

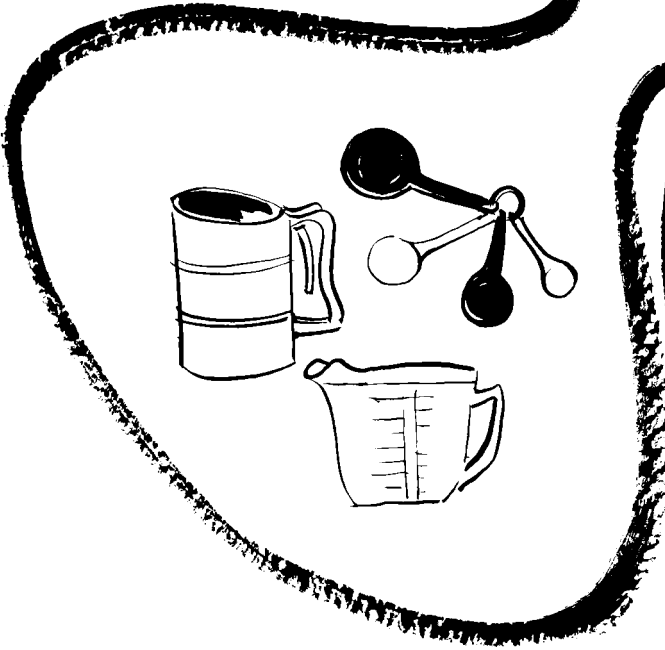
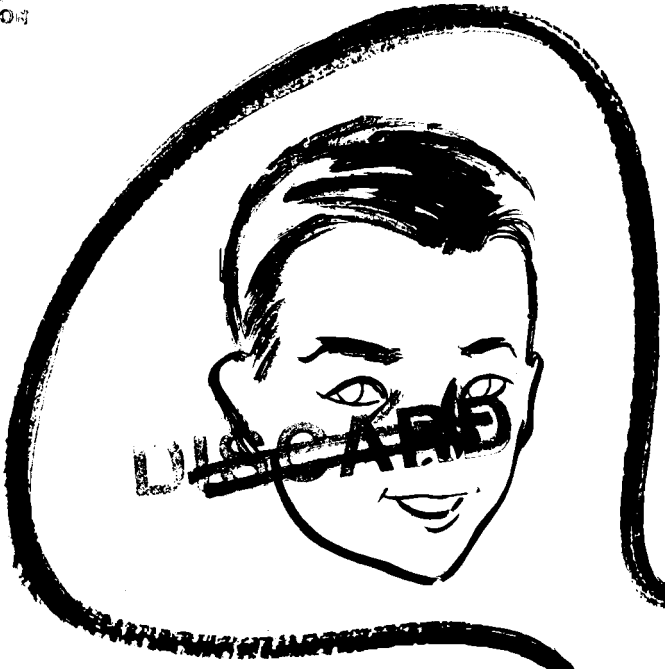
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# Food Adventures

UNIVERSITY  
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CLUB  
SECTION

Club Series M-64  
September 1962



4-H Foods Project 3 for Girls and Boys

Cooperative Extension Service

• Oregon State University

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## **RECIPE CARDS FOR THIRD YEAR 4-H FOODS PROJECT "FOOD ADVENTURES"**

1. Remove recipe cards from project book.
2. Cut cards apart, and put in file box or envelope for 3 x 5 inch cards.
3. Prepare some headings for your recipe box or envelope. They can be alphabetical or by food groups.
4. Add additional favorite recipes during the year.

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This bulletin was prepared by nutrition specialists and the 4-H Club office of Oregon State University in consultation with the state 4-H foods advisory committee, made up of 4-H Club members and leaders, county Extension agents, and OSU resident faculty.

# Food Adventures

## 4-H Foods Project 3

Here's the third year Oregon 4-H foods project. Let's take a bird's eye view of it.

When you start working in the project book, you'll notice more WHYS and less HOWS. You already know much of the HOW. If you know the WHY, you'll be a better cook. There are experiments that will help you understand the WHY.

Get out the mixer or a good mixing spoon and bowl. You're going to learn many more baking skills this year. You'll also learn to follow recipes on packaged mixes. You can add things that make packaged foods taste out of the ordinary.

Want to throw a party for the gang? Fix dinner for the family? You'll learn how in this project.

Broiling tender meats, cooking frozen vegetables, and many uses of milk are included. You may not be Italian, but you'll make spaghetti that is like the Italians make.

Several heavier pages are attached to the center of the project book. These are your recipes. They're marked so you can cut them apart. Start your permanent recipe file this year. Copy your favorite recipes onto 3" x 5" cards and add them to your file.

On with the project! Remember that your leader and mother are always glad to help. Your library will have reference books for you to use. Ask for help in selecting up-to-date ones. We from Oregon State University, your county agent, and the state 4-H staff are willing to help.

We wish you hours of happy cooking.

## Requirements

To complete the project do at least five of the requirements listed below. Keep your food record up-to-date during the year.

- Visit a grocery store. Make a market list.
- Develop baking skills.  
Make biscuits, quick breads, and cakes twice each.  
or  
Practice biscuits, quick breads, or cakes until successful at baking any one of them.
- Complete milk experiment. Make one milk product.
- Prepare two or more different main dishes using spaghetti, macaroni, or noodles.
- Cook frozen vegetables twice or more.
- Broil a tender cut of meat and oven fry a chicken.

- Add at least 10 favorite recipes to your recipe file.
- Entertain.  
Help your family entertain guests at a meal twice or more.  
or  
Prepare snacks or a simple meal for your friends twice or more.

### Extra activities (not required for completion)

- Arrange to have a supermarket manager tell your club about his store.
- Do shopping for one of the meals you plan and prepare.
- Freeze extra foods you prepare.
- Take food to a shut-in, a sick neighbor, or a friend in the hospital.

## Fair exhibits

Exhibiting at the fair shows others what you've done in club work. As part of this project, you may exhibit a loaf of nut or fruit bread, or a plain butter cake.

Breads or cakes exhibited do not have to be made from recipes in this book. You can use a favorite recipe.

Limit your cake exhibit to one layer of plain butter cake, unfrosted, and made from basic ingredients. No exhibits from packaged mixes.

## Optional fair display

It's fun for club members to work together. Check with your 4-H agent to see if there's room for a display at the county fair. If space is available, your club could set up a display showing some of the other things you learned besides the baked foods on display.

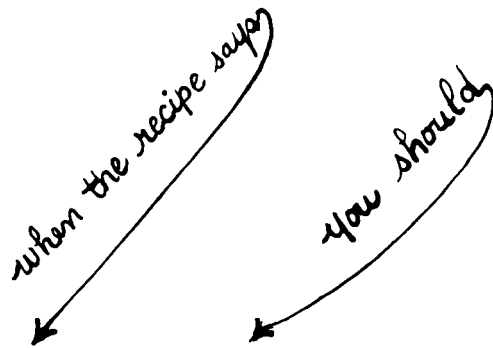
Or perhaps a local store might feature your display during fair week.

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**NOTE**—Fair exhibits are desirable, but not required for completion.

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## Terms to Know



Bake	.....Cook in oven.
Baste	.....Moisten food while cooking, usually with a sauce or fat.
Beat	.....Make a mixture smooth by mixing it fast, lifting the mixture with each stroke.
Blend	.....Mix thoroughly two or more ingredients.
Boil	.....Cook in water or other liquid so hot it steams, bubbles, and breaks the surface.
Broil	.....Cook by direct heat either using the oven broiler or placing over coals out-of-doors.
Chop	.....Cut into small pieces with sharp knife, scissors, or special choppers.

Cream	.....Beat shortening (or shortening and sugar for cakes) until fluffy.
Cut in	.....Mix solid fat into dry ingredients by chopping with blender, knives, or special forks.
Dice	.....Cut into cubes.
Knead	.....Mix by pressing together, folding, and stretching.
Melt	.....Make liquid by heating.
Mix	.....Combine ingredients by stirring.
Pare	.....Remove skin or outer covering by cutting it away (potatoes are pared).
Peel	.....Remove outside covering by stripping it off (bananas are peeled).
Roast	.....Put in oven uncovered to cook by dry heat.
Scald	.....Heat milk just below the boiling point.
Season	.....Add flavoring—salt, spices, or liquid flavorings.
Simmer	.....Cook food in liquid just below the boiling point.
Whip	.....Beat rapidly to mix in air and increase volume.

# About Eating

Do you wish you looked more like an Active Ann, with pretty skin and shiny hair? Or you fellows—wish you had enough energy to last through the basketball game? Maybe you wish you'd start that 6-inch growth in one year everyone tells you is coming.

Good food helps. No one claims good nutrition can change a stocky build into a willowy slim one. But if you're interested in smooth skin, plenty of pep, and making the most of what you have, eat correctly. It's a good place to start!

## Your body's like a car

Your car stops when it runs out of gas. Fortunately, our bodies have reserves. They don't stop working when we forget to feed them. But they don't work as well if they are not given enough of the right kind of food. Unlike a car, we can't replace worn out parts. It's best to keep the body in good repair.

Many studies have been made on what people should eat. No one food is enough. Some foods are better for you than others. Foods you need every day are divided into four groups called the Essential Four Food Groups.



# About Menu Planning

It sounds like an easy job to plan menus. Mother does it all the time. But even the best cook sometimes gets in a rut and serves the same things over and over. Next time Mother says, "I can't think of a thing to eat," offer to plan and serve the next meal.

Suppose it's an evening dinner. Here are some things to remember in planning:

1. Stick to your family's food pattern. Most Oregonians serve meat, a starch (potato, noodles, rice, etc.), a vegetable, a salad, bread and butter, beverage, and dessert. Your family is happier if you vary the foods, but not the basic pattern they expect.

2. Health comes first. One day's meals should have their share of fruits and vegetables,

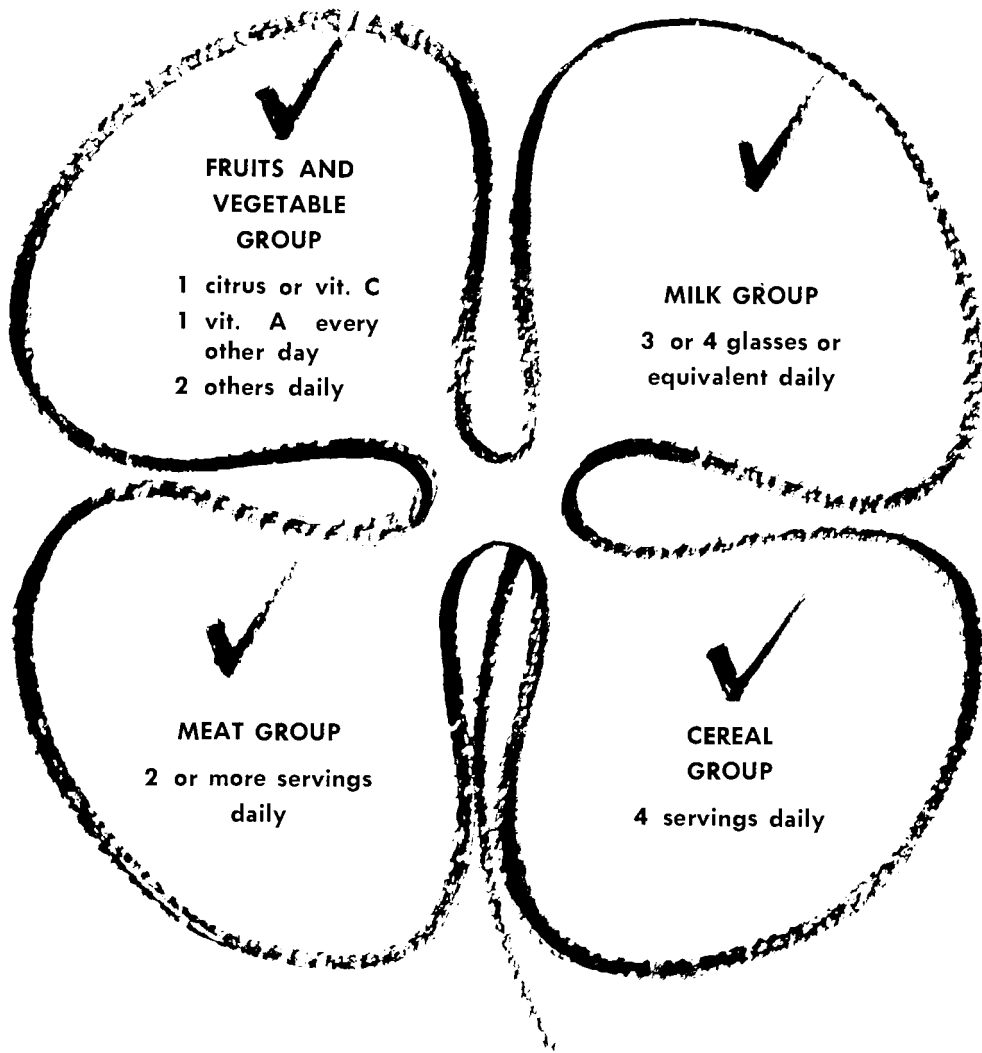
meat, dairy products, and cereals.

You probably won't be able to eat all the daily food requirements at one meal. With careful planning, the combination of foods eaten at breakfast, lunch, dinner, and for snacks will make up a well balanced diet.

3. Food must look and taste good. Plan for a variety of color, texture, shape, and size pieces. Serve some foods hot and some cold. Blend mild flavors with sharper ones.

4. Try new flavors—serving a new food with an old favorite is good meal planning.

5. Plan some simple dinners your family will like. Do they help fill the cloverleaf of good health? Try to get a check in each of the four groups for most of your meals.



### Cloverleaf guide

Think of the 4-H cloverleaf, and you'll have an easy way to remember the essential four food groups. Let each leaf stand for a group. How much of each group do you need every day?

Throughout your project book you'll notice little clover leaves with checks. Whenever you see these, you'll know that what you're learning about will count toward that leaf's requirement. The top left leaf checked means that food is a good source of vitamin C or A. An upper right check means that it is a milk serving.

Use the large cloverleaf for your guide. Check yesterday's food against the cloverleaf. Did you meet your food requirements? If not,

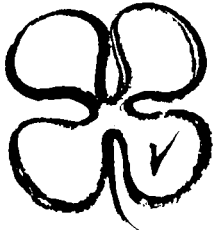
what did you need to eat? Remember—eating right helps put pep in your step, and gives you a head start on teenage good looks.

### Snacks count, too

Many Americans have a three plus one meal schedule. The fourth meal is made up of snacks. Snacks should be as good for you as they are good.

What's your favorite snack? Is it listed in the cloverleaf of foods? Hamburgers are and so is a peanut butter sandwich and a glass of milk. Ice cream and cheese rate. Apples, oranges, bananas, and ..... It's hard to find a favorite food that isn't a good snack, provided you go light on the gooey desserts, bottled drinks, and greasy fried foods.

# Biscuit Mastery



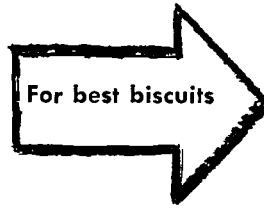
If you lived in the South, you'd probably have light, flaky biscuits every day. Here in Oregon, biscuits may be reserved for special occasions. Your family will enjoy having them more often. They won't even mind a few

poor ones as you learn how.

## Tricks of the trade

It takes a little practice to make good biscuits. Your first ones may be lumpy and full of speckles.

Measure carefully and mix according to the recipe. Pay special attention to mixing. Biscuits have to be mixed more thoroughly than can be done by stirring. Rough handling or over-mixing toughens them. Try this experiment with some biscuit dough you've just made. It will show you what happens when you handle dough in different ways.



Measure carefully.  
Blend fat to size of small peas.  
Add milk all at once and stir until flour is mixed.  
Knead or roll dough.  
Bake until golden brown.  
Serve very hot.

## Add your own special touch

Biscuits are easy to dress up. Creamed foods (such as creamed tuna and creamed eggs) can be served over biscuits.

**Cheese biscuits:** Add  $\frac{1}{2}$  cup grated cheese to 2 cups flour.

**Cinnamon rollups:** Roll dough  $\frac{1}{3}$  inch thick. Spread with butter, cinnamon, and sugar. (Mix 2 tablespoons cinnamon with 1 cup sugar.) Roll up; cut off in  $\frac{1}{2}$ -inch thicknesses.

Experiment and find other ways to make biscuits special.

### BISCUIT EXPERIMENT

1. Take enough dough for one biscuit and mold by hand.
2. Divide the remaining dough in half.

Knead one half until smooth—about 20 strokes. Your leader will show you how. Roll and cut biscuits. If you dip the cutter into flour before each cut, the biscuits won't stick. Use a spatula to put biscuits on pan. Let some touch each other. Put at least one where it doesn't touch the others.

Make the other half of the dough into a ball and roll it  $\frac{1}{2}$ " thin. Fold in half lengthwise; then crosswise. Roll again. Fold again as before. Roll the third time. Cut for the baking sheet.

Rolling gently mixes the dough. Biscuits made this way have the flaky layers you expect in good biscuits. Cut and place the rolled biscuits on a baking sheet. Bake at one time.

Check to see which are the best biscuits. Were the rolled biscuits flakier? Which had the best shape? Was the biscuit you shaped by hand as good as the others? Which was your favorite method? Mark it on your recipe card. This experiment would make a good demonstration.

## For hurry-up times

Use one of the ready-made mixes available at the grocery store. Don't sift or you will remove the carefully blended fat.

Mixes require the addition of water or milk. Follow directions on the package.

## Make your own mix

Large families and small ones that like biscuits will save time and money by making their own mix. A mix recipe that can be used for biscuits is included in the recipe section of this book. You may want your leader or mother to help make such a large recipe. Be sure to double check measurements!

Follow the recipe carefully. Don't pack biscuit mix—it's hard to measure when you do. Plan to keep the mix refrigerated if you don't use it often. The fat may get strong flavored if it stands several weeks in a warm place.

## Time saver hint

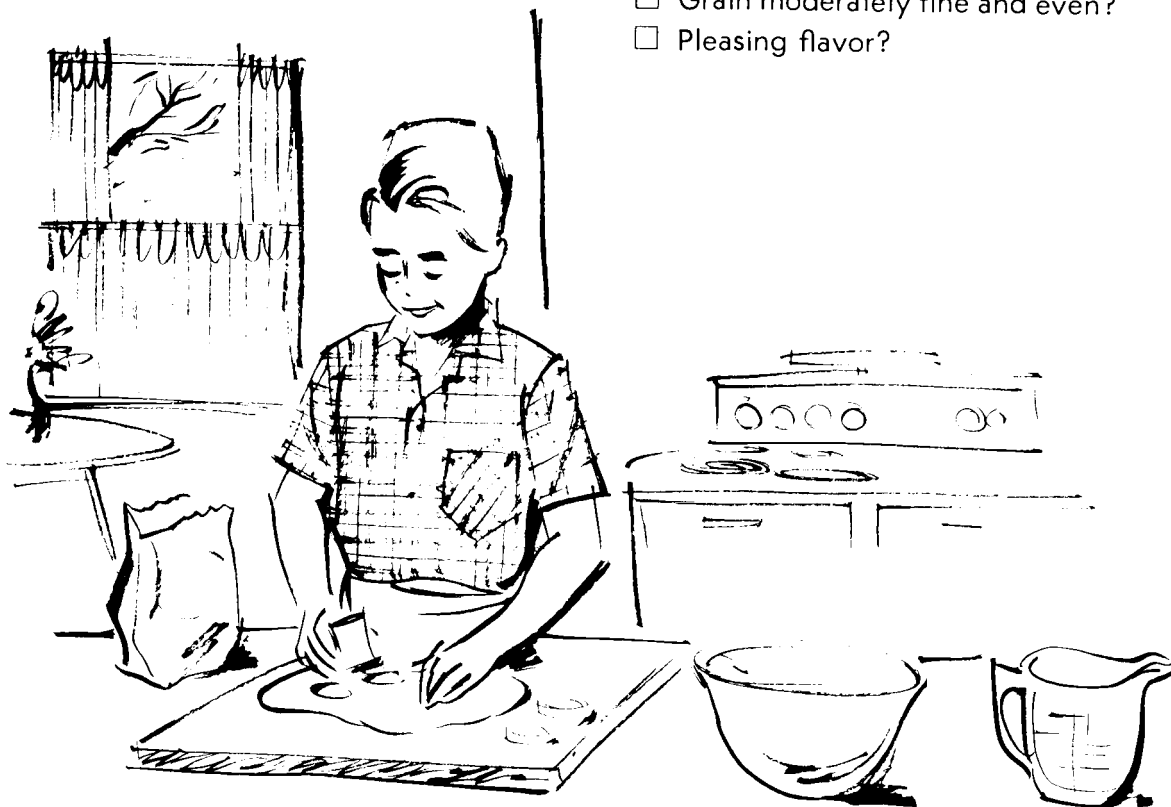
You can measure the amount of mix you need for one baking for your family into small plastic sacks. You'll only have to add milk and mix for biscuits.

## Ready-made quickie biscuits

Most stores sell small cardboard tubes of unbaked biscuit dough. You usually find them in refrigerated sections. All you do is open and bake. Be sure to keep the packages cold. If they get warm, the dough is soft and sticky. Read the carton for suggestions of ways to use. You'll find these biscuits handy for meat pie toppings.

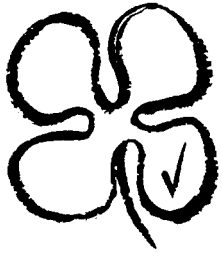
## Check your biscuits

- Uniform in size, level top?
- Crust crisp and tender?
- Breaks easily without crumbling?
- Golden brown top and creamy white inside?
- Texture light, flaky, soft, and rather velvety?
- Grain moderately fine and even?
- Pleasing flavor?





# Quick Bread Magic



Watch what people choose at a tea table. You'll be surprised how many take simple nut bread when it is available. That's because tasty breads have fewer calories than rich desserts.

Nut breads are better when not overmixed. That's why they are called quick breads. Mixing time is fast. You'll find nut bread recipes among your recipe cards.

Measure carefully.  
Mix according to directions.  
**DO NOT OVERMIX.**  
For a tender loaf, allow batter to stand 20 minutes before baking.  
Bake until done.  
Cool before cutting (frozen bread is easier to cut).



For best loaf bread

Once you're successful with plain nut bread, try others from cookbooks. Vary with different ingredients. Some variations you can make are shown on the recipe cards.

## Choosing the right pan

The size, shape, and material from which a baking pan is made will affect the finished product. Most nut bread recipes call for a loaf pan approximately 9 x 5 x 3 inches. This is larger than the 8½ x 4½ x 2½-inch loaf pans often used in baking yeast bread.

Loaf pans come in about 10 different sizes. Manufacturers usually stamp size on pan. Baking pans are measured from one top inside edge to the opposite inside edge. Before you make quick breads, check to see that you have the size pan the recipe calls for.

Shiny baking pans are best for most baking. Loaf pans and bread pans are exceptions to this rule. You'll get a richer, more golden brown crust on both pies and breads if these pans have a dull finish.

Oven-proof glass is used for bread pans, too. Glass holds heat; so you need to bake bread at a temperature 25 degrees lower. Instead of 350° F. you would bake at 325° F.

## Check your nut breads

- Well proportioned with evenly rounded or flat top?
- Evenly browned rough crust? Small tender cracks permissible.
- Light in proportion to size?
- Crust thin and tender?
- Texture medium-fine, tender, moist but not soggy?
- Cells evenly rounded, free from tunnels?
- Nuts well distributed?
- Pleasing flavor?

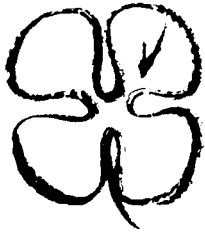
## Serving tips

Quick loaf breads cut better if cooled completely. They improve with standing so make your bread at least one day before you want to use it. Don't worry about the crack on top. It's supposed to be there. You might bake several loaves at one time and freeze the extra ones. They slice better when firm from freezing. Most nut bread is sliced very thin and buttered lightly.

Serve single slices instead of sandwiches. One loaf will serve 20 or more people a large slice. You could make two varieties—one light in color, the other dark. Alternate slices for eye appeal on tea trays.

Try nut breads as refreshments for a Mother's Tea. Or, offer to furnish refreshments for a leader association meeting. Be sure to have the recipe for your bread along. The ladies you serve will probably ask for it.

# Making the Most of Milk



Milk is one of our most useful foods!

We can:

- Drink it.
- Eat it in cheese.
- Mix it with other foods.

## It's important

Milk is one of our most complete foods. It would be difficult to plan a diet for teenagers with enough calcium without including milk. Besides calcium, milk furnishes high quality protein, vitamins, and minerals. Dairies add vitamins A and D to fluid milk.

## Safe milk

Bacteria find milk an ideal place to grow. Pasteurizing milk means heating it to a temperature that will kill disease organisms. Do you buy pasteurized milk?

If your family has a milk cow, she is tested several times a year to be sure she is healthy.

Milk needs to be handled with care. Use clean utensils. Cool and refrigerate milk quickly. Home pasteurizing equipment is available. Does your family use one? Pasteurization is the only way to be sure milk is safe.

## Combining milk with other ingredients

Milk, combined with other ingredients, makes sauces, desserts, casseroles, and beverages. A thickened sauce of milk, flour, and fat known as white sauce can be used in many ways.

Thin white sauce is used for soups. Sweetened it's a dessert topping. A medium thick sauce is most common in casserole dishes, creamed fish, vegetables, eggs, and meat. Thick sauces are used to bind croquettes and souffles together.

Flour regulates the thickness of sauce. The more flour used, the thicker the sauce.

Making a lump-free white sauce isn't easy. Most cookbooks use a method that mixes the fat and flour, then adds milk. The method in this book calls for shaking milk and flour together first. Then ingredients are heated until thick. Fat is added last. You probably will find this an easier way.

You might want to show mother the new method. Better practice first.



Measure flour carefully; the thickness depends on the amount of flour used.

Stir constantly to prevent lumping and scorching.

Follow directions, cooking over direct heat.

Cheese can be added to white sauce. Follow the white sauce recipe and add cheese just before removing sauce from heat. Use low heat because cheese gets tough and stringy at high temperatures. Stir until the cheese is melted. Small pieces of cheese are better than large ones. They melt faster. Try macaroni and cheese sauce for lunch.

## Time savers

Many recipes call for canned soups instead of white sauce. When time is short they come in handy. It's more expensive to use soup. Compare the cost and see for yourself.

White sauce	Condensed soup
3 tablespoons flour	1 can
1 cup milk	
2 tablespoons butter	
TOTAL COST.....	TOTAL COST.....

## EXPERIMENTING WITH MILK

This year we're interested in cooking with milk. Try this experiment. It will show you how milk acts when heated.

You'll need:

- 3 small pans
- 3 burners on a range
- 1 quart of milk (fresh or reconstituted dry milk)

You won't be using the milk for food, so choose the least expensive form.

1. Measure 1 cup milk into each of three pans.
2. Place each pan over low heat.
3. Watch carefully. The milk will steam a little and tiny bubbles will form. You'll notice a film forms on the top. Take off pan #1, and set aside. This is the scald-milk stage. Scalded milk is often used in bread making.
4. Allow pans #2 and #3 to continue heating. (You can speed the process by raising the heat to medium.) When the film becomes a tough skin, remove pan #2.
5. Allow pan #3 to boil. Watch carefully. When the milk foams, remove from heat and cool.
6. Now discard the milk from the three pans. Record what you see.

### Explanation

The "skin" that forms on top of the milk is coagulated milk protein, mixed with milk salts and other solids. You can lose 13% of the total milk solids by allowing this to happen.

### Observations

Did you notice more white scum forming on pans 2 and 3? Here again you are losing some food value.

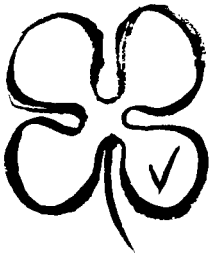
Did the milk stick and turn brown in pan 3? If so, it's because the heat scorched the protein and natural milk sugars.

How can you apply what you've learned to cooking with milk?

## RECORD OF RESULTS

	Pan 1	Pan 2	Pan 3
Thickness of skin			
Color of skin			
Coating on pan Thickness			
Color			
Conclusion			

# Paste Cookery



Spaghetti is a favorite. It's quick to fix, filling, and easy on the purse. The secret of serving good spaghetti is in a "just right" sauce served over well-cooked spaghetti.

## Making meat sauces

Most Italian style sauces call for meat, onions, spices, and tomato. Tomato pastes are made by taking most of the water from tomatoes and adding spices. When you use them, you do not have to cook the sauce as long.

### Spaghetti meat sauce

Spaghetti meat sauce can be made quickly using a commercial mix as a beginning point. The mix, available at most stores, has seasonings in one package. You add meat, tomato paste, and water. The long cooking that makes spicy flavor has been done for you. Sauce will be ready in about the time it takes spaghetti to cook. Check package label for exact cooking directions.

If you prefer, make sauce from "scratch." You'll find recipes in many cookbooks.

### Extra sauce—freeze it

You might want to make a double recipe and freeze some extra sauce for another time. Or, you may have made more than you need and would like to freeze it to keep for another time. Ask your leader to show you how to package it.

Spaghetti sauce over toasted buns or French bread and topped with cheese makes tasty big-boy sandwiches.

## Cooking pastes

Spaghetti, macaroni, and noodles are often referred to as pastes (or pasta as the Italians say it). This is because they are flour, water, and egg pastes forced through various shaping devices. They are all cooked in the same way. Use

plenty of rapidly boiling, salted water. Your package tells you how much you need. Add the dry pastes to the water slowly—water should keep boiling. Reduce heat and cook uncovered until just tender.

Test by pinching a piece between your fingers. It should be firm but not hard. If you add one tablespoon of oil to cooking water, it won't foam as much. The water will boil over if you cover the kettle tightly.

When tender, drain water off. Older directions said to rinse well. If you don't overcook the paste, there is no need to rinse; it only cools your product. When you want each piece to be separate, as when making a macaroni salad, rinse to remove excess starch. Starch tends to make the pieces stick together.

Plan to cook spaghetti or noodles just before serving. They don't stand well before serving unless a sauce is mixed in to keep pieces from sticking together.

### Making other favorites

Macaroni and cheese or tuna and noodles are casseroles you can make now that you can cook pastes and make white sauce. You'll find recipes in most cookbooks.



### DO-IT-YOURSELF MASTER MIX

(Makes 13 cups)

Keep this handy mix ready for easy biscuit making.

- |                                     |                                |
|-------------------------------------|--------------------------------|
| 9 cups sifted all-purpose flour     | 1 teaspoon cream of tartar     |
| 1/3 cup double-acting baking powder | 1/4 cup sugar                  |
| 1 tablespoon salt                   | 2 cups hydrogenated shortening |

1. Measure ingredients separately before combining.
2. Stir baking powder, salt, cream of tartar, and sugar into flour.
3. Sift together three times into a large mixing bowl.
4. Cut in shortening until mix is consistency of corn meal.
5. Store in covered containers at room temperature.
6. To measure this master mix, pile it lightly into cup and level off with spatula.

### BISCUITS FROM MASTER MIX

(Makes about 12 medium biscuits)

3 cups mix

2/3 cup milk (approximately)

1. Put mix into mixing bowl.
2. Add milk. Stir just enough to blend.
3. Turn onto a lightly floured board.
4. Knead a few times.
5. Pat or roll to about 1/2 inch thickness.
6. Cut with a floured cutter or cut into squares with a knife.
7. Bake in a hot oven (425° F.) until lightly browned on top and bottom—about 12 to 15 minutes.

This dough is rich enough for shortcake, meat pie top, or fruit cobbler topping.

### BAKING POWDER BISCUITS

(Makes about 18 2-inch biscuits)

- |                                 |                    |
|---------------------------------|--------------------|
| 2 cups sifted all-purpose flour | 1/4 cup shortening |
| 3 teaspoons baking powder       | 3/4 cup milk       |
| 1 teaspoon salt                 |                    |

1. Set oven for 425° F.
2. Sift and measure flour.
3. Sift together flour, salt, and baking powder.
4. Cut in fat with pastry blender until fat is size of small peas.
5. Add milk all at one time.
6. Stir until ingredients form a soft dough, about 20 stirs.
7. Turn onto lightly floured board, kneading lightly to make into smooth ball.
8. Roll gently to 1/2 inch thicknesses.
9. Flour the cutter and cut biscuits.
10. Use a wide spatula to lift biscuits to ungreased baking sheet. Biscuits placed close together have soft sides. Place 1/2 inch apart if crusty biscuits are preferred.
11. Bake at 425° F. for 10 to 12 minutes. Biscuits are done when the crust is brown, and the inside is light, flaky, and no longer moist looking.

(OVER)

### WHITE SAUCE

#### Thin

- 1 cup milk
- 1 tablespoon flour
- 1 tablespoon fat
- 1/4 teaspoon salt

#### Medium

- 1 cup milk
- 2 tablespoons flour
- 1 to 2 tablespoons fat
- 1/4 teaspoon salt

#### Thick

- 1 cup milk
- 3 to 4 tablespoons flour
- 2 to 3 tablespoons fat
- 1/4 teaspoon salt

1. Measure milk and flour into glass jar with screw top. Shake until well mixed.
2. Pour into small sauce pan.
3. Cook over low heat until thickened. Stir constantly to prevent sticking.
4. When thick, add fat and salt, stirring or beating until well-blended.

Use thin sauce for cream soups, vegetables, or fish. Medium sauce for gravy, creamed vegetables, meat, or fish. Thick sauce to bind together ingredients for croquettes and souffles.

**Variations to add glamour to biscuits**

Cheese biscuits—Add  $\frac{1}{2}$  cup grated cheese to 2 cups flour.

Cinnamon rollups—Roll dough  $\frac{1}{3}$  inch thick, spread with butter, cinnamon, and granulated sugar. (Mix 2 tablespoons cinnamon with 1 cup sugar.) Roll up. Cut off in  $\frac{1}{2}$  inch thicknesses.

### PASTES: Macaroni, Spaghetti, Noodles

1. Allow  $\frac{1}{4}$  cup (1 oz.) per person unless combined with other food in a casserole dish. In cooking, pastes swell to 2 or 3 times their original size.
2. Drop pastes into rapidly boiling salted water. Use two quarts water and 2 teaspoons salt per cup water.
3. Add one tablespoon oil (to keep from foaming over).
4. Boil uncovered (to prevent boiling over) for 9 to 12 minutes, or until tender. Stir occasionally with a fork. If necessary, add more hot water.
5. Drain in strainer. If it's necessary to keep hot, do so by putting strainer over pan containing a little boiling water.
6. Reheat in a sauce, cream or butter, or use as desired.

Note: When using the instant type product, follow directions on the package.

### TUNA NOODLE BAKE

(Makes 4 servings)

- |  |   |
|--|---|
| 1 can (10½ ounces) condensed cream of celery or cream of mushroom soup | 2 tablespoons diced pimiento or diced green olives (optional)         |
| ½ cup milk   | 1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley flakes |
| 2 cups cooked noodles (about 4 ounces uncooked)                        | ¼ cup buttered crumbs or crushed potato chips                         |
| 1 can (7 ounces) tuna, drained and flaked                              |   |
| ½ cup pineapple chunks (optional)                                      |   |
1. Preheat oven to 375° F.
  2. Blend soup and milk.
  3. Add cooked noodles, tuna, pineapple, pimiento or olives, and parsley.
  4. Mix ingredients and spoon into a buttered 1-quart casserole.
  5. Sprinkle crumbs on top.
  6. Bake in a moderate oven (375° F.) about 25 minutes or until hot and bubbling.

Budget stretcher: Substitute white sauce or cheese sauce for soup. Use chopped celery and onion in place of olives and pimiento. Add leftover peas for more color.

### OVEN FRIED CHICKEN

(Three servings)

Allow ¾ to 1 pound chicken per person.

- |                    |                              |
|--------------------|------------------------------|
| ½ cup flour        | 2½ lb. fryer chicken, cut up |
| 1 teaspoon salt    | ¼ cup butter or margarine    |
| ½ teaspoon paprika |                              |
| Pepper             |                              |

1. Put flour, salt, paprika, and pepper in a paper sack and shake.
2. Add pieces of chicken and shake until they are well coated with flour.
3. Melt butter in a shallow pan.
4. Dip flour-coated chicken in the melted butter.
5. Place pieces of chicken, skin side up, in a single layer in a baking pan.
6. Bake at 350° F. for an hour or more—until the flesh is tender. Baste with butter during cooking.
7. Serve immediately.

### PARTY BURGERS

(Makes about 10 servings)

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 2 pounds ground beef              | 2 teaspoons salt            |
| 2 eggs, slightly beaten           | ¼ teaspoon pepper           |
| ⅓ cup rolled oats (quick-cooking) | 1 teaspoon prepared mustard |
| ⅓ cup milk                        |                             |
1. Mix all ingredients together lightly. Do not pack.
  2. Shape into 10 medium size patties.
  3. Broil over charcoal or under broiler of range.
  4. Serve immediately on toasted buns.

### COMPANY SPECIAL BUTTER CAKE

(Makes 2 layers)

An "easy-as-can-be praise gainer." Your mixer does the work; you get the credit. (Combination of conventional and quick methods.)

1/2 cup butter  
1 cup sugar  
2 eggs  
1 teaspoon vanilla

2 1/4 cups sifted cake flour  
3 teaspoons baking powder  
1/2 teaspoon salt  
3/4 cup milk

1. Heat oven to 350° F. Line bottom of two 9 inch round cake pans with waxed paper. Grease and lightly coat with flour. (Do not grease sides.)
2. Measure butter, sugar, eggs, and vanilla into bowl. Start mixer; adjust to medium speed.
3. Sift and measure flour.
4. Sift together measured flour, baking powder, and salt.
5. When the fat-sugar-egg mixture resembles whipped cream, turn off mixer and scrape mixture from the beaters.
6. Add the flour mixture and milk alternately by hand until all is used. Start and end with the flour mixture. Do not beat hard.
7. Bake at 350° F. for approximately 25 minutes. Cake is done when it pulls slightly from the edge of the pan, is springy to touch, and golden brown in color.
8. Allow to cool 10 minutes before turning onto cooling rack.

### LAZY DAY OMELET

(Makes 2 servings)

2 teaspoons butter  
3 eggs  
3 tablespoons milk or thin cream

1/4 teaspoon salt  
Pepper, if desired

1. Choose a 6-inch frying pan, preferably with rounded sides.
2. Melt butter in frying pan over low heat, making sure it coats the entire surface. Set aside.
3. Beat eggs until fluffy. Add milk and seasonings, mixing well.
4. Pour into frying pan, and cook at low heat.
5. As omelet cooks, lift the edge with spatula and allow the uncooked egg to flow to the hot pan.
6. Omelets are done when they no longer flow when tipped, the part touching the pan is golden brown, and the surface begins to look dry and dull.
7. Crease omelet in middle, folding in half.
8. Slip to warm plate and serve immediately.

Do not stir. Continue till all the egg has cooked.

### QUICK EVERY DAY CAKE

(Makes 2 layers)

A quick cake with only one bowl to wash! Have all ingredients at room temperature.

2 1/4 cups sifted cake flour  
3 teaspoons baking powder  
1 1/4 cups sugar  
1 teaspoon salt

1/2 cup hydrogenated shortening  
1 cup milk  
2 eggs, unbeaten  
1 teaspoon vanilla

1. Set oven for 350° F. Line bottom of two 9 inch round cake pans with waxed paper. Grease and lightly coat with flour. (Do not grease sides.)
2. Sift flour and measure.
3. Measure other dry ingredients. Sift with flour into large mixing bowl.
4. Add shortening and 3/4 cup of the milk.
5. Blend and beat at medium speed for 2 minutes.
6. Add remaining milk, eggs, and vanilla.
7. Blend on low speed for 1 minute.
8. Pour into prepared pans, bake for 25-30 minutes.
9. Allow to cool 10 minutes before removing from the pan.
10. Cool on cake rack. Add frosting or use in other ways when cold.

Note: When baked, a brown ring is sometimes noticed halfway in from the edge. This does not affect the quality of the product.

### GRANDMA'S FAVORITE BUTTER CAKE

(Makes 1 layer—double recipe for 2 layers)

1 1/2 cups sifted cake flour  
1 1/2 teaspoons baking powder  
1/2 teaspoon salt  
1/3 cup butter or 1/4 cup hydrogenated shortening

1/2 teaspoon vanilla  
3/4 cup sugar  
1 egg  
1/2 cup milk

1. Set oven 350° F. Line one 9 inch round pan or an 8 inch square pan with waxed paper. Grease and lightly coat with flour. (Do not grease sides.)
2. Sift and measure flour.
3. Measure and add baking powder and salt to sifted flour. Sift again.
4. Measure fat into small size mixer bowl. Add vanilla.
5. Add sugar to fat and cream in mixer bowl until fluffy. Stop mixer often to mix in any fat clinging to beaters or in bottom of bowl.
6. Add egg, beating well.
7. Divide flour into 4 parts (approximate amounts are fine).
8. Add 1/4 of flour. Stir to mix by using low speed on mixer. Add 1/4 of milk; mix.
9. Continue adding flour and milk alternately, stirring gently, until all is added.
10. Pour into prepared pan. Spread smooth. Bake until done, approximately 30 minutes.
11. Cool 10 minutes before removing from pan.



### CREAMY FROSTING

1/3 cup soft butter or margarine  
1 egg yolk  
1 teaspoon vanilla

1 1/2 cups powdered sugar  
A few drops water or lemon juice

1. Blend fat, vanilla, and egg yolk.
2. Add powdered sugar and enough water or other liquid to make a spreading consistency.
3. Beat till light and fluffy.
4. Spread on cooled cake.

Handy hints: This is a really creamy frosting that stays spreadable for a long time. Don't worry if your frosting is too thin. Just beat in more sugar. It takes a lot of sugar for each teaspoon of liquid, so be careful not to add extra amounts of water. Store any leftover in refrigerator.

### DELICIOUS NUT BREAD

(Makes 1 large loaf)

3/4 cup sugar  
2 tablespoons soft shortening  
1 egg  
1 1/2 cups milk

3 cups sifted all-purpose flour  
3 1/2 teaspoons baking powder  
1 teaspoon salt  
3/4 cup finely chopped nuts

1. Grease one loaf pan about 9" x 5" x 3".
2. Mix together thoroughly sugar, shortening, and egg.
3. Stir in milk.
4. Sift flour and measure.
5. Sift together flour, baking powder, and salt.
6. Stir dry ingredients into milk mixture. Mix until just blended.
7. Blend in chopped nuts.
8. Pour into greased pan and push batter to corners of pan. Let stand 20 minutes before baking.
9. Set oven at 350° F.
10. After 20 minutes, put pan in oven and bake 60 to 70 minutes.
11. Cool several hours before slicing.

(OVER)

### QUICKIE NUT BREAD FROM MASTER MIX

(Makes 1 large loaf)

3 cups master mix (do not pack)  
1/2 cup sugar  
1 cup chopped nuts

1 cup milk  
1 egg, beaten

1. Grease loaf pan approximately 9" x 5" x 3".
2. Stir master mix, sugar, and nuts together. Set aside.
3. Beat egg until foamy.
4. Add milk and stir.
5. Carefully blend liquid into dry ingredients.
6. Turn into loaf pan, push batter to corners of pan, and let stand 20 minutes.
7. Preheat oven to 350° F.
8. Bake 50 to 60 minutes.
9. Allow to cool completely before cutting.

### APPLESAUCE FRUIT BREAD

(Makes one large loaf)

2/3 cup brown sugar, packed  
1/3 cup soft shortening  
2 eggs  
1 cup applesauce  
2 cups sifted all-purpose flour

1 teaspoon baking powder  
1/2 teaspoon soda  
1/2 teaspoon salt  
1/2 cup finely chopped nuts (optional)

1. Grease one loaf pan about 9" x 5" x 3".
2. Mix together thoroughly sugar, shortening, and eggs.
3. Stir in applesauce.
4. Sift flour and measure.
5. Sift together flour, baking powder, soda, and salt.
6. Stir dry ingredients into milk mixture. Mix until just blended.
7. Blend in chopped nuts.
8. Pour into greased pan and push batter to corners of pan. Let stand 20 minutes before baking.
9. Set oven at 350° F.
10. After 20 minutes, put pan in oven and bake 50 to 60 minutes.
11. Cool several hours before slicing.

### **Variations of delicious nut bread**

**Whole wheat bread:** Follow delicious nut bread recipe except substitute 2 cups whole wheat flour for 2 cups white flour.

**Apricot nut bread:** Increase sugar in basic recipe to 1 cup. Add 1 cup chopped dried apricots along with nuts.

**Prune nut bread:** Decrease milk to  $\frac{1}{4}$  cup. Add  $\frac{3}{4}$  cup prune juice, 1 cup chopped, pitted prunes.

**Date nut bread:** Use brown sugar instead of white sugar. Add  $\frac{3}{4}$  cup chopped dates. Bake 10 minutes longer than basic recipe.



Drop in rapidly boiling, salted water.

To reduce foaming, add 1 table-spoon oil to cooking water. Add dry pastes to water slowly. Keep water boiling as pastes cook.

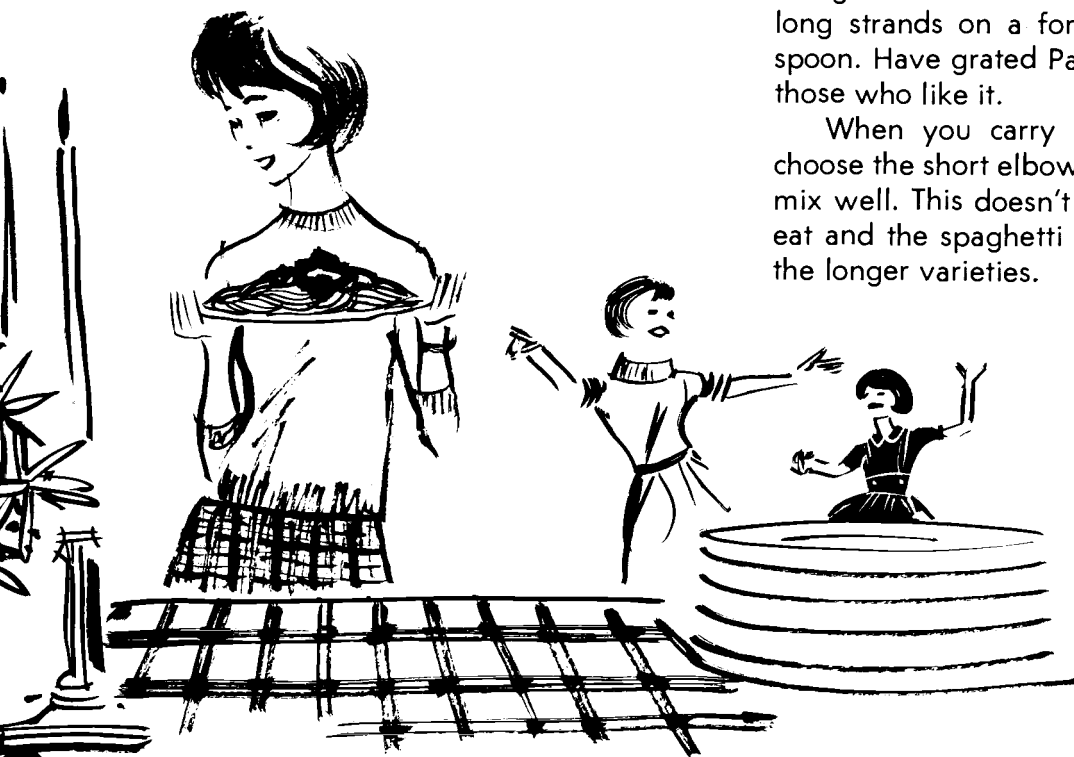
Drain in strainer.

### "Mangiamo spaghetti"

That's Italian for "Let's eat spaghetti." Why not plan a Saturday evening spaghetti feed? Check with your mother to see what date will be convenient. Plan when you will invite your friends. Your menu might read like this:

Tangy Spaghetti  
Carrots, Celery, and Green Pepper Relishes  
Olives and Pickles  
Italian Green Beans  
Toasted French Bread  
Fruit  
Milk

Refer to the section, The Modern Grocery Store, for information on making the shopping list for this menu. Check with mother to see if the amounts are right for your size crowd. Ask her if you can do the shopping yourself. List your trip on your Foods Record.



### Pre-party activity

Prepare the spaghetti sauce early and plan to reheat it before serving. Have the relishes and olives ready in the refrigerator. Your mother or leader will show you how to fix the French bread. It can be all ready to heat when the guests arrive. About 20 minutes before serving time, start cooking the frozen vegetables. If you have most of the work done, you can enjoy your own party.

Make the party special. Decorations can do much to set the stage for mealtime fun. Make gay place mats from bright checkered cloth or printed plastic. Mother may have a bright cloth for the table. Have candles for added fun. Melt wax to drizzle over the sides. Many put coins or small trinkets into this extra wax. Use your imagination for inexpensive ways to add fun to your party.

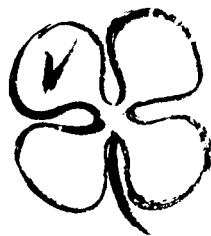
### Serving tips

For your spaghetti feed, it's fun to use extra long spaghetti. Heap a large plate full of the freshly cooked spaghetti and top with a generous serving of the tomato meat sauce. Everyone will enjoy trying to eat the long strands without chasing them all over the plate. Give the guests a hint about easy eating: wrap the long strands on a fork held in the bowl of a spoon. Have grated Parmesan cheese handy for those who like it.

When you carry spaghetti to a pot luck, choose the short elbow form. Add the sauce and mix well. This doesn't require so much work to eat and the spaghetti doesn't mat together like the longer varieties.

# Frozen Vegetables

## Add color, texture, and flavor with vegetables



Serving plenty of vegetables makes meal planning easier. Vegetables are crunchy and crisp. The bright greens, reds, oranges, and yellows sparkle on the plate.

Vegetables do things for us. They furnish one of the best food sources of vitamin A, necessary for good vision and healthy skin.

Follow cooking directions on packages of frozen vegetables. If cooked correctly, they will look and taste good. This year you'll learn to buy and cook frozen vegetables.

## Serve something different

Most families like peas, corn, and green beans. Try some of the other frozen vegetables. Have you sampled black eyed peas, okra, or mustard greens? These are southern favorites now available in western frozen food cases.

The fancier members of the cabbage clan—broccoli, Brussels sprouts, and cauliflower add variety to vegetable fare. They are excellent sources of vitamin C, the vitamin most likely to be missing in your diet.

Combine old favorites—celery and carrots, corn and lima beans. Try many ways to flavor vegetables.



## Read the label

Labels tell you many things. They look something like this:

Any brand	Amount after cooking
Frozen	Average servings
Style	How to cook
Vegetable	How to store
Net wt.	Packing company

Check closely and you will see that labels often carry a lot of information. They list the kind of food and how it is prepared. The name of the distributor or packager is shown and so is the weight. Usually there are cooking and storing directions. If preservatives or artificial color are added, the label will tell you. You should become a label reader.

## Choose packages that look well cared for

If corners are broken or paper loose, food value and flavor may have been lost. Frozen foods must be well wrapped and held at zero temperature to be at their best.

Once you have made your choice, hurry the packages home to the freezer. If you do not have a freezer, store them in the freezer compartment of the refrigerator. This compartment is usually not lower than 14-20 degrees F. Use promptly. Frozen food loses quality in a few days at this temperature.

## Frozen vegetable tips

- Select only high quality vegetables.
- Store at zero temperature.
- Cook according to directions.
- Serve with imagination.

You may want to freeze vegetables from your family garden. If you do, ask your leader to get instructions for you from the county Extension office. All vegetables have to be heated before freezing. This is called blanching or scalding.

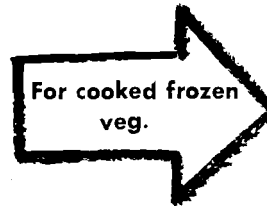
## Buying frozen vegetables from the grocery store

### Consider the size package

Most packages of frozen vegetables weigh about 10 ounces and make 3 or 4 servings. Some companies pack larger family sizes at a lower cost per ounce.

## Cooking frozen vegetables

All preparation of frozen vegetables is done by the packer. Since vegetables are pre-cooked before freezing, the remaining cooking time is very short. Here are some points to remember about cooking frozen vegetables:



Cook vegetables right from the freezer—don't thaw first.

Use a small amount of boiling, salted water for cooking most frozen vegetables (about ½ cup).

Count cooking time after the water returns to a boil.

Cover and lower heat.

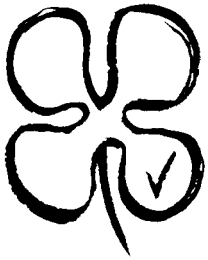
Cook until just tender. (Exact time is on the label.)

Serve immediately, seasoned with butter, spice, or other family favorites.

## VEGETABLES I COOKED

I cooked (Name of vegetable)	Method used for cooking	Seasoning added	Quality
Example:  Broccoli	½ cup boiling, salted water. Lid off.	Butter	Good Bright green Flavor mild

# Cakes



Does your family take the best cake to the school supper? It won't be long before you will, once you have mastered the know-how of cake making. Only a few years ago, making a good cake was a sign you were a good cook. Today, many

homemakers rely on the excellent packaged variety for most of the family cakes. When they want a really special cake they "start from scratch." Sometimes you'll want to save time by using packaged mixes. But you will also want to build your reputation as a cake baker by starting with basic ingredients.

## Learning about cakes

### Packaged mixes

Mixes of many flavors, sizes, and prices are available. Most make excellent products if the directions are followed carefully.

All mixes have certain things in common. They are made of soft wheat flour, dried milk, baking powder, sugar, fat, and flavoring. You add the liquid and eggs. Mixes save time because they are ready measured. You must learn to measure the remaining ingredients accurately, mix according to instructions, and bake correctly. The wrong size pans might cause a cake failure. Undermixing will result in a streaked cake whether it's a mix or one you've made yourself.

Experiment with mixes made by different companies. Notice the difference in flavor and texture. Do you have one you think is best?

### Do-it-yourself cakes

If you have never tried to make a cake, there's no time like the present to start. Check the recipe for things you need. You'll find most of the things in the kitchen—fat, sugar, eggs, milk, vanilla, salt, and baking powder.

### Cake flour

Use cake flour if you want fine light cakes. It comes in two pound boxes or five pound bags at the grocery. Cake flour is made from soft wheat. It makes more tender cakes because it has less protein which forms gluten. When gluten is moistened and worked, it makes tough strands in dough, which are desirable in bread but not cake. You can use all-purpose flour but the cake will be heavier and less tender. Try this quick experiment to see how flours differ:

#### EXPERIMENTING WITH FLOUR

Measure  $\frac{1}{2}$  cup all-purpose flour in a small dish;  $\frac{1}{2}$  cup cake flour into a second dish. Add  $\frac{1}{2}$  cup water to each and stir until the water is all absorbed.

What do you see? Notice especially the difference in the thickness of the mixture.

Beat each mixture with a fork. What difference do you notice now? Which flour would probably make the most tender cake?

## Cake making equipment

All you really need is a sifter, measuring equipment, a bowl, and a spoon. An electric mixer makes mixing easier. If you are using an electric mixer for the first time, have someone "check you out." Remember these safety rules:

### Electric mixers—Safety Counts

- Turn off the mixer before scraping down the sides of the bowl.
- Keep fingers and cooking equipment away from moving blades.
- Never handle a mixer (or any other electric equipment) with wet hands.
- If an accident does happen, PULL THE PLUG IMMEDIATELY. DO NOT TRY TO RELEASE THE SPATULA OR OTHER EQUIPMENT THAT MAY BE CAUGHT IN THE MIXER BEATERS.

Every modern recipe will mention the size pan to use. Cake pans are usually 8 or 9 inches round or square. Always measure the inside of the pan. Depths vary from 1 to 2½ inches. Pans about 1¼ to 1½ inches deep are best.

Many metals are used. The shiny finish on cake pans will give an even light brown surface to the baked cake. (Remember the section on choosing correct pan size, page 9.)

If you use glass, lower the temperature in the recipe by 25 degrees. Glass holds heat longer and the surface will be browner and thicker than cakes baked in metal pans.



- Use correct size, shiny pans for amount of cake batter.
- Use accurate measurements of ingredients.
- Follow method of mixing carefully.
- Don't peek in the oven until near end of baking time.
- When pans come from oven, set on cooling racks for 10 minutes. Then turn cakes out to finish cooling on racks.

## Cake baking methods

Now to the how and why of cake baking. Every cake method tells you to mix ingredients so they are finely divided. The batter will have hundreds of tiny air bubbles mixed uniformly through it.

### Conventional method

Sounds school bookish, doesn't it? Old cook books call it the "cream-the-fat" method. This is the method found with your butter cake recipe. Fat and sugar are creamed together until fluffy. Eggs are added with more creaming; then flour and milk are added alternately. Detailed directions are on the recipe card for Grandma's Favorite Butter Cake. Many people feel this method gives the finest cakes of all.

### Quick method

This method is quick, but cakes made by it aren't quite as good as those made by the conventional method. More sugar is added by this method, which if not mixed well gives a very brown crust and sticky surface.

Sometimes a brown ring forms half way in from the edge. It's not known exactly why this happens. It probably is caused by slow heat penetration during baking. Don't worry about it for it doesn't affect quality. Try the recipe on the card for Quick Everyday Cake.

### Combination of methods

Good features of both cake methods have been combined in the Company Special Buttercake. Follow method exactly. Let mixer work while you sift and measure dry ingredients. Scrape bowl sides often. Blend flour and milk by hand.

When you've learned these three methods, you should be able to follow every cake recipe.

### Special cakes

Have fun trying recipes from other sources. Copy those you particularly like on cards for your recipe file. Plan to use your cakes for refreshments at an achievement night, a birthday celebration, or a family dessert.

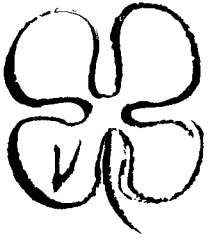
Easy frostings can be made with butter, powdered sugar, milk, and flavoring. Save the more difficult kinds until later.

Don't limit cake baking to layers. Combine fruit with cake for luscious shortcakes. How about upside-down cakes? Check your cook book for the directions for toppings. Any simple cake recipe will work. Put cake layers together with pudding you've learned to make. Many like lemon filled cake. What other uses can you make of your homemade cakes?

### Check your butter cakes

- Top level but slightly rounded?
- Free from cracks or peaks?
- Color uniform, characteristic of cake?
- Surface smooth?
- Light in proportion to size?
- Tender texture with moist crumb?
- Springs back when pressed slightly with finger?
- Free from tunnels? Fine, round, evenly distributed cells with thin cell walls?
- Pleasing flavor?

# Cooking Tender Meats



Almost everyone likes the flavor of meat, poultry, and fish. Most meals are planned around the meat.

Meat and milk products furnish high quality protein your body needs for growth. Girls especially need the iron in meats.

You should learn to cook meat carefully because it is the most expensive part of the meal. Try a variety of meats—lamb and pork as well as beef. This year you will learn to use the broiler. You'll also oven fry chicken.

## Broiling tips

Broiling is a quick, easy way to cook meat. Tender meats, fish, young poultry, and many fruits are good when broiled. Plan meals around broiled foods. Your family will like broiled ham slices, chicken, and hamburgers. Broiling bacon is an easy way to fix it for a large group.

Your leader and mother can show you at what temperature to set the oven, how far from the heat to put the shelf, and how to tell when the meat is done.

Broiled foods cook fast. Watch and don't overcook them. You might practice broiling hot dogs until you master the use of the broiler. Be sure your leader or mother is around when you try for the first time. They can answer any questions you may have. Soon you'll find this a favorite way to cook meat.

Small broiler pans are available at reasonable cost. They are easier to clean than the large broiler pans that come with most ranges.

Directions for hamburgers cooked under the broiler are found in the recipe section. Use them now if you wish. Ask your leader about broiling fish or chicken.

## Other uses of the oven

You may want to use the oven another way this year. Try oven fried chicken. It is much easier than top-of-the-stove frying.

Before you can cook a chicken, you must select one suitable for the method of cooking. You want a young, tender frying chicken. Many stores label chicken for the method of cooking. Don't use stewing hens. They are older and too tough to cook by this method. Look for birds marked fryers or broilers. Choose those that look moist and fresh. When you press the breast bone, it should bend.

Modern breeds have compact bodies with broad breasts and plump drumsticks. You can buy chickens ready cut but this usually costs more per pound. Your leader will help you learn how to cut up your own chicken. You can probably save 10 or 15 cents by doing this yourself.

You'll find an easy oven fried chicken recipe in the recipe card section. If your family likes barbecue sauce, next time try dipping the chicken in your favorite sauce.

Try many recipes you find in newspapers or magazines. Record your favorite recipes and share them with your club members.

## Menu suggestion

Oven Fried Chicken  
Baked Potato      Frozen Green Peas  
Tomato Slices  
Bread and Butter  
Peaches and Unfrosted Butter Cake  
Milk

Change the salad and dessert according to foods in season.

## Broiler cooking—Safety Counts

- Place meat far enough from heat so that fat won't burn. Excess sputtering warns you food is too close.
- Learn to pull out oven shelf instead of reaching under hot element to tend food.
- Protect your hands with oven mitts.
- Meat turned with a fork often slips off; use a sturdy pair of tongs.
- IF A FIRE FROM FAT SHOULD START, DON'T GET EXCITED. IMMEDIATELY THROW BAKING SODA OVER THE FIRE. THIS WILL SMOTHER IT. THAT'S WHY IT IS GOOD TO HAVE A BOX OF BAKING SODA CLOSE TO THE OVEN. DO NOT TRY TO CARRY THE BURNING PAN TO THE SINK.



# The Modern Grocery Store

The modern grocery store is one of the marvels of our country. Foods are found from all over the world and in every size, shape, or condition. Tea comes from the Orient; cocoa from East Africa; and bananas from Brazil. These just start the list. Fruits may come from Hawaii or the farm next door. Every cook should feel at home in the grocery store.

Learning to get the most food for the least money is important, but it is not as important as learning to select the foods needed for good health. You must also consider quality when you spend money for groceries. Remember that the food budget must cover food essentials for each family member.

## At home in the supermarket

You have undoubtedly shopped with mother many times. Have you ever really noticed how she shops? Does she have a shopping list? If your mother is one who "keeps it in her head," it's because she has shopped long enough to automatically remember what she needs. That takes experience. It's safer to write down the necessities. You won't be as tempted to buy things you like but don't need.

Can you plan a route so that you don't wander around looking for things? Let's shop for the spaghetti dinner suggested in this bulletin. Make up a market list of everything you need. It might look like this:

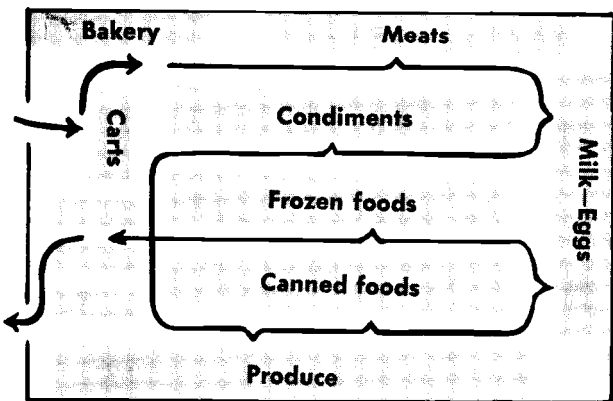
salt	milk	spaghetti sauce mix
spaghetti	cooking oil	6-oz. can of tomato
Parmesan	ground chuck	paste
cheese	parsley	dill pickles
carrots	green pepper	butter
celery	French bread	frozen Italian green
olives	fruit	beans

If you used this list, you would probably buy unnecessary food. Before going to market, check supplies with mother at home. She's likely to have oil, salt, and butter. There may be a package of spaghetti, but be sure there is enough. Makings for the salad tray often are in the refrigerator along with butter. Cross things on hand off the list. Now your list may look like this:

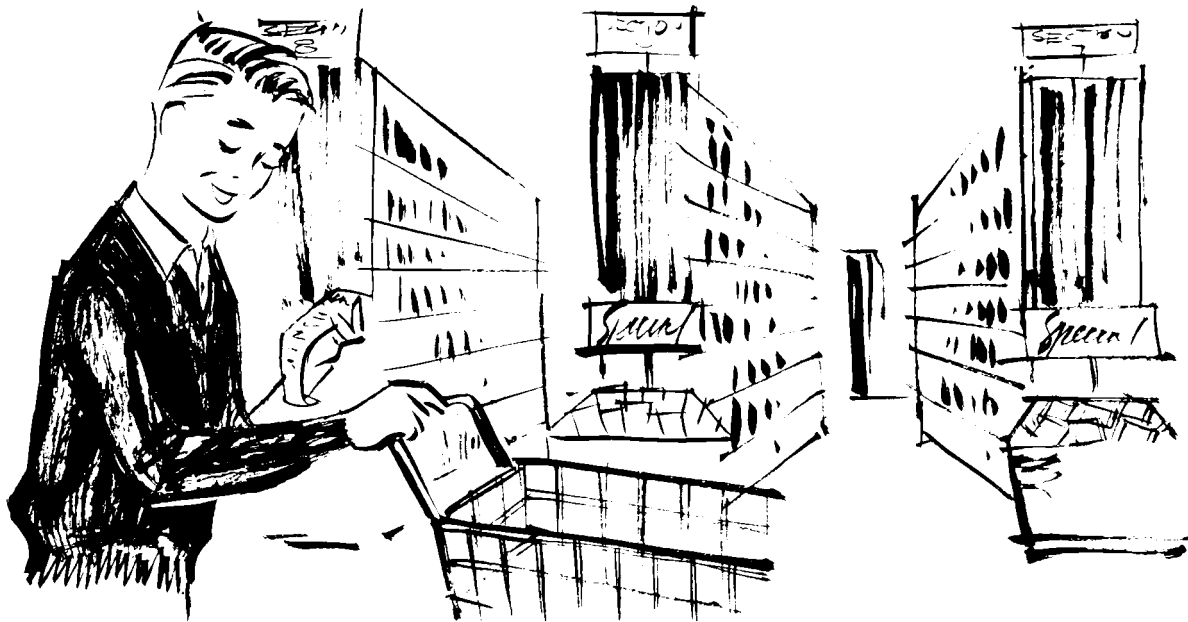
French bread	tomato paste	parsley
dill pickles	ground chuck	fruit
olives	milk	frozen Italian
Parmesan cheese	carrots	green beans

Your list is still incomplete. You don't know how much to buy, and you'll have to run all over the store collecting the items. List the amounts of food needed. Make market lists according to the arrangement of your market. For the store plan sketch on this page, your order might read:

- 1 loaf of French bread
- 1 lb. ground chuck
- 2 qts. milk
- 1 small shaker Parmesan cheese
- 1 small jar olives (green stuffed)
- 1 qt. garlic dill pickles
- 1 lb. package of carrots
- 1 bunch parsley
- Fruit in season
- 2 6-oz. cans tomato paste
- 2 envelopes spaghetti sauce mix
- 2 packages frozen Italian green beans



GROCERY STORE FLOOR PLAN



### Shop by sections

The store manager knows it is easier for you to shop when you know where things are. Therefore, he seldom changes the location of the food items once they are established. The food items are organized by sections such as Meats, Fresh Fruits and Vegetables, Flour and Cereals, Spices, Frozen Foods, and so on. Shop by sections in your local store. Study the layout. Is meat along the edge of the store or in one of the center sections? Where are the fresh foods, milk, flour, spices, and frozen foods?

Now you can begin at the cart stand, pick up the food you need without back tracking, and be through in a short time. You will notice that the frozen foods are picked up last. They should be out of storage the least possible amount of time. You might see a friend and chat while the ice cream melts if you picked it up first!

Make a sketch of the floor plan for your grocery store, or make a market order blank for your grocery according to the way the grocer has shelves stocked. You can pattern it after the one used for the picture above or plan your own.

Your market order blank might have the section headings as they appear in the example below. Their order may be different depending on the plan of the store in which you shop. Leave blank spaces under each heading so you'll have room to write in the food items you want to buy. Add headings for the nonfood items (like soaps, paper products, etc.) if your family buys them at the grocery store.

Make your market list read in the order items appear in the store (according to the master plan you've made). Then you'll be able to walk quickly through the store, picking up the foods and other items you need without forgetting anything.

Market Order Blank (Example)		
Bakery products	Canned foods	Nonfood items
Meats, fish, poultry	Juices	Paper products
Eggs	Milk	Reading material
Spices, coffee	Cereals	Cleaning products
Salad dressing	Frozen foods	Drug items
Flour, sugar, staples	Fresh foods	Pet food

# Kitchen Time Fun

Every time the gang gets together someone is sure to ask, "What's for food?" Kitchen parties are lots of fun and less work when everyone helps. If you are hostess, it's your responsibility to see that everyone has a job he can do.

## Planning your party

Write down the menu—keeping it simple and inexpensive. Do some of the work ahead of time. You'll enjoy your own party if you're sure all the details are planned ahead of time. Why not serve the all-time favorite, hamburgers, for your first kitchen party? Use the broiler because you can cook enough for the whole gang at one time. Your menu could look like this:

Party Burgers  
Tomato, Onion, Pickles  
Orange Cooler

## Burger know how

Plan to make four or five hamburgers from a pound of meat. A light touch is the key to good hamburgers. Don't mash the meat—keep it light and fluffy. When making burgers for the gang, you may want to add cereal, egg, or milk to help hold them together. Cooks call this a binder. Try the recipe for party burgers in your recipe file.

Make patties a little larger than the buns. All meat shrinks some when cooked. Choose freshly ground meat. Oregon law allows only 30% fat in hamburgers. If you like lean meat, buy ground round steak to add to your ground beef. Use ground venison if your family has some frozen. Make patties ahead of time or assign two friends to shape them.

Place patties on the broiler pan on an oven shelf so that they are about 4 inches from the heat. Watch carefully. When one side is brown, pull out the shelf, add salt and pepper, turn and finish cooking.

For cheeseburgers add a slice of cheese after the burgers are cooked and return to broiler to

melt the cheese. Meanwhile, have other members of the gang fixing up the tomato and onion slices, catsup, pickles, and mustard. One boy or girl could butter the buns or prepare relishes to go along with the sandwiches.

## Inexpensive party drinks

You're always thirsty at party time so plan for plenty to drink. Beverages should not be too expensive. They should have some food value, too.

Milk and ice cream drinks are big favorites. Have you tried stretching the milk budget by using dry milk? Add the water according to the recipe on the box. Or mix one quart skim milk with one quart regular milk to spread your food dollar. The combination is excellent for chocolate or flavored milk drinks. Dry milk has the same food value as fresh milk, except it lacks the fat and is not fortified with vitamins A and D.

You may want to serve fruit juices. Modern frozen concentrates are good choices. Watch for sales to keep the cost low. Large size cans of apple juice, orange drink, and all sorts of fruit combinations are available. Choose those naturally high in vitamin C like orange juice, or those marked vitamin C enriched.

When the group is large and the pocket-book thin, what drink can you serve? You probably have resorted to powdered drink mixes. Tired of them? Why not use them as a base for



tasty punches that are easy on the pocketbook? Add real fruit juice to upgrade flavor and nutrition! Here are some suggestions to start you off.

### Grape Cooler

- 1 package grape flavored drink mix
- $\frac{3}{4}$  cup sugar
- 1 6-oz. can frozen lemonade
- 1 6-oz. can frozen grape juice
- Water and ice cubes to make 1 gallon

### Other Favorites

- 1 package strawberry flavored drink mix, 1 6-oz. can lemonade, and 1 6-oz. can strawberry-pineapple concentrated juice.
- 1 package lime flavored drink mix, 2 6-oz. cans lemonade.

- 1 package tangerine flavored drink mix, 1 6-oz. can tangerine juice and 1 6-oz. can lemonade.

What is your favorite combination?

Serving food with imagination is half the fun of the party. If the punch is orange flavored, float thin slices of orange or freeze canned orange slices in ice cubes. Use leaves of mint or slivers of lemon. Won't it be easy to serve punch and nut bread or cake at mother's tea? You might surprise mother someday and serve refreshments for her guests. Make snack time at club meetings different by serving new combinations to the members. Be sure to share those you like especially well.

## Entertaining at Brunch

(Strictly Girl Stuff)

Are slumber parties your kind of fun? Dads usually call them slumberless parties. (It's a question whether he refers to his own or the guests' sleepless night.) Mothers tolerate them; boys think they are silly; but girls like them occasionally because it gives them time to catch up on all the latest news. No one would want a steady diet of slumber parties. Sleep is essential for a good disposition and pep. But occasionally they can be a real treat.

After an evening of talk and food you are likely to sleep late. You probably won't be ready to eat breakfast when the rest of the family does. Treat your guests to a special Sleepy-Morning Brunch served halfway between the normal breakfast and lunch hours.

Your menu might read:

- French Omelet
- Golden Biscuits                      Strawberry Jam
- Chilled Orange Juice
- Milk

Ever eat an omelet? Omelets cost a lot when you order them in a restaurant. Actually they are just scrambled eggs gone high hat. You'll find it easy to follow the recipe and make perfect omelets the first time. Just remember these rules of egg cookery.



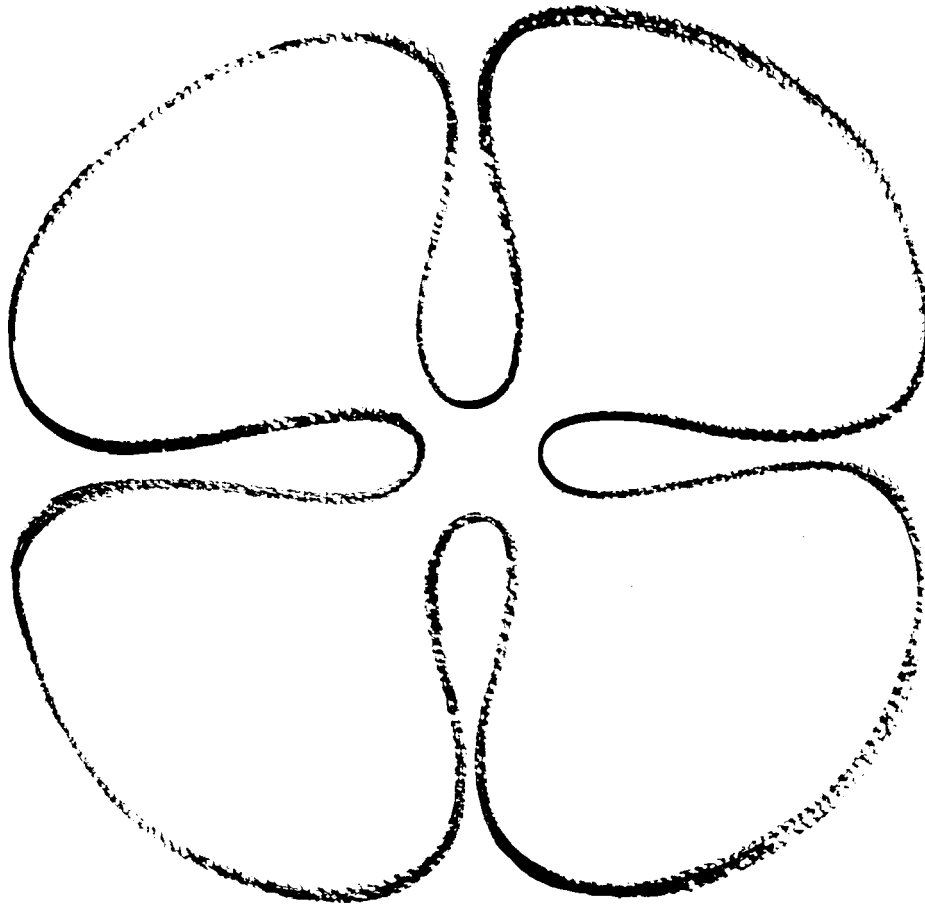
Choose fresh, highest quality eggs from refrigerated cases. Cook over LOW HEAT (high heat makes egg proteins shoe leather tough). Cook just done—do not overcook.

Be sure everyone is ready before starting your omelet. Omelets take only a few minutes to make and have a discouraging way of going limp if not eaten immediately. Serve with juice, homemade or quickie biscuits, and strawberry jam.

### Helpful hint

Don't expect peppy guests or sparkling personalities. Better feed your guests and let them go home to finish resting.





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