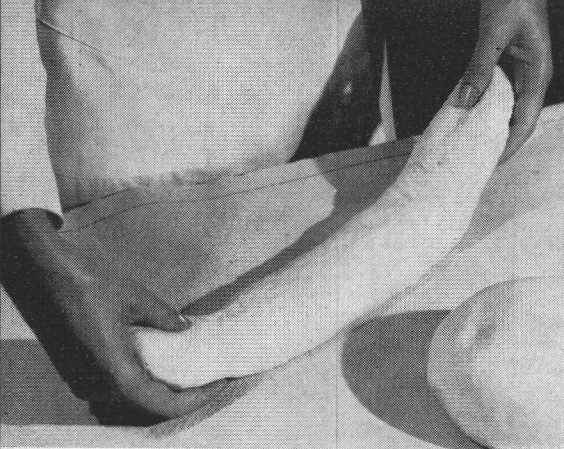
Eight Steps in Molding a Loaf

5. Fold lengthwise in thirds.



6. Seal edges.





3. Stretch dough gently.

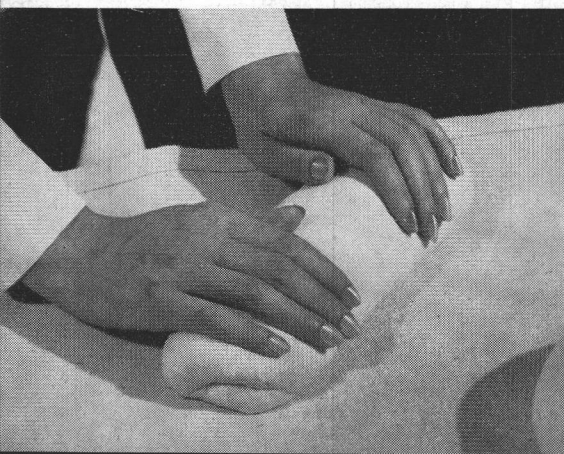


4. Overlap ends at center.

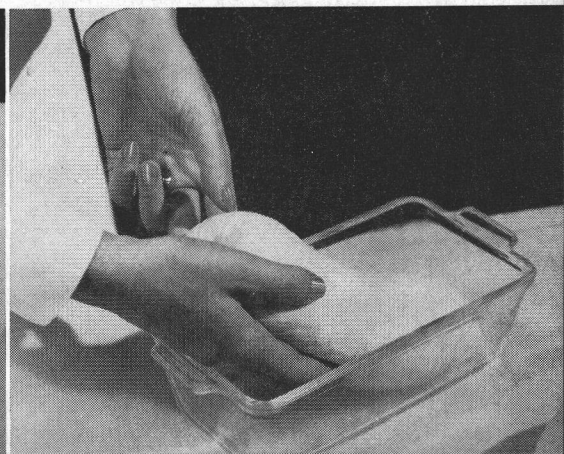
To MOLD a loaf, the ball of dough is first flattened. Then it is folded lengthwise. Next it is stretched gently until it is about three times as long as the pan in which it is to be placed. Then one end is folded to the center, and the other end is folded over so that it overlaps. These ends are pressed firmly together. Then the dough is folded lengthwise in thirds and sealed. Sealing is merely pressing the edges down firmly so they will remain in place. The completed loaf is rolled under the hand to round it. It is then placed in a greased loaf pan, the "seam" underneath. The newly molded loaf should come about half way up the sides of the pan, although it need not exactly "fit" the pan. The top is then brushed lightly with melted fat, and the loaf is set aside in a warm place (80° to 85° F.) to rise until it has doubled in bulk, or a little more than doubled.

—Photos Courtesy of Wheat Flour Institute

7. Roll.



8. Put into pan.



Use These Points in Judging Your Bread

Points to consider	Common defects	Some probable reasons
A. General appearance—oblong shape, well-proportioned, evenly rounded top, slight break and shred at edge of pan.	<ol style="list-style-type: none"> 1. Odd shape. 2. Cracks and bulges. 3. Higher on one side. 4. Extreme break at top. 	<ol style="list-style-type: none"> 1. Poor judgment as to quantity for loaf, length of rising too long, poor molding, failure to turn loaf during first part of baking. 2. Not well molded, dough too stiff, oven too hot or too low, or too rapid cooling. 3. Uneven heat or failure to turn around in oven. 4. Oven too hot or cold at start, or dough too stiff.
B. Crust—evenly browned, slightly darker on top.	<ol style="list-style-type: none"> 1. Too brown on top. 2. Pale crust. 	<ol style="list-style-type: none"> 1. Oven too hot, or failure to place correctly in oven. 2. Too slow oven, too much salt, dough dried while rising, or too little sugar.
C. Volume—light in weight in proportion to size.	<ol style="list-style-type: none"> 1. Overlight. 2. Heavy. 	<ol style="list-style-type: none"> 1. Too long period of rising, or too slow oven. 2. Low gluten flour, poor yeast, ingredients not well mixed, too much or too heavy kneading.
D. Texture—tender, moist but thoroughly done, springs back when touched lightly with finger, free from dryness or doughiness, crust $\frac{3}{8}$ " deep, crisp, and tender.	<ol style="list-style-type: none"> 1. Firm. 2. Crumbly or dry. 3. Crust too thick. 4. Crust brittle, tough, hard. 	<ol style="list-style-type: none"> 1. Not beaten or kneaded long enough to develop gluten. 2. Too much flour, or weak flour; too cool oven, or too long baking; overlight when put in oven, or insufficient fermentation. 3. Not sufficient rising, crust not protected during rising, too slow or too long baking. 4. Baked too slowly, too much salt, lack of fat; or had not risen enough when put in oven.
E. Grain—fine cells, elongated, upward, evenly distributed, cell walls thin, no heavy streaks.	<ol style="list-style-type: none"> 1. Coarse. 2. Heavy streaks or soggy. 3. Large holes. 	<ol style="list-style-type: none"> 1. Too light owing to too long rising; chilled while rising, or oven too cool. 2. Uneven mixing, gluten not well developed, low grade flour, loaf allowed to rise on a cold surface, underlight or overlight when put in oven. 3. Poor molding or overlight.
F. Color—characteristic of ingredients used, free from dark streaks; for white bread, creamy white with satiny luster.	<ol style="list-style-type: none"> 1. Dark. 2. Streaked. 	<ol style="list-style-type: none"> 1. Poor ingredients, wrong temperature while rising, overlight or underlight when put in oven, too cool oven or stale yeast. 2. Too much flour used in molding loaf, overgreasing of surface, or surface dried out during rising.
G. Flavor—sweet and nutlike with odor free from bacterial action (sourness), or of yeast or other ingredients; enough salt so bread does not taste flat.	<ol style="list-style-type: none"> 1. Rancid. 2. Musty. 3. Sour or yeasty. 	<ol style="list-style-type: none"> 1. Rancid fat or other ingredients. 2. Moldy flour. 3. Old yeast, liquid not scalded so bacteria developed too high temperature in sponge or while rising, too well covered as it cooled, bread stored in airtight container, not clean utensils, incomplete baking.

Desserts—The Grand Finale

Everyone looks forward to dessert. It is like the last act of a play. It is the climax of the meal and may be a triumphant ending, or a honey heart-satisfying scene. A well-chosen dessert will be pleasing to the palate—and to the digestive system. Select a light dessert if you plan a heavy meal.

► **FRESH FRUITS** such as apples or pears are sometimes served with a plate of cheese. Other fresh fruit like berries may be served. Put fruit in a serving dish, and do not sweeten until serving time, using only enough sugar to flavor. Fresh peaches are delicious, too, sliced and served with a little sugar.

► **CANNED FRUIT** makes a desirable dessert just as it comes from the jar. Serve with this some of the cookies that you learned to make in your breakfast unit.

► **BAKED APPLES** are as fine a dessert as they are a breakfast fruit. Select an apple that bakes nicely. To prepare, wash thoroughly, core, and place in a baking pan. Add a little water and sprinkle with sugar, using from 1 to 2 tablespoons of sugar to each apple; and add a dot of butter. Cinnamon may be sprinkled on each apple if desired. Bake until tender. Serve either hot or cold.

► **BAKED PEARS** are prepared like apples, except that they are best cut into halves. They require longer baking and are nicest when baked slowly.

► **FRUIT WHIP** is a combination of fruit pulp, egg white, and enough sugar to give a pleasing flavor. Dried prunes and dried apricots are very good. Soak and cook them until tender, then rub through a sieve.

FRUIT WHIP

2 egg whites
1 c fruit pulp

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

A little lemon juice often will improve the flavor.

1. Put the egg whites and salt in a large bowl. Beat with a rotary beater until stiff.
2. Add the sugar gradually.
3. Fold in the fruit pulp. Chill and serve with a thin custard or cream.

FRUIT TAPIOCA

Mix together in saucepan $2\frac{1}{2}$ c fruit juice and water
 $\frac{1}{2}$ c sugar
 $\frac{1}{4}$ c quick-cooking tapioca
 $\frac{1}{4}$ t salt

1. Cook over low heat, stirring constantly, until mixture boils.
2. Remove from heat. Cool.
3. Fold in 1 cup drained, sliced fruit.
4. Spoon into dessert dishes and serve with cream. Serves 6.

MILK FRUIT SHERBET

Mix together $\frac{3}{4}$ c crushed fruit
 2 T lemon juice
 $\frac{3}{4}$ c sugar

Let stand until sirup forms (2 hours).

Soften $1\frac{1}{2}$ t gelatin
 in 2 T cold water

Dissolve in $\frac{1}{4}$ c hot milk

Add to fruit mixture. Stir in slowly 1 c milk

Pour into freezing tray and freeze (1 hour).

Beat the partially frozen mixture in a chilled bowl with a rotary beater until creamy and frothy.

Fold in 1 egg white, beaten stiff.

Return to tray. Freeze until firm, stirring occasionally. The freezing takes about 3 to 4 hours. The recipe makes 1 quart and serves 6.

FROZEN LEMON PIE

3 egg yolks, well beaten	$\frac{1}{2}$ c sugar
$\frac{1}{2}$ t grated lemon rind	3 egg whites
$\frac{1}{4}$ c lemon juice (about	$\frac{1}{2}$ pt whipping cream
$1\frac{1}{2}$ lemon)	$\frac{3}{4}$ c finely crushed
$\frac{1}{8}$ t salt	graham cracker crumbs

1. Combine beaten yolks, lemon rind and juice, salt and sugar in top of double boiler.
2. Cook until sugar is dissolved and mixture slightly thickened. Set aside to cool.
3. Beat egg whites stiff, whip cream and combine.
4. Fold egg whites and cream mixture into the cooled egg mixture.
5. Put half of crumbs in bottom of large freezing tray of refrigerator and pour in mixture. Cover with remaining crumbs.
6. Freeze at coldest temperature without stirring. When firm serve. Serves 5 or 6.

GELATIN DESSERTS

Packages of fruit-flavored, sweetened gelatin carry directions for making. Any of them will be delicious. For a frothy appearance, beat with a rotary beater until light after gelatin is partially set. Mold and chill.

PINEAPPLE CHEESE CAKE

3 egg yolks, slightly beaten	2 T orange juice
$\frac{1}{2}$ c sugar	3 egg whites
1 c grated pineapple	1 c whipping cream
2 envelopes gelatin	$\frac{1}{2}$ c butter, softened
$\frac{1}{2}$ c cold water	4 c cornflakes (crushed fine)
1 pound cottage cheese, sieved	$\frac{1}{2}$ c sugar
$\frac{1}{4}$ t salt	1 T cinnamon
1 t orange rind	

1. Cook yolks, sugar, and grated pineapple over hot water until thickened.
2. Soak gelatin in cold water and add to hot mixture. Cool.
3. Add cottage cheese, salt, orange rind, and juice.
4. Fold this mixture into beaten egg whites.
5. Fold in whipped cream.
6. Mix together the butter, cornflakes, sugar, and cinnamon and press half of this on the bottom of a spring mold pan.
7. Fill pan with cheese mixture.
8. Sprinkle rest of crumb mixture over the top.
9. Place in refrigerator for 1 hour.

"Can She Bake a Cherry Pie?"

Cherry or otherwise, it isn't much of a job to bake a pie; and what exclamations of approval you get from dad and the boys! Most pies are high in calories so are not the best desserts to follow a heavy meal. Plan your menu carefully when including pastry for dessert.

PASTRY

2 $\frac{1}{2}$ c pastry or cake flour	1 t salt
or	$\frac{1}{3}$ c fat
2 c all-purpose flour	5 to 6 T water (approximately)

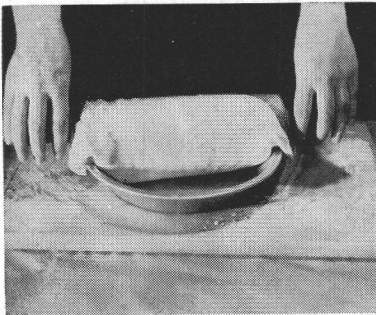
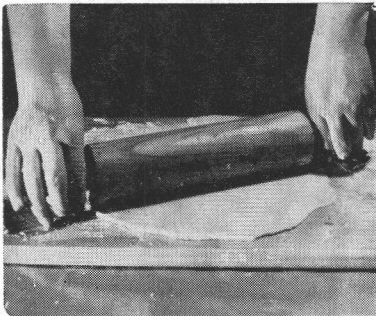
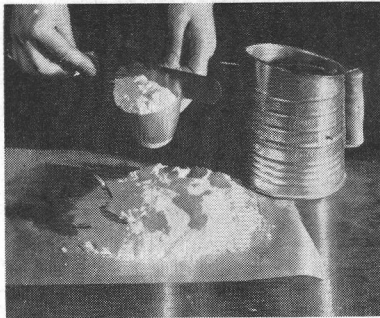
Yield. One 2-crust pie or two 1-crust pies.

All ingredients should be room temperature for easy mixing.

1. Assemble the following utensils:

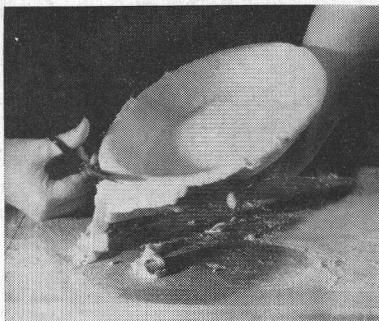
Medium-sized bowl
Pastry blender
Measuring cup
Measuring spoons
Fork

Pastry board
Rolling pin
Pie tin
Spatula
Kitchen shears



2. Regulate oven at 450° F.
3. Sift flour and measure.
4. Add salt and mix well.
5. Cut fat into flour until pieces are the size of small peas.
6. Sprinkle water over flour, a teaspoon at a time. Toss lightly with a fork after adding. Add only enough water to hold dough together.
WORK QUICKLY.
7. Wrap dough in double wax paper and work lightly into a ball. Chill for 20 to 30 minutes, preferably in the freezing compartment. If the dough is easy to handle immediately after mixing, chilling may be omitted.
8. Cut dough into two equal balls. Work the dough with the hands, using 5 to 10 squeezing and molding motions.
9. Flatten the round ball with the hand.
10. Roll dough from center to the outside until it is about $\frac{1}{8}$ inch thick. Try to roll dough in a circle. Lift rolling pin at edge of dough, so it isn't too thin.
11. Starting with side of crust at the back side of the board, roll the dough onto the rolling pin.
12. Unroll into pie pan.
13. Shape to fit pan.

14. Trim off edges with shears. Leave an extra margin of dough $\frac{1}{4}$ to $\frac{1}{2}$ inch wide.
15. For a 1-crust pie, baked before filling, fold over the extra dough and crimp around the edge with the fingers or a fork. Prick the crust in several places with a fork so the crust will not have bulges. Bake at 450° F. (hot oven) for 10 minutes or until brown.
16. For 2-crust pies, place the bottom crust in the pie pan, add the filling and cover with the top crust. Trim, allowing $\frac{1}{2}$ -inch overhang. Make a high rim and flute this edge. Make several small slits in top crust to allow steam to escape. Bake at 450° F. for 10 minutes, then reduce heat to 350° F. and continue baking for 30 to 35 minutes.



—Photos courtesy Iowa
State College

17. Brush the tops of 2-crust pies with light cream, milk or beaten egg white to make them brown nicely and have a glaze. Fruit pies also may be sprinkled lightly with sugar.

MERINGUE

3 egg whites
 $\frac{1}{4}$ t cream of tartar
 6 T sugar

1 t flavoring (if desired). It
 may be lemon juice.

1. Beat whites with cream of tartar until frothy.
2. Gradually beat in sugar, a little at a time. Do this thoroughly or your pie may "weep."
3. Continue beating until whites are stiff and glossy.
4. Put meringue onto pie filling, being careful to seal the meringue onto edge of crust to prevent shrinking. If the filling is not entirely covered, it may "weep" too.

5. Swirl meringue or pull up points with back of spoon for decorative top.
6. Bake in moderately hot oven (375° F.) for 8 to 10 minutes or until delicately browned.
7. Cool gradually in a slightly warm place, away from drafts. A chill may make the meringue fall.

LEMON MERINGUE PIE

1½ c sugar	3 T butter
¼ c cornstarch	4 T lemon juice
1½ c water	1½ T grated lemon rind
3 egg yolks, slightly beaten	

1. Mix in saucepan 1½ c sugar and ¼ c cornstarch.
2. Stir in gradually 1½ c water.
3. Cook over moderate heat, stirring constantly, until mixture thickens and boils. Boil 1 minute.
4. Beat a little of the hot mixture into the beaten egg yolks.
5. Then beat into hot mixture in saucepan. Boil 1 minute longer, stirring constantly. Remove from heat. Continue stirring until smooth.
6. Blend in 3 T butter, 4 T lemon juice, 1½ T grated lemon rind.
7. Pour into baked, 9-inch pie shell.
8. Cover with meringue.

APPLE PIE

¾ to 1 c granulated or brown sugar	1 T lemon juice when bland apples are used
1 t cinnamon or nutmeg	1½ T butter
¼ t salt	Milk or cream for glazing
6 to 7 c sliced apples, tart	

1. Mix together sugar and cinnamon or nutmeg. Mix lightly through apples.
2. Heap up in a 9-inch pastry-lined pan. Dot with butter.
3. Cover with top crust. Brush with milk or cream.
4. Bake in hot oven (450° F.) for 10 minutes; then reduce heat to moderate (350° F.) and bake 50 minutes, or until crust is nicely browned and apples are cooked through. (Test with fork.)
5. Serve warm or cold—may be topped with cream, whipped cream, or ice cream.

Apple pie is delicious served with cheese.

FRESH FRUIT PIES

You may wish to use blackberries, blueberries, loganberries, cherries, grapes, raspberries, peaches, plums, strawberries, or rhubarb.

3 to 4 c prepared ripe, juicy
fruit
1 to 1½ c sugar (according to
sourness of fruit)
¼ t salt

4 T flour *or*
2 T cornstarch or quick-
cooking tapioca
1 T butter
Milk or cream for glazing

1. Combine dry ingredients. Mix lightly through fruit. (Adjust amounts of sugar and flour according to sweetness and juiciness of fresh fruit.)
2. Line pie pan with pastry, fill with fruit mixture, and dot with butter.
3. Adjust top crust; brush with milk and bake in hot oven (450° F.) for 10 minutes; then reduce heat to moderate (350° F.) and bake 30 minutes longer, or until crust is nicely browned and juice begins to bubble through slits in crust.
4. Serve slightly warm, not hot.

Now—To Set the Table

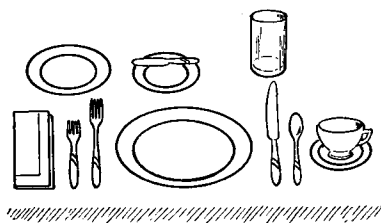
► Tablecloths. Linen, rayon, or cotton damask, plain or novelty weave cloths, lace cloths, or place mats all have their place. Choose the one that will be the most effective background for your dishes.

► Place mats are laid with the long side parallel to the edge of the table and 1 inch from the edge. Tablecloths are laid over a silence cloth with the center crease down the lengthwise center of the table. The lace cloth is laid in the same manner, but without a silence cloth.

► Chairs should be placed so that the front edges are even with the edge of the table.

► The space for each person together with the necessary silver, dishes, glassware, and napkins is called a "cover." Arrange each cover as shown in the diagram.

1. The plate is always in the center of the cover.
2. Place silver and dinner plate an inch from edge of table.
3. Place the knife at the right of the plate with sharp edge toward the plate.
4. Put spoons at the right of the knife with the bowls up.



5. Place forks at the left of the plate with tines up. Salad and dinner forks are arranged in the order in which they are to be used.
6. Place the glass at the tip of the knife, and the cup and saucer to the right of the tea-spoon with handle of the cup to the right.
7. Place the salad plate to the left of the plate above the forks. If a bread and butter plate is used, put it at the right of the salad plate.
8. If a butter spreader is used, put it across the top of the bread and butter plate.
9. Lay the napkin at the left of the fork 1 inch from the edge of the table. Fold it simply, in a square or rectangle, with the hemmed, loose edges toward the plate.

► Place salt and pepper shakers, relish and jelly dishes where they can be reached easily by everyone at the table. Place serving spoons on the table beside jelly dishes, sugar bowl, etc. The handle usually extends toward the edge of the table so that it may be reached easily.

When handling dishes and silver, be careful that your hands do not touch the eating surfaces. Hold silver and cups by the handles, plates by the rim, glasses by the base.

► The centerpiece may be of flowers, fruit, or greens. Make the arrangement low so that guests may see each other across the table. Flowers should harmonize in color with the dishes, linen, and food and should not be strong scented. Lighted candles may be used. You may want to use place cards. If you like, the place cards may include the menu.

Dinner is Served

Before inviting the guests to be seated, fill the water glasses three-fourths full with cool, fresh water.

Place butter, relishes, and salad on the table. Bread or rolls go on now, or, if served hot, they are brought in immediately after the guests are seated.

There are two ways to serve the main course. You may fill the plates in the kitchen and place them before the guests after they are

seated, or you may bring the food to the table in service dishes. These are placed before the hostess and she serves each guest. Certain foods, as hot rolls, cream and sugar, and gravy may be passed by the guests at the table. If you wish to serve them individually, you will want to hold the dish to the left of the guest and low enough so that he can serve himself easily. Plan to leave the table as few times as possible.

When serving a person seated at the table, place dishes from the left, holding them in the left hand. The one exception is the beverage, which is placed from the right and served with the right hand.

At the end of the main course, remove all dishes belonging to that course. First, take away the serving dishes and silver used in serving. Then, take all dishes belonging to one person at a time. Again, remove dishes from the left, and do not stack dishes in front of the guest. Instead, remove the dinner plate with the left hand and transfer it to the right. Then remove the salad plate, and place it on the dinner plate. The bread and butter plate, extra silver, etc., may then be removed. Carry one person's dishes at a time, placing them on a tray for carrying to the kitchen. Leave the water glasses and cups and saucers in place. Remove salt and pepper and small articles last; and crumb the table if needed. Refill the water glasses before the dessert course. Do not remove glasses or cups from the table when refilling. Use a clean napkin to catch any drip.

The dessert will have been prepared before dinner, so very little time is needed for serving.

When all have finished eating, you will rise from the table and the others will follow. With a word to your guests, you will be free to go about clearing the table and washing the dishes.

A tray is very useful. It should be large enough to carry more articles than you can carry with your hands. But, *be sure* that the tray is not too large nor too heavily loaded for you to handle. A tray is never taken directly to the table. It may be placed on a serving table or buffet.

These are just a few suggestions for correct table service. An excellent reference for simple table service is "Meal Planning and Table Service" by Beth Bailey McLean. Copies can be found in most libraries.

There is no one right way of setting the table or serving the dinner. As conditions change, the most suitable type of table service changes too.

Tips on Housekeeping

Tips on housekeeping in the kitchen aren't so much fun, but—OH, so important!

- Wash your hands with warm water and plenty of soap before starting to work and whenever they need it during the food preparation.

- When finishing with a spoon, dish, or pan, put it to soak.

- Dispose of peelings and waste articles as soon as possible. Avoid spilling food.

- In any free moments during meal preparation wash the used dishes, scald with hot water, and put them aside to drain. They will dry quickly.

- After the meal, put all leftovers in covered containers. Scrape and rinse dishes and pans, and stack together.

- In washing dishes, use plenty of hot water and detergent. Rinse with hot water. Wherever facilities will permit, let the dishes drain dry. Wipe the silverware.

- Wash dishes in this order: glasses, silver, china, and cooking utensils.

- Towels and pot holders used around food should be spotless.

Take Part in Demonstrations

Every club meeting should have one or more demonstrations on the program—some of the members showing and telling the others how to do something useful and interesting which they have learned in the project. It's such a good way to learn and to help others.

Now that you have had several years of club work in foods, you have probably given a number of demonstrations, so they should be easier to do. This year will give you a fine opportunity to build on your past experience. Do one demonstration for sure—more would be better. Share what you have learned by demonstrating at meetings of other groups in your community. Remember—

1. Tell **WHAT** you are going to do.
2. Show and tell **HOW** to do it.
3. Tell **HOW** and **WHY** you did it.

Tips that make it fun—

1. Speak slowly and distinctly.
2. Be happy—smile.
3. Dress for the job, and be neat and clean.
4. Look at the group.
5. Think about helping others, not about yourself.

6. Have good posture while working and standing.
7. Be interested. Club members "catch" it.
8. Keep equipment and supplies away from the center and front of the table so that the group can see everything you do.

The 4-H leaflet *Let's Demonstrate* will help you improve your demonstrations. Ask your leader about it.

Many ideas for demonstrating will occur to you as you work with your project. Here are a few suggestions for demonstrations.

Yeast Bread	Milk Dishes for Health
Whole Wheat Bread	Table Setting and Meal
Fancy Rolls	Serving
Vegetable Cookery	A One-Dish Meal
Attractive Salads	Pastry
Interesting Uses for Cottage Cheese	Tasty Desserts
	Meat Dishes

There are many opportunities for Dinner Club members to show the skill you have gained in cooking. In addition to sharing this skill with others, through demonstrations, you can take part in a number of contests—Bread Baking, Cake Baking, and Dollar Dinner. You will want to choose one for your specialty this year and perhaps another one next year.

The Junior Bread Baking Contest

Eligibility

All club members enrolled in the Dinner Club or Advanced Foods who:

- (a) Have not passed their 15th birthday on January 1 of the current year, and
- (b) Have completed not less than 3 years of club work including the current year.

Requirements

Bake one loaf of white bread at the time of the contest.

Previous to the contest, write a story about your experiences in baking, including the different foods you have baked, such as bread, cakes, cookies, quick breads, etc., what you have learned about bread making, and some of your experiences in preparing meals. Include a statement of what 4-H Club work means to you.

The Senior Bread Baking Contest

Eligibility

All club members enrolled in the Dinner Club or Advanced Foods who:

- (a) Have passed their 15th birthday on January 1 of the current year, and
- (b) Have completed not less than 3 years of club work including the current year.

Requirements

Bake one loaf of white bread and one pan of rolls, such as Parker House, plain or clover leaf, from the same dough.

Submit your up-to-date permanent record.

Write a story about your experiences in preparing meals, including number prepared, your experiences in bread baking, and other foods, and what 4-H Club work really means to you.

Scoring the contests

The following score card is used as a basis in judging the Junior and Senior 4-H Bread Baking Contest:

Skill

Accuracy of measuring	15	
Dexterity in mixing and kneading	30	
Neatness—personal neatness and way of working	15	
		60

Finished product

Appearance of loaf	10	
Texture	10	
Flavor	20	
		40
Possible score		100

Both the story in the junior contest and the permanent report form in the senior contest are judged and may influence the placings.

Rules which apply to both junior and senior contests

Each contestant furnishes her own utensils, such as mixing bowl, measuring cup, spoons, flour sifter, bread board, bread pan, spatula, pan for heating milk, dish cloth, tea towel, pot holder, etc.

Range and work table will be supplied.

Contestant may use any recipe or method that she prefers, but a copy of the recipe must be given to the judge at the time of the contest.

Contestant may use any flour and yeast preferred.

The Cake Baking Contest

Members of Main Dish Meals, Dinner Club, and Advanced Foods Clubs are eligible to enter the shortened plain cake baking contest. Ask your County Extension Agent for details of the contest.

Be in the 4-H Dollar Dinner Contest

The Dollar Dinner Contest offers you a chance to fit together the many experiences you have had in club work. You can show how you have learned to plan and work and how you can adapt yourself to different conditions. Experience in canning, freezing, and gardening projects will be an advantage to you who enter this contest.

The name "Dollar Dinner" was given to the contest at a time when food costs were low. Originally the contestant was expected to serve an interesting, appetizing, and nutritious meal for 4 persons at a cost of less than 1 dollar. Today, food costs have increased. However, the name of the contest has been retained because it is well known and tells a story. No top price is now indicated since costs change frequently, but wise spending and spread among the various items will have more weight than the actual amount spent.

Rules which apply to junior and senior contests

Each contestant is to prepare and serve a dinner for 4 people, including herself, and clean up afterwards.

The records which have to be submitted are the current year foods project record book for the junior, and the permanent record form for the senior.

Contestants are required to present to the judge before starting to work, (1) the menu for the meal, (2) an itemized cost statement, and (3) time schedule.

Each contestant will furnish her own table linen, tea towels, hand towels, dish cloths, pot holders, wax paper, food, and any special equipment she requires.

For list of equipment and dishes which are furnished, see your County Extension Agent.

The Junior 4-H Dollar Dinner Contest

Eligibility

All club members enrolled in the Dinner Club and Advanced foods who:

- (a) Have not passed their 15th birthday on January 1 of the current year, and
- (b) Have completed not less than 3 years of club work including the current year.

Time

You will be allowed *4 hours* from the time you enter the working area until you leave it. You may divide this time as you wish.

Guests

You will prepare a 2-course dinner, serve your guests, and clean up after the meal. You will eat with your guests. Make them feel welcome by the way you greet them and seat them at the table, and by serving them graciously. The person in charge of the contest will name one guest and you may invite a guest. The judge will be the fourth guest. You will not be judged as a hostess. If you wish you may ask the judge or a guest to serve as hostess.

Judging

The score card used as a basis in judging the Junior and Senior 4-H Dollar Dinner Contests is on page 41.

The Senior 4-H Dollar Dinner Contest

Eligibility

All club members enrolled in Dinner Club and Advanced Foods who:

- (a) Have passed their 15th birthday but have not passed their 21st birthday on January 1 of the current year, and
- (b) Have completed not less than 3 years of club work, including the current year.

Time

You will be allowed *4 hours* from the time you enter the working area until you leave it. You may divide this time as you wish.

Guests

You will prepare the dinner, serve, act as hostess, (eat with your guests), and clean up after the meal. Either you or the person in charge of the contest will invite two guests. The judge will be the other guest. Greet your guests, introduce them if they are not acquainted, and make them feel at home. Your own friendliness and interest in them will aid you as you take part in the conversation. Don't become too concerned about the little things which may go wrong, but enjoy your guests and they will enjoy you.

When seating your guests you, as hostess, will want to sit nearest the entrance to the kitchen and ask the judge to sit opposite you. Observe the general serving suggestions given on pages 34 and 35.

Judging

The following score card is used as a basis in judging the Junior and Senior 4-H Dollar Dinner Contests.

	Score*	
	Junior	Senior
I. The Buying	10	10
Money well apportioned among various items		
Best buy for the money spent		
Itemized statement of costs		
II. The Menu	20	15
Represents a variety of nutritive values		
Food in season or home-canned or frozen		
Good texture, color, flavor combinations		
Interest added by use of foods of local importance, (such as dairy foods, fish foods in coast coun- ties, etc.)		
Menu suited to time allowed		
Menu provides opportunity to show variety of skills and techniques		
III. Preparation of the Food	25	15
Food properly cooked at right temperatures		
Approved cookery techniques used		
Well seasoned—palatable		
All preparation done during time allowed (except yeast breads, gelatin desserts, and salads, jel- lies, etc.)		
No waste of food (adequate amounts prepared, no careless peeling wastes, proper care of left- overs)		
Habits of cleanliness observed		
IV. The Table	10	5
Linen correctly laundered and laid		
Chairs properly placed		
Silver, glassware, and dishes correctly placed		
Decorations suitable and in harmony with the meal		
V. Serving the Dinner	10	10
Correct but simple type of table service chosen		
Size of serving ample and attractively placed on plate		
Service, except beverages, from the left		
Correct clearing of table		
Hot foods served hot; cold foods served cold		
Greets guests graciously, introduces and seats them at table†		

(Continued)

		Score*	
		Junior	Senior
VI. Work Habits of Contestant	15		10
Efficient methods of work used			
Itemized schedule of work followed			
Ability of contestant to adapt to situation			
Attitude of contestant			
VII. Housekeeping	10		10
Work surfaces kept orderly at all times			
Dishes and utensils correctly stacked, washed,			
scalded, dried, and put in place			
All leftover food and personal equipment removed			
Kitchen left clean and in order			
Personal appearance of contestant good			
JUNIOR TOTAL	100		
In addition to these points, the senior contestant is judged on the following :			
VIII. The Hostess			10
Greets guests graciously, introduces and seats them			
at the table			
Participates in table conversation			
Skillfully and quietly excuses self from table to			
serve guests			
Takes initiative in rising from the table			
IX. The Record of 4-H Club Work			15
Submit your up-to-date permanent record			
SENIOR TOTAL			100

* The judge is to weight the different items under each heading as she desires.

† In the Senior Contest, this point is judged under VIII "The Hostess."

