

T H E S I S

on

COURSE IN COOKERY  
SEVENTH AND EIGHTH GRADE

Submitted to the Faculty

of the

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

for the degree of

Bachelor of Science

in

Domestic Science and Art

by

A L V H I L D   R O M T V E D T

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Dean of Domestic Science and Art.

O U T L I N E  
COURSE IN COOKERY  
SEVENTH AND EIGHTH GRADE

Rules for Working.

Arranging the Kitchen - Inventory - Labeling.

Cleanliness of

Room.

Ice Box.

Desks.

Cooking Rack.

Sinks.

Dish Cloths.

Supply Tables. Dish Towels.

Methods in Dishwashing.

The Range or Gas Ovens.

Ice Box.

Vegetables.

General understanding of vegetable cell and starch granules.

Clear understanding of cellulose.

Importance in food.

Indigestibility and therefore its minimum intake.

Strong and sweet-juiced vegetables.

General rule for cooking of vegetables.

When modified.

White sauce.

Common dressing for vegetables. Clear under-

standing of its behavior. Introduction to batters.

Eggs.

Method - Great importance.

Effect of temperature upon coagulation of albumin.

Milk and eggs.

Tissue making possibilities.

Butter.

Importance of cleanliness.

Keeping qualities.

Milk.

Principal ingredient.

Preparing various dishes.

Value of buttermilk and sour milk.

Flour mixtures.

Biscuits.

Muffins.

Cookies.

Standard Cake.

Bread.

Beverages.

Chocolate.

Coffee.

Cocoa.

Tea.

Meats.

Hamburg steak with tomato sauce..

Stew with dumplings..

Pan-broiled steak..

Roast..

Poultry..

Desserts. Roasting and stuffing..

Salads..



# THE S I S

## COURSE IN COOKERY

It is only recently that Cookery has been looked upon as a science of vital importance. At present the majority of the people fail to realize the vast importance it bears to the happiness and welfare of humanity and it is becoming further established every year. Oregon is retarded in introducing it into the state because of lack of means.

Many diseases are caused by improper diet. Malnutrition which is present in so many infants is the result of inappropriate food. The child who grows up healthy and vigorous notwithstanding the mothers ignorance of proper cookery does so only through the law of the survival of the fittest or by mere chance. Chance should not be risked. All mothers, especially, should have a knowledge of appropriate foods. To experiment many years is not necessary nor well for the family. The woman who knows the methods of cooking, and the value of the food principles can always be at ease in her home and she can prevent discomfort as well as disease. She knows the difference between nutrition and feeding. By knowledge acquired in one year she can perform the duties of the home with better results on an average than her mother could after an experience of twenty or

more years. All girls should certainly have the opportunity of an education which will enable them to solve the problems which present themselves in life. Life is so short that one's education should prepare one for a useful and intellectual life rather than leave gaps which invariably cause waste of time, money and health.

The full meaning of cookery cannot be accomplished in the grammar schools. Yet an interest in it can be created and the pupil will be enabled by simple and explanatory chemistry to understand the nature of important foods as well as to see the reasons for a few essential processes in their preparation. A knowledge of this most useful of household arts can be attained in the seventh and eighth grades. We can then mold and beautify the character of the girl and in no better way than through the teaching of cookery.

It behooves us as human beings to promote the well-being and advance the civilization of the human race. Francis Willard says: "The mission of the ideal woman is to make the whole world home-like." What better way is there to accomplish this end than to teach the girls the principles of cleanliness and order, and the science of cookery?

There are many people who think that cookery can be mastered without teaching and that girls can learn

from their mothers and by reading. This is true to a certain extent but there are thousands of girls whose mothers do not know the principles of good cookery and cannot themselves combine foods in a manner that will be proportional to the demands of the individual. Once in a while we see girls who seem to have an inborn capacity for good cooking just as we see genius in other arts but we cannot reason from exceptions. The majority of girls need training in cookery and they need the best training that can be secured.

The cookery in the seventh and eighth grades will, first of all give the girls a new attitude toward cookery, it will awaken in them an interest which will cause them to enjoy helping their mothers cook, it will help them to correlate the work of their minds with their hands; to be responsible; systematic and congenial with their surroundings. This is more than can be said of any other one branch of knowledge in the Public School. But it will also give them a better appreciation of Physiology and Hygiene and Mathematics and cultivate a desire to make all things attractive and thus develop the aesthetic part of their nature.

Scattered throughout the course there will be the various methods of cooking, measuring, and abbreviations will be learned as used, also the table of equivalents. Dishwashing will be learned gradually and toward the end

of each term a lesson

will be given on dishwashing and cleaning of the kitchen in general. Another lesson will be given on table setting but at all times the pupil will be required to serve attractively what she prepares in class. Each girl in the eighth grade will learn the duties of the maid, host and hostess, and will have opportunity to be either guest, host, hostess, or maid at luncheons to be served by the girls under the direction of the teacher.

As the pupil learns the various measures and weights she will put them into her table of equivalents, and likewise with other items or facts, arrange her notebook systematically so that she will have a cook book of her own when she completes the eighth grade.

This course may be altered in case of necessity or when more practicable; however all the foods as classified should be considered and substitutions are preferable which teach the same fundamentals of cookery.

Cookery may be correlated with the science of Physiology. It may be taught at the noon hours from eleven o'clock till one o'clock twice a week. In correlating cookery with Physiology the girls will see the close relation between these sciences and they will have an opportunity to practice what they learn to a greater extent so that Physiology and Hygiene will be to them a live science.



This course of study is based on an extensive course in Domestic Science and a thorough investigation of such courses as taught in the public schools of St. Louis, Chicago, the Domestic Science Department of Columbia University, Pratt Institute, the Manual Training school of Muskegon, Michigan and also a study of Miss Tingle's work in Portland, Oregon.

## T A B L E S

### 1. Abbreviations.

T -	level tablespoon.
t -	teaspoon.
lc-	one cup level measurement.
f. g.-	few grains.
f. d.-	few drops.
g. -	gill.
pt. -	pint.
qt. -	quart.
oz. -	ounce.
lb. -	pound.
spk.-	speck.
min.-	minute.
hr. -	hour.

## MEASURING.

Accuracy - Necessary.

Level measurement

Pack solidly butter, lard or any solid fat into the cup and level off with a knife.

Dry substance.

Heap on spoon or cup; level with the flat surface of a case knife.

Liquid T or c.

As much as T or c will hold.

Fractions.

$\frac{1}{2}$ T is a T divided lengthwise.

$\frac{1}{4}$  T is a T divided lengthwise and crosswise.

A speck is as much as will lie on the tip of a pointed knife.

## TABLE OF EQUIVALENTS.

Measures.	Weights.
3t - 1 T.	2 c liquid - 1 lb.
4T - $\frac{1}{4}$ c.	4 c. flour - 1 lb.
16T - 1 c.	2 c. solid fat-1 lb.
2 g. - 1c.	2c granulated sugar - 1 lb.
4 qts. - 1 gal.	2 c solid meat - 1 lb.
2c - 1 pt.	3 c meal - 1 lb.
2 T. sugar - 1 oz.	2 T butter - 1 oz.
2 T. liquid - 1 oz.	4 T flour - 1 oz.

### First Week. (a)

Rules for dishwashing. ( Written on blackboard).

Scrape all food from dishes, rinse cups.

Soak in cold water dishes that have been used for milk, eggs, and starchy foods, those used for sugary substances in hot water.

Wipe greasy dishes with soft paper and then soak in hot water.

Use dish pan, rinsing pan and draining pan.

Order of dishes.

Kettles first (if many).

Clean water for

Glass.

Silver.

Delicate China.

Cups and saucers.

Larger dishes. (Wash cloths when done).

Practical Work.

Cook potatoes and serve them creamed.

### Second Week. (b).

Discussion of method of cooking sweet juiced vegetables.

Copy table of measures.

Practical work.

Mashed Potatoes and Stewed Tomatoes.

5 potatoes boiled and riced.

Wash thoroughly in cold water, peel and put on to cook in boiling water. Cut in  $\frac{1}{2}$ " cubes and make medium white sauce of:

2 T butter.      2 T flour.

$\frac{1}{4}$  t salt.      1 c milk.

Method: Put butter in sauce pan, stir until melted and bubbling; add flour mixed with seasonings and stir until thoroughly blended. Pour on gradually the milk adding about one third at a time, stirring until well mixed, then beating until smooth and glossy. If a wire whisk is used, all the milk may be added at once.

Pour potatoes into white sauce and mix with a fork.

Garnish with parsley.

First Week. (b)

Creamed Carrots.

Wash and scrape the carrots (best flavor and brightest color are near the skin). Cut the carrots in  $\frac{1}{2}$  inch cubes, boil until tender in salted boiling water and serve with a medium white sauce. One cup of carrots requires one-half cup of white sauce.



### Second Week. (a)

Iodine test for starch in turnip, carrot, potato.

Effect of hot and cold water on starch.

Study and examination of starch cell under microscope.

Prepare starch from residue of potato and make similar experiment with residue of turnip and carrot to see if there is any starch present.

Cut vegetable (potato) into slices, or grate.

Put into water.

Add boiling water leaving residue to prepare starch from.

Add boiling water gradually to residue.

Test the paste with a few drops of tincture of iodine.

### Second Week (b)

Discussion of method of cooking sweet juiced vegetables. Copy table of measures.

Practical work: Mashed potatoes and stewed tomatoes.

3 potatoes boiled and riced.

3 T butter.

1 t salt.

f. g. pepper.

1/3 c hot milk.

3 T butter

1 T salt.

f. g. pepper.

1/3 c hot milk.

Third Week.

5th Lesson.

Sweet juiced vegetables.

Examples:

Asparagus.

Carrots.

Peas. (green).

Beans (green string)

Practical work.

Carrots boiled

Method - Wash well in cold water. Scrape with a sharp knife-do not peel. Cut in cubes and put in boiling water. Cook until tender. Season 1 c. of cubed carrots with 1 T butter and f. g. pepper if desired.

Lemon juice may be added.

Cream of Pea Soup.

1c milk

1T flour.

1T butter.

1/4T salt.

1/2c peas (pressed through a seive).

Add to white sauce.

Serve at once.

Same as for Medium white sauce.

### Third Week. (b)

#### Discussion.

Strong-juiced vegetables.

Much water. (boiling)

Uncovered.

Salt when half-done.

#### Examples.

Onions.

Cabbage.

Cauliflower, etc.

#### Practical work.

##### Creamed Onions.

Put onions in cold water and remove skins, while under water. Drain, put in a sauce-pan, and cover with boiling salted water. Boil five minutes, drain, and again cover with boiling salted water. Cook one hour or until soft, but not broken. Cover with white sauce.

##### White Sauce.

1 T butter.      1 T flour.

1/4 t salt.      1 c milk.

Method - Same as for Medium White Sauce.



#### Fourth Week. (a)

##### Baked Beans.

Discussion of beans.

Food value.

Rich in proteid.. (muscle building)

Proteid 71%; fat .7%; carbohydrate 23%..

Mineral matter 1.7 %. Water 68.5%.

Method: Pick over 1 quart beans, wash, and cover with cold water and soak over night. In the morning drain, heat slowly to the boiling point and cook until the skins burst, when blown on in a spoon. The beans should not be broken. Drain. Wash salt pork - cut off rind, cut in slices  $\frac{1}{2}$  lb. Mix pork through the beans. Mix 1 T salt, 1 T molasses, 3 T sugar, 1c boiling water with the beans. And put beans in a jar. Cover jar, put in oven and bake slowly 6 to 8 hours - uncover toward end so beans will brown on top. Add water as needed.

Note - Beans are an excellent and economical food for laborers and when properly prepared they are not hard to digest for people who exercise a great deal.



Note. Crutons ( cubes of toasted bread) are used instead of crackers , sometimes.

#### Fourth Week (b)

##### Cauliflower au Gratin.

One whole cooked cauliflower.

Thin White sauce.

1c milk.

1T butter.

1T flour.

1/4 T salt.

Mix and cook the same as medium white sauce.

Place a whole cooked cauliflower on a dish for serving, cover with buttered crumbs, and place on oven grate to brown crumbs; remove from oven and pour one cup of Thin White Sauce around cauliflower. Cauliflower should be boiled uncovered in much water as it belongs to the strong juiced vegetables.

##### Cooking of vegetables.

Wash in cold water, using a small scrubbing brush.

Pare economically.

Cook until soft in boiling water.

Add salt when half done.

##### Vegetables.

Commonly include all plants used for food except grains and fruits.

Chief value. (exception beans, peas, lentils).

Potash salts.

Cellulose (needed bulk)

Value of legumes (substitute for flesh food).

Proteid.

Composition.	Food value.	Examples.
1.Carbohydrates.	Heat and energy.	All vegetables.
Starch		Tubers, corn.
Sugar		Beets,carrots,
Cellulose		parsnips.
		All vegetables.
2.Water.	Solvent cleanser.	" "
3.Protein.	Tissue builder.	Legumes.
4.Mineral salts.	Bone builders pre-	All vegetables.
	serves alkalinity of blood.	
5.Fat	Heat and energy	Legumes.

#### Fifth Week(a)

#### Practical work:

Cook Germ meal with fruit:

4T Germ meal.

$\frac{1}{2}$ c boiling water.

$\frac{1}{4}$ t salt.

#### Method-

Add salt to boiling water.

Add cereal to salted boiling water gradually.

Boil 5 min. directly over flame, stir constantly.

Put over double boiler.

Add dates well washed and cut into pieces.

Steam 25 minutes or more without stirring.

Serve in a warm dish with cream.

Fifth Week. (b).

### Cereals (continued)

#### Practical work:

Rice Compote.

1c rice.            4c boiling water.

2t salt.

Pick over rice; add slowly to boiling salted water, so as not to check boiling of water. Boil 30 minutes or until soft, which may be determined by testing kernels. Old rice absorbs much more water than new rice, and takes longer for cooking. Drain in coarse strainer, and pour over one quart of hot water: return to kettle in which it was cooked; cover, place on back of range, and let stand to dry off, when kernels are distinct. When stirring rice always use a fork to avoid breaking kernels.

(Note) Always wash rice well before boiling because it makes it whiter, cleaner, and more palatable.

Method: Put rice in strainer, place strainer over bowl nearly full of cold water: rub rice between hands, lift strainer from bowl, and change water. Repeat process three or four times, until water is quite clear.

Bran. ( $13\frac{1}{2}\%$  of grain)..

Protective covering.

Cellulose.

Mineral matter.

Sixth Week. (b)..

E G G S .

Discussion.

Hard cooked eggs.

Put in boiling water.

Put on back of range. Keep just below boiling point.

Keep on forty to forty five minutes.

Take out and plunge into cold water to prevent discoloration of yolks.

Eggs perfectly cooked should be placed and kept in water at a uniform temperature of 175°F.

Preparation of Egg Vermicelli.

1 egg.

$\frac{1}{4}$  cup thin white sauce.

1 slice of toast.

Method: Cook the egg 45 minutes just below the boiling point. Toast one slice of bread and chop the white of the egg very fine. Put the white into sauce and spread over toast. Put the yolk through a sieve and sprinkle over the top of the slice. Serve hot.



Add  $\frac{1}{3}$ c hot milk, and  $\frac{1}{4}$ c sugar. Cook until rice is soft. Turn into a slightly buttered round shallow mold. When shaped, remove from mould to serving dish and arrange boiled peaches around the rice. Pour syrup around the mould.

#### Discussion.

Use of rice: Puddings, vegetable instead of potato, with various dishes in combination with cheese, tomatoes, meat, as a garnish.

Composition: Principally starch.

Sixth Week. (a).

#### Cereals.

Discussion: Belong to the grasses. Absorption in the body is very good. Proteids vary in different cereals. Nutritive value of different cereals about equal.

Carbohydrates, Starch 65%, sugar, cellulose.

Fat, (varies) Most abundant in the northern cereals.

Mineral matter, (about 2%) lime and phosphoric acid.

Water, 10 to 12 % in dry grain.

Nitrogenous substances.

Wheat.

Germ (young plant  $1\frac{1}{2}\%$ ).

Kernel or endosperm.

Nutritive material for embryo.

85% of the grain.

Caution - Do not permit the egg to boil for it toughens the albumin, making it harder to digest.

White sauce (thin).

$\frac{1}{2}$ T flour.  $\frac{1}{8}$ t salt.

$\frac{1}{2}$ T butter.  $\frac{1}{2}$ c milk.

Method: Follow rule learned earlier in work.

Seventh Week (a).

Eggs. (Dropped same as Poached)

Shallow pan  $\frac{2}{3}$  full of boiling salted water.

$\frac{1}{2}$ T salt to one quart of water.

Put 2 or 3 buttered muffin rings in the water.

Break each egg separately into a cup, and carefully slip into a muffin ring.

The water should cover the eggs.

When there is a film over the top, and the white is firm, carefully remove with a buttered skimmer to circular pieces of buttered toast, and let each person season her own egg, with butter and salt. It may be garnished with four toast-points and a bit of parsley. An egg-poacher may be used instead of muffin rings.

Seventh Week. (b)

Milk and Eggs.

Custard pudding.

2 cups scalded milk.  $\frac{1}{4}$  c sugar.

Yolks of 3 eggs.  $\frac{1}{8}$  t salt  $\frac{1}{2}$  t vanilla

Beat eggs slightly, add sugar and salt; stir constantly while adding gradually hot milk. Cook in double boiler, continue stirring until mixture thickens and coats the spoon, strain immediately; chill and flavor.

If cooked too long the custard will curdle; should this happen, by using a Dover egg-beater it may be restored to a smooth consistency, but custard will not be as thick. Eggs should be beaten slightly for custard, that it may be of smooth, thick consistency. To prevent scum from forming, cover with a smooth perforated tin. When eggs are scarce, use yolks of two eggs and one and one-half T corn-starch.

#### Seventh Week (b)

#### Discussion.

##### Composition and food value of eggs.

The most important food-stuff in eggs is albumin, (from albus, white) a sticky, glairy, substance, found in both the white and the yolk. The white is nearly pure albumin and water; the yolk contains much fat in the form of oil. Eggs also contain a small quantity of valuable mineral salts.

##### Albumin (tissue builder).

Contains nitrogen which is essential to tissue-building.

Demonstration of test for albumin.

Heat solidfying albumin.

Nitric acid turns albumin and other nitrogenous foodstuffs yellow.

Solidifying of albumin is called coagulation.

Eggs:

Discussion:

A typical food..

Contains all the elements, in right proportion, necessary for the support of the body.

Highly nutritive value and concentrated.

Therefore they should be used with foods rich in starch. (bread, potatoes).

One lb.(9) eggs is equivalent in nutritive value to 1 lb, of beef.(valuable substitute for meat).

Composition.

Proteid	14.9%	Mineral matter	1%
Fat	10.6%	Water	73.5%.

After the twenty fourth hour eggs begin to deteriorate, therefore it is more economical to use fresh eggs. Deterioration is brought about by the evaporation of the water from the egg and the bacteria of the air decompose the egg through the porous structure of the egg shell.



White of Egg(albumin which coagulates at 134° F)

Cook at low temperature.

Boiling the egg causes albumin to be tough and horny, difficult of digestion, and should never be served. When eggs come from the market, they should be washed and put away in a cold place.

Egg albumin test - Nitric acid, different temperatures.

#### Eighth Week. (a)

Puffy Omelet.

##### Discussion.

Get all utensils ready first even the dish on which it is to be served. Beat the yolks until very light and thick. The whites should be beaten with an egg-whisk because by it more air is beaten into the whites and this makes the omelet more puffy.

Practical work: Puffy Omelet.

Puffy Omelet.

1 egg.

1t butter.

salt and pepper 1T water or milk.

Beat the yolk until it is thick and lemon colored. Add water, salt and pepper. Mix thoroughly. Add the white beaten stiff and dry. Fold the whites in gently. Melt butter in omelet pan and turn in gently.

Let it stand over heat for two minutes or till it is brown on the bottom and then put in oven to bake top. Just as soon as a knife comes out clean it is done. Crease through center. Fold and serve on hot plate.

#### Eighth Week (b).

##### Codfish Cakes.

6 medium potatoes.

1c shredded codfish.

1 egg.

1T butter.

pepper.

Method: Cover fish with hot water and let stand two minutes and drain. Mash the potatoes until free from lumps. Add to other ingredients and beat light. Drop by T spoonfuls into hot fat of form small cakes and saute' in pan.

Note-Sautéing is a very unhygienic method of cooking food because the fat is absorbed, making a coating over the food and since fats are not digested in the stomach the fat only prevents the digestion of the starch and the nitrogenous food.

#### Ninth Week. (a).

Preceding Thanksgiving.

Discussion.

Jelley making.

## Practical work.

### Cranberry Jelly.

1 qt Cranberries.

1 c water.

1lb. sugar.

(note) 1 lb.sugar - 2c sugar.

Method-Pick over and wash the cranberries; cook them slowly with the water for about fifteen minutes, and press through a strainer. Return to the fire, and add the sugar, stirring until it is dissolved. Boil without stirring five minutes longer, pour into a mold, and let it stand until firm enough to turn out. Serve with poultry, mutton or game.

### Emergency Biscuit.

1c flour            1/4 t salt.

2t b. p.            1 T lard or butter.

1/3 to 1/2 milk or water.

Milk or water to make a mixture to drop from a spoon. Mix the dry ingredients and sift. Cut in the shortening and add liquid. Do not stir more than is necessary.

### Ninth Week (b).

#### Pumpkin Pie.

##### Filling.

1 1/2c steamed and strained pumpkin.

2/3 c brown sugar.

1t cinnamon                      ½t ginger  
½t salt                              2 eggs  
1½c milk.                            ½ c cream.

Method: Mix ingredients in order given.

Pie crust.

1/4 c lard.

1/4 t salt                      Sift salt and flour together.

1 c flour.

Method: Work the lard into the flour with a knife a fork or the hands. Add water. Toss on floured cloth Magic cover. Pat lightly with the hands and roll out. Do not roll the crust with the rolling pin back and forth but lift it up each time. Line a pie tin and pour in pumpkin filling.

Bake in a moderate oven.

Wash board in cold water, then in hot soapy water; then in hot clear water.

Tenth Week. (a).

Review of Milk and eggs.

Tissue making possibilities. Caution in temperatures.

Teach where found and purpose.

Junket Pudding

1c milk.                              1T sugar.  
1/4 junket tablet                      2T strong coffee

Dissolve junket tablet in a little water (the chill just taken off). Heat the other ingredients to



luke warm. Add junket tablet and flavor. Turn out at once to harden; let stand in a warm room and do not move. Serve with whipped cream.

#### Tenth Week (b)

#### Butter.

##### Discussion.

Composition: Fat 93%; Water 5.34%; Mineral matter 95%; Cassin .71%.

Care of Butter. Keep in a cool place and well covered.

Cautions in butter making.

First quality cream (duly ripened)

Butter made from sweet cream does not keep as well as that made from ripened cream.

Salt acts as a preservative.

Use sterilized utensils.

The buttermils should be thoroughly washed and worked out since its presence in the butter causes th butter to become rancid in a short time.

##### Practical Work: Butter.

$\frac{1}{2}$  cream; salt to flavor.

Beat the cream with a Dover egg beater until the lumps of butter separate. Gather the butter into a ball-

work with a wooden spoon under water until the water is clear. Pour it off. Press as much water as possible out of the butter. Add salt and set in a cold place.

#### Cottage Cheese.

1 qt. thick sour milk.

1 T. butter. (made in class).

1/4 t salt - cream to moisten.

Method; Heat the milk gently until luke warm.

Strain through two thicknesses of cheese cloth.

Do not squeeze.

Allow to cool.

Mix the ingredients perfectly smooth and form into balls.

Pepper may be sprinkled over top.

#### Eleventh Week (a)

##### Flour Mixtures.

Biscuits - 2 kinds - Emergency and Baking Powder.

Muffins - 2 kinds - Graham and Plain.

Cookies - 3 kinds - Sugar, Oatmeal, Peanut.

1, 2, 3, 4, Cake.

Bread and Rolls.

##### Discussion.

The above flour mixtures are to be studied and made in class from which each pupil will learn the importance of accurate measurement.

The temperature for baking and the proper way of mixing the ingredients for the various flour mixtures.

Flour mixtures.

Practical work.

Baking Powder Biscuits.

1c flour.	2t Bakingpowder
1/4 t salt.	1T lard or butter.
1/3c milk or water.	

Mix and sift the dry ingredients. Cut in the lard. Add milk and stir lightly. Turn out on flour-ed board, roll 3/4 inch thick, cut with a cookie cutter. Bake in a hot oven 20 to 25 minutes. If the dough is worked much the gluten is brought out and this will make the biscuits tough.

Experiment: Gluten.

1/2c flour.

2T water.

Knead in strainer, set in a bowl of water.

Examine what is left in the strainer.

Eleventh Week. (b)

Discussion:

Do not beat the flour into the muffins because it develops the gluten. If baked in too slow an oven, the gas will wscape before it has done its work.

Practical work.

## Muffins.

1c flour.	1 egg.
2t b. p.	1/4 t salt.
1T lard.	1/2c water.
2T sugar if desired.	

Method - Mix and sift the dry ingredients. Mix beaten egg and milk or water. Add dry ingredients to wet. Melt the lard and add hot last. Fill buttered muffin tins two thirds full and bake in a hot oven twenty minutes.

## Experiments.

1. Taste baking powder.
2. Test it with (red) cabbage water.
3. Test it with litmus paper.
4. Add 2T of cold water to 1t of baking powder.
5. " " " hot " " " " " "

Which foams the most? What are the bubbles?

6. Test for carbon dioxide.
7. Explain how biscuits are made light.
8. What result would you expect if you used hot milk in the b. p. biscuits.

Twelvth Week. (a)

Candy Making.

Fondant, the basis of all French candy, is made of



sugar and water boiled together (with a small quantity of cream of tartar to prevent sugar from granulating), to soft ball stage, 238° F.

Practical work:

Fondant.

1c sugar.

1/3c coffee or hot water.

1/8t cream of tartar.

Method: Put ingredients into a smooth granite sauce pan. Stir, place on range, and heat gradually to boiling point. Boil without stirring until, when tried in cold water, a soft ball may be formed that will just keep in shape. Let in pan of cold water until cool. Stir with a wooden spoon until creamy, and work in hands until soft and pliable. Wrap in oiled paper for use in next lesson.

Twelvth Lesson (b)

Fudge.

2c sugar.

1T butter.

3/4 c milk.

2 sq. chocolate.

Method: Boil to soft ball stage. Cool and beat until creamy. Pour out on buttered plate.

Cream Nuts.

Roll fondant in little ball and place half a walnut on back side. Press gently until fondant flattens. Place on oiled paper.

Coffee cream.

Melt fondant until thin enough to drop from tip of a spoon. Flavor with a little strong coffee or a few drops of peppermint. Drop on oiled paper.

### Thirteenth Week (a)

#### Practical work:

##### English Coffee.

1 c brown sugar.       $2\frac{1}{2}$  T butter.  
2 T vinegar.       $\frac{1}{2}$  c Walnuts (unshelled)

Cook to snap stage without stirring.

Pour over nuts in a buttered pan.

When cool enough mark in squares.

##### Peanut Cookies.

2 T butter       $\frac{1}{4}$  t salt.  
 $\frac{1}{4}$  c sugar.       $\frac{1}{2}$  c flour.  
1 egg      2 T milk.  
1 t b. p.       $\frac{1}{2}$  c finely chopped nuts.  
 $\frac{1}{2}$  T lemon juice.

Cream the butter, add sugar and egg well beaten. Mix and sift gaking powder, salt and flour. Add to first mixture: then add milk, peanuts, and lemon juice. Drop from a teaspoon on an unbuttered sheet one inch apart, and place one half peanut on top of each. Bake twelve to fifteen minutes in a slow oven. This reciepe will make twenty-four cookies. One pint of peanuts when shelled should yield one-half cup.

Thirteenth Week. (b)

Little Layer Cake.

1½ c flour.	2½ t b. p.
1/4 c shortening.	1/4 c sugar.
f. g. salt.	½ c milk.
2 eggs.	

Cream the butter and sugar thoroughly, add the eggs well beaten then the milk; have the flour, baking powder and salt well mixed and sifted and add to the other mixture, sifting it in and stirring with a silver or wooden spoon. Add flavoring. Bake in an oven which will turn a piece of writing paper light brown in 5 minutes.

Boiled Icing.

2 c sugar.	½ c water.
2 egg whites.	flavoring.

Boil sugar and water until they spin a thread - Add slowly to stiffly beaten whites and whip until thick enough to spread.

Fourteenth Week. (a)

Review (oral)

Dishwashing.

Vegetables, classification, importance, uses, care, cooking.

Cereals.

Eggs.

Milk and eggs.

Flour mixtures.

Proportions of water to flour.

General rules for mixing.

Fourteenth Week (b)

Dishwashing.

Preparation.

Scrape all food from dishes, rinse cups.

Pile all dishes of one kind together.

Soak in cold water dishes that have been used for milk, eggs and starchy foods, those used for sugary substances, in hot water. Wipe greasy dishes with soft paper and then soak in lot water.

Use dish pan, rinsing pan, and draining pan or rack.

Order.

If there are many dishes, wash cooking utensils first.

Why?

Take clean water, wash glass, silver, delicate china, cups and saucers, then larger dishes.

Never pile dishes of all kinds together in dishpan.

The handles of knives, if of wood, bone, ivory or pearl should not be put into water, as they are likely to split.

Scrubbing Boards and Tables.

Wash thoroughly with a wet cloth.

Rub Sapolio on the wet board, wet the scrubbing



brush, and scrub well with the grain of the wood; rinse off the suds and wipe as dry as possible. A pastry board should be scraped with the grain of the wood and wiped with a cloth wet in cold water. Grease spots on unfinished wood are removed by using borax or ammonia.

#### Care of the refrigerator.

The refrigerator should be looked over daily, that no food is left to spoil.

Hot food or food with a strong odor should not be put into the refrigerator.

Once a week everything should be taken out and every part of the refrigerator washed with a solution of washing soda, using a mop or a small broom.

Flush the waste pipe with the soda solution.

Wipe as dry as possible, leaving the refrigerator open until thoroughly dry.

Put shelves in the sun, in the open air, or dry near the fire. It is much easier to prevent odors in a refrigerator than to remove them.

#### Towels.

Use soft linen towels for glass and silver.

Heavier towels for other dishes.

Have a soft dish cloth, a heavy pot - cloth and a scrub cloth.

### Cleaning Materials.

Soap for dishwater.

Wash tinware in hot soapy water.

Take special care to get all seams clean.

If tinware is discolored by food burned on, boil out with strong soda water. Polish with whiting.

Remove all stains from graniteware with Sapolio or pumice stone.

Polish steel knives with pulverized Bristol brick or Sapolio, rubbing with a cork.

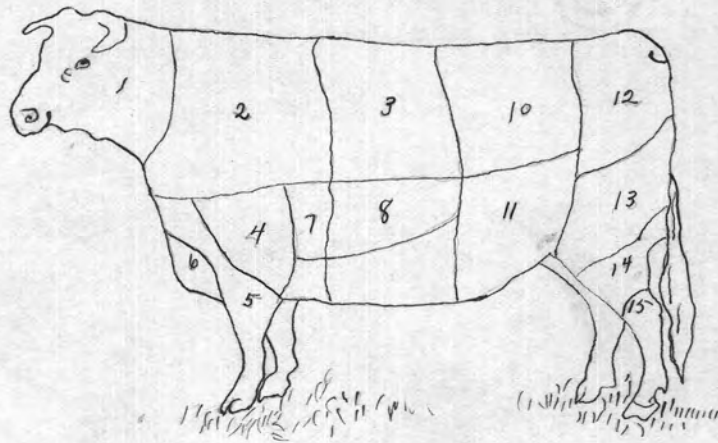
Clean silver with whiting and a soft cloth; polish with chamois.

### Care of Dish Towels and Cloths.

Dish towels and cloths should be washed thoroughly after each using, scalded and dried out of doors if possible.

### Care of the Sink.

When dish-washing is finished, wash every part of the sink with hot, soapy water. Wash above and around the sink. Use a wooden skewer to clean behind the sink pipes. Flush the sink with boiling water every day, and about once a week with a strong solution of washing soda.



- |                  |                      |
|------------------|----------------------|
| 1. Neck          | 12. Rump             |
| 2. Chuck         | 13. Round            |
| 3. Ribs          | 14. Second Cut Round |
| 4. Shoulder clod | 15. Hind Shank       |
| 5. Fore shank    |                      |
| 6. Brisket       |                      |
| 7. Cross ribs    |                      |
| 8. Plate         |                      |
| 9. Navle         |                      |
| 10. Loin         |                      |
| 11. Flank        |                      |

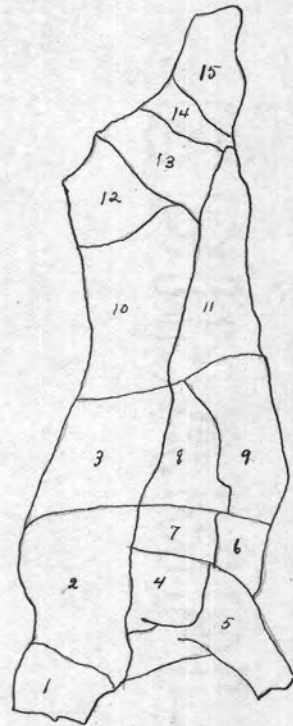
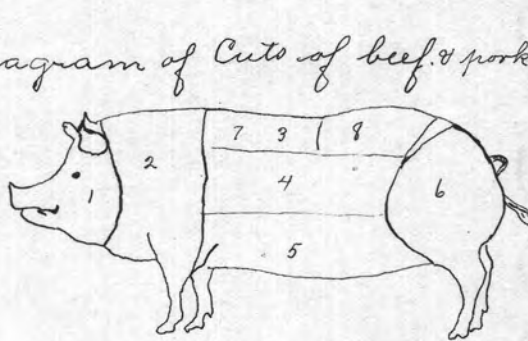
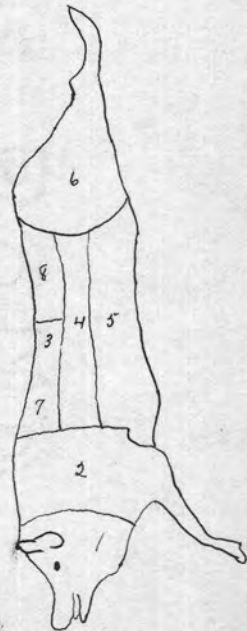
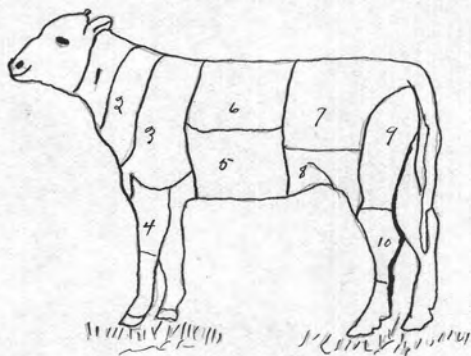


Diagram of Cuts of beef & pork.



- |             |          |         |
|-------------|----------|---------|
| 1. Head     | 5. Belly | 8. Loin |
| 2. Shoulder | 6. Ham   |         |
| 3. Back     | 7. Ribs  |         |





1. Neck
2. Chuck
3. Shoulder
4. Fore Shank
5. Breast
6. Ribs
7. Loin
8. Flank
9. Leg
10. Hind Shank

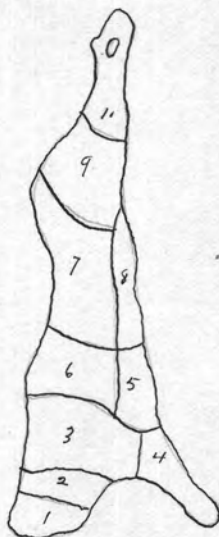
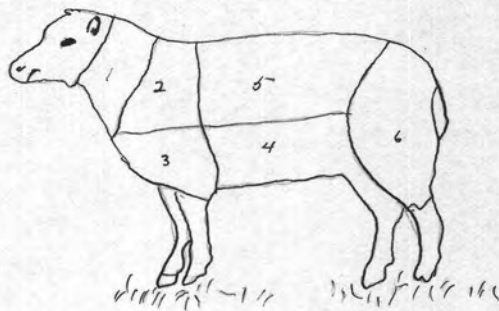
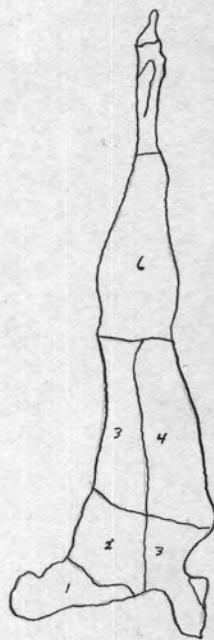


Diagram of Cuts of Veal



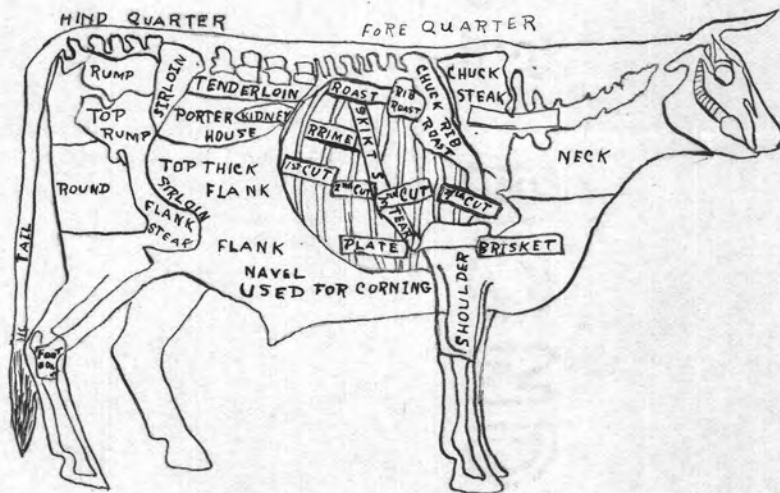
1. Neck
2. Chuck
3. Shoulder
4. Flank
5. Loin
6. Leg

Diagram of Cuts of Mutton





Loins.—Best quality for roasts and steaks.  
 Rump.—Tough.—Pot roast and steak  
 Round.—Fair steak, beef tea, beef loaf  
 Top Sirloin.—Fair steak and Pot Roast  
 Prime Ribs (Six Ribs).—Fine roast  
 Blade (Three Ribs).—Fair roast  
 Chuck (Four Ribs).—Pot roast and stew.  
 Neck.—Stews and soup.  
 Brisket.—Corned and boiled  
 Navel.—Corned and boiled  
 Flank.—Steak, boiled, stew  
 Shoulder.—Soup.  
 Skin.—Soup.



Fifteenth Week. (a)

Meats.

Discussion.

Different methods of cooking.

Tender Meats. —

Broiling, roasting, stewing.

Tough Meats.

Soup, stewing, braising.

Time of cooking.

For steak 1" thick, 5 to 6 minutes.

" " 1½" " 8 " 10 "

Roasting 10 or 12 minutes a pound.

Boiling a leg of mutton, 15 min. a pound.

Soup, 6 hours, simmering.

Practical work.

Pan-broiled steak.

Stuffed potato.

Pan-broiled Steak.

Trim meat removing any excess of fat. Rub smoking hot pan with a piece of suet and proceed, allowing for 1" thick steak 4 - 6 minutes for rare; 6 - 8 for medium; 8 - 12 for well done.

Stuffed Potato.

1 baked potato, 1 T beaten egg white, 1 t butter, 1½ t hot milk. Salt to taste. Cut slice from top of baked potato and scoop out inside, mash, add butter, salt, milk, eggwhite; refill skins and bake 6" in a very hot oven.

## Fifteenth Week (b)

### Class lesson. (Beef Roast)

Clean and trim the roast, sprinkle with salt and pepper - dredge with flour. Spread on rack in pan with skin side down. Pour enough boiling water in to cover bottom of the pan. Place meat in very hot oven for five minutes. Then reduce the temperature. Allow 15 minutes for each pound in baking and 15 minutes extra for roast of over four pounds. Baste every ten minutes with water in pan. When done thicken the liquid. If very lean add salt pork or suet in pieces. The smaller the roast, the quicker should be the oven. When done the roast should be brown  $\frac{1}{4}$  of an inch and crisp on the outside. It should be an even red the rest of the way through.

Discussion of cuts best for roasts and steaks.

## Sixteenth Week. (a)

Visit to the meat market.

## Sixteenth Week. (b)

Reports on things learned in visit to meat market.

Selection of cuts for various purposes.

Study of cuts from a chart.

## Seventeenth Week (a)

Hamburg Steak with tomato sauce.

Chop finely one pound lean beef (round steak); season highly with salt, pepper, and a few drops onion juice or one-half shallot finely chopped.

Shape, cook, and serve as Meat Cakes. A few gratings of nutmeg and one egg slightly beaten may be added.

#### Tomato Sauce.

$\frac{1}{2}$ can tomatoes or	3 T butter.
$1\frac{1}{4}$ c fresh stewed tomatoes.	3 T flour.
1 slice onion	$\frac{1}{4}$ t salt.
$\frac{1}{8}$ t pepper.	

Cook onion with tomatoes fifteen minutes, rub through a strainer, and add to butter and flour (to which seasonings have been added) cooked together. If tomatoes are very acid, add a few grains of soda. If tomatoes are very acid, add a few grains of soda. If tomatoes are to retain their red color it is necessary to brown butter and flour together before adding tomatoes.

#### Seventh Week. (b)

##### Table Setting.

##### Linen.

Use absolutely clean linen.

Have the cloth long enough and wide enough to hang well around the table.

Under the linen cloth have a silence-cloth, either table felting or some other soft and heavy material.

Place the center of the table cloth in the center of the table having the folds straight with the edge of



the table. Decorate by placing in center a vase of flowers, a small plant or dish of fruit.

#### Rules for Placing Dishes.

Arrange dishes symetrically, although not necessarily in straight rows.

When there are no warm dishes to be served, place a plate, right side up, for each person, having them arranged symmetrically around the table.

Place knife at right side, with sharp edge toward plate.

Place fork at left side, with tines up.

Place soup spoon at right of knife, bowl up.

Oyster fork at right of soup spoon.

Spoons at a formal dinner are not put on the table but brought in when needed. When they are put on it should be at the right of the knife.

Place tumbler, top up, at right, top of knife  $\frac{2}{3}$  full.

Place the bread and butter plate at top of fork.

Place the napkin at left of fork, the open edges toward the edge of the table and the plate  $\frac{1}{2}$  inch from the edge of the table.

Place salt, pepper, vinegar, oil, jelly, pickles, etc. inside the line of plates.

Place carving set in front of host.

Place several large spoons at each end of table.

Place dishes that are to be served at the table directly in front of the server.

Salt and pepper never used at a formal dinner.

When finger bowls are used, put them on dessert plates with a doily underneath the bowl; place at the left side of each person i. e. the place of the bread and butter plate, or on service plate or at top of plate. When fruit is served as a first course, place the finger bowl in center of cover.

Where the hostess pours the coffee, arrange the service neatly in front of her.

Place the chairs far enough from the table to avoid breaking line of table cloth.

#### Rules for Serving.

Cold food should be served on cold dishes, hot food on hot dishes.

When passing a dish, hold it so that the thumb will not rest upon the upper surface.

In passing dishes from which a person is to help himself, pass always to the left side, so that the food may be taken with the right hand.

In passing individual dishes such as coffee, set them down carefully from the right side.

When the dishes are being served by a person at the table, the waitress should stand to the left, hold the tray low and near the table. Take on the tray one plate at a time, and place before the person for whom it is intended, setting it down from the right side.

When one course is finished, take the tray in the left hand, stand on the left side of the person, and remove with the right hand the soiled dishes, never piling them on top of each other.

Soiled dishes should be first removed, then food, then clean dishes, then crumbs.

Fill the glass  $\frac{2}{3}$  full before every course.

Before the dessert is served, remove crumbs from the cloth either with a brush, crumb knife or napkin.

Do not let the table become disorderly during the meal.

Hostess serves soup, salad, dessert, coffee, and at a family dinner the vegetables and entrees.

The host serves the fish and the meat.

#### Eighteenth Week. (a)

##### Discussion.

Manage well so that all dishes will be prepared on time.

The teacher is to be guest of honor.

Luncheon to be served according to rules for serving.

## Practical work.

Cook and serve a luncheon.

### Luncheon.

Cream of asparagus soup.

Wafers.

Rice Compote.

Baking Powder Biscuits

Lettuce Salad.

French Dressing.

Baked custard with whipped cream.

### Eighteenth Week (b)

## Review.

### Meats.

Cheaper cuts and how to cook them.

### Practical work.

Beef stew and Baked Apples.

#### Beef stew.

Aitchbone, weighing 5 lbs.

$\frac{1}{2}$  small onion, cut in

4 cups potatoes, cut in

thin slices.

$\frac{1}{4}$  inch slices.

Salt.

Turnip - Carrot,  $\frac{2}{3}$  c

Pepper.

each cut in  $\frac{1}{2}$  inch cubes.

Wipe meat, remove from bone, cut in one and one-half inch cubes, sprinkle with salt and pepper, and dredge with flour. Cut some of the fat in small pieces and try out in frying-pan. Add meat and stir constantly, that the surface may be quickly seared; when well browned, put in kettle, and rinse frying-pan with boiling water, that none of the goodness may be lost. Add to meat remaining fat, and bone,



sawed in pieces; cover with boiling water and boil five minutes, then cook at a lower temperature until meat is tender (time required being about three hours). Add carrots, onion and turnip with salt and pepper the last hour of cooking. Parboil potatoes five minutes, and add to stew fifteen minutes before taking from fire. Remove bones large pieces of fat; and then skin. Thicken with one fourth cup flour, diluted with enough cold water to pour easily. Pour in deep hot platter, and surround with dumplings. Remnants of roast beef are usually made into a beef stew; the meat having been once cooked, there is no necessity of browning it. If gravy is left, it should be added to the stew.

#### Dumplings.

1 c flour	2 t b. p.
1/4 t butter	3/8 c water.

Method: Mix same as b. p. biscuits. Drop by table spoonsful, 13 minutes before serving, on top of the meat. Steam rather than boil. Be sure there is enough liquid to prevent sticking. Cover. Take meat and vegetables out on a dish and thicken the liquid with 1 T of flour, worked out smooth in cold water.

#### Baked Apples.

Wipe and core sour apples. Put in a baking dish and fill cavities with sugar and spice. Allow one-half cup sugar and one-fourth teaspoon cinnamon or nutmeg to

eight apples. If nutmeg is used, a few drops lemon juice and a few gratings from rind of lemon to each apple is an improvement. Cover bottom of dish with boiling water, and bake in a hot oven until soft, basting often with syrup in dish. Serve hot or cold with cream.

#### Nineteenth Week. (a)

Soft molasses cookies.

1 c molasses.	2 t ginger
$1\frac{3}{4}$ t soda.	1 t salt.
1 c sour milk.	$\frac{1}{2}$ c shortening.
	flour.

Add soda to molasses and beat thoroughly; add milk, shortening, ginger, salt and flour. Enough flour must be added to make mixture of right consistency to drop easily from spoon. Let stand several hours in a cold place to thoroughly chill. Toss one-half mixture at a time on slightly floured board and roll lightly to one-fourth inch thickness. Shape with a round cutter, first dipped in flour. Bake on a buttered sheet.

#### Nineteenth Week (b)

Prune Whip

$\frac{1}{3}$ lb. prunes.	$\frac{1}{2}$ c sugar.
Whites 5 eggs.	$\frac{1}{2}$ T lemon juice.

Pick over and wash prunes, then soak several hours in cold water until soft; remove stones and rub prunes

through a strainer, add sugar, and cook five minutes, the mixture should be of the consistency of marmalade or like a thick syrup. Beat whites of eggs until stiff, add prune mixture gradually when cold, and lemon juice. Pile lightly on buttered pudding dish, bake twenty minutes in slow oven. Serve cold with boiled custard.

#### Soft Custard.

1  $\frac{1}{3}$  c milk. 2 eggs.  
4 T sugar.  $\frac{1}{8}$  t salt.  
 $\frac{1}{3}$  t vanilla.

When milk is hot, take it off and add to it the egg yolks, sugar, and last of all the vanilla.

#### Twentieth Week (a)

##### Brown Soup Stock.

6 lbs. of shin of beef. 1 sprig marjoram.  
3 qts. Cold water 2 sprigs parsley.  
 $\frac{1}{2}$  t peppercorns. 1 c each cut in dice.  
6 cloves. carrot  
 $\frac{1}{2}$  bay leaf. onion.  
3 sprigs thyme celery.  
1 T salt.

Wipe beef, and cut the lean meat in inch cubes. Brown one-third of meat in hot frying-pan in marrow from marrow bone. Put remaining two-thirds with bone and fat in soup kettle; add water, and let stand on back of range

for thirty minutes. Place on back of range, add browned meat, and heat gradually to the boiling point. As scum rises it should be removed. Cover, and cook six hours, keeping below the boiling point during cooking. Add vegetables and seasonings, cook one and one-half hours, strain and cool as quickly as possible.

#### Twentieth Week (b)

##### Noodles.

1 egg.      $\frac{1}{2}$  t salt.

Flour.

Beat egg slightly, add salt, and flour enough to make a very stiff dough; knead, toss on slightly floured board and roll thinly as possible, which may be as thin as a paper. Cover with a towel, and set aside for twenty minutes; then cut in fancy shapes, using sharp knife or French vegetable cutter, or the thin sheet may be rolled like a jelly-roll, cut in slices as thin as possible, and pieces unrolled. Dry and when needed cook twenty minutes in boiling salted water; drain and add to soup.

#### Twenty-first Week. (a)

##### Potato Croquettes.

2 c mashed or riced potatoes.

2 T butter.

$\frac{1}{2}$  to  $\frac{3}{4}$  t salt.

$\frac{1}{8}$  t pepper.



1/4 t celery salt.

10 drops onion juice.

Beat the yolk, mix it with the potato and add the other ingredients. Heat the mixture in a saucepan, stirring; when it cleaves from the side of a pan, turn it on to a flat dish; when cold, shape it into cylinders about three inches long. Roll these in egg and crumbs and fry in deep fat. There should be no cracks in the croquettes.

#### Twenty-first Week. (b)

##### Discussion.

Oven for loaf butter cakes sufficiently hot to turn a piece of paper brown in 5 minutes.

For small cakes it should be hotter.

" " " require about 20 minutes.

When cake is done it shrinks from the pan, and a broom straw run into it coves out clean. Take it at once out of the pan, and set it on a clean towel to cool.

##### Practical Work.

##### Standard Cake.

1/4 c butter.    3/4 c sugar.

1/2 c milk        2 eggs.

1 1/2 t b. p.     1 1/2 c flour.

1/2 t vanilla or 1/2 t grated nutmeg.

Method - Cream the butter and sugar thoroughly. Add the yolks slightly beaten, then a little of the milk, then part of the flour with the dry ingredients sifted with it, a little more milk, and so on till all the flour and milk are stirred in, taking care to keep the mixture always of about the same degree of stiffness. Fold in the whites beaten very stiff. Add the flavoring and beat the mixture well. If fruit is to be added, fold it in, well floured, last of all.

Twenty-second Week. (a)

Discussion of Beverages.

Definition.

The purpose of a beverage is to quench thirst. Beverages are drinks, and thirst is the body's demand for water. Water is therefore the best beverage, and the other beverages only satisfy thirst by means of the water which they contain.

Two substances in tea.

Theine. (stimulating, yet injurious)

Tannin. (a bitter substance used in making ink and tanning leather). Interferes with digestion in that it tends to toughen the lining of the stomach, just as hemlock bark toughens leather.

Effect of water on tea.

Boiling water extracts the theine and flavoring.

Water below the boiling point draws these out imperfectly and as a result the tea is insipid. Boiling the tea or letting it stand on the leaves extracts the tannin.

How may tea be made so that it will act as a poison?

Directions for selection and preparation of tea.

Buy good tea. Cheap teas are adulterated.

Keep in closely covered glass jar or tin canister.

Use a china, or silver, or earthen tea-pot.

Fresh boiled water.

Hot tea-pot; boiling water.

Steep it not over five minutes; never let it boil.

Practical work.

Prepare a cup of tea, using 1 t to a cup of boiling water. Serve with sugar and thin slices of lemon, but do not drink it. This lesson is only to show the best way of preparing tea in order to make it least harmful to the body.

Adulteration of tea.

Foreign leaves.

Spent tea leaves.

Metallic dust.

Sand.

Brick dust.

Coloring matter.

In China teas are almost entirely made by hand, although sometimes the feet are used in rolling the cheaper grades. An ordinary cup of tea contains nearly a grain of

thein and from 1 to 4 grains of tannin.

Twenty-second Week. (b)

Coffee.

Discussion.

Coffee. (the seed of a cherry like fruit of a tropical evergreen)

Adulteration.

Evil effects of coffee.

Unwise for children because their health depends on the constant renewal of all parts of their bodies. Stimulating effect is bad for young nerves.

How to make good coffee.

Directions for making coffee.

1 T coffee. 1 T of slightly beaten egg.

1 c boiling water.

Method - Put the coffee into the pot, pour on the water and let it come to the boiling point. Set it back on the range and stir in the egg. Let it boil for 1 minute to clear it; keep it hot, where it will not boil, for five minutes before serving.

Note - The children are to judge the coffee by the aroma and the color.

Cookies.

Discussion.

General rules for mixing.



Cream the butter, add sugar gradually, and eggs well beaten; add the liquid, and flour mixed and sifted with baking powder and salt.

Practical work.

#### Sugar Cookies.

6 T butter or lard.	2 T milk.
1 c flour	2 T egg.
$\frac{1}{2}$ c sugar.	1 T b. p.
$\frac{1}{4}$ t salt.	

Cream butter, add sugar, egg well beaten, milk. Mix and sift dry ingredients and add to first mixture. Roll as thinly as possible, sprinkle with sugar. Cut with cooky cutter. Bake in a moderate oven.

#### Bread.

Discussion.

Doughs lightened with yeast.

Yeast.

A vegetable germ of plant of the fungus family.

The simplest form of vegetable life being.

A small cell with a thin skin, and full of a liquid which contains the germ of life.

Generally oval in shape.

Cannot be seen without a strong microscope.

Examination of. (if possible)

Killed by extreme heat.

Growth retarded by extreme cold.

Temperature at which it grows best, 72 - 90° F.

Kinds used in bread-making - dry, liquid and compressed.

Practical work.

White Bread.

Bread Quick Process.

1 c hot water.                      1 yeast cake, rubbed smooth in.

$\frac{1}{2}$  c scalded milk.                  1/4 c luke warm water.

$\frac{1}{2}$  t salt.                              3 c flour (about)

1 t sugar.                            1 t shortening.

Put salt, sugar and shortening into a large bowl, pour on hot liquid. The water should be boiled and the milk scalded. When the mixture is luke-warm, add the dissolved yeast. Stir in flour to make a soft sponge, beat well, then add more flour, a little at a time, to make a stiff dough, mixing with a knife. Turn it upon a floured board, knead until it is smooth, elastic and does not stick to the board. Put into a greased bowl, cover closely and stand in a warm place (about 75° F) until double in bulk. This will take between two and three hours. Knead again until fine-grained, shape into a loaf, or biscuits, and place in a warm greased pan cover and put in a warm place. When double in bulk, bake in a hot oven. Bake a loaf fifty to sixty minutes, biscuits fifteen to twenty minutes. Oven temperature 400 to 450° F.

Twenty-third week. (b)

Parker House Rolls.

1 c scalded milk.	$\frac{1}{2}$ yeast cake dissolved in
1 T butter.	$\frac{1}{8}$ c water (luke warm)
1 T sugar.	3 c flour (about)
$\frac{1}{2}$ t salt.	

Make a soft dough as for bread, let rise, add flour to knead; let rise. Knead again and roll to  $\frac{1}{3}$  inch thickness. Cut out with a cookie cutter, crease through center with the handle of a wooden spoon. Brush over half of each with melted butter, fold edges together. Place in a pan. Let rise. Bake in a hot oven 10 to 15 minutes.

Twenty-fourth Week. (a)

Bread.

Discussion.

Essential ingredients: water and flour.

Bread is baked:

To kill ferment.

To make the starch soluble.

To drive off alchohol and carbon dioxide.

To form brown crust.

When bread is done, it will not cling to the sides of the pan, and may be easily removed. Remove loaves at once from pans, and place side down in a

wire cooler. If soft crust is desired, cover with a towel during cooling.

Twenty-fourth Week. (b)

Cake..

Butter Cakes.

Cup cakes, Standard cake, etc.

Preparation of the pans.

Grease the pan with lard or butter for butter cakes, and dredge slightly with flour; for large cakes, line the pan with paper and grease it. Sponge cakes are baked in ungreased pans if the pans are kept exclusively for sponge cakes.

The oven.

Less hot than for bread.

Test: When it turns a piece of writing paper brown in five minutes (butter and sponge cakes).

Should be hotter for layer and small cakes..

The cake is done when it shrinks from the sides of the pan, when a broom straw put into it comes out clean, or when pressed lightly on top with the finger the cake springs back into place. To turn out of the pan, loosen around the edges with a knife and slip out on a wire cake cooler or a clean towel. If it sticks, turn it upside down, place a damp cloth over the bottom of the pan and let it steam for a few minutes.



### Sponge Cake.

1  $\frac{1}{4}$  c sugar.            5 eggs.  
1  $\frac{1}{2}$  c flour.            1  $\frac{1}{4}$  t salt.  
1 t spice or  $\frac{1}{2}$  t vanilla.  
Juice and grated rind of one lemon.

### Twenty-fifth Week. (b)

#### Practical work.

#### Egg muffins and chocolate.

##### Egg muffins.

1  $\frac{1}{2}$  c flour.            1 c milk.  
2 t b. p.            1 egg.  
 $\frac{1}{2}$  t salt.            1 T melted butter.

Mix and sift the dry ingredients. Separate the egg; beat the yolk slightly, the white to a stiff froth. Stir the milk, beaten yolk, and melted butter in the order named, into the dry ingredients; last, fold in the beaten whites. Bake in muffin-pans twenty-five minutes.

##### Chocolate.

2 sq. chocolate.            1 c boiling water.  
4 T sugar.            3 c scalded milk.

Put the chocolate cut in bits into a sauce pan, set over hot water; when melted, add the sugar and water stirring smooth. Pour into this, part of the milk, then pour the chocolate back into the rest of the milk, and stir till it comes to the boiling-point. Beat till frothy with an egg whisk or a Dover beater. A spoonful of whipped cream

may be served on top of each cup.

#### Cocoa.

- 1 pt. scalded milk.
- 1 pt. boiling water.
- 2 T prepared cocoa.
- 2 to 4 T sugar.

Mix the cocoa and the sugar in a sauce pan; stir in the water gradually, and boil five minutes; add the milk and cook five minutes longer, or until smooth and free from any raw taste. Beat well with a Dover egg-beater to prevent albuminous skin from forming.

#### Twenty-sixth Week (a)

Review.

#### Flour mixtures.

#### Twenty-sixth Week (b)

#### Prune loaf.

Baking powder biscuit receipe  $\frac{1}{2}$  c flour.

About five prunes.

Cook the prunes and remove stones.

Spread the sweetened prunes over the biscuit dough.

Roll and pinch together the edges.

Bake in a pan containing a syrup. Baste with syrup.

Serve with whipped cream.

#### Twenty-seventh Week. (a)

Review of Vegetables.

#### Scalloped Onions.

### Scalloped Onions.

Cut boiled onions in quarters. Put in a buttered baking dish, cover with White Sauce 1, sprinkle with buttered cracker crumbs, and place on center grate in oven to brown crumbs.

### Twenty-seventh Week. (b)

Water.

As a cleanser.

As a solvent.

Amount that we should drink and when to drink it.

Importance of pure water.

### Twenty-eighth Week. (a)

Cooking of greens.

Discussion.

Classification of dandelions under one of the two important classes of vegetables.

Value of greens to the body.

Practical work.

Dandelion greens.

Wash thoroughly, remove roots, drain, and cook one hour or until tender in boiling salted water. Allow two quarts water to one peck dandelions. Season with butter, salt and pepper. Serve with vinegar or lemon juice. Put slices of hard cooked eggs over top of greens and serve attractively in a suitable dish.



Twenty-eighth Week. (b)

Review of cereals.

Twenty-ninth Week. (a)

Review of mixing of bread.

Practical work.

Nut Brown Bread.

$\frac{1}{2}$ T lard.	$\frac{1}{2}$ T butter.
2 T molasses.	$\frac{1}{2}$ T salt.
$\frac{1}{2}$ c water.	$\frac{1}{2}$ c milk.
1 yeast cake.	$\frac{1}{2}$ c white flour.
2 $\frac{1}{2}$ c whole wheat flour.	
1 c chopped nuts.	

Mix and sift the dry ingredients, add the wet ingredients and the fruit and mix well. Put in a bread tin and bake. Grease bread tin with lard.

Twenty-ninth Week. (a)

Review of

Medium cuts of beef.

Practical work.

Braized Beef.

Melt an ounce of butter (2T) in a dish for drippings. Put in a layer of minced vegetables; clean and cut in into small cubes, a piece of bay leaf, a sprig of parsley and a sprig of thyme, on this lay the meat to be braized, trimmed and fastened in compact shape. Put the cover over the



meat and let cook, shaking occasionally for 15 minutes. Then add water or stock to touch the bottom of the meat. Spread a layer of vegetables over the top to keep in all the steam. Cover. Cook slowly until done. Remove paper and brown top. Time varies with kind and amount of meat.

#### Twenty-ninth Week. (b)

##### Discussion.

General method for mixing sponge cake.

##### Practical work.

Sponge cake and Steamed Rhubarb.

##### Sponge Cake.

3 eggs.	1 T lemon juice.	1/4 t salt.
1 c sugar.	1 T water.	3/4 c flour.

Beat the egg yolks thoroughly until they are lemon colored, add the sugar, lemon juice, salt, and water. Beat the whites until they are very stiff. Measure the flour after it has been sifted once. Sift three times more. Fold the whites and flour into the yolks and bake slowly 40 minutes in a pan not buttered but with paper in the bottom.

##### Steamed Rhubarb.

1 c rhubarb. 1/3 c sugar.

Cut the rhubarb in inch pieces or smaller. Cook with sugar in double boiler until soft.

### Thirtieth Week. (a)

#### Discussion.

Fruits. (value as cleansers)

Composition. (some exceptions)

80 to 90% of water.

Much cellulose.

Almost no protein or fat.

When ripe they have little or no starch.

Ripening changes their starch to sugars and gums.

Sugar is the only food stuff found in any considerable quantity in fruit.

Bananas have higher food value than other fruits.

Reasons for eating fruit: delicious taste, refreshing, thirst quenching juices, organic salts and mineral compounds.

Bananas contain more carbohydrate than other fruits.

Ripe bananas contain this in form of sugar and gum.

Bananas picked green contain starch and therefore should be cooked.

Huckleberries are indigestible and irritating if eaten raw and must be well chewed.

### Thirtieth Week. (b)

#### Discussion.

Rules for eating fruit.

Eat only sound, ripe fruit.

Over ripe fruit is poisonous from bacterial products.

Fruit may be made safe by thorough cooking in case it is over ripe or not quite ripe.

Fruit is most wholesome eaten by itself, especially from one to one-half hour before meals.

Sweet fruits are with breakfast cereals.

Acid fruits interfere with starch digestion.

Do not eat peach, plum or any other tough fruit skins raw; better not to eat grape seeds.

Eat moderately of fruit in hot weather especially.

Do not drink milk with acid fruits.

#### Thirty-first Week. (a)

How to prepare and serve fresh fruit.

Why should fruits be kept in a cool place and well protected?

Rinse berries quickly in cold water, drain at once.

Rinse grapes and other small fruits.

Wipe larger fruits with a damp cloth.

To polish apples, rub them with a soft paper.

Wipe the down from peaches.

Use silver or wooden spoons, silver knives, and earthen or enamelled cooking dishes for fruit.

Practical: Prepare oranges for serving in halves.

#### Thirty-first Week. (b)

Asparagus Salad.

Cold boiled asparagus on lettuce leaf.



### French Dressing.

$\frac{1}{2}$  t salt.                       $\frac{1}{8}$  t pepper.  
1 T vinegar.                3 T olive oil.  
f. g. cayenne..

Mix the dry ingredients and beat with a fork or egg whisk until well blended. Onion juice only with vegetable and meat salads.

### Discussion of Salads.

Must be cold.

Greens crisp.

Carefully proportioned and blended. (neither oily or acid)

Well mixed.

### Preparing the ingredients.

Lettuce is used for a bed for any salad.

Sprinkle and keep in covered tin pail in ice box.

Before using, put in the coldest water for 15 min.

Wash clean without crushing, see that no insects cling to them.

Shake and wipe with a soft cloth..

Keep parsley in a glass of water, with only the roots wet.

Vegetable (cut into  $\frac{1}{2}$ " cubes) may be used for salad.

Uses of Plain French Dressing: Any green salad.

Uses of Mayonaise or cooked salad dressing: for string beans, tomatoes, celery, or cauliflower..



Cooked dressing is used with cabbage.

Mayonaise usually with meat or fish.

Reasons why salads should be eaten.

Salts of salads are essential to body.

Refreshing, appetizing qualities are valuable.

Oil or butter in digestible form.

Acid vinegar helps digest cellulose.

Little or no fuel expense.

Salad vegetables are obtainable the year round.

Substitute salad for dessert two or three times a week.

Thirty-second Week. (a)

Salads.

Practical work.

Potato Salad.

Cut cold boiled potatoes in  $\frac{1}{2}$  inch cubes. For four cups mix with  $\frac{1}{2}$  t salt  $\frac{1}{4}$  t pepper.  $\frac{1}{4}$  c finely chopped onion and 2 hard-cooked eggs. Cut in pieces. One medium cucumber sliced may be added. Mix all with boiled dressing to moisten. Arrange on lettuce in dish.

Boiled Dressing.

1 T oil or butter. 2 t salt.

1 T sugar. 2 t mustard.

1 c vinegar. 3 eggs well beaten

1 c milk.

Mix salt and mustard, add well beaten egg, then milk, stirring constantly. Add butter and cook in double boiler

until thick. Care should be taken that the mixture does not curdle.

### Thirty Second Week. (b)

Review.

Salads..

Salad Dressings..

Uses of.

Importance of Salads..

### Thirty-third Week. (a)

Ice Cream..

Discussion.

Put the ice into a strong canvas bag or wrap in a strong cloth, and pound it fine. Use rock salt. Scald can, dasher, and cover. Fit the can into the socket in the pail, pour in the mixture to be frozen, put on the cover, adjust the cover to the cross-piece, and turn the crank to make sure that all is in working order.

Packing: Fill the space between the can and the pail with alternate layers of ice and salt, putting in three measures of ice, then one of salt. The ice and salt should come a little above the height at which the cream will stand in the can. As the mixture expands in freezing, fill the can not more than three-fourths full. Pack ice and salt solidly, turning the crank a few times to let the mixture settle.

Freezing: Turn the crank slowly and steadily until the cream is rather stiff, then turn more rapidly. Do not draw off the water unless it stands so high that there is danger of its getting into the cream. The cream should take about twenty minutes to freeze; cream frozen too rapidly, or not well stirred, is coarse grained.

When the dasher turns very hard, the cream is sufficiently frozen. Remove the dasher, wipe the outside of the cover and the upper part of the can (to avoid letting any salt water into the can), and take off the cover. Scrape the cream from the sides of the can, and pack it down level. Put a cork into the hole in the cover, and replace it. Draw off the salt water through the hole near the bottom of the pail, repack with ice and salt, and cover with an old blanket or a piece of carpet. Let the cream stand in the freezer at least one hour, two, if possible, to "ripen" before serving. This greatly improves the flavor.

Practical work for next lesson.

Thirty-third Week. (b)

Plain Ice Cream.

1 pt milk.	2 T flour.	2 eggs.
1 c sugar	1 pt cream	

Scald the milk, mix the sugar, flour, and eggs together, and make a custard according to the directions for making soft custard. When cold, stir in the cream



and freeze. Stir in the flavoring just before freezing, 1 T vanilla or 4 oz. unsweetened chocolate melted, or 1 box crushed strawberries, or on quart of pared and mashed peaches.

### Thirty-fourth Week. (a)

#### Lunch Basket.

Possibilities. Sandwiches.

Ham	Lettuce	Cold Meat.
Cheese.	Nut and raisin.	Peanut.
Egg.	Devilled cheese.	Chicken. etc.

Oranges.

Stuffed Egg.

To prepare sandwiches for a lunch, do not cut off the crust. Cream the butter and spread it over the whole slice. The sandwich should be wrapped neatly in one-half sheet of paraffine paper and the lunch box should also be lined in this kind of paper and all should be done neatly so as to make the lunch as attractive as possible.

Practical work.

Lettuce sandwich.

Jelly and chopped nuts sandwich.

Cheese sandwiches.

Prepare an orange.

Stuffed egg.

Lettuce Sandwich.

Butter the bread evenly, then put on a leaf or two



of lettuce and add mayonaise dressing. Put on the other slice and cut in halves. Wrap in paraffine paper.

#### Orange

Cut two lines  $\frac{3}{4}$ " apart around the orange half way between blossom end and bottom of orange. Take off the cap carefully and cut the band. Open up the orange. Put together again and put on the caps. Wrap in paper.

#### Stuffed egg.

1 hard boiled egg.  $\frac{1}{2}$  T grated cheese.

$\frac{1}{4}$  t vinegar.  $\frac{1}{16}$  t mustard.

Salt and cayenne to taste; melted butter.

Cut in halves crosswise. Remove yolks, mash, add cheese, vinegar, mustard, salt, cayenne. Add butter melted, (enough to make mixture of the right consistency to shape). Make in balls, size of original yolks, and refill whites. Wrap in paraffine paper.

#### Thirty-fourth Week. (b)

Review. (General)

#### Thirty-fifth Week. (a)

General discussion of kitchen cleaning.

Practical work: Putting the kitchen in order.

#### Thirty-fifth Week. (b)

Examination.

Note books handed in.

## G L O S S A R Y .

Aich-bone or edge-bone - A bone of the rump which in dressed beef presents itself lengthwise to view.

Albumin - A proteid.

Au Gratin - With browned crumbs.

Baking - Cooking.

Beverages - Drinks.

Blanched - Whitened.

Boiling - Cooking in boiling water.

Broiling - Cooking over a glowing fire.

Braising - A combination of stewing and baking.

Cellulose - One of the substances constituting the cellular tissue of plants.

Cereals - The fruit of the grasses.

Compotes- Fruits stewed in syrup and kept in original shape.

Cottage-cheese - Cheese made from sour milk.

Croutons - Cubes of toasted bread.

Custard - A dish composed of milk and eggs and sweetened and baked or boiled.

Deviled - Highly seasoned.

Escalloped - Baked with white sauce and crumbs.

Fondant - The basis of all French candy.

Fricasseeing - A combination of frying and stewing.

Frying - Cooking in hot fat deep enough to cover the article to be cooked.

Glace - Iced or glossed over.

Menu - A bill of fare.

Nouilles - Noodles.

Pan-broiling - Cooking in a frying pan or on a griddle with little or no fat.

Proteids - Foods that are tissue builders.

Roasting - Cooking before a glowing fire.

Sauteing - Cooking in a small quantity of hot fat.

Steaming - (a) Moist cooking - In a steamer.

(b) Dry cooking in double boiler.

Stewing - Cooking for a long time in water just below the boiling point.

Water-bath - To cook over water.

Yeast - A single celled plant.