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HOME COOKERY PROJECT

DIVISION II

THE *Luncheon* OR *Supper Club*

By Helen Cowgill

DISCARD

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

Club Series M-41

4-H Club Cooking Project

SCORE CARD FOR DAILY MEALS
A Means of Measuring the Nutritive Value

Milk

2 cups or more	}	20
or		
2 cups of skimmed milk plus 1½ tbs. butter		

*Vegetables and Fruits**

1 leafy or green or yellow vegetable	10
Any other vegetable	5
If one of above is raw, extra credit	5
Fruit—2 or more servings	10
If only one serving	(5)
If orange or grapefruit or tomatoes (canned or fresh) is served, extra credit	10

Meat, fish or poultry, cheese or dried peas or beans

1 serving	10
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Eggs

At least 4 per week	10
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Whole grain breads and cereals

2 servings or more	10
1 serving	(5)

Butter

In addition to any counted above, 2 tbs. or 1 oz.	10
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Total score100

* A serving of a vegetable or fruit is approximately ½ cup.

The Luncheon or Supper Club

By

HELEN COWGILL.

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

1. **Rules.** When you have completed a group of the required work, record the work in your record book, then fill in a progress report card, giving all the information required. If you are a member of a standard club, take the card to your next club meeting and have your club leader sign it. Should you be working individually, have mother sign the card, then mail it to the State Club Leader.

2. There are ten progress report cards for you to fill out and send in, so that we may keep in touch with your progress. Be sure to keep the same information in your record book so that your records will be complete when you have finished your work. Send in each card as you complete a group.

3. When you have completed all your work, and have your report book neatly and accurately filled in, write a little story about your work on the last page of the record book and then be sure to send your book to your county club agent (if you have one) or to Mr. H. C. Seymour, State Club Leader, Federal Cooperative Extension Service, Oregon State College, Corvallis, Oregon.

4. Each member of the Home Cookery Division II Club is required to prepare not less than two dishes in each of the first eight groups, prepare not less than three luncheons or suppers, and assist the other members of the club in entertaining the mothers of the members. (A girl working individually may prepare a fourth meal in place of the entertaining if she wishes.) Each member is also required to report on each group, and make an exhibit at either a local, county, or state fair.

5. The subjects to be studied in Home Cookery Division II are dishes suitable for luncheon or supper.

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|--------------|--|
| Group One. | Food habits score card and a food chart and meal planning. |
| Group Two. | Soups that satisfy. |
| Group Three. | Vegetable salads. |
| Group Four. | The starch cousins. |

Group Five.	Eggs as the main dish.
Group Six.	Milk dishes suitable for luncheon.
Group Seven.	Fruit delicacies.
Group Eight.	Cakes of the sponge cake type.
Group Nine.	When we entertain our mothers.
Group Ten.	Luncheon or supper.

6. What to do—

(a) Study your instructions carefully.

(b) The groups are arranged in a very convenient order. Where possible, follow the order, but they may be worked in the way found most convenient. You may wish to entertain at some particular time, so Group Nine may be worked out any time after you are well started. The meals may come at intervals instead of all at the last.

7. **Exhibit.** The exhibit shall consist of one cake of the sponge cake type (plain sponge cake, angel food, sunshine). It is desirable that every Cookery Club member exhibit at either a local, county, or state fair. She may exhibit at all three.

8. **Basis of awards.** The awards in Home Cookery Division II will be as follows:

(a) Exhibit—One cake of the sponge cake type 75

(b) Completeness and accuracy of report 25

Possible score100

9. Suggestions for getting the most out of this bulletin—

(a) As in the Home Cooking Division I bulletin, in this bulletin your attention in each group is first of all called to some facts regarding the particular food being studied. We hope you will study each group thoughtfully and then put into practice what you learn.

(b) Make your meetings helpful and happy.

(c) Pay attention to the Health "H" in the club emblem. Strive to make yourself your own best exhibit.

(d) Plan your meetings carefully.

No cookery bulletin can do more than present a few standard recipes, but the newspapers and magazines are full of tempting recipes, many of them beautifully illustrated. In addition to this, many food manufacturers put out excellent recipe books, and there are countless recipe books on the market.

Every club member is urged to try recipes from any or all these sources as well as the recipes in this bulletin. Be sure to keep a

record of all you do, no matter what recipe is used. Of course, we expect you to follow the general headings for the groups, such as milk soups, starchy foods, vegetable salads, etc.

10. Demonstrations. In every group we are suggesting demonstrations. You will find the demonstration especially helpful in passing on information and methods you have learned.

A demonstration may be given by one, two, or more persons, depending on what is the best method for the subject being demonstrated. The individual demonstration is especially valuable in presenting subject matter at a club meeting. The team of two is most desirable for county and state contests. No cookery demonstration ever requires more than two persons.

11. For the purpose of teaching a new practice to other club members, one person, either a member or the leader, should be sure she understands what she is to do and then proceed just as she would if cooking in her own kitchen, explain each step so that the members of her audience may clearly understand how to do the same thing later in their own kitchens. Such a demonstration is no more difficult than explaining a problem at the blackboard in school or showing a friend how to skate or dance or play a new game.

After the club members have learned to give individual demonstrations, why not have the president appoint two members to prepare a team demonstration?

12. How to give a team demonstration—

(1) The two appointed to give the demonstration should read over the instructions for the group to which they have been assigned and then choose the dish they wish to prepare in their demonstration.

(2) After deciding on what to demonstrate, the next step is to learn how to prepare the dish.

(3) After you know how to prepare it, you must decide on what each of you will do and say. It is easiest for one to talk while the other works. There are times, however, when the demonstration will go more smoothly if the one who is talking works at the same time. For example, in a cake demonstration, while the one girl is beating the egg whites, the second girl who is talking may measure the sugar and flour and sift the flour with part of the sugar. The one who is talking must be careful to talk about what the other one is doing.

Here is a convenient plan for a demonstration. You will have to fill in the details. You may find on some topics that it is best to

divide the work up into more than two parts. That is quite permissible.

PLAN OF A DEMONSTRATION

Girl No. 1	Girl No. 2
Talks— 1. Introduces team. 2. Tells what is to be demonstrated. 3. Gives recipe. (a) While No. 2 is measuring (a) tells something about (a). (b) and does the same. (c) during all the measuring, keeping even with No. 2.	Works— 1. Stands quietly. 2. Stands quietly. 3. Measures out ingredients. (a) (b) (c) It is well to measure the ingredients in the order that will require the fewest utensils.
Works— 1. Combines ingredients (a) (b) (c) etc.	Talks— 1. Tells how to combine and why the method used is desirable.
Talks— Summarizes what has been done and said.	Works— Finishes up.

It is a good practice to have some of the food prepared ahead of time to pass so that the audience may taste it. Have it in small portions.

It is also a good idea to use the judging score card and score the finished product.

Posters often help to drive home the point being made.

Suggestions concerning a demonstration—

1. Speak slowly and distinctly.
2. Be happy—smile.
3. Be neat and clean.
4. Look at your audience.
5. Think of helping others, not about yourself.
6. Where preparations require a long time have part of the work done before the hour for the demonstration. For example, if you plan to demonstrate the way to prepare macaroni and cheese, have your macaroni just ready to be taken from the stove, after boiling it, and

have the milk for the sauce hot. Then you can tell what happened before you started and your demonstration will go more quickly.

Some suggested demonstration topics—

1. White sauce for various uses.
2. Soufflé.
3. Milk soups.
4. Vegetable salad.
5. Rice served in various ways.
6. Macaroni and cheese.
7. Three salad dressings (French, boiled, mayonnaise).
8. Blanc mange.
9. Party sandwiches.
10. Afternoon tea.
11. Any of the cakes given.
12. Marguerites.
13. Fruit for dessert.
14. A luncheon.
15. Setting the table for a home luncheon.
16. Serving a company luncheon.
17. The salad tray.
18. Fruits for dessert.

13. Judging of cooked foods. Since one of the requirements of a standard club is that there shall be a team for judging, it is necessary for that team to have instructions in how to judge. Before we can pass judgment on a piece of work of any kind it is necessary for us to have a standard with which to compare the article. It is possible to judge a piece of work quite accurately by comparing with a standard.

When we wish to know how many yards there are in a certain piece of cloth, we use a tape measure or yardstick the length of which we know. Your tape measure, if it is a true one, is exactly the same length as mine or your neighbor's. We call such a tape measure a standard measure of length. There is also a standard measure of weight. Both of these are standard measures of *quantity*. A score card is a measure used to determine *quality* of a product instead of the quantity of it.

The following score card is one of the very simplest and will help you to decide how near the standard product yours is. In order to use this score card on your products you will have to study how

the various products should look and taste, then decide how nearly yours come up to the standard.

SCORE CARD	
General appearance	20
Texture	35
Flavor	45
	<hr/>
	100

Under general appearance, we consider whether the dish looks appetizing and is of good color.

Under texture, we consider whether the mixture is free from lumps and of the right consistency. If a bread, whether it is light and tender, not too large holes, etc.

Under flavor, whether palatable and well seasoned.

In the Cookery record book, there is a column which we suggest you use for recording the score you give the dishes you prepare—using the above score card as a basis for scoring.

14. How to make reports—

(1) If the first time a commodity (eggs, flour, sugar, peaches, beans are commodities) is used, the cost is recorded in the first pages of the record book, these figures may then be used every time the commodity is called for in a recipe.

(2) A recipe file box is a great convenience and now may be purchased for a few cents. These boxes come equipped with recipe cards and catalogue cards for convenience in filing. If such a recipe box is used, the recipe should be written so that the cost of each ingredient can be written in a column at the right.

The number of servings may be placed below and the method used may be written on either the front or back of the card.

If no filing box is to be had, why not put the amounts opposite each ingredient in the recipe in your bulletin and at the end put the total cost and the number of servings?

(3) The cost of the recipe and the number of servings should be put in the record book. Be sure to prepare not less than the number of dishes required and *total* (add) the cost of all dishes prepared and the number served. Carry these totals over to the last page.

(4) In planning your luncheons, you will probably use recipes that you have already tried individually so the computing of the cost of the meal simply means the addition of the costs of the different dishes, the cost of bread, butter, and milk.

Therefore the keeping of records falls into five parts:

(1) Computing cost of commodities.

- (2) Computing cost of recipes.
- (3) Computing cost of entire meal.
- (4) Computing totals for all and summary on last page.
- (5) Writing story of the work done.

Progress report cards. Fill in all spaces on your report cards, being sure to give your *name, address, and club number*. Give the group number, and names of the dishes you prepared. Have your leader sign the card. It is then ready to be sent either to your county club agent or to Mr. H. C. Seymour, State Club Leader, Oregon State College, Corvallis, Oregon.

REQUIREMENTS FOR HOME COOKERY DIVISION II

General directions. In Home Cookery Division I, you learned that the preparation of food for the family is one of the most important duties of women and girls. Today, more than ever before, we are interested in planning and serving our families with the foods that will do the most toward making and keeping them in the best possible health. Therefore, we urge you to make the most of this opportunity to serve not only your family but your country.

Cleanliness. In no other part of the house is cleanliness of so great importance as it is in the kitchen where food is prepared.

Modern kitchens are so built and finished that they may be most easily kept clean, but whatever kind your home may have it is of the greatest importance that it be kept clean.

Dishes and cooking utensils must be washed in clean, hot, soapy water, and rinsed with clear, boiling water. Many people today prefer to stack dishes in a draining rack and let them air dry rather than to wipe them.

Keep your dishcloth clean. Wash it carefully with soap and water and boil it frequently.

Personal cleanliness. Wash your hands and clean your fingernails before you begin to work with food, and wear a clean apron.

Saving. Keep in mind the suggestions given in your Division I Cookery bulletin on saving.

GROUP ONE: FOOD HABITS

Home work. Score food habits for one week.

Suggestions for club meeting. At the first meeting after organizing we want you to do the following:

- (1) Study the score card for food habits so that all understand what is to be done before the next meeting.

- (2) Between this meeting and the next, keep your food habits score.
- (3) See food chart on pages 42-43. Start a chart with the same headings but put in only those foods you eat when served.
- (4) The president should appoint (a) a program committee, and (b) a demonstration team.
- (5) The leader should instruct the members regarding the work to be done before the next meeting.
- (6) All the pages up to this first group should be read and discussed. Probably it will not be possible to do all this reading at the first meeting, but whatever is not studied now should receive first attention at the following meeting.

Review the instructions given on measuring.

Experiments. When you have your first meeting after you receive this bulletin, work out these experiments.

Find out, by experiment, how many :

- (a) Teaspoons equal 1 tablespoon.
- (b) Tablespoons equal 1 cup dry measure.
- (c) Tablespoons equal 1 cup liquid measure.
- (d) Cups equal 1 pint.
- (e) Cups of fat equal 1 pound.

Use flour for the dry ingredient, water for the liquid, and any convenient solid fat for the fat. When you have finished measuring, compare your results with the table of measures given in your Division I Cookery bulletin. Are they alike? If not, several things may have occurred.

- (1) Your spoons and cups may not be of standard size.
- (2) You may not have paid close enough attention to the business of measuring.

Check up on yourself and remedy the fault. To get uniformly good results every time you try a recipe, you *must* measure accurately.

Good food habits—

- (1) Do not eat when excited, hurried, tired, or angry.
Peace of mind aids digestion.
- (2) Drink from 4 to 8 glasses of water each day.
- (3) Use milk—at least 3 glasses a day for children, $\frac{1}{2}$ pint a day for adults. Twice these amounts is better.
- (4) Eat slowly.

- (5) Chew thoroughly.
- (6) Eat a good breakfast—cereal, fruit, bread, milk, egg.
- (7) Eat a plentiful lunch with something hot.
- (8) Eat a simple supper—no fried foods, no heavy meat, no rich dessert.
- (9) Eat meals at regular times.
- (10) Eat some vegetable other than potatoes each day, two are better than one.
- (11) Eat some fruit each day—two servings, one raw.
- (12) Drink no tea or coffee.
- (13) Eat meat only once a day.
- (14) Eat candy only after meals and then only occasionally.
- (15) Avoid very rich and fried foods.
- (16) Eat whole-grain cereal or bread.

Score card for food habits. In the Division I Cookery Club Project you learned that our bodies require certain food materials in order that they may grow and be strong and healthy. You were not asked to check your own food habits to see whether or not you were getting the things you needed.

This year we want you to use the score card given here to find out how your food habits compare with the standard given.

At your first meeting after receiving your bulletin, read over the score card carefully and discuss it to be sure you understand what is required. Beginning then on Sunday, put down your score. Use the figures as they are—20, 15, 10, 5—depending on how much is allowed. If you have not used any of some of the foods leave such places blank. Keep this record for one week (seven days). If you have drunk coffee, gone without breakfast, or eaten candy between meals, subtract 10 from your total. Leave the other seven columns blank, until after you have completed all the other requirements of the project, then score yourself again and compare the scores for the two weeks.

GROUP TWO: SOUPS THAT SATISFY

A GOOD SOURCE OF CALCIUM AND VITAMINS

Home work. Prepare and serve two kinds of cream soups—each one twice.

Cream soups add milk to the diet and another vegetable and should be served frequently.

Suggestions for club meetings—

1. Read over carefully all the instructions given in the pages preceding the instructions for this group which you did not have time for at the first meeting.
2. Study the instructions for this group carefully.
3. Review the method of figuring the cost of a dish.
 - This is probably all you can do at this one meeting. In some instances you may not be able to do quite all of it, in which event it will be best to select things you need most at the time and then leave the rest until the next meeting.
4. When you finish this group fill in your record book and a progress report card. Send the progress report card to your county club agent, or to Mr. H. C. Seymour, State Club Leader, Corvallis, Oregon.

Table courtesy. The soup spoon is dipped away from you and soup is taken from the side of the spoon.

Soups that satisfy. Many times the principal dish at luncheon or supper is a good milk soup served with crisp crackers or very dry, crisp toast.

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

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

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

Foundation white sauce—

Use:

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

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

When the milk is very hot, stir in the flour mixture. Continue stirring until the mixture thickens a bit. Then add the butter and seasonings. Let cook fifteen minutes.

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

Vegetables to use—

Carrots	Salsify	Potatoes
Celery	Peas	Onions
Corn	Lima beans	

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

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

A good variation is to combine two vegetables in one soup. For example, corn and lima beans make a pleasing combination, so also do carrots and peas and carrots and onions, or carrots and celery. For many people a bit of onion is an addition to almost any soup. Celery salt could be used as a seasoning for any of these soups, if desired. Grated cheese sprinkled over the soup after it is in the plate is another variation; use one level teaspoonful of the cheese to a dish.

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

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

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

Make your white sauce of all milk. Heat an equal quantity of tomatoes to the boiling point.

When ready to serve and *not before* add to the hot tomatoes $\frac{1}{4}$ teaspoon of soda for each cup of tomatoes.

Combine the two mixtures and serve immediately.

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

Use of clams or oysters. Either fresh or canned clams or oysters are delicious in a cream soup. Drain the liquor off and add to the milk. Do not put in the clams or oysters until just long

enough before serving to heat them thoroughly, as long cooking makes them tough.

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

GROUP THREE: VEGETABLE SALADS

GOOD SOURCES OF VITAMINS AND MINERALS

Home work. Prepare and serve at least two vegetable salads.

Suggestions for club meetings—

- (a) *Topics for discussion.*
 - 1. Why vegetables are good for us.
 - 2. How to use raw vegetables.
 - 3. Some pleasing vegetable combinations.
- (b) *Roll call topics.*
 - 1. Name a leafy vegetable.
 - 2. Name a pod vegetable (beans, peas, etc.).
 - 3. Name a root vegetable (turnips, carrots, etc.).
 - 4. Give a good salad combination.
- (c) Report on work done since last meeting.
- (d) Turn in progress report cards.
- (e) Have secretary check cards with record books.
- (f) Secretary have leader sign cards, then secretary can mail them.
- (g) Demonstration: Show how to make one of the suggested salads.
- (h) Table courtesy: Salads are cut and eaten with the fork.

If you will refer to the page headed "A Guide to Meal Planning" you will note that green vegetables are not listed in the fuel column, nor in the protein column. This is because, although they all contain more or less carbohydrate (sugar and starches) and protein (building food), the quantity is very small, and we do not depend on these foods for our supply of either.

Why vegetables are good food. Green vegetables such as lettuce, cabbage, celery, carrots, greens of all kinds, string beans, corn, peas, tomatoes, etc., are especially valuable because they supply much of the mineral matter needed for building bones and teeth, for keeping the blood just right, and to help regulate the body processes. Vegetables also contain certain substances which are

absolutely necessary to growth and health. These substances are called vitamins. In the "Guide to Meal Planning" you will see that three vitamins are mentioned, called A, B, and C. If we eat vegetables and fruits we do not need to worry about getting all we need of these very important substances. Vegetables also contain cellulose, which adds bulk and helps to prevent constipation.

Cooking vegetables changes some of the vitamins and so it is best to eat raw as well as cooked vegetables every day.

When we serve vegetables in salads we combine them with a dressing which supplies some of the fat we need, and if the dressing contains egg a very little protein is supplied also.

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

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

Another pleasing way is to put the salad into a large salad bowl. Lettuce leaves in cup shape are arranged in the bowl. In the central lettuce cup heap the salad dressing (mayonnaise or boiled). It must be stiff enough not to run. In the lettuce cups surrounding the central one put the various vegetables—in one peas, in another diced beets, in another finely cut celery, etc. In serving such a salad each one is served some of the vegetables desired and some of the dressing.

If you have a solid head of lettuce, a good way to serve it is to cut it into slices from $\frac{1}{4}$ to $\frac{1}{2}$ inch thick, cutting it across the head.

Preparation of salad ingredients—

Raw vegetables—wash and dry carefully.

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

Cabbage—shred or chop fine.

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

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

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

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

Garnishes add to the attractiveness of a salad. Parsley, hard-cooked egg, olives, nut meats, strips of pimiento or green peppers,

slices of pickles, little radishes, thin slices of lemon either plain or dipped in paprika, or finely chopped parsley.

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

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

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

Boiled dressing—

Use:

1 egg	$\frac{3}{4}$ c milk
2 T flour	$\frac{1}{2}$ t salt
2 T butter or oil	pepper and paprika to taste
$\frac{1}{4}$ c vinegar (fairly strong) or lemon juice	1 T sugar (if desired)
	mustard (if desired)

Method. Heat milk in a double boiler. Beat the egg slightly. Combine the flour with small portion of cold milk. Add the flour to the milk. Cook until thickened. Heat the vinegar. Beat the hot vinegar into the egg, pouring slowly. Combine milk and vinegar mixtures, add butter or oil and seasonings. Return to double boiler long enough to cook the egg (about 2 minutes). Beat with a Dover beater. This dressing is especially good when combined with an equal quantity of cream or canned milk, at the time of serving.

Mayonnaise. To one well beaten egg yolk add gradually, drop by drop, one cup of salad oil. When the dressing thickens, add a few drops of lemon juice, then more oil. When the danger of the oil and egg separating is passed, the oil may be added more rapidly. Salt and other seasonings should be added last.

If the oil and egg yolk fail to emulsify (thicken), adding the unbeaten egg white and continuing the beating will sometimes have the desired effect.

Sour-cream dressing—

1 c sour cream whipped until stiff.

1 T lemon juice added during whipping.

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

—From Colorado State College Extension
Bulletin, *Salads*.

Variations of plain boiled dressing or mayonnaise—

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

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

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

2. Lettuce, cooked peas, boiled or mayonnaise dressing.
3. Carrot and peanut salad.

2 c raw, grated, or finely cut carrots.

1 c roasted peanuts.

Mayonnaise dressing.

Serve on lettuce or cabbage leaves.

4. String beans, carrots (raw), cabbage shredded.

1 c cooked string beans.

1 c chopped raw carrots.

2 c shredded cabbage.

Sour-cream dressing.

Serve on lettuce or cress.

5. Lettuce, cucumber, and tomato, with French, boiled, or mayonnaise dressing.

6. Lettuce, asparagus tips, cooked peas. Garnish with sweet red peppers or pimienta.

7. Shredded cabbage with sour-cream dressing.

8. Shredded cabbage with boiled dressing.

9. One cup of shredded cabbage and $\frac{1}{2}$ cup of pineapple. Garnish with bits of pimienta. Serve on lettuce or cabbage leaf with sour-cream dressing.

10. One cup of cottage cheese, 1 cup of grated or finely ground raw carrot, and 1 cup of diced celery. Serve with boiled dressing. One-half teaspoon of grated onion may be added.

11. Boiled potatoes, a bit of onion, diced celery, and slices of hard-cooked egg, mayonnaise or boiled dressing. Serve on a lettuce leaf. Garnish with little radishes, or strips of pimienta.

12. Lettuce, peas, carrots, string beans, cucumber.

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

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

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

GROUP FOUR: THE STARCH COUSINS

FUEL FOOD—WHOLE GRAINS ADD MINERALS AND VITAMINS

Objects. To learn the value of starchy foods.

To learn how to prepare starchy foods.

Home work. To prepare at least two dishes from recipes given in this group.

Suggestions for club meetings—

Topics for discussion.

Kinds of starchy foods.

How starchy foods must be prepared.

What to combine with starchy foods.

Roll call topics.

Good ways to cook rice.

Good ways to serve left-over potatoes.

Demonstration. The preparation of any dish in this group.

Reports. Turn in cards for work done since last meeting.

Be sure the same information is in your record book.

Table courtesy. The napkin used at luncheon is often smaller than a dinner napkin and is laid, unfolded, on the lap. Use the napkin only for wiping the mouth and fingers.

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

One of the fuel foods is starch. Starch is found in all cereal grains and in some vegetables, such as potatoes, dried beans, dried peas, old carrots, etc.

The starchy cereal foods are used as whole grains—for example, brown rice; as cracked or cut grains, such as cracked wheat; rolled, granulated or ground, examples of which are wheat flakes, cornmeal and the various flours and cornstarch.

Because starchy foods have a great deal of cellulose not only surrounding the whole grain or vegetable but surrounding each tiny particle, it is necessary to cook these foods in order to make them more easily digested and to make them palatable.

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

Baked potatoes. Select medium sized, smooth potatoes. Scrub carefully. Put on the grate in a hot oven (500° F.). Bake until tender (from 25 to 40 minutes). Break open to allow steam to escape. Serve immediately with butter, salt, and pepper.

In the paragraph just above, the statement is made that starchy foods must be cooked in water and then the first recipe is for baked potatoes. Of course you wonder why. Well, this is the reason: Potatoes contain a great deal of water which is kept in by the skin during baking. When the water inside gets hot, steam is formed which cannot escape because of that nice, tight, brown skin! Steam that is kept in like that gets much hotter than boiling water so that baking a potato is really cooking it at a higher temperature than boiling, and because of the higher temperature the starch cells burst more completely than when cooked at a lower temperature; hence a baked potato is mealy and most delicious. It is also more easily digested and therefore is recommended for little children and invalids.

Creamed potatoes. Sometimes there are left-over boiled or baked potatoes that can be used for a luncheon dish. A good way to serve them is to cut them in thin slices or little cubes and reheat them in a white sauce. Use 2 tablespoons flour and 2 tablespoons butter to 1 cup of milk for this white sauce.

One cup of white sauce is sufficient for 2 to 3 cups of potatoes. Garnish with a bit of chopped parsley or a dash of paprika.

Rice—

Use:

1 c rice

1 t salt

4 to 6 c water or milk, boiling hot

Method. Wash the rice thoroughly. Put the rice in the top of a double boiler in the water or milk and add the salt. Cook until ten-

der. When milk is used, a longer cooking period will be needed in order to evaporate the milk until the rice is creamy. Of course, cooking rice in milk increases its food value very much indeed.

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

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

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

Spanish rice—

Use:

2 c cooked rice	1 pimienta or sweet green pepper
1 small onion	1 c cooked tomatoes
	salt and pepper to taste

Method. Run the onion and pimienta through a meat grinder or chop fine. Cook them in the tomato. Add this hot mixture to the rice. Put into greased baking dish and bake slowly one hour.

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

Macaroni and cheese—

Use:

1 c macaroni	pepper to taste
2 c milk	bread or cracker crumbs or
6 T cheese (grated)	crushed corn flakes
salt to taste	4 T flour
	2 T butter

Method. Break the macaroni into small pieces. Cook in slightly salted water until tender. Take care not to let it stick to the pan or boil over. If $\frac{1}{2}$ teaspoon of butter is added, macaroni will not boil over. When tender, put into a colander and pour cold water over it to remove the stickiness. Put the macaroni into a baking dish.

Make a white sauce of the butter, milk, flour, salt, and pepper. Reserve 2 tablespoons of the grated cheese for the top. Add the rest of the cheese to the white sauce. Pour the white sauce over the macaroni. Sprinkle the top with the crumbs, the rest of the cheese, and a little more salt and pepper. Bake until the top is golden brown. Serve with whole wheat, graham, or Boston brown bread, a raw vegetable salad, and a fruit or gelatin dessert.

GROUP FIVE: EGGS AS THE MAIN DISH

A GOOD SOURCE OF PROTEIN AND VITAMIN A

Objects. To learn more about the value of eggs than was given in Home Cookery, Division I.

To learn how to prepare egg dishes suitable for luncheons and suppers.

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

Suggestions for club meetings—

Topics for discussion.

Why eggs should be cooked below the boiling temperature.

How beating the egg whites makes them light.

Some good combinations of egg dishes.

Roll call suggestions.

What eggs contain (protein, minerals, etc.). See "A Guide to Meal Planning," pages 42-43.

Suitable luncheon menus with egg dishes for the main dish.

Reports. Fill in progress cards for all work done since the last meeting. Have them signed and mail them to your county club agent or to Mr. H. C. Seymour, State Club Leader, Extension Service, Oregon State College, Corvallis, Oregon.

Demonstration. The making of one of the dishes in this group.

Table courtesy. Sit erect at the table. Keep your elbows at the side. Never rest them on the table.

Eggs. In Division I of the Home Cookery Club Project you learned that eggs belong to a large class of protein foods and why it is best to cook them below the boiling temperature. Some more

FOOD HABITS SCORE CARD

Study this, then keep your record on the score card in the columns provided.

Perfect score	CREDITS	(Columns for estimate or daily check)	Use these columns for first week							Use these columns for second week						
20	MILK Children $\frac{3}{4}$ pint 10, 1 pint 15, $\frac{3}{4}$ -1 quart	20														
40	VEGETABLES AND FRUITS 1 serving 5, 2 servings 10, 3 servings	15														
	Potatoes may be included as one of the servings. If leafy vegetable is included, extra credit	5														
	Fruits 1 serving 10, 2 servings	15														
	If raw fruits or vegetables or canned tomato is included, extra credit	5														
15	WHOLE GRAIN PRODUCTS 1 serving 10, 2 servings	15														
15	CHEESE, EGGS, MEAT, DRIED BEANS, OR PEAS 1 serving of any one of foregoing 10, 2 servings	15														
10	WATER (total liquid) Children 1 quart 5, $1\frac{1}{2}$ quarts	10														
100	TOTAL CREDITS	100														
	DEDUCTIONS															
	Use of tea or coffee for children	10														
	Eating sweets between meals	10														
	Did not eat breakfast	10														
	TOTAL DEDUCTIONS	---														
	*TOTAL SCORE	---														

* Add total scores for the first week and divide by 7 for average score.....
(Average Score)

Add total scores for last week and divide by 7 for average score.....
(Average Score)

Your average score for the last week should show an improvement over the first week.

interesting facts about eggs are: Most of the food value of the egg is in the yolk, which contains a very good protein and one of the most valuable fats we have, although in only a small quantity. Egg yolks contain iron which is needed in the blood, and phosphorus, as well as vitamin A.

Eggs must be fresh to be palatable and wholesome. The egg is protected by first a hard shell, then a thin tough membrane, inside of which is the white and the yolk. The yolk is held in place by two rope-like membranes which are the first part of the egg to be destroyed in spoiling. In the yolk is a very small particle which is the germ. This under favorable conditions will develop into the chick.

Because the egg shell is porous, the water in the egg can evaporate through the shell and the space left fills with air. The air brings in bacteria which cause the egg to spoil. Eggs may be preserved by packing in sawdust, or by putting into waterglass. Either of these methods keeps the air out. The waterglass method is preferable.

French omelet—

Use for each person to be served:

1 egg	1 t butter
1 T milk or water	$\frac{1}{8}$ t salt

Method. Beat the egg slightly. Add the liquid. Melt the butter in a frying pan or omelet pan. Pour in the egg mixture. As the egg thickens, lift it from the pan with a fork until the whole is of a creamy consistency. Place the pan on a warmer part of the stove and let the omelet brown on the bottom. Roll out on to a hot platter.

Puffy omelet. The same proportions of the same ingredients are used as for French omelet, but the eggs are separated. The yolks are beaten until thick and lighter in color and the whites are beaten with a fork or egg whip until stiff. Add the seasoning and liquid to the yolks; then carefully fold this mixture into the egg whites, taking care not to break down the air cells in the whites. Pour into the pan, which has been heated and which contains the butter. Cook slowly until the omelet is set. Put the pan into the oven and continue cooking until when inserted a knife comes out clean. Fold on to a hot platter and serve immediately.

Baked omelet or soufflé—

Use:

1 c milk	1 t salt
4 T flour	pepper
2 $\frac{1}{2}$ T butter	4 eggs

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

—From *School and Home Cooking* by Greer.

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

GROUP SIX: MILK DISHES SUITABLE FOR LUNCHEON

GOOD SOURCES OF CALCIUM AND VITAMINS

Objects. To learn some more uses of milk.

To learn how to prepare some more milk dishes beside those learned in Division I.

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

Club meeting suggestions—

Topics for discussion.

Why milk is best cooked below boiling temperature.

Why milk should be a part of every girl's and boy's diet.

Kinds of milk that may be used (cow's milk, goat's milk, condensed, and powdered).

Roll call topics.

The equivalents of a medium glass of milk.

Some ways to use milk.

Reports. Fill in report card for all work done since the last meeting. Be sure that the same information is in your record book.

Demonstration. Show how to prepare one of the dishes in this group.

Table courtesy. The place for a teaspoon is in the saucer except when the sugar is being stirred into the beverage or when the beverage is being tasted.

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

We know that for the young, whether it is your baby brother or sister, or a kitten, puppy, calf, or colt, milk is a perfect food because it contains everything that the helpless little baby requires to make it grow and be well. After we are past babyhood we must have some other foods to go along with milk, but milk is still a very valuable food and all growing children ought to drink or use a quart of it every day. It is our best source of calcium which is needed for bone and teeth and blood. Here are some of the quantities of other foods that are equal in energy value to a medium glass of milk.

2 medium sized eggs	1½ medium lamb chops
2 glasses buttermilk	8 tablespoons baked custard
2 small baked potatoes	1 c cooked oatmeal
1 very large baked apple	1 c cooked rice
½ c apple sauce	5 tablespoons average cream
5½ tablespoons mashed potatoes	6 large dates
½ c green pea pulp	¼ c peanuts
2 small oranges	12 English walnuts
¾ c spinach pulp	3 graham crackers
4 large prunes with juice	6 soda crackers
2 to 2½ diced carrots	2 slices white bread
6 to 8 small slices bacon	2 small slices whole wheat bread

We feel certain that you will find these very interesting facts.

Blanc mange (blä mänz')—

Use:

1 c milk	½ t vanilla
2 T cornstarch	¼ t salt
4 T sugar	nutmeg (if desired)
	or 1 t of vanilla

Method. Scald the milk in a double boiler. Mix the sugar and cornstarch. Add the hot milk slowly to the sugar and cornstarch mixture. Return to the double boiler and stir until the mixture thickens. Add salt. Cook for 30 minutes and just before turning into a mold, add the vanilla. Turn into a mold which has been wet with cold water. The mold is dipped in cold water to make the blanc mange unmold easily. The mold may be a pan or serving dish.

The cornstarch could be mixed with a little cold milk instead of the sugar but the cold liquid would cool the hot milk more than the

dry materials. Sugar, liquid, or fat mixed with cornstarch or flour separates the starch grains so that the hot liquid reaches all of them at the same time, thus preventing the mixture from lumping.

Chocolate blanc mange. Add 1 square of unsweetened chocolate, melted, or two tablespoons of cocoa, to the blanc mange. If unsweetened chocolate is used add two tablespoons of sugar.

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

Serve any blanc mange with thin cream or a sauce made from fruit juice sweetened and thickened slightly with cornstarch.

Floating island—

Use:

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

Method. Custard: scald the milk in the double boiler. While it is heating beat the egg yolks, sugar, and salt together in a bowl deep enough to hold part of the milk also. When the milk is scalding hot pour part of it slowly into the egg yolks, stirring constantly. Return it all to the double boiler and cook until the spoon is coated. Take it from the fire immediately and put cold water into the lower part of the double boiler, replacing the top part in order to stop the cooking immediately. Flavor with the vanilla when partly cool, pour into bowl.

Meringue: Beat the egg whites stiff, add the powdered sugar. Drop the meringue by spoonfuls on to the custard.

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

Cheese custard—

Use:

$\frac{1}{4}$ c dried bread crumbs or granulated tapioca	1 egg
$\frac{1}{2}$ c cheese, grated or finely cut	$\frac{1}{2}$ t salt
1 c milk	paprika

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

—From *School and Home Cooking* by Greer.

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

Welsh rarebit—

Use:

1 c milk	$\frac{1}{2}$ t salt
$\frac{1}{2}$ c cheese (finely cut)	dash paprika
2 T flour	$\frac{1}{4}$ t mustard (if desired)
2 T butter	

Method. Heat the milk in a double boiler. Combine the flour and butter mixture, stirring to avoid lumps. Add to the remainder of milk in the double boiler. Stir until it thickens. Add the finely cut cheese. Cook until cheese melts. Serve on crisp crackers or toast. If mustard is used, add it to the flour-and-butter mixture.

Cottage cheese—

Use:

1 quart sour milk (well clotted)	$\frac{1}{4}$ t salt
cream or butter to mix well	pepper to taste

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

A little chopped pickle or pimiento may be added for flavor if desired.

GROUP SEVEN: FRUIT DELICACIES

BODY REGULATING—GOOD SOURCE OF VITAMINS AND MINERALS

Objects. To learn why fruits are valuable in the diet.

To learn how to prepare and serve fruits.

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

Suggestions for club meetings—

Topics for discussion.

1. Why fruits are valuable foods.
2. Kinds of fruits most common in our part of the state.
3. Good ways to prepare fruit.

Roll call topics.

1. Fruits I like.
2. Menus containing fruit.
3. Fruit dishes.

Demonstration. Any dish given in this group.

Reports. Be sure to hand in cards for all work done since the last meeting and see that the record for all work so reported is in your record book.

Table courtesy. In eating fruit, care should be taken not to get the fingers soiled. Fruit juices stain napkins.

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

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

WAYS TO SERVE FRUIT

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

Grapefruit, oranges. Wash carefully. Cut in half crosswise. With a sharp knife, cut around the fleshy part so that it can be removed from the rind with a spoon. Sprinkle a bit of sugar on the fruit. Serve one half a grapefruit to a person. Serve either a half or the two halves of the orange to a person. Either grapefruit or orange is especially appetizing as a first course at breakfast or luncheon. Orange may also be peeled and cut in thin slices crosswise. Another popular way to serve either is in the form of juice. With a bit of French dressing oranges make a good salad, with or without lettuce. Sugar and paprika should be used in making the French dressing for sliced oranges.

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

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

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

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

FRUIT SALADS

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

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

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

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

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

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

You can doubtless think of many other palatable and wholesome fruit-salad combinations.

FRUIT DESSERTS

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

Apricot dainty—*Use:*

1 c dried apricots 3 egg whites
 $\frac{1}{3}$ c powdered sugar

Method. Wash and soak the apricots. Steam until soft. Mash them or press through coarse strainer or colander. Add the sugar. Beat the egg whites until very stiff. Fold them into apricot and sugar mixture. Chill and serve with custard sauce made from the three egg yolks. Follow the same recipe as that given for Floating Island custard.

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

—From *School and Home Cooking* by Greer.

Apple fluff. Grate or scrape two medium-sized apples. Add $\frac{1}{2}$ cup of powdered sugar and the white of one egg; beat until stiff with a Dover beater. Tint with pink vegetable coloring if desired and flavor with lemon or rose. Serve with a thin custard made with the egg yolks and milk and sugar. See recipe in Group Six.

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

GROUP EIGHT: SPONGE CAKES**FUEL FOODS**

Objects: To learn the value of sponge cake in the diet.

To learn how to make various kinds of sponge cake.

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

What to do at club meetings—

Topics for discussion.

Why eggs must be fresh for cake making.

Why it is best to use soft wheat flour for cakes.

How cakes may be made light.

Roll call topics.

Different kinds of leavening agents. (For instance baking powder, steam, sour milk and soda, etc.)

Demonstration. The making of a sponge cake.

Table courtesy. When passing the plate for a second helping, lay the knife and fork to one side of the plate; do not put them on the tablecloth. While eating when not using either the knife or fork lay it across one side of the plate; do not lean it against the plate or put it on the tablecloth.

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

What to do first—

Method. Get out all of your ingredients first, then break and separate the eggs, putting the yolks into one bowl and the whites into the bowl in which you plan to mix your cake. It is a wise precaution to break each egg into a small dish before putting it in with the others so that if an egg which is not quite right should be found those already broken need not be spoiled. Use soft wheat or cake flour. Sift it once before measuring. Then fill your cup heaping full. Cut through in two directions with a knife or spatula to fill all spaces. Then level the cup with the blade of the knife or spatula. Put this back into the sifter which you have put on a piece of waxed paper so that none of the flour which has been measured will be wasted.

There are many recipes for sponge cake, all of which are excellent. Some call for as few as three eggs, others call for as many as six eggs. Some contain water, others do not. The amount of sugar and flour is usually the same but may vary with the number of eggs.

We are including two recipes we have found very satisfactory and you may have another that you prefer.

It must be remembered that, (1) the stiffness of the egg whites, (2) the thickness and lightness of the egg yolks, (3) the care used in combining the ingredients, (4) the light foamy texture of the batter when it is ready for the pan, (5) the temperature at which the cake is baked and (6) the cooling of the cake are all important to the success of the cake.

Let us consider each item.

(1) The egg white may be beaten with a wire whip, a rotary beater, or a power beater. If a power beater is used, remember that the right degree of stiffness will be reached more quickly than with either a whip or rotary beater. The egg whites are stiff enough when

the light fluffy foam holds its shape in peaks when the beater is lifted out of it and the whites just barely slip when the bowl is tipped. The whites will still look slightly shiny.

When the egg whites are beaten too long, they become dry and are flecked by tiny bits of egg white that are very much like cooked egg. A cake made from such over-beaten whites will be small and tough rather than large, fluffy, and tender.

A little salt added to the egg white makes it whip better. Acids help to make eggs tender. That is why cream of tartar or lemon juice is added. Cream of tartar also tends to make an angel food whiter.

Care must be taken not to get *any* of the yolk into the whites because the yolk contains some fat and fat usually causes the foam to decrease in volume and prevents the whites from becoming as stiff as is desired.

(2) The yolks for sponge cake should be beaten until thick and foamy.

(3) There are several methods that may be used in combining the ingredients. The method that is a general favorite is the following:

Beat from $\frac{1}{4}$ to $\frac{1}{2}$ of the sugar a little at a time into the egg whites. This seems to make the whites hold up better.

In an angel food cake, the remainder of the sugar is sifted three or four times with the flour and *folded* into the whites. In a sponge cake, four or five tablespoons of the sugar should be sifted with the flour and the rest beaten in with the yolks.

The flour and sugar are sifted together to prevent the flour from lumping.

When water is called for in an angel food cake recipe, it is added to the whites before beating.

Water in a sponge cake is added to the yolks.

There are two ways to combine the sponge cake: either fold the flour into the yolks and sugar and then fold in the whites, or combine egg mixtures before folding in the flour, using care during the folding process so as to avoid making the mixture sirupy by breaking down the air cells.

(4) The lightness and tenderness of either the angel food cake or the sponge cake depend on the correct temperature of the oven and the fluffy, foamy texture of the batter, as the only leavening agent used is the air beaten into the egg whites.

The pan to be used is not greased, although it is a good practice to line the bottom of the pan with waxed paper or clean wrapping paper cut to fit. Some cooks like to rinse the pan with cold water,

others prefer dusting it lightly with flour. Take your choice or do as Mother does.

(5) Best results are obtained when these cakes are baked at a temperature of 325° F. for from 45 to 60 minutes.

The time required for baking a cake should be divided into quarters. During the first quarter the cake should begin to rise. During the second quarter it should continue to rise and begin to brown. During the third quarter it should continue to brown, and in the fourth quarter it should finish baking. You can test the cake for sufficient baking by listening to determine whether there is a singing noise. As long as there is this little singing noise the cake has not baked quite long enough. Another test is made by inserting a toothpick or broom straw or, better still, a fine steel knitting needle which you may prepare for a cake tester by sticking one end of the knitting needle into a good sized cork. The cork will make a good handle and this tester may be kept in a convenient place so that it will be ready when you bake your cakes. In testing a cake it is sufficiently baked when the knitting needle or toothpick comes out clean. After baking the cake turn the pan upside down on a cake rack or on to a clean brown paper. The rack is best because it allows a circulation of air. Any cake of the sponge variety is best left suspended in the pan in which it was baked until it is cold, when it will come out by itself and be light and tender. Never cool a cake in a draft as even a good cake can be spoiled in this way.

While these cakes may be iced, we recommend that they be left plain.

The top crust should be golden brown, free from beads of moisture (stickiness). The sides may be either brown or white.

The cell walls of the cake should be very thin and the holes fairly uniform in size although they may be quite small or fairly large. Of course, the cake should be very tender and fairly moist.

Sponge cake—*

Use:

4 eggs	$\frac{1}{2}$ t salt
1 c sugar	1 c cake flour
1 t lemon juice	grated rind of $\frac{1}{2}$ lemon (if desired)

Method. See directions above.

* If you have another recipe that you like better you may use it, but no baking powder should be used in a true sponge cake.

Sponge cake variation—

This cake calls for only 4 eggs but yields a much larger cake that is very delicious.

4 eggs	1½ c sugar
1½ c flour	¾ c water
¼ t cream of tartar	¼ t salt
1 t vanilla	

Beat the egg yolks and water together until *very* light and foamy. Gradually beat in the sugar. Fold in the flour a little at a time.

Add the salt to the egg whites, beat until foamy, add the cream of tartar, and beat until stiff. See directions for beating at beginning of this group.

Fold the whites into the first mixture and bake at 325° F. for one hour.

Angel food cake—

Use:

1 c egg whites	¾ c cake flour
2 T cold water or 1 T cold water and 1 T lemon juice	½ t salt
1 c sugar	1 t cream of tartar
	1 t flavoring

Method. Sift flour. Measure accurately. Return flour to sifter. Add ½ of the sugar. Sift together five times. (If two clean pieces of paper are used this sifting is easily accomplished. Sift on to one piece of paper. Set sifter on second piece of paper, lift first paper and pour flour into sifter. Repeat the required number of times.)

Have eggs at least 24 hours old and cold. Separate and measure. Put whites into the large bowl. Add salt and water; beat until foamy. Add the cream of tartar. Continue beating until the whites will not slip when the bowl is tipped. Beat in the other half cup of sugar. Carefully fold in the sifted flour and sugar a little at a time, using the wooden spoon. Avoid breaking down the air cells as this makes the batter sirupy instead of fluffy.

Pour into the tube pan which you have previously either rinsed with cold water or dusted with flour. *Never* grease the pan for a butterless cake. Bake 45 to 50 minutes. Bake at 325° F., and gradually increase the temperature to 350° F. Invert the pan to cool.

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

Take yolks of 11 eggs left from the angel food cake, put in mixing bowl and beat until stiff and the color of lemon. Add 2 cups of sugar and cream thoroughly. Then sift together 3 cups of cake flour, 3 teaspoons of baking powder, and $\frac{1}{2}$ teaspoon of salt. Add one third of the flour to egg-and-sugar mixture. Put 2 teaspoons of butter into a measuring cup and fill the cup with boiling water. Add $\frac{1}{3}$ cup of hot water to the cake mixture and stir well, then add the remainder of the flour and hot water, alternately, until all of both is added. Add 2 teaspoons of flavoring extract. Do not beat mixture at all—simply stir.

Bake in large loaf cake, having oven hot for first 15 minutes, then baking slowly 45 minutes.

Other uses for egg yolks—

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

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

There are several ways in which noodles may be used: (1) Chicken and noodles. When you have boiled chicken and it is thoroughly cooked, remove the chicken from the broth and add noodles broken up as you would macaroni or spaghetti. Cook until tender. Return the chicken to reheat and serve at once.

(2) Noodles are delicious in chicken or beef soup also.

(3) Noodles au gratin. Use in place of macaroni, adding the white sauce and cheese as given in the recipe in this bulletin.

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

Sunshine cake—*Use:*

10 egg whites	1 t lemon extract
1½ c powdered sugar	1 c flour
7 egg yolks	1 t cream of tartar

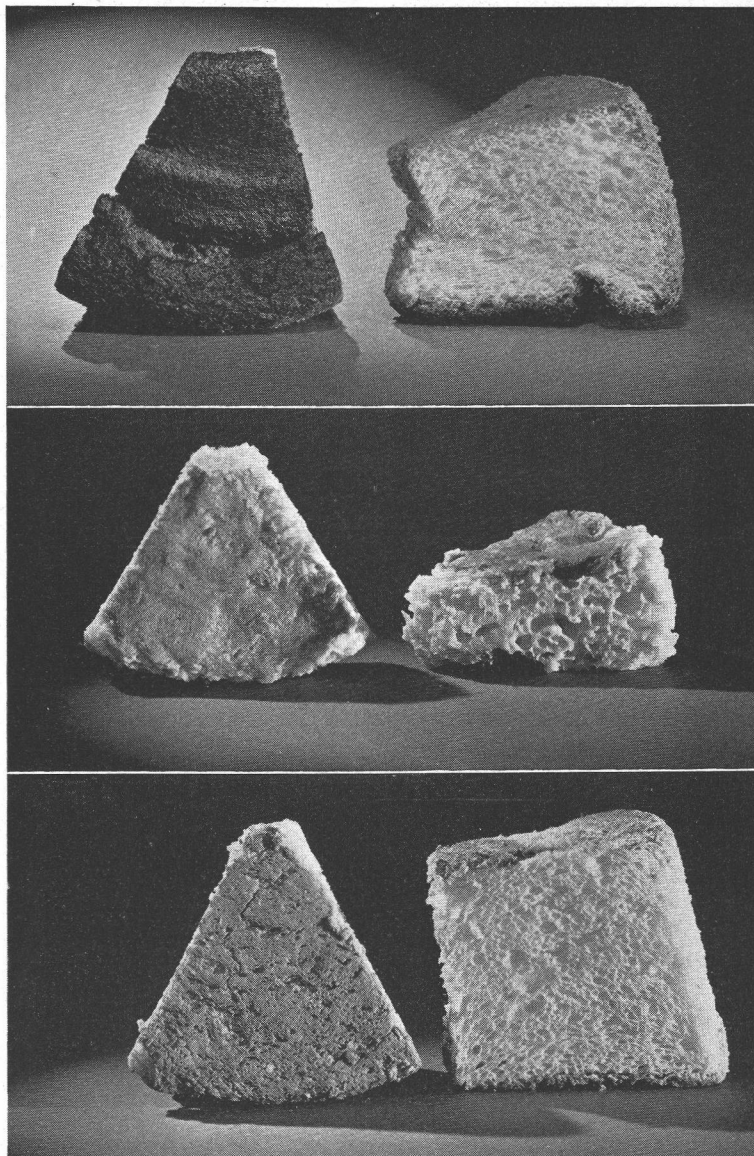
Method. Combine and mix the same as for angel food except that the egg yolk is carefully folded into the egg white before the flour and sugar are added. Bake same as sponge cake in an angel food pan.

Note: Oregon is a mountainous state, ranging all the way from sea level to 5,000 feet above sea level. Cakes are best at higher levels when a slight change is made in the amount of sugar used.

	SPONGE CAKE		ANGEL FOOD CAKE	
	3,000 to 4,000 feet elevation	4,000 to 5,000 feet elevation	3,000 to 4,000 feet elevation	4,000 to 5,000 feet elevation
Cake flour	1 cup	1 cup	1 cup	1 cup
Sugar	1½ cup —1½ t.	1 cup + 2½ t.	1½ cup —1½ t.	1½ cup + 2½ t.
Egg whites	6	6	1½ cup	1½ cup
Egg yolks	6	6
Salt	¼ t.	¼ t.	¼ t.	¼ t.
Cream of tartar	1½ t.	1½ t.
Lemon juice	3 T.	3 T.
Oven temperature	325° F.	325-350° F.	325° F.	325-350° F.
Baking time	1 hour	1 hour	50 min.	50 min.

Variations of these cakes. If you want to vary these cakes you may do so by making any one of them into a chocolate cake, using ¼ cup of cocoa sifted with the flour.

How to prepare a cake for exhibiting. Cut a piece of stiff cardboard to fit into the bottom of a cake box. Cover this cardboard with several layers of waxed paper. When the cake is taken out of the pan put it on this piece of cardboard and thoroughly cool. The brown crust may be left on the sides of the cake or it may be rubbed off. It is just as well not to ice the cake for the following reasons: (1) Icing requires additional sugar, thereby increasing the cost. (2) If the icing is too stiff, it crushes the cake in the cutting. (3) If the icing is too soft, it tends to make the cake soggy.



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

—Courtesy Robertshaw Thermostat Company



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

—Courtesy Robertshaw Thermostat Company

GROUP NINE: AFTERNOON TEA

Our mothers do so many thoughtful things for us that of course we are always looking for courteous things that we can do for them. Don't you think it would be pleasant to invite them to an afternoon tea? There are several things that you will need to do in preparation for this event. In the first place, the president should appoint four committees: (1) a committee on arrangements, to provide a place where the tea is to be held and to attend to getting out the invitations; (2) a committee on refreshments; (3) a committee on entertainment; and (4) a committee on decorations.

Of course, where there are only a few members, each member will have to serve on more than one committee. The committees could be combined so that each one would have about an equal amount of work and pleasant experience; namely, the committees on arrangements and refreshments could be combined; also the committees on decoration and entertainment. Each girl must consider herself a committee of one to see that all of the guests have a delightful afternoon.

1. THE ARRANGEMENTS COMMITTEE

This committee can arrange for the place for the tea to be held. Perhaps one of the girls could invite them all to her home, or you may have an assembly room at the school or an attractive rest room or club room. Perhaps the club leader could let you use her home. You may want to invite some others besides your mothers; for example, your teacher, or teachers. Perhaps your leader's mother is with her and you would like to have her also.

2. THE REFRESHMENTS COMMITTEE

This committee is a very important one, but for afternoon tea very light refreshments should be served, such as tiny sandwiches, little cakes, and of course a beverage, which is usually tea, but may be lemonade or fruit punch. Remember that only very light refreshments should be served and that we do not think it well to eat often between meals.

Sandwiches. The sandwiches served are pleasing if made quite small and cut into fancy shapes. If you use nut or raisin bread, butter is all the filling needed. The sandwiches may be cut square, rectangular, round, crescent-, heart- or diamond-shaped. The bread should be sliced and cut into the desired shapes before spreading it with butter in order not to waste any butter. The scraps of bread can be used in a bread pudding or dried thoroughly for bread crumbs so they need not be wasted. If you use plain whole wheat or white bread you might like to use one of the sandwich fillings given in your Division I Cookery bulletin. If you do not have this bulletin you may send for one copy for your club.

Little cookies or small cakes may be served. You might use the sponge cake given in Group Eight, and instead of baking it in a large cake, drop it by spoonfuls on to a slightly buttered baking sheet; in the center of each little cake place a quarter of a walnut, or sprinkle shredded cocoanut over each little cake. Another way that you could use the sponge cake recipe is to bake it in tiny muffin tins and ice each cake. If you use very fine powdered sugar and cold water you can make an icing which will glaze over quickly. Have the mixture stiff enough to spread easily. You may flavor it with any desired flavor and color it with vegetable coloring if you like. You might serve slices of some of the cake that you have learned to make or you could use one of the cooky recipes given in your Division I Cookery bulletin.

Marguerites—*Use:*

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

Method. Cook the sugar and water until it forms a thread. Pour gradually from pan on to the beaten whites, beating constantly. Add vanilla and nuts. When thick enough to spread, spread it on the crackers and brown in the oven.

Date nut bars—*Use:*

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

Method. Put the boiling water on the dates. Let stand. Beat the eggs until fairly light. Add the sugar. Sift flour, salt, and baking powder together. Sift flour mixture onto egg and sugar mixture, add nuts and dates, mix all together. Bake in well-greased shallow pan about 9 by 15 inches in size. Bake in a slow oven (350° F.) until the little bubbles cease to appear. Leave in pan until partly cooled. Cut into rectangles, squares, or diamond shapes about 2 inches in size. Roll in powdered sugar. These are excellent for an afternoon tea.

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

3. THE ENTERTAINMENT COMMITTEE

This committee should so plan that every one will have a good time. Of course club girls would never think of getting off in a corner and having their good times and leaving their mothers to do what they please. We once heard of some girls who not only did just that but who also ran outdoors to play and left the mothers to prepare the refreshments for their own entertainment. You can readily see that this was just thoughtlessness and not intentional neglect.

On the afternoon of the tea one of the girls should be chosen to answer the door bell. She should greet the guests cordially. If the women desire to remove their coats someone else should take

A GUIDE TO

Body-building and regulating foods

Energy-giving foods			Protective foods—Vitamins		
Starches	Sugars	Fats	A	B	C
breads crackers macaroni rice potatoes sago tapioca all cereals dried beans and peas cake pie	sugar candy cookies cake preserves jams jellies dried fruits desserts	butter cream buttermilk cheese salt pork lard oils peanut butter fats from all meats dried beans nuts cereals	milk butter cream liver tomatoes all green leaves grapefruit cabbage carrots cauliflower parsnips cheese egg yolk pineapple apples bananas oranges peaches	milk lemons tomatoes oranges all green leaves celery cabbage carrots cauliflower onions parsnips cheese eggs pineapple apples bananas blackberries strawberries peaches	milk lemons tomatoes oranges all green leaves cabbage carrots cauliflower onions pineapple apples bananas blackberries rhubarb strawberries

Be sure to drink from 4 to 8 glasses of water daily!

In planning your meals, for the day, select something from each column, unless the food selected appears in several columns as many of the foods do. For example, you will find milk in six of the eleven columns.

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

them to a room where they can leave them. At a tea hats are left on. When the women come into the living room one of the girls should be detailed to introduce them to other guests and to all of the club members. One courteous way to do this is to say: Mrs. Smith, may I present Mrs. Jones, Mrs. Horton, and Miss French?

When it comes time to serve refreshments have the dining-table spread with a fresh, white tablecloth on which are placed plates, cups, and spoons enough for all who are to be served. One of the girls should be detailed to pour the tea. A couple of small sandwiches are put on each plate, together with a cup and a spoon, and the cup is filled about two-thirds full of tea. One of the other girls takes the plate and napkin to one of the guests. A second girl has a small tray on which is a bowl of cube sugar, a pitcher of cream, and a dish of sliced lemon. There should be a small fork with which to serve the lemon. The guest is allowed to help herself to any of

MEAL PLANNING

Muscle	Bone, teeth, and regulating			
Protein	Calcium (lime)	Iron	Phosphorus	Bulk
milk	milk	egg yolks	milk	string beans
cheese	buttermilk	bran	buttermilk	peas
eggs	cheese	whole grain	cheese	cabbage
lean meat	molasses	cereals	egg yolk	squash
fish	spinach	molasses	fish	celery
poultry	chard	spinach	spinach	spinach
	celery	chard	whole grain	all green
	cauliflower	all green	cereals	leaves
	kohlrabi	leaves	cauliflower	apples
	lettuce	raisins	cabbage	prunes
	rhubarb	prunes	carrots	bran
	turnips	dates	asparagus	onions
	cabbage	figs	string beans	whole grain
	carrots	radishes	lean meat	cereals
	asparagus	cabbage	dried fruits	
	string beans	lean meat		
		string beans		

Use meat, fish, or poultry only once daily.

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

Use whole grain cereal and bread at least once daily.

these she desires. A little later another girl can pass the little cakes and the one who passed the tea should watch the guests to see whether or not they care for a second cup of tea. If not, as soon as the guest has finished with her plate it should be taken from her.

4. DECORATIONS COMMITTEE

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

You are probably wondering what you should wear on such an occasion. Any little dress that you may have had during the past summer, or this summer, if this is a summer-time entertainment, would do very nicely, the chief requirement being that it be clean and neatly ironed.

Be sure that your face and hands and fingernails are exquisitely clean, that your hair is neatly arranged, and that your shoes are well polished. Any girls who observe these rules need not give further attention to their appearance after they have left their bedrooms. Be happy and smile and so make every one else happy.

GROUP TEN: PREPARATION OF LUNCHEON OR SUPPER

Requirements. You are to prepare three luncheons or suppers or some of each. In your Division I bulletin you were told what we mean by a well balanced meal. We do not need to go into that detail here other than to review the fact that we must have in every day's food some body-building material, some fuel foods, and some body-regulating foods. If you will refer to the accompanying "Guide to Meal Planning" you will easily see just how to plan your meals.

We consider that a luncheon or supper should be a lighter meal than the dinner, which is the main meal of the day. Where children must take a cold lunch to school many families find it best to have the heavy meal in the evening, in which case the noon meal is the light one. Many families, however, prefer to have their heavy meal in the middle of the day because they think it is best not to go to bed soon after eating heartily.

You will notice that all through this bulletin, although we have used protein foods we have not given any meat recipes. This is because most nutritionists consider it best to use meat only once a day and that once with a heavy meal.

Vegetables, fruits, eggs and milk, bread and butter, are good luncheon and supper foods. There should be one main dish and a simple dessert if desired, which may be a fruit or some kind of custard.

Plan your meals carefully, consider (1) balance, (2) palatability, (3) seasonable foods, (4) cost, (5) amount of work required.

This completes your Division II Cookery Project. We hope you have enjoyed your work and have learned how to make many new dishes.

Now score your food habits again and see how well you have practiced what you have learned.

Complete your record book and after it is signed be sure it is sent to your county club agent or to Mr. H. C. Seymour, State Club Leader, Federal Cooperative Extension Service, Oregon State College, Corvallis, Oregon. *Until your record book is checked in you are not credited with having completed your work.*