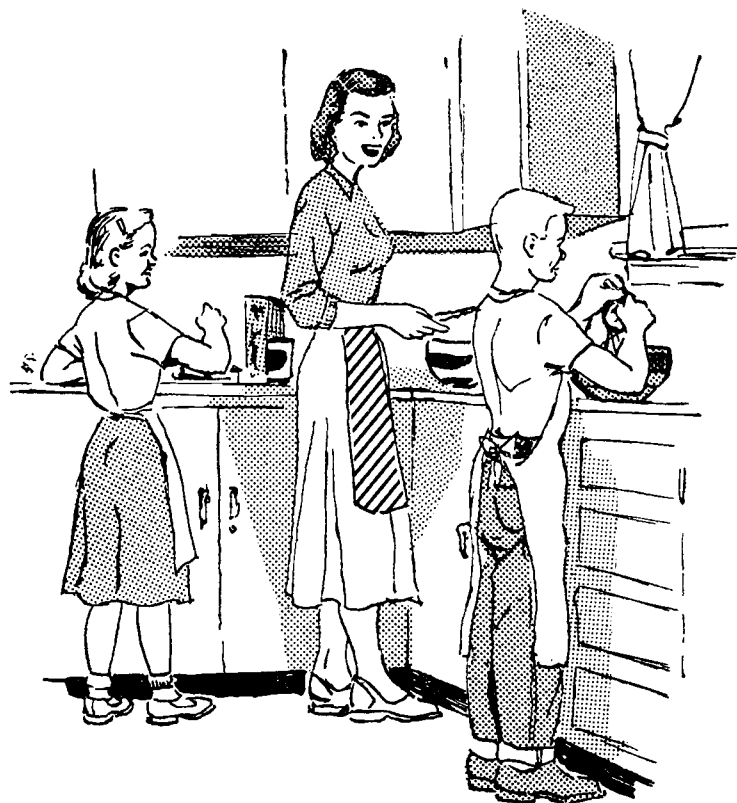


371.42
O-31cm
no. 54
c. 3

Mealtime Fun



4-H Foods Project I
for
Girls and Boys

Club Series M-54

DISCARD

FEDERAL COOPERATIVE EXTENSION SERVICE / OREGON STATE COLLEGE / CORVALLIS

Cooperative Extension work in Agriculture and Home Economics, F. E. Price, director. Oregon State College, the United States Department of Agriculture, and the State Department of Education co-operating. Printed and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

Table of Contents

	Page
What You Can Learn	5
What you Will Do	5
Be a Cheerful Worker	6
Do It the Easy Way	6
Measure for Success	7
Cold Milk and Fruit Drinks	9
Hot Cocoa	12
Sandwiches and Hamburgers	14
Raw Vegetables	16
Fresh Fruit Treats	18
Easy Cookies	19
Tasty Desserts	24
Table Setting	27
Washing Dishes	28
Food and Fun With Others	29

This bulletin was prepared by the Extension Nutrition Division of the Oregon State College Extension Service in Cooperation with the Oregon 4-H Club Department. A state 4-H Foods Advisory Committee composed of older 4-H Club members, volunteer 4-H Club leaders, and county 4-H Extension Agents made many helpful suggestions on the organization and content of the bulletin in assisting with its publication.



Mealtime Fun

4-H Foods Project I

What You Can Learn

You will have a good time helping at home or at your club meetings. It will be fun to learn—

How to make

- cold milk and fruit drinks
- hot cocoa
- sandwiches and hamburgers
- raw vegetable snacks
- fresh fruit treats
- easy cookies
- desserts

How to combine these foods to make

- snacks or simple lunches
- picnic lunch
- food for your friends

How to set the table

How to wash dishes the best and easiest way

How to help with entertaining

What to eat to be healthy

How to show others to do something you have learned.

What You Will Do

You will prepare some foods in each of these groups.

- cold milk or fruit drinks
- cocoa
- sandwiches or hamburgers
- raw vegetables
- raw fruit
- cookies
- dessert

Each time you prepare food

- wash your dishes or rinse and stack them
- leave your work space clean
- put away cooking dishes and supplies.

With your mother, plan how you can help

- set the table
- wash dishes from the family meal
- entertain with your family, 4-H Club, or other friends
- make some foods for others.

With your leader, plan when you will show others how to do something.

Keep a record of what you do.

Attend your club meetings.

Exhibit four cookies of one of your favorite recipes.

Be a Cheerful Worker

Your family and friends like a cheerful helper. They like you neat and alert and happy.

This is the way to be a good helper

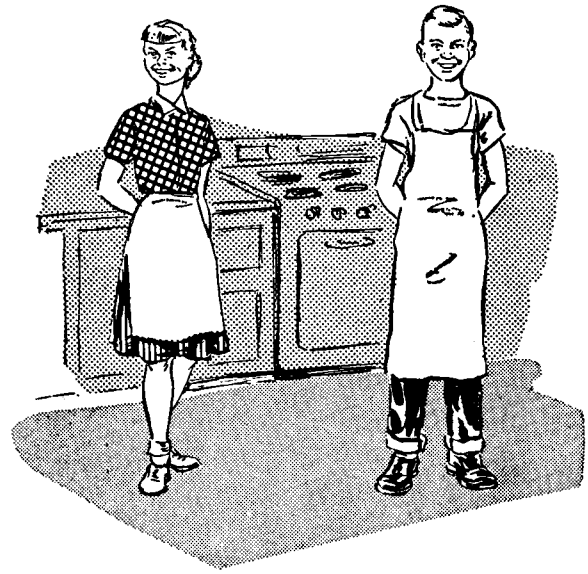
Wear a clean apron or washable clothes when you prepare food.

Boys—would you like a chef's apron?

See that your hair stays in place. Girls—can you keep yours in place with braids, a ribbon, bobby pins, comb, or band?

Keep your fingernails clean.

Wash your hands before working with food, or setting the table.



Dress for the job.

Do It the Easy Way



Read directions. Follow the steps.

Make it easy to clean up.

Keep your work space clean.

Don't spread out all over the kitchen.

Follow the steps in the recipe.

The recipes in this bulletin show an easy way for you to do things.

Save dish washing.

Don't use more dishes than you need.

Wash dishes the best and easiest way.

For ways to make dish washing easy, see page 28.

Measure for Success

"Umm, this is good!" That's what you like to hear when you've prepared food. Measuring helps you get your food just the way you want it. Measuring seems slow at first. You can learn to do it very quickly.

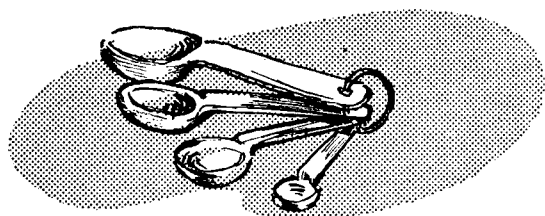
We call measuring cups and other cooking tools **UTENSILS**.

Sugar and other things that go into a recipe are called **INGREDIENTS**. Milk, water, and fruit juice are **LIQUID INGREDIENTS**. Sugar, cocoa, and flour are **DRY INGREDIENTS**.

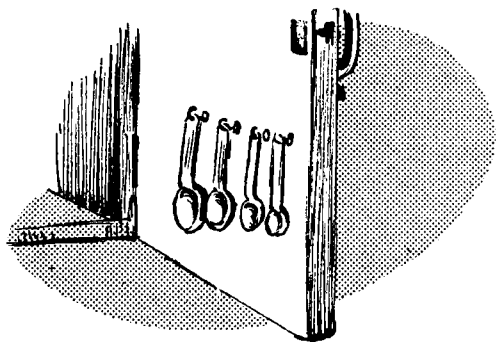
Measuring spoons

A set of four metal measuring spoons includes 1 tablespoon, 1 teaspoon, $\frac{1}{2}$ teaspoon, and $\frac{1}{4}$ teaspoon.

What is the most convenient place to keep these in your kitchen—



Leave them on the metal ring—



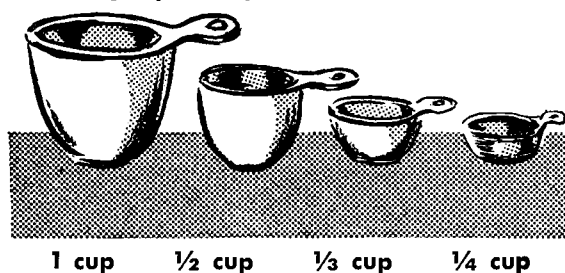
or separate them and hang each one on a hook?

Measuring cups

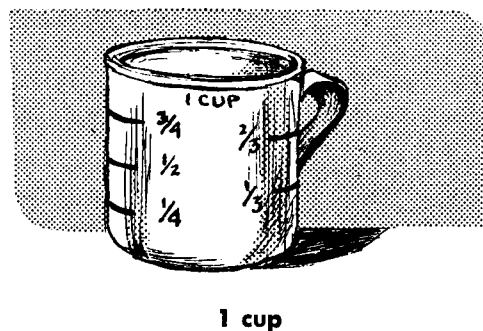
It's easiest to measure if you have **TWO** kinds of cups. For liquids, use a cup that is easy to lift without spilling. For dry ingredients, use a cup that is easy to level off.

Let's look at the drawings of these cups.

Measuring cup for dry ingredients

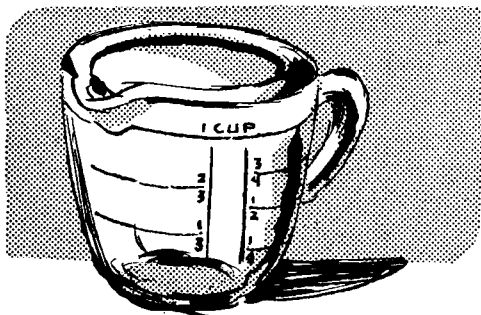


A set of measuring cups is easy to fill and level off.



Or use a straight-sided cup like this. It measures **EXACTLY** one cup when filled to the top. It's marked in thirds on one side and in fourths on the other side.

Measuring cup for liquids



You can't lift a cup of milk that's "level full" without spilling. It's easy to use a glass measuring cup like this. It has a rim above the one-cup line and has a lip for pouring.

This is the way to measure

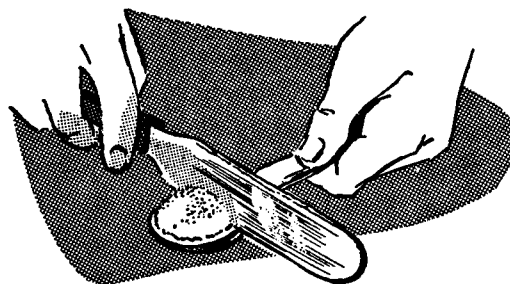
Milk and other liquids



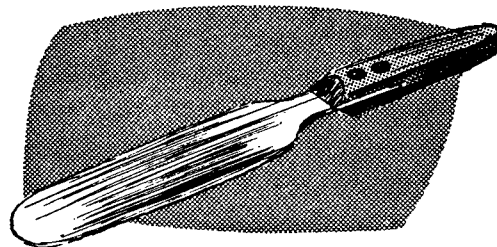
Use the glass measuring cup for liquids. Put it on the table. Pour the liquid into it. Stoop—look at eye level to get EXACT measure.

White sugar

Dip the cup or measuring spoon into the sugar. Scrape off the top with the straight edge of a knife, or spatula.



Both edges of a spatula are straight and dull.



Cocoa

Stir the top of the cocoa in the can with the measuring spoon. Dip up a heaping spoonful. Scrape off the top with the straight edge of a knife, or spatula. Did you do it without spilling any cocoa?

A Handy Table of Measurements

- 3 teaspoons = 1 tablespoon
- 4 tablespoons = $\frac{1}{4}$ cup
- 8 tablespoons = $\frac{1}{2}$ cup
- 16 tablespoons = 1 cup
- 2 cups = 1 pint
- 2 pints = 1 quart

Save time by using a tablespoon instead of measuring 3 teaspoonfuls. Use a $\frac{1}{4}$ -cup measure instead of measuring tablespoonfuls.

Now you're ready to measure for many recipes. Let's leave measuring other ingredients until you use them. Before you make cookies or desserts see pages 19 and 20. There you'll find the way to measure flour, fat, brown sugar, and baking powder.

Cold Milk and Fruit Drinks

Good cold milk tops the list of favorite drinks. You'll drink from $3\frac{1}{2}$ to 4 cups of milk a day until you are through teen age. Then the rest of your life you'll need $2\frac{1}{2}$ to 3 cups a day. There are many ways of getting the milk you need. You don't need to drink it all. The milk you get in cooked food, cheese, and ice cream counts too.

The best way to get enough milk is to drink some with your regular meals. Use milk for between-meal snacks too.

Plain cold milk is our standby. For a change, many boys and girls like the milk and fruit drinks in this section.



Serve milk drinks often.

Berry milk drink

Do you want loganberry, raspberry, or strawberry flavor? . . . or some other? You can use berry juice or mashed berries. Make this from fresh, canned, or frozen berries.

Perhaps you'll need some help from mother to get the juice or mashed berries ready.

Use these utensils and ingredients . . .

Utensils

measuring cup for liquids
1 pint jar with cover or
mixing bowl
1 stirring spoon
2 serving glasses

Ingredients

(for 2 servings)

$\frac{1}{2}$ cup cold, sweetened berry juice
or mashed berries
 $1\frac{1}{2}$ cups cold milk

Make it this way:

1. Get out the utensils.
2. Measure $\frac{1}{2}$ cup berry juice, or mashed berries and put it in the pint jar or the bowl.
Add $1\frac{1}{2}$ cups milk.
3. Shake or stir to mix.
4. Put this in the refrigerator or other cold place until you are ready to serve it.

Is your berry milk drink—

cold
an attractive color
tasty
not too sweet?

How about serving a berry milk drink and crackers at your club meeting? Figure how much milk and juice you need and write it below.

Berry milk drink. For how many?.....
.....sweetened berry juice or pulp
.....cold milk

Banana milk drink

If you like bananas you'll make this drink often. It's a hearty, foamy drink. You'll need a very ripe banana. Use these utensils and ingredients . . .

Utensils

bowl for mixing
fork to mash banana
measuring cup for milk
measuring teaspoon
spatula or knife
egg beater
2 serving glasses

Ingredients (for 2 servings)

1/2 of very ripe banana
1 teaspoon sugar
few drops vanilla
1 cup cold milk

Make it this way:

1. Get out utensils.
2. Put half of banana in mixing bowl.
3. Mash it with a fork. Stir until smooth and creamy.
4. Add 1 teaspoon sugar.
5. Add a few drops of vanilla.
6. Pour in 1 cup of cold milk.
7. Beat with egg beater until foamy.
8. Pour into glasses. Too much? Let the foam settle a little. Serve while frothy.

Is your banana milk drink—
cold
well mixed
frothy
good flavor?

Don't forget to clean up and put away your dishes.

Would you like to serve banana milk drink to your family, or some friends? Figure how much you will need.

Orange float

Here is a party suggestion. Make it sometime when you have some ice cream and oranges, or orange juice. Perhaps you will use some other juice. You will need these utensils and ingredients . . .

Utensils

measuring cup for liquid
knife to cut oranges
fruit juicer (squeezer)
spoon to dip ice cream and stir
2 serving glasses
2 teaspoons for serving

Ingredients

1 cup orange juice
(2 medium oranges)
1/2 cup water
1 cup (1/2 pint) vanilla ice cream

Make it this way:

1. Get out utensils.
2. Wash oranges. Cut in half on a cutting surface. Squeeze out juice and pulp. Take out any seeds.
3. Put 1/2 cup orange juice in each of the 2 glasses. Add 1/4 cup cold water to each glass.
4. With spoon, dip some ice cream into each glass. Try to divide it evenly without measuring.
5. Stir to mix slightly and serve.

Is your orange float—
attractive
well flavored?

How much will you need to serve orange float to your family or friends? Write the amount below.

Orange float. For how many?.....

.....cups orange juice or oranges
.....water
.....vanilla ice cream.

Cold Lemonade

Circus or no circus, boys and girls like good lemonade.

Use these utensils and ingredients . . .

Utensils

knife to cut lemons
lemon squeezer
wooden spoon
measuring tablespoon
spatula or knife
pitcher or glass jar
2 drinking glasses

Ingredients

(for 2 servings)

1 lemon
2 tablespoons sugar
2 cups very cold water
ice, if you have it

Make it this way:

1. Get out utensils.
2. Wash the lemon.
3. Cut lemon in half. Squeeze juice. Take all seeds out of juice.
4. Put lemon juice in a pitcher, or glass jar.
5. Cut half of lemon peeling in strips. Add these to juice.
6. Add sugar. Stir and mash with spoon.
7. Add 2 cups cold water. Add some ice if you have it.

Is your lemonade—
cold
refreshing
not too sweet?

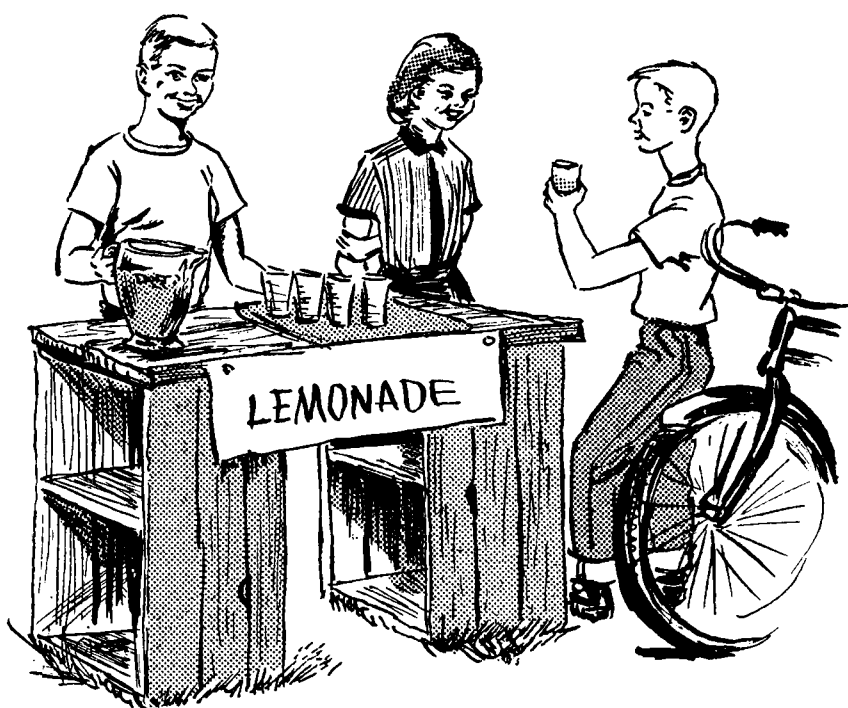
Want to make lemonade for your family or friends? Figure how much you need and write it below.

Lemonade. For how many?.....

.....lemons

.....sugar

.....water



Hot Cocoa

You'll like to have hot cocoa many times. For breakfast on a cold morning! With crackers or cookies at a club meeting! With a sandwich for lunch!

Use these utensils and ingredients . . .

Utensils

measuring spoons
spatula or knife
measuring cup for liquids
stirring spoon (a wooden one is handy)
saucepan with handle or double boiler
potholder

Ingredients

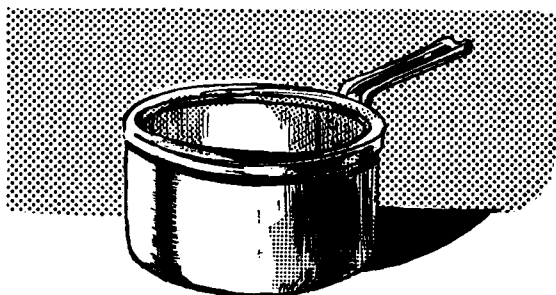
(for 2 servings)

1 tablespoon cocoa
 $\frac{1}{4}$ cup water
2 tablespoons sugar
 $1\frac{1}{2}$ to 2 cups milk

If a darker cocoa is desired add 1 teaspoon cocoa to recipe. More sugar may be added if desired.

Saucepan method

1. Get out utensils.
2. Measure $\frac{1}{4}$ cup water and put in saucepan.



Saucepan

3. Add 1 tablespoon cocoa.
Mix together and put saucepan on stove. Stir while cooking to keep cocoa from burning.
Cook slowly until mixture begins to boil.
4. Add 2 tablespoons sugar and $1\frac{1}{2}$ to 2 cups milk. Stir to mix well.
5. Stir until cocoa is hot. Watch it! Don't let it boil over! Take it from the heat.
6. If you like it foamy on top, beat with egg beater. For a special treat, add a marshmallow or whipped cream.

Double Boiler Method

Cocoa does not burn or boil over when cooked above hot water in a double boiler. It's easy to keep the cocoa hot.

This is the way to make cocoa in a double boiler:

1. Get out utensils.
2. Measure $\frac{1}{4}$ cup water, and put in top of double boiler.
3. Add 1 tablespoon cocoa. Mix together with stirring spoon.
4. Put top of double boiler directly on stove. Stir mixture while cooking to keep it from burning. Cook slowly until mixture begins to boil.
5. Add 2 tablespoons sugar and $1\frac{1}{2}$ to 2 cups milk. Stir to mix well.
6. Now you will use the bottom of the double boiler. Put 2 or 3 inches of water in it. Ask your mother if you have the right amount.
7. Set top of double boiler on the bottom.
8. Cook until cocoa is hot.



Double boiler

Is your cocoa hot? . . . Pleasing in flavor? . . . Free from scum on top? . . . Well mixed, with no settling on the bottom? . . .

You'll be making cocoa for your family and friends. Before you do, though, figure how much you'll need and write it below.

Cocoa. For how many?.....

.....sugar

.....cocoa

.....water

.....milk

Dish washing hints

- ▶ Put some cold water in the saucepan as soon as it is empty. (That makes it easier to wash the pan.)
- ▶ Give the egg beater a few whirls in the cold water. Don't soak the handle or gears of the beater.

Learn to use your stove

Do you know how to get just the right amount of heat under the pan? That's a very important part of learning to cook. Ask someone to show you how to get even heat from your stove.

For Safety

Turn the handle of the saucepan so the pan will not get knocked off. Younger brothers and sisters will be curious about what you are cooking. Don't turn the handle of the kettle so they can reach it.

Sandwiches and Hamburgers

It'll be fun to help make sandwiches or hamburgers for picnics or packed lunches. Perhaps you'll be making some for a snack or for supper.

Sandwiches

What do you like in your sandwiches?

We usually make sandwiches from food on hand. Wouldn't you like one of these—cheese, peanut butter, tuna fish, cold cooked meat, or eggs?

Have you tried some crisp lettuce in your sandwich? Parsley and chives also make good greens for sandwiches.

Perhaps you like crunchy chopped celery, carrots, or cabbage in the filling.

Pickles give tang. Sometimes use dill pickles or sweet pickles, or pickle relish. Slice the pickles thin, or chop them fine.

Prepared mustard or chili sauce add just the right flavor in some sandwiches.

You wouldn't like a filling that is too dry or falls apart. Moisten the filling with salad dressing, or cream, or evaporated milk. Catsup will be good to moisten ground meat sandwich filling.

Some sandwich ideas

Scrambled eggs and chopped chives or lettuce.

Chopped hard-cooked eggs moistened with salad dressing.

Sliced cold meat loaf with thin slices of pickle.

Sliced cold cooked meat, chicken, or turkey with lettuce.

Sliced cheese with lettuce, spread with salad dressing.

Tuna fish and chopped celery or cabbage, moistened with salad dressing.

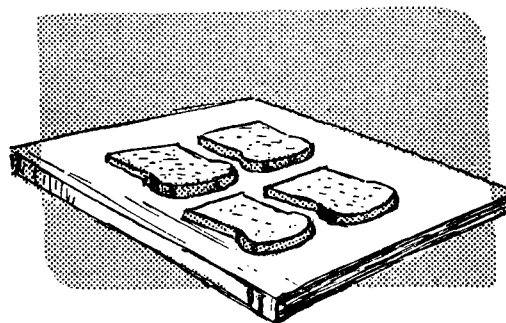
Peanut butter and shredded carrots. If peanut butter is dry, mix it with salad dressing or evaporated milk.

Prepare butter for easy spreading

Soft butter is easy to spread. Put butter where it will soften. Don't let it melt. Stir with a spoon until smooth. If butter is hard, add a few drops of hot water, then stir it.

Make sandwiches this way

Lay out slices of bread in pairs as they come from the loaf. Butter slices to the very edge. Buttering keeps the sandwich from getting soggy.



Use board for cutting sandwiches.

Put filling evenly over one slice of each pair. Don't let filling hang over edge.

Cut sandwiches into 2 or more pieces on a board.

Take care of your sandwiches

As soon as they are made, wrap or cover them. Keep meat, fish, or egg sandwiches cool until ready to eat.

Hamburgers

It's easy to make hamburgers. Sometimes you'll make them for a crowd. Would you like to make just a few the first time?



Brown hamburgers on the bottom, then turn.

You can use these utensils and ingredients.

Utensils

bowl or piece of wax paper
to mix meat
frying pan
knife to spread butter
turner or spatula

Ingredients

(for 4 hamburgers)

$\frac{3}{4}$ pound ($1\frac{1}{2}$ cups) ground beef
 $\frac{1}{2}$ teaspoon salt
2 tablespoons fat for the pan
4 buns or 8 slices bread
butter for buns or bread

Make the hamburgers this way:

1. Get out utensils.
2. Butter bread or sliced buns.
3. Break up the ground meat. Sprinkle salt over it. Mix well. You can use your hands—clean, of course!
4. With your hands, shape four meat patties. Make them flat and round. Not too thin. Large, thin hamburgers are hard to turn.
5. Put fat in frying pan and heat it. Careful, don't get it too hot! It's too hot if the fat smokes.
6. Fry meat patties. Peek under one to see if it's cooked on the bottom.
7. Turn them over carefully. Cook until nicely browned on the bottom. Cut into center of one to see if it is cooked through.
8. Serve in buns, or between slices of bread.

Perhaps you'll like to heat or toast the bread or buns the next time you make hamburgers.

Lettuce dressing for hamburgers

Ingredients

$\frac{1}{4}$ cup mayonnaise or cooked salad dressing
2 tablespoons chopped onion
2 tablespoons chopped pickle
 $\frac{1}{2}$ head lettuce or leaf lettuce

Mix the dressing this way:

1. Put salad dressing in medium size bowl.
2. Add chopped onion and chopped pickle.
3. Cut the lettuce into small pieces and mix it with the other ingredients.
4. Spread this on cooked hamburgers.

Raw Vegetables

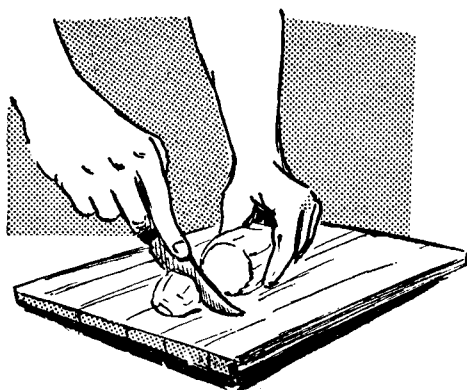
Raw vegetables make your meals and snacks tasty and attractive. For the best of health you'll eat several vegetables every day. You'll like some of them raw.

Preparing raw vegetables is a very good way for you to help with meals.

Do you have a vegetable garden? Learn to gather them when they are just right.

Wash vegetables thoroughly. Scrub root vegetables with a brush. Use one water to wash and one to rinse them. What is the best way to do this in your kitchen?

Use a cutting board



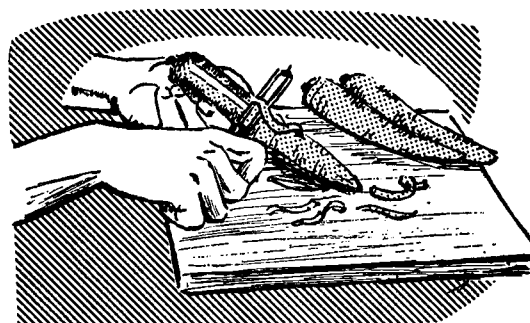
Don't slice against your thumb. That's a slow and dangerous way.

Put the vegetables on a cutting board to cut them.

Peeling vegetables

Leave peeling on if it is tender. To remove peeling, use either a paring knife, a floating blade peeler, or a stiff brush. Learn to hold a paring knife firmly on the handle—not on the blade.

When you use a floating blade peeler, CUT AWAY FROM YOU.



Carrot strips

Scrub carrots.

Peel with a paring knife, or floating blade peeler.

Lay on cutting board.

Cut large carrots in half crosswise.

Cut lengthwise strips.

Tomato slices or wedges

Wash tomatoes carefully. Do not bruise them.

Use a paring knife. Cut out all the white core at stem.

Put tomato on cutting board. Start cutting through skin carefully so you will not crush the tomato.

Radishes

Wash well. Cut off root and green top. Cut off any spots. Dry radishes in a towel. Place in cool place until ready to serve.

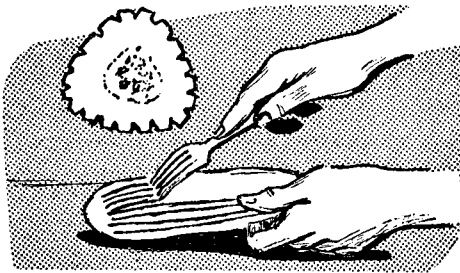
Turnip slices

Use small or medium-sized turnips. Wash. Peel.

Put on cutting board. Cut into slices. Cut large slices in half.

Cucumber wheels

Wash cucumber.
Lay cucumber on cutting board.
Hold firm with left hand.



Draw a fork lengthwise through skin.
Repeat over all of cucumber.
Cut in thin round slices.

Celery pieces

Cut the green tops from celery. Put tops aside for other use.

Cut a slice off bottom of stalk to separate long pieces.

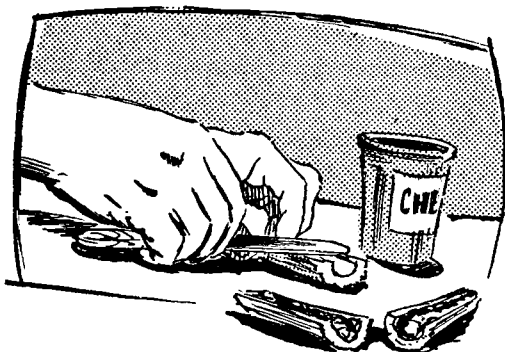
Wash long pieces with a brush.

Put on cutting board and cut into pieces 2 or 3 inches long.

Stuffed celery

Select pieces that are rounded enough to hold stuffing.

Use soft cheese or peanut butter for stuffing.



Pack cheese or peanut butter tight in rounded part of piece. Leave top of filling rough.

Vegetable relish plate

You can arrange an attractive plate of raw vegetables. Would you like to combine two or three for a relish plate for dinner today?

A colored vegetable and a white one are a good combination. You could use carrot strips and turnip slices. Sometimes you will use 3 or 4 vegetables for a relish plate.

Keep vegetables crisp

Keep vegetables fresh when they come from the garden or grocery store. Don't let them wilt in the sunshine or a warm room. Storing them properly keeps them crisp and plump.

Root vegetables like a cool, moist place best. One exception—winter onions like it cool and dry.

Keep potatoes cool but not cold. Store them in a dark place.

Sort and use ripest tomatoes first. Spread out the rest where it's cool.

Keep green vegetables cool, damp, and lightly covered. Pile loosely to prevent crushing.

It's best to prepare raw vegetables just before using them. If you need to prepare them earlier, keep them cool and crisp.

Wrap vegetables in wax paper, or put them in a covered dish or plastic bag. Store them in a refrigerator or cool place.

There is a special pan or section in some refrigerators for keeping raw vegetables.

Use vegetables often

Raw vegetables make a good between meal snack. Sometimes you'll like a glass of milk with them.

You'll enjoy these raw vegetables with sandwiches. Use them with sandwiches at home or for school lunches or picnics.

For the carried lunch, wrap the vegetables in wax paper or put them in a plastic bag.

Fresh Fruit Treats

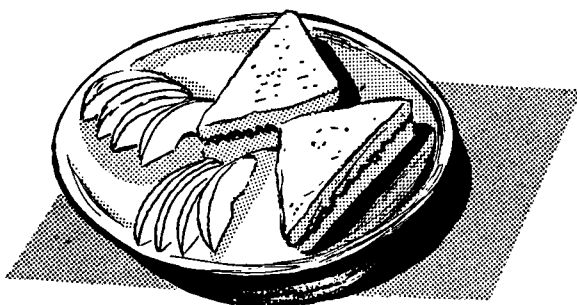
Fruit is colorful and tasty. Use fruit for meals, or to eat between meals. Eat several every day. What fruits do you know how to prepare several different ways?

Apples

Apples are good in many ways. Wash apples well to remove spray from around the stem and blossom ends. Do this before eating, or preparing apples in any way.

Make raw apple slices like this—

1. Wash.
2. Cut in quarters.
3. Cut out core.
4. Dip in salted water to keep from turning dark. (Use 1 teaspoon salt for 1 quart of water.)
5. Dry on paper towels, or clean cloth.



Serve an attractive plate.

6. Arrange in overlapping slices on a plate beside sandwiches; or serve as a snack with milk.
7. Try apple slices spread with cream cheese.

Oranges

Oranges are a favorite fruit for carried lunches and picnics. They are easily peeled if you prepare them like this—

1. Wash and dry.
2. Cut a slice from the top.

3. With a knife, cut through skin from top to bottom. Make these cuts on the orange in about six places.

Berries

Fresh berries may be served at any meal. Eat them often in season. Get them ready for eating this way.

1. Pick over.
2. Wash carefully, dipping them out of the water.
3. Hull strawberries.
4. Drain.
5. Place in refrigerator until serving time.
6. Serve as your family likes them.



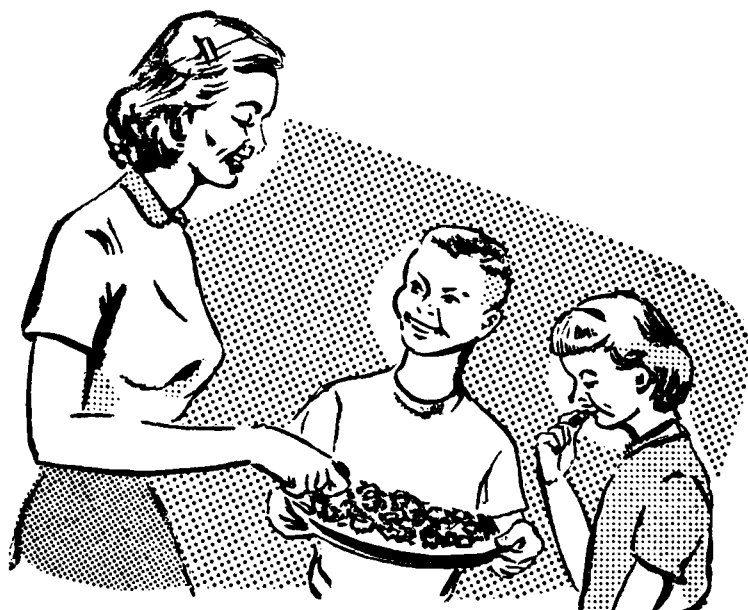
Wash berries carefully.

Fruit plate

Would you like to arrange a plate or basket of fruit to serve to your club members?

Whole cherries, grapes, apples, pears, plums, strawberries, and other fruit may be used. Cut bunches of grapes into small clusters. Wash and dry the fruit you plan to use.

Easy Cookies



Everyone likes cookies. They are easy to make after you've learned how.

Measuring for Cookies

Measure everything carefully to get good cookies each time. Can you measure milk and sugar easily as shown on pages 7 and 8? You will also measure flour, brown sugar, fat, baking powder, and soda.

Flour

Always sift flour before measuring. Flour packs in the flour sack. Sifting is necessary to get the same amount each time. You will get too much in the cup if you use unsifted flour. Your recipes are written for sifted flour.

There are two ways of measuring flour:

1. Sift flour on a piece of paper, or into bowl. Use a spoon or short-bladed, broad spatula to lift it lightly into your

measuring cup. Do not shake cup or pack flour. Level with straight edge of a knife or spatula.

2. Another way to measure flour is to sift directly into the cup. Set cup on a piece of paper. Lift your sifter as cup fills to prevent packing. Level with straight edge of knife or spatula.



Level flour with knife or spatula.

Baking powder and soda

Dip into container and lift up a heaping spoonful. Level off with straight edge of knife or spatula.



One way to measure baking powder.

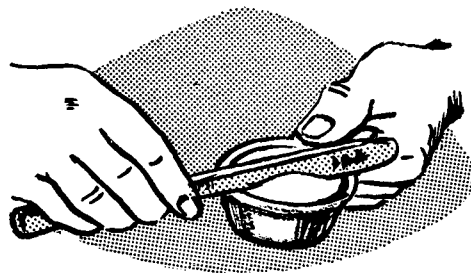
There is another way to level baking powder—level on edge of paper across half of the can. The paper must be straight and even.

Brown sugar

Pack firmly into measuring cup or spoon. Level with straight edge of knife or spatula.

Fat or shortening

Pack fat firmly into measuring cup or spoon. If fat is hard, be careful not to break measuring spoon. The set of cups is convenient for measuring fat.



Hints about eggs

You will use eggs in cookies and deserts.

Wash eggs, unless they are clean.

Can you open an egg without it slipping away from you? Try this way. Hold egg in palm of your left hand. Hit it with a knife. Press the shell gently with your thumbs.

To be sure an egg is good, break it into a small dish.

Using your oven

Do you know how to use your oven? If you are not sure, ask someone to show you—

- how to heat the oven
- where to put the cookies in the oven.



Oatmeal Raisin Cookies

Use these utensils and ingredients . . .

Utensils

measuring cups
measuring spoons
small saucepan
wooden stirring spoon
flour sifter
teaspoon
spatula
mixing bowl
cookery pan

Ingredients

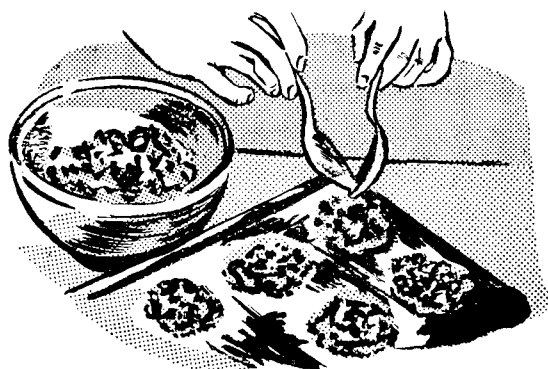
1 cup raisins
 $\frac{1}{2}$ cup water
1 cup all-purpose flour
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
1 teaspoon cinnamon
 $\frac{1}{2}$ cup fat
 $\frac{3}{4}$ cup white sugar or
 $\frac{1}{4}$ cup white sugar
 $\frac{1}{2}$ cup brown sugar
1 egg
 $1\frac{1}{2}$ cups raw, quick-cooking
 rolled oats

Get oven ready. See that oven rack is in the right place. Be sure oven is hot (375 degrees) when cookies are mixed.

Make cookies this way:

1. Get out utensils.
2. Put 1 cup of raisins in a small saucepan. Add $\frac{1}{2}$ cup water. Heat to boiling. Set aside to plump the raisins, and cool.
3. Sift and measure 1 cup of flour on piece of paper.
4. Put sifted and measured flour back into sifter.
5. Measure; put in sifter with flour—
 2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
 1 teaspoon cinnamon
Sift these ingredients onto paper.

6. Measure $\frac{1}{2}$ cup fat. Put into mixing bowl. Stir fat with wooden spoon until smooth.
7. Measure the sugar and scatter over fat. Stir to mix it well with the fat.
8. Add the whole egg. Stir to mix well.
9. With the spatula, or knife, divide the pile of flour in half.
Put half of flour into mixing bowl. Stir it in.
10. Add raisins and all liquid in saucepan. Stir to mix.
11. Add other half of flour and stir in.
12. Add $\frac{1}{2}$ cup of rolled oats. Stir in.
Add a cup of rolled oats. Stir in.
13. Grease cookery pan.



Try to make cookies even in size.

14. Dip up a heaping teaspoon of cooky mixture. Use another teaspoon, or spatula, to push dough onto greased cooky pan. These cookies will spread a little. Leave an inch or more space between them.
15. Bake from 10 to 12 minutes, or until lightly browned on top and bottom.
16. Remove cookies from baking pan while warm. Let them cool before placing in cooky jar.

Did the cookies spread a little too much? Are they a bit dry? Ask your mother if you should use a little more or less flour next time.

Peanut Butter Cookies

Utensils

flour sifter
measuring spoons
measuring cup
wooden mixing spoon
table fork
knife or spatula
mixing bowl
cookie baking pan

Ingredients

1 1/4 cups sifted flour
1/2 teaspoon baking powder
1/2 teaspoon soda
1/4 teaspoon salt
1/2 cup peanut butter
1/2 cup fat
1/4 teaspoon vanilla
1/2 cup white sugar
1/2 cup brown sugar
1 egg, unbeaten

Get oven ready. Is the rack in the right place? You'll need a moderately hot oven (375 degrees).

This is the way to mix the cookies:

1. Get out utensils.
2. Sift and measure 1 1/4 cups flour onto paper.
3. Put sifted and measured flour into the sifter and add—

1/2 teaspoon baking powder
1/2 teaspoon soda
1/4 teaspoon salt

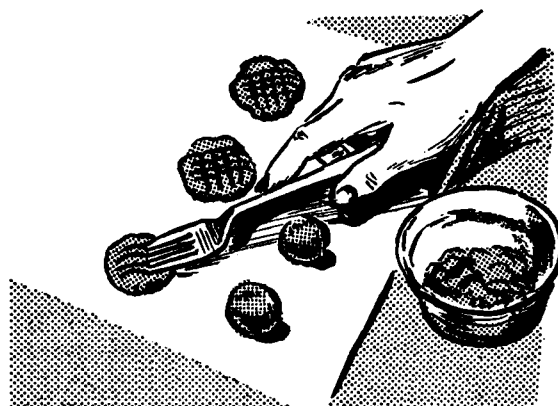
Stir ingredients with mixing spoon.
Sift onto piece of paper.

4. Measure 1/2 cup peanut butter. Put it into mixing bowl.

Measure 1/2 cup fat. Put into mixing bowl.

Stir peanut butter and fat until well mixed.

5. Add 1/4 teaspoon vanilla. Stir in.
6. Measure 1/2 cup white sugar. Scatter over peanut butter and fat. Stir to mix.
7. Measure 1/2 cup brown sugar. Put in mixing bowl. Stir in.
8. Break egg into small dish. Put egg into mixing bowl. Stir until all is well mixed.
9. Cut your pile of flour into thirds. Scatter one-third of flour into mixing bowl and stir in. Add another third of flour; stir in. Add last flour, and stir. Is dough too crumbly to hold together? Then add 2 to 4 tablespoons milk, or water.
10. Form dough into balls the size of a walnut. Put balls on greased cookie sheet. Leave 1-inch space between balls.



Flatten balls of dough with a fork.

11. Press each ball gently with table fork.
12. Bake until lightly browned (about 10 to 12 minutes).

Are your cookies—
evenly baked
round
tasty?

Brownies

Utensils

medium-sized mixing bowl
small mixing bowl
flour sifter
measuring cups
measuring spoons
spatula or knife
stirring spoon
pans to melt fat and chocolate
together over hot water
egg beater
paring knife
8-inch baking pan

Ingredients

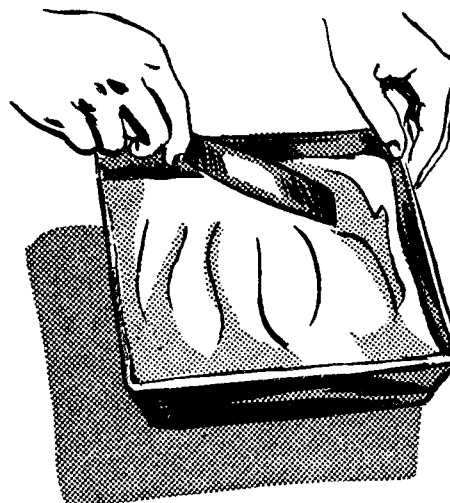
$\frac{2}{3}$ cup sifted all-purpose flour
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{3}$ cup butter or other fat
2 squares chocolate
1 cup sugar
2 eggs
 $\frac{1}{2}$ cup chopped nuts
1 teaspoon vanilla

Get oven ready. Is the rack in the right place? You will bake these in a moderate oven (350 degrees).

Make brownies this way:

1. Get out the utensils. You'll need a pan very close to 8 x 8 x 2 inches. If pan is too big, or too small, brownies will not bake nicely.
2. Check whether you have all the ingredients.
3. Grease baking pan on bottom. It is not necessary to grease the sides.
4. Sift and measure $\frac{2}{3}$ cup of flour. Put sifted and measured flour back in flour sifter. Add to the flour.
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{4}$ teaspoon salt
Sift these ingredients to mix them.

5. Measure $\frac{1}{3}$ cup butter (or other fat) and put in a small saucepan.
6. Cut 2 squares of chocolate into several pieces. Put in same pan with the fat. Set this pan in a pan of water and heat slowly until chocolate is melted.
7. Break 2 eggs and put in medium-sized bowl. Add part of sugar; beat thoroughly. Add all of sugar gradually with beating.
8. Add melted chocolate and fat.
9. Scatter flour over this. Stir until mixed.
10. Add $\frac{1}{2}$ cup chopped nuts and the teaspoon of vanilla. Stir.



Spread brownies evenly.

11. Spread brownies in greased pan. Be sure to get mixture up to edge of pan.
12. Bake at 350 degrees. This should take about 25 minutes. Brownies will be a little moist on top when done. Do not bake until they are dry on top.
13. Cool them in the pan and cut into squares.

Are your brownies—
evenly baked
moist but not soggy
tasty?

Tasty Desserts

Fresh fruits in season are our first choice for dessert. You'll find ideas for raw fruit desserts in the fruit section on page 18.

Here are some baked desserts that are good any time of the year. Ask your mother if one of these desserts will fit with a meal today.

Fruit Crisp

You'll need a raw fruit for this recipe. Make it sometime when you have raw apples or pears or peaches.



Cut thin slices of fruit.

Use these materials . . .

Utensils

casserole, or baking dish
measuring spoons
measuring cups
paring knife
flour sifter
fork
spatula or knife
small bowl

Ingredients

(for 5 servings)

1 quart sliced raw fruit
(apples, peaches, or pears)
 $\frac{1}{3}$ cup water
 $\frac{1}{2}$ cup white or brown sugar
 $\frac{1}{2}$ cup flour
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ cup butter

Bake fruit crisp in moderate oven. If you have an oven regulator, set at 350 degrees.

This is the way to make the fruit crisp:

1. Get out utensils.
2. Grease baking dish.
3. Wash and peel fruit.
4. Cut fruit in thin slices. Arrange slices in a 1-inch layer in the baking dish.
5. Add $\frac{1}{3}$ cup of water.
6. In a small mixing bowl put—
 - $\frac{1}{2}$ cup sugar
 - $\frac{1}{2}$ cup flour
 - $\frac{1}{4}$ teaspoon salt
 - $\frac{1}{2}$ teaspoon cinnamon
 - $\frac{1}{4}$ cup butter

With a fork, mix these ingredients together until crumbly. Sprinkle mixture over fruit.

7. Bake uncovered until fruit is tender and the top is nicely browned.
8. Serve warm—plain, or with cream.

Does your fruit crisp have a good flavor?
Is it moist but not watery?
Is the fruit cooked enough?

Fruit crisp recipe for your family.

.....fruit
.....water
.....white or brown sugar
.....flour
.....salt
.....cinnamon
.....butter

Baked Custard

Custard is a favorite dessert. It's enjoyed by young folks and grown-ups. Use these utensils and ingredients . . .

Utensils

medium-sized mixing bowl
measuring cups
measuring spoons
spatula or knife
stirring spoon
rotary egg beater
baking dish, or 4 custard cups
pan to set the cups or
baking dish in

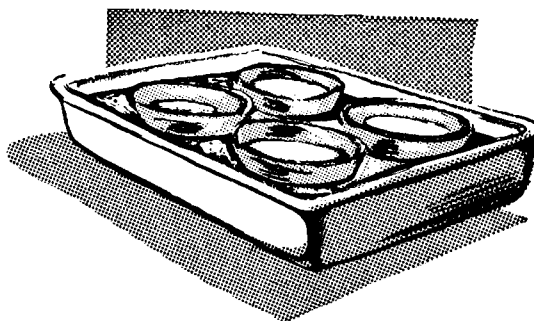
Ingredients (for 4 servings)

2 eggs
1/4 cup sugar
1/8 teaspoon salt
1/2 teaspoon vanilla or a dash
of cinnamon or nutmeg
1 3/4 cups milk

Bake your custard in a moderate oven (350 degrees). The oven is too hot if water around custard boils.

Make custard this way:

1. Into mixing bowl put—
2 eggs
1/4 cup sugar
1/8 teaspoon salt
1/2 teaspoon vanilla or a few grains
of cinnamon or nutmeg
Beat this just enough to mix. Don't make it foamy.
2. Add 1 3/4 cups milk and stir to mix well.
3. Pour into baking dish, or custard cups.
4. Put baking dish or custard cups in a pan. Pour hot water around the custard. Be careful! Perhaps you need some help getting your custard in and out of the oven.



Put custard cups in pan of hot water.

Custard bakes more evenly when it is surrounded with water. The outside doesn't get too hot before the center bakes. Bake your custard without the hot water, if there is danger that you will get burned.

5. Bake in moderate oven (350 degrees). Bake 40 to 50 minutes. This is the way you can test if custard is done. Run a knife into the center. The knife comes out almost clean when custard is done.

Is your custard smooth and tender?

Custard is too soft if it has not been baked long enough. It is firm and watery if it has been baked too long, or if the oven was too hot.

Cocoanut custard

Put two tablespoons of shredded cocoanut in the bottom of each custard cup. The cocoanut will rise to the top.

Honey or maple custard

Use two tablespoons honey or maple sirup and two tablespoons sugar in the recipe in place of 1/4 cup sugar.

Custard for your family

.....eggs
.....sugar
.....salt
.....flavoring
.....milk

Lemon or Orange Sponge Pudding

This is a surprise dessert. It's really a kind of custard. A sponge cake-like layer forms on the top when it bakes. There is tasty, soft custard in the bottom of the baking dish.

Use these utensils and ingredients . . .

Utensils

medium-sized mixing bowl
bowl for egg whites
stirring spoon
measuring spoons
spatula or knife
measuring cup
lemon squeezer
sharp knife
grater
egg beater
baking pan, or 5 custard cups
pan to set the cups (or
baking dish) in

Ingredients (for 5 servings)

$\frac{3}{4}$ cup sugar
2 tablespoons flour
 $\frac{1}{4}$ teaspoon salt
2 eggs
1 cup milk
1 lemon or orange

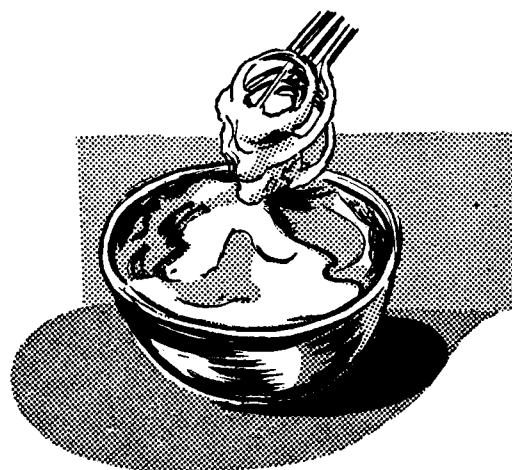
Bake pudding at moderate temperature. If you have an oven regulator, set at 350 degrees. The oven is too hot if water around pudding boils during baking.

Make sponge pudding this way:

1. In a medium-sized bowl put—
 $\frac{3}{4}$ cup sugar
2 tablespoons flour
 $\frac{1}{4}$ teaspoon salt
2. Separate yolks and whites of 2 eggs. Put whites into a medium-sized bowl

and set bowl aside until step 5. Put yolks in the other bowl with sugar and flour.

3. Add 1 cup milk. Stir until well mixed.
4. Wash lemon or orange. Carefully grate off a little of colored rind. Cut lemon or orange. Squeeze the juice. Take out all seeds. Put juice and rind in mixing bowl with egg yolks. Stir thoroughly.



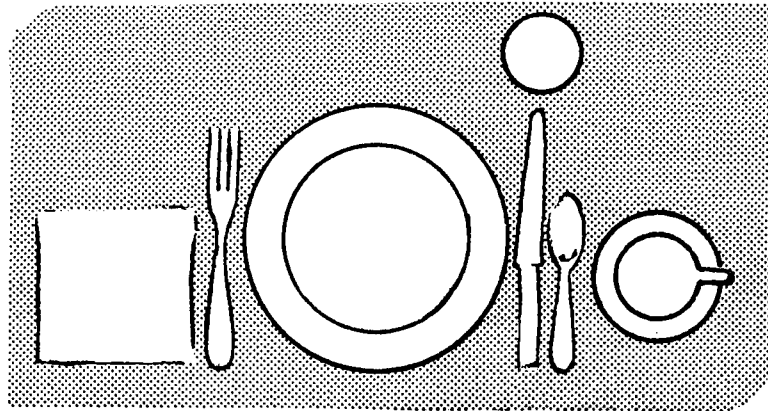
Don't overbeat egg whites.

5. Beat whites until just stiff enough to hold peaks. Stir them into other mixture. Do not mix in thoroughly. Leave whites in small lumps.
6. Butter the baking pan, or individual custard cups. Fill three-fourths full.
7. Set these in a pan. Pour hot water around them. They will bake more evenly if surrounded with water. Bake 45 minutes.
8. Cool slightly before removing from baking dish.
9. Serve upside down, plain or with whipped cream.

Does your pudding have—

a sponge cake-like layer on top
a creamy custard on the bottom
pleasing flavor?

Table Setting



It's easy to set the table neatly. The drawing shows the correct places to put the dishes, silverware, and napkin.

Do you know why we put the knife and teaspoon on the right side of the plate? Why we put the fork on the left side of the plate? We set the table this way to make it neat and convenient.

When you use a tablecloth, place it evenly on the table. Keep the edges straight with the table. Lay place mats a little way from the edge of the table so they will not slip.

Save steps by using a small tray for carrying silver and napkins. You can use the tray for glasses, but don't put on more than you can carry safely.

Be careful that your hands do not touch the eating surfaces of silver or dishes. Hold silver and cups by their handles. Lift glasses at the bottom instead of near the top.

Set the table as shown in the diagram.

1. The plate is always in the center.
2. Place silver and plate an inch from edge of table.
3. Place knife to right of plate with cutting edge toward the plate.
4. Spoons go to the right of knife with bowls up.
5. Place forks at the left of plate with tines up.
6. Glass is at tip of the knife.
7. Place cup to right of teaspoon, with handle of cup to the right.
8. Lay napkin at left of fork, 1 inch from edge of table. Fold it simply; in a square or rectangle.
9. Place salt and pepper shakers, relish and jelly dishes where they can be reached easily.
10. Place serving spoons on table beside jelly dishes, sugar bowl, and so on.

Washing Dishes

Can you wash dishes easily? Are the dishes sparkling clean when you wash them? Do you leave the kitchen in good order? Here are ideas to help you do a good job.

Getting ready

Check to see if all cooking utensils have been put to soak.

Save steps by using a small tray when you clear the table. Careful . . . don't put on more than you can carry safely!

Scrape plates and other dishes. Use a brush, or a rubber or plastic scraper to make it easier.

Rinse milk glasses and coffee cups. Are there other dishes that should be rinsed before washing?

Stack the same kind of dishes together. This makes dish washing and drying easier. You will save time. You'll finish the job in cleaner, hotter water.

Washing, draining, drying

Wash dishes in sudsy water. Have water as hot as your hands can stand.

Wash dishes in this order—

1. glasses
2. silver
3. dishes used at the table
4. cooking dishes

Rinse dishes in hot water.

Drain dry, or dry with clean towels.

Leaving kitchen in order

Put away all dishes.

Clean stove and work space.

Take care of garbage.

Does the floor need sweeping?

Look around the kitchen. Is everything in order?



Scrape and stack dishes before you start washing.

Food and Fun With Others

Now you have learned to make some milk drinks and prepare some other foods. They have tasted good to you and your family. Why not serve them to friends? Would you like to learn to entertain?



Be a good host or hostess.

Keep it simple

It is fun to entertain when you can do it easily. Be friendly and cheerful.

To have fun at your own parties, keep the party simple.

Do only as much as you can do easily and well. It is best to serve only one or two foods.

Remember that your guests want to enjoy you.

Select suitable food

What you serve depends on the age of your guests and what they have been doing.

Will your guests be your age, or grown ups; or will you be entertaining some small children?

What time of day will you be serving food? Select food suitable for the time of day. Keep it light unless it is to take the place of a meal.

Plan

It is a good idea to write down what you are going to do. Check steps in your plans as completed.

Begin by planning what you want to serve.

It isn't necessary to make hard work out of feeding a few people. What do you have in the refrigerator or cupboard? What fruits and vegetables are ripe in the garden?

If you need to buy food, consider how much money you want to spend.

How much time do you have to prepare the food; will you be working alone or will there be several club members working together?



Make a list.

Put guests at ease

Show your guests where to put their wraps. See that they know everyone.

A good host or hostess thinks of others. If you are busy thinking of your guests you will forget about yourself. You will not feel shy.

Be sure that all your guests have a chance to get into the games, or are visiting with other guests.

When you serve your club

When the club meeting is held in your home you may want to serve something that you have learned to make this year. A glass of cold fruit milk drink would taste good after you have been playing.

A hot drink like cocoa would be best if the weather is cool.

If it is not near a meal time, some small sandwiches or cookies would be good with the drink.

When you entertain your mothers

You want to learn to be a host or hostess. You have learned some things about this when the club met at your home. Why not ask your leader to help you plan to entertain your mothers?

A fruit drink or lemonade with cookies would be good to serve. These are things you can make ahead.

Greet your guests. Make sure your mother meets everyone. You can say, "Mother, this is my friend, Mary." In making introductions we always say the older person's name first.

When you have a party

Sometimes a club likes to have a party. The party can be a birthday party for a club member, or you may want to entertain another 4-H club in your community.

Any of the milk drinks you have made would be good for a party. The cookies would be just right too. Or how would you like to serve one of the desserts you have

learned to make? You can top it with a spoon of whipped cream.

Colored straws to sip the drink are fun. Colored paper napkins also make the party a little more "special."

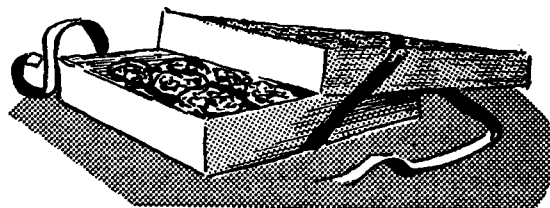
When you have a picnic

It is fun to go on a hike and eat your lunch. Picnics can also be fun—right in your own back yard.

Sandwiches with carrot sticks and cold milk from a thermos bottle are nice. Add an orange, or other fresh fruit for each person. This will make a good and "good for you" lunch.

When you use food for gifts

At Christmas time you want to give gifts. Can you make cookies for someone who does not bake? Any of the cookies in this book would make a nice gift. Cover a box with pretty paper. Fill the box with your best cookies.



Wrap your own gift box.

Do you have an older brother or sister away from home? Send a surprise box of cookies. Oatmeal cookies are good travelers. Cookies that are not crisp are best for mailing.

Have you had to stay in bed because you were ill? Little treats with meals were fun. When a friend is ill, take a food gift. A little individual baked custard would be easy—and just right. It would taste extra good because you had made it.

Do you have new neighbors? Take them some freshly baked cookies. They would like to know about your 4-H club.



