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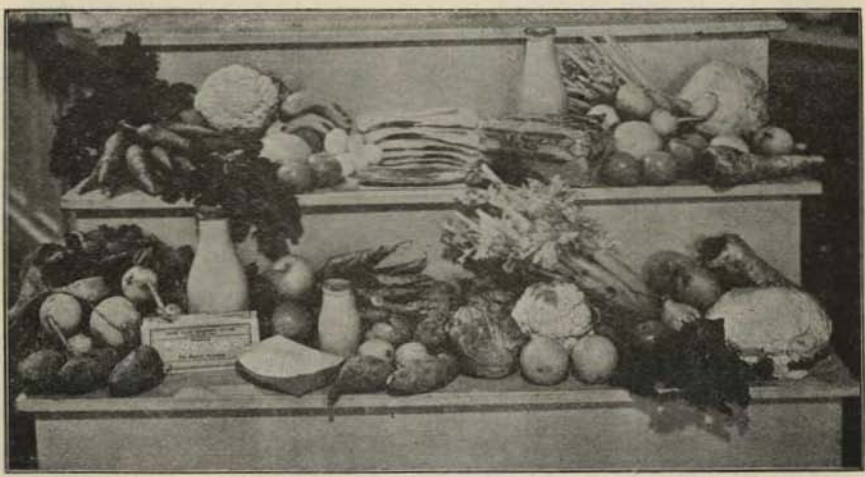
E. J. IDDINGS, Director

4-H Food Facts and Home Cookery

By

MARION HEPWORTH

State Home Demonstration Leader



COOPERATIVE EXTENSION SERVICE IN AGRICULTURE AND HOME
ECONOMICS OF THE STATE OF IDAHO, UNIVERSITY OF
IDAHO COLLEGE OF AGRICULTURE AND UNITED
STATES DEPARTMENT OF AGRICULTURE
COOPERATING

BOYS' AND GIRLS' CLUBS

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The National 4-H Club Creed

I believe in Boys' and Girls' Club work for the opportunity it will give me to become a useful citizen.

I believe in the training of my HEAD for the power it will give me to think, to plan, and to reason.

I believe in the training of my HEART for the nobleness it will give me to become kind, sympathetic, and true.

I believe in the training of my HANDS for the dignity it will give me to be helpful, useful, and skillful.

I believe in the training of my HEALTH for the strength it will give me to enjoy life, resist disease, and make for efficiency.

I believe in the great trinity of Club Work—the home, the school, and achievement.

I believe in my country, my state, and in my responsibility for their development.

In all these things that I believe, I am willing to dedicate my service for their fulfillment.

“Land of our birth, we pledge to thee
Our love and toil in the years to be,
When we are grown and take our place
As men and women of our race;
Land of our birth, our faith, our pride,
For whose sake our dear fathers died,
Oh Mother Land, we pledge to thee,
Head, Heart, Hand, and Health in the years to be.”
—(Taken from Florida Record Book)

4-H Food Facts and Home Cookery

By

MARION HEPWORTH

State Home Demonstration Leader

PURPOSE

The purpose of this Bulletin is to help make more interesting and lend greater importance to the problem of the selection of good food, and to aid members of girls' clubs to learn to prepare wholesome food products thru cookery. Thru this comes a better understanding of food values, food selection and home cookery which will mean less digestive disturbances, more interest in the home, comradeship in home work, and more responsibility to girls in the home.

Club Requirements

Club members should:

1. Be bona fide 4-H club members—age requirement
2. Attend club meetings
3. Keep and submit record of work
4. Make an exhibit
5. Give one or more public demonstrations (Achievement Day, Fairs, etc.)
6. Have had at least one year in club work

The Club should arrange for:

1. Adult leaders
2. Meeting place
3. Regular meeting time
4. Officers—President, Vice-President, Secretary and Treasurer, Club Reporter
5. Club Exhibit (either at Fair, Community meetings or in store windows)
6. Demonstration team to represent club
7. Club camp or picnic
8. Reports to district club agent
9. Help develop 4-H club ideals
10. Help stimulate interest in home work thru club work

MEETINGS

1. At least twelve regular meetings.
 - a. During the summer a meeting once a week is a great advantage, preferably in the afternoon, taking the regular outline of work as suggested.
 - b. Meetings to be carried on thru the winter should be fitted into the regular school program.
 - c. Outline for each meeting is in the hands of the local leader.
 - d. Suggested programs for meetings appear later in this bulletin.
2. Check constantly, at regular meetings, using the Health Score Card and the Height and Weight Charts, etc., on the development of the Health and Heart-H, so as to make this project a 4-H Club rather than a nutrition project.
3. Keep records of each meeting, which are to be sent regularly to the club agent.

KEEPING OF RECORDS

The leader should explain at the first meeting the necessary points in keeping the record book. Two suggestions are possible for the leader:

1. The record books may be given to all members after explanation is made by leader for keeping of records, or
2. The leader may keep record books and hand out at each meeting for each member to fill in.

EXHIBITS

Each local club should arrange for an exhibit to which parents and friends are invited. Here is a good possibility for a community day. Each exhibit should contain:

1. Posters showing value of milk, or illustrative nutrition posters showing value of vegetables, fruits, etc.
2. Record books completed and placed on exhibit
3. Individual Food Habits Score Card kept

4. Exhibit of four biscuits, using at least two variations
5. A loaf of bread and a variation of the bread recipe
6. One vegetable and one fruit salad, using Idaho products
 - a. Vegetable salad:
 1. Stuffed tomato using green pepper, celery and cabbage for filling
 2. Cabbage and carrot salad
 - b. Fruit salad:
 1. Pear salad with cottage cheese filling

Other possibilities which the exhibit may contain:

1. Chart worked out by some member showing height and weight
2. Notebook illustrated with nutrition pictures cut from current magazines
3. Nutritional exhibits—Stairway to Health; Four-H Beauty Shop, etc.
4. Utilization of milk dishes, using those which do not lose shape after standing for some time

Score Card for Judging Health and Food Habits

	(Score)	First Week					Second Week					Third Week					Fourth Week													
		M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
Eats any food set before him	20																													
Likes at least ten kinds of vegetables (Deduct 1 point for each one disliked)	10																													
Drinks only water, milk, cocoa (Tea and coffee should not be used. Deduct 5 if coffee or tea is used. Deduct 5 if water isn't drunk between meals)	10																													
Normal bowel movement (Deduct 10 if laxatives have to be used)	10																													
Regular meal hours (Eats only at meal time, three times a day, including breakfast. Deduct 5 for irregularity of meals. Deduct 5 for going without breakfast.)	10																													
Eats ice cream and candy only at regular meals (Deduct 5 if candy and ice cream cones are eaten between meals.)	5																													
Eats simple desserts (Deduct 5 for eating pastry, rich puddings, etc.)	5																													
Eats only suitable foods (Deduct 5 for griddle cakes and hot breads unless bran or graham bread. Deduct 5 for fried foods or highly seasoned foods.)	10																													
Thoroughly chews food (Deduct 10 for hurried eating or bolting of food.)	10																													
For choosing foods that are properly cooked	10																													
Total score	100																													

Score — Monthly Checking Form for Health and Food Habits

1st Mo.	2nd Mo.	3rd Mo.	4th Mo.	5th Mo.	6th Mo.	7th Mo.	8th Mo.	9th Mo.	10th Mo.	11th Mo.	12th Mo.

Food Selection Score Card

Perfect Score	CREDITS	First Week					Second Week					Third Week					Fourth Week														
		M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S		
20	MILK—Adults ½ pt.—10; ¼ pt.—10; 1 pt.—20 Children ¾ pt.—10; 1 pt. 15; 1 qt.— 20.																														
40	VEGETABLES AND FRUITS Vegetables 1 serving—5; 2 servings—10; 3 servings— 15. Potatoes may be included as one of the above servings. If leafy vegetable is included, extra credit —5. Fruits 1 serving—10; 2 servings—15. If raw fruit or vegetable or canned to- mato is included, extra credit—5.																														
15	WHOLE GRAIN PRODUCTS 1 serving—10; 2 servings—15.																														
15	CHEESE, EGGS, MEAT, DRIED BEANS OR PEAS 1 serving of any one of above—10; 1 serving of any two of above—15.																														
10	WATER (total liquid) Adults—1½ qts.—5; 2 quarts—10. Children—1 qt.—5; 1¼ quarts—10.																														
TOTAL CREDITS																															

DEDUCTIONS		First Week							Second Week							Third Week							Fourth Week						
		M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
For no milk	20																												
For only 1 cup of milk a day	10																												
For drinking tea or coffee	5																												
Eating between meals	5																												
For fast eating	5																												
For eating no breakfast	10																												
For eating only potatoes for a vegetable	10																												
For washing food down with water	3																												
For too few vegetables	10																												
For too few fruits	10																												
For no cereals	3																												
For eating candy between meals	3																												
TOTAL DEDUCTIONS																													
TOTAL SCORE																													
WEEKLY AVERAGE																													

Height and Weight Table

(Boys)

Height Weight	Av. Wt. for Ht. lb.	5 Yrs.	6 Yrs.	7 Yrs.	8 Yrs.	9 Yrs.	10 Yrs.	11 Yrs.	12 Yrs.	13 Yrs.	14 Yrs.	15 Yrs.	16 Yrs.
39	35	35	35										
40	36	36	36										
41	38	38	38	38									
42	39	39	39	39	39								
43	41	41	41	41	41								
44	44	44	44	44	44								
45	46	46	46	46	46	46							
46	48	47	48	48	48	48							
47	50	49	50	50	50	50	50						
48	53		52	53	53	53	53						
49	55		55	55	55	55	55	55					
50	58		57	58	58	58	58	58	58				
51	61			61	61	61	61	61	61				
52	64			63	64	64	64	64	64	64			
53	68			66	67	67	67	67	67	68	68		
54	71				70	70	70	70	71	71	72		
55	74				72	72	73	73	74	74	74		
56	78				75	76	77	77	77	78	78	80	
57	82					79	80	81	81	82	83	83	
58	85					83	84	84	85	85	86	87	
59	89							87	88	89	89	90	90
60	94							91	92	92	93	94	95
61	99								95	96	97	99	100
62	104								100	101	102	103	104
63	111								105	106	107	108	110

Table prepared by Dr. Bird T. Baldwin and Dr. Thomas D. Wood

Height and Weight Table

(Girls)

Height Weight	Av. Wt. for Ht. lb.	5 Yrs.	6 Yrs.	7 Yrs.	8 Yrs.	9 Yrs.	10 Yrs.	11 Yrs.	12 Yrs.	13 Yrs.	14 Yrs.	15 Yrs.	16 Yrs.	
39	34	34	34											
40	36	36	36	36										
41	37	37	37	37										
42	39	39	39	39										
43	41	41	41	41	41									
44	42	42	42	42	42									
45	45	45	45	45	45	45								
46	47	47	47	47	48	48								
47	50	49	50	50	50	50	50							
48	52		52	52	52	52	53	53						
49	55		54	54	55	55	56	56						
50	58		56	56	57	58	59	61	62					
51	61			59	60	61	61	63	65					
52	64			63	64	64	64	65	67					
53	68			66	67	67	68	68	69	71				
54	71				69	70	70	71	71	73				
55	75				72	74	74	74	75	77	78			
56	79					76	78	78	79	81	83			
57	84					80	82	82	82	84	88	92		
58	89						84	86	86	88	93	96	101	
59	95							87	90	90	92	96	100	103
60	101							91	95	95	97	101	105	108
61	108								99	100	101	105	108	112
62	114								104	105	106	109	113	115
63	118									110	110	112	116	117

Table prepared by Dr. Bird T. Baldwin and Dr. Thomas D. Wood

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS

University of Idaho Extension Division
and
U. S. Department of Agriculture
cooperating

Guide For Meal Planning

Growth Promoting and Protective Foods			Body Building and Regulating Foods Muscle, bone, teeth and regulating					Energy Giving Foods		
A	B	C	Protein	Lime or Calcium	Iron	Phosphorus	Roughage	Starches	Sugars	Fats
Cream	Whole	Oranges	Whole or	Milk	Spinach	Milk	Green	Bread	Syrup	Butter
Butter	cereals	Lemons	skim milk	Cheese	Dried beans	Cheese	vegetables	Macaroni	Honey	Cream
Egg yolks	Milk	Tomatoes	Eggs	Carrots	Peas	Codfish	Beans	Rice	Sugar	Cheese
Spinach	Spinach	(fresh or	Cheese	Cauliflower	Dates	Lean beef	Cabbage	Taploca	Preserves	Lard
Lettuce	Beets	canned)	Lean meat	Figs	Prunes	Oatmeal	Celery	Cornstarch	Jellies	Bacon
Sweet	Tomatoes	Raw cabbage	Fish	Oranges	Figs	Celery	Asparagus	Potatoes	Dried	Salad oils
potatoes	Carrots	Raw carrots	Dried peas	Rutabagas	Raisins	Egg yolk	Onions	Breakfast	fruits	Chocolate
Carrots	Turnips	Raw onions	Cereals	Buttermilk	Egg yolk	Spinach	Prunes	foods	Candy	Salt pork
Rutabagas	Cabbage	Raw turnips	Nuts	Cottage	Red meat	Cauliflower	Dates	Crackers	Cake	Peanut
		Raspberries		cheese	Molasses	Asparagus	Bran		Cookies	butter
					Bran	Whole cereals	Turnips			

4-H Food Facts and Home Cookery

PROBLEM I

The Health H is one of the four H's in club work.

One of the leading essentials for healthy life is regularity of habit including regularity of time for eating the right kind of food. There are certain factors that are important:

1. Plain nourishing foods, those easily digested
2. Regular meals. No one should go too long without food, and eating between meals is apt to overwork the stomach
3. Tea, coffee, too many sweets, or highly seasoned foods, are not advisable in the meals of the growing boy and girl
4. Foods of the right kind are needed for growth and development

In the three large food groups each is an important factor in body structure, supplying fuel or energy, and promoting growth and vigor.

WHAT FOODS DO FOR THE BODY:

Group I. Body Building

Food materials that build and maintain the body are:

- a. Protein—helps make flesh and blood
- b. Lime or calcium—helps make bone and teeth
- c. Phosphorus—helps make bone, teeth and muscles
- d. Iron—helps make blood
- e. Roughage—helps eliminate waste materials

Group II. Supplies Energy and Heat

- a. Starch
- b. Sugar
- c. Fat

Group III. Body Regulating—Vitamines

- a. Vitamine A—promotes growth, seems to increase resistance to disease, protects against specific eye disease
- b. Vitamine B—promotes growth, stimulates appetite, protects against nerve disease
- c. Vitamine C—prevents scurvy, contributes to the proper formation of good teeth

FORMATION OF SOUND TEETH:

Good teeth are one of the essentials required in the Health Score Card. Teeth are governed by laws of nutrition similar to those for the formation of bone. Hard foods that necessitate chewing, and clean teeth are of great importance; however, Dr. McCollum says, "The development during the very early life of a set of sound teeth is the most important factor in preventive dentistry."

Teeth are made of lime and phosphorus. They cannot grow properly unless we select foods that supply these elements which the blood carries to the teeth. If teeth are poor, the best that can be done is to watch the meals to see that repair work is done to preserve the teeth.

The foods suggested for study and use in demonstrations in this bulletin are those that are easily obtained and will come under the list of simple foods of high value for club members.

Milk, vegetables, fruits, cereals and bread furnish the minerals and vitamins necessary to develop teeth. Without a sufficient amount of these substances the teeth starve and are more liable to disease, just as anything else is when not properly nourished. Fruits, raw vegetables, and cereals, such as coarse hard breads and dry toast, help keep the teeth clean.

THORO MASTICATION IS NECESSARY FOR TWO REASONS:

1. Nourishment of the body depends on proper digestion of the food and this is possible only when the food is thoroly masticated.

2. Exercise of the teeth and gum tissue is necessary to their health and development; and, as other parts of the body, teeth are best exercised by use.

PROBLEM II

Suggestions For the Utilization of Milk

Milk has such a definite value in the meals that it should be utilized to the fullest. It is one of the most valuable foods, adapted to all ages and all conditions. It is a good source of:

- (a) Protein, for building

- (b) Lime and phosphorus, for bone and tooth structure
 (c) A fairly good supply of vitamins

Baked Custard

4 c. scalded milk	$\frac{1}{4}$ t. salt
4 eggs	$\frac{1}{2}$ t. vanilla
$\frac{1}{2}$ c. sugar	Spk. nutmeg

(NOTE:—If the custard is baked in one mold, use 6 eggs. It requires more in proportion in order to retain the shape; consequently, the custard will have to be stiffer.)

PROCEDURE

Heat milk slowly to scalding

Beat eggs until blended

Add sugar and salt to eggs

Pour scalded milk over eggs, stirring constantly; add vanilla. If lumps form in mixture, strain before pouring into mold

Set in pan of hot water; sprinkle with nutmeg; bake in slow oven until firm.

Test with silver knife. If no material adheres to knife, the custard is done.

REASON

Takes less time for baking

Custard will be smoother if eggs are not beaten until foamy

Sugar dilutes the eggs and helps to blend the custard more evenly

Prevents coagulation of egg and helps to make smooth custard.

Hot water protects custard from hot oven and helps keep even temperature; baking is most important step in making custard; must cook slowly

Variations

1. Add 1 c. apple sauce before adding the milk
2. Add melted chocolate or 3 t. cocoa mixed with egg and sugar before adding scalded milk
3. Add $\frac{1}{2}$ c. cocoanut to custard before baking
4. Add 2 tb. of grapenuts before baking
5. Add 2 tb. grapenuts and $\frac{1}{4}$ c. chopped apricots or peaches

*Soft Custard***PROCEDURE**

Scald milk

Beat eggs slightly, stir in salt and sugar; pour milk gradually over this.

Cook in double boiler; stir constantly until thick enough to coat spoon; remove at once.

Flavor

If custard is lumpy, strain

REASON

Hastens the process of cooking

Eggs cook more smoothly when sugar is mixed with them and hot milk is added slowly

Cooking in double boiler keeps temperature even and does not coagulate the egg; stirring is necessary to cook evenly; too long cooking of custard causes it to separate.

Add flavoring last; avoid loss by evaporation

Variations

1. Add 1 c. apple sauce (sweetened) just before serving
2. Add $\frac{1}{2}$ c. grated pineapple before serving
3. Add $\frac{1}{2}$ c. chopped peaches before serving
4. Add 2 tb. Post Toasties before serving
5. Put 1 t. strawberry jam or tart jelly on each serving of custard
6. Serve with sponge cake

Cheese Custard

4 slices of bread (buttered)

$\frac{1}{2}$ c. grated cheese

2 c. scalded milk

3 eggs

1 t. salt

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

1 tb. chopped green pepper

Put buttered slices of bread in a buttered baking dish. Sprinkle with grated cheese. Beat eggs slightly, add salt, pepper and scalded milk. Pour this mixture over bread and bake, setting dish in a pan of hot water until custard is done.

Creamy Eggs on Toast

2 c. hot milk

4 eggs

$\frac{2}{3}$ t. salt

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

1 t. butter

4 slices of toast

Beat eggs slightly, add salt and pepper. Stir into hot milk. Cook over hot water, stirring constantly until mixture is thick and creamy. Add butter, serve on toast.

Vegetable Soup

1 qt. of milk	1½ c. potatoes cut in cubes
1½ c. water	½ onion
⅓ c. carrots	5 tb. butter
⅓ c. turnips	Salt
½ c. celery	Pepper

Prepare vegetables, cut in small pieces, put all together in water to which salt has been added, and cook until tender. Add milk, butter and pepper. Allow to simmer ten minutes. Do not boil after adding milk. If desired, this soup can be thickened by adding 2 tb. of flour.

Cabbage Cooked in Milk

Put a small white cabbage thru food chopper, using coarse cutter. Soak in cold water one-half hour, drain and cover with equal parts of milk and water. Cook uncovered 20 minutes. Season with salt and pepper.

Buttermilk Sherbet

4 c. buttermilk	1 c. heavy cream
2 eggs	⅛ t. salt
1 c. fruit juice	Dash nutmeg
1½ c. sugar	

Beat eggs and sugar until light, slowly stir in buttermilk and fruit juice, add salt, nutmeg and cream whipped stiff. Freeze. Sour milk may be used instead of buttermilk.

PROBLEM III.

Vegetables

A variety of vegetables in the meals is of importance.

Dr. McCollum says: "The man who limits himself mainly to cereals, meat, potatoes and sugar, and this type of diet, as favored by most of us, is bound to suffer certain bad results."

Both vegetables and fruits have valuable substances which our bodies must get from foods, so judgment should be used in selecting foods.

Food Value of Vegetables

All vegetables contain minerals that are of great value as foods. They help build bone, teeth, tissue, and blood and also help regulate the work of the body. Vegetables should have a place in the meals every day because they contain calcium, phosphorus and iron. The balance of calcium and phosphorus, especially in the meals of children, is very important in bone-forming and may be an aid in preventing rickets.

Vegetables have a high lime content, which is sometimes lost in cooking. Either cook in a small amount of water and use the water, or use some of the vegetables raw. Such vegetables as

Carrots	Cabbage	Beets
Spinach	Turnips	Greens

are high in calcium or lime.

IRON IS NECESSARY IN THE BLOOD

The following vegetables are good sources of iron:

Swiss chard	Dandelion Greens	Cabbage
Asparagus	Potatoes	Peas
	String Beans	

The following vegetables are good sources of fuel:

Sweet Potatoes	Corn	Potatoes	Lima Beans
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VEGETABLE RECIPES

Baked Potato

PROCEDURE

Select uniform size potatoes

Rub skins with some kind of cooking fat

Bake in moderately hot oven until they are soft

When cooked, cut lengthwise

Serve plain with butter, or with a dusting of paprika

REASON

Potatoes of uniform size cook in same length of time

Helps to soften skin when cooked

Allows steam to escape and prevents potato becoming soggy

Variations

1. **Stuffed Baked Potato**—Cut tops off baked potatoes and scoop out all pulp. To 2 c. of pulp add 3 tb. hot milk or cream and a tb. of butter. Season with salt and pepper and beat until creamy. Pile into shells and brown quickly in the oven.
2. **Baked Potato With Cheese**—Use same method as for stuffed baked potato. Vary by adding $\frac{1}{3}$ c. grated cheese to 2 c. potato pulp. Season with salt and pepper. Beat until creamy. Put in shells and brown quickly in the oven.
3. **Baked Eggs in Potato**—Remove inside of each baked potato, mash and season. Refill shell, leaving room for an egg. Break the egg into the potato, baking in moderate oven until firm.
4. **Baked Potato Stuffed With Meat**—Follow directions for stuffed baked potato. Add $\frac{1}{2}$ c. of any kind of chopped meat to a pint of the potato pulp and proceed as in other stuffed potato recipes.

Baked Stuffed Onions

Parboil large white onions. Scoop out the center and fill with a mixture of chopped onion center, bread crumbs, seasonings and either chopped nuts or grated cheese. Moisten. Place in a pan, covering the bottom with water and butter or meat stock. Bake about 30 minutes. Baste several times. Serve around a roast.

Turnips Delicious

Select young turnips, pare and boil whole in meat stock until tender. Drain and save the stock. Place the turnips in a buttered casserole, sprinkle with sugar, salt, nutmeg and dots of butter. Boil down stock and pour into the casserole. Bake until the turnips are slightly browned.

Beets In Sour Sauce

12 small beets		1 tb. cornstarch
$\frac{1}{2}$ c. sugar	2 tb. butter	$\frac{1}{2}$ c. vinegar

Wash beets and cook in boiling water until soft, or use canned beets. Remove skins and cut beets in small cubes. Mix sugar and cornstarch, add vinegar and boil 5 minutes. Pour over beets and let stand on the back of the stove 30 minutes. Just before serving add the butter.

Baked Carrots

Select small, tender carrots, allowing two or three for each person. Scrape them and boil or steam until tender. Stack them in a baking dish in cord-wood fashion, sprinkle with salt and pepper and lay thinly sliced bacon over them. Place in a hot oven and bake until the bacon is crisp.

An Autumn Appetizer

Peel and remove pulp from six medium sized tomatoes. Set in ice box to chill.

4 carrots, grated	1 sweet red pepper
1 c. celery, diced	1 tb. grated cheese
1 c. cabbage, shredded	½ t. salt

Mix lightly with a good French dressing. Fill tomato cups and place each on a ring cut from a sweet green pepper. Serve with saltines.

Some vegetables require cooking in order to be palatable. Other vegetables are better in their raw state, if properly prepared.

Keep in mind that all vegetables contain substances known as *vitamines*, or protective foods, necessary to growth.

Salads

Ways of Using Raw Vegetables

Cabbage Salad

Cabbage Nuts Shredded Pineapple

Shred cabbage, add pineapple and salad dressing, and add the nuts just before serving.

Cabbage and Carrot Salad

Cabbage Carrots Salad Dressing

Shred equal parts of cabbage and carrots. Combine with salad dressing. Garnish top with shredded carrots.

Sour Cabbage Salad

Mix 1 c. sour cream, 1 t. salt, ⅛ t. black pepper, 1 tb. sugar, ¼ c. vinegar. Beat with a wire whip and pour over one-half small head of finely chopped cabbage. Chill and serve.

Molded Vitamine Salad

1 c. grated pineapple 1/2 c. shredded raw carrots
 1 finely chopped pimento 1/2 shredded apple
 1 finely chopped green
 pepper

Add to 1 pint of lemon jelly, to which 4 tb. lemon juice or vinegar should be added. Place in ice box or cool place until set. This may be served on lettuce leaf with dressing.

Carrot and Nut Salad

Chop raw carrots, mix with salad dressing. Add nuts just before serving.

Carrot Salad

2 c. carrots 1/4 c. celery salad dressing
 1 c. cabbage 1/4 c. onions

Chop raw carrots, add shredded cabbage, onions and celery. Mix with salad dressing.

PROBLEM IV.**Fruits**

Fruits, either raw or cooked, are valuable to use in planning meals. Such fruits as oranges, apples and rhubarb aid in preventing constipation. Eating apples or oranges is also a valuable health habit. Such fruits as baked apples, grapefruit, oranges, etc., are possibilities for any meal and are valuable for their nutritive value as well as a laxative. There are certain groups of foods that help prevent constipation. Constipation is one of the prevalent ailments that the Health-H in Club Work could help lessen.

Foods That Help Prevent Constipation**a. Foods Rich in Cellulose:**

Cabbage	Celery	Oatmeal
Cauliflower	Baked potato	Green beans
Prunes	(eat skin)	Orange
Whole-wheat bread	Spinach	Bran
	Baked apple	

b. Foods producing gas formation:

Honey	Sauerkraut	Cauliflower
Cabbage	Onions	Milk
Molasses	Butter	Spinach

c. Foods having stimulating acids:

Oranges	Tomatoes	Apples
Cider	Lemons	Rhubarb

d. Lubricants:

Cream	Bacon
Butter	Olive oil

The following are good health habits for club girls to remember:

1. Drink two glasses of water on arising
2. Drink buttermilk at or between meals
3. Use fresh fruits abundantly
4. Drink fresh cider when available
5. Use coarse cereals and coarse breads
6. Use roughage vegetables with other foods
7. Eat fruit before retiring, such as apples, oranges, etc.
8. Three-quarters of an hour before breakfast, drink two glasses of water, and exercise for ten minutes, if possible
9. Cultivate good posture
10. Avoid worry, anger or emotion of any kind
11. Get plenty of sleep and rest
12. Drink water freely between meals
13. Take active exercise in open air, if possible
14. Discontinue use of cathartics.

Suggestive Meals to Help Prevent Constipation

Breakfast—Laxative fruits, such as baked apple, stewed prunes, orange, grapefruit, rolled oats, cream and sugar, bran muffins or graham toast, bacon and eggs.

Middle Forenoon—Drink glass of buttermilk. Cider also is especially good, if available.

Noon Meal—Two vegetables such as cabbage, turnips; meat—roast or stewed; whole-wheat bread or bran muffins; laxative fruits for dessert.

During Afternoon—Two glasses of water.

Evening Meal—Carrots, baked potato, lettuce or green beans, graham bread, laxative fruits for dessert. Eat an apple before retiring.

Baked Apples***PROCEDURE**

Select apples of uniform size

Wash and core apples

Put in dripping pan or baking dish. Cover bottom with water. Bake in moderate oven until fruit is soft. Baste frequently

Serve hot or cold, with or without cream and sugar

REASON

Same time required for baking all

Washing advisable to remove dirt, as well as spraying materials used earlier in the season. Removing core decreases possibility of using apples not suitable for use

By baking in moderate oven, better color can be obtained. The purpose of cooking is to soften fruit and provide change in flavor.

VARIATIONS

1. Fill centers with any of following mixtures:

Brown sugar and butter creamed

Chopped dried figs

Raisins

Jelly

Strawberry jam

Chopped nuts and sugar

Maple sugar and butter

Spiced prunes; dust with powdered sugar

*—To be used as fruit demonstration.

Scalloped Apples

1 small loaf stale bread

1 quart sliced apples

$\frac{1}{4}$ c. butter

Grated rind and juice of

$\frac{1}{2}$ lemon

$\frac{1}{4}$ t. grated nutmeg

$\frac{1}{4}$ c. sugar

Crumb the bread, place alternate layers of bread and sliced apples in a buttered baking dish, sprinkle each layer with sugar and nutmeg and dot with butter. Pour lemon juice over the whole. Bake in slow oven.

Apple Custard

2 c. apple sauce

2 c. sweet milk

4 eggs

$\frac{1}{2}$ c. sugar

Beat the yolks, add milk, sugar and apple sauce. Fold in beaten whites of eggs. Grate a little nutmeg over top and bake in a slow oven.

Apple Cheese Betty

Cover the bottom of a greased baking dish with bread crumbs, add a generous layer of thinly sliced tart apples. Sprinkle with sugar, cinnamon, and a few bits of butter, a little nutmeg and 4 tbs. of grated cheese. Cover with a layer of buttered crumbs, add $\frac{1}{2}$ c. of water and bake in a covered dish in a moderate oven.

Fruit Sherbet

1 pt. water	1 c. sugar
1 pt. fruit juice	Juice of 1 or 2 lemons

Add either 1 tb. gelatine soaked in $\frac{1}{2}$ c. cold water and dissolved in syrup or 1 egg white, when partly frozen.

Apple, Pineapple and Celery Salad

Mix ingredients with mayonnaise and serve on lettuce leaf.

Prune-Pineapple Salad

Allow 4 fresh prunes and 1 slice of pineapple for each service. Place pineapple on crisp lettuce leaf. Remove pits from fresh pineapples and fill with a small portion of pineapple dressing and arrange around slice of pineapple. A ball of cheese may be placed in center of pineapple. Sprinkle with chopped walnuts. Serve. To make the dressing: melt 2 tb. butter, add 2 tb. flour, $\frac{1}{2}$ t. salt and $\frac{1}{4}$ t. mustard. Mix thoroughly. Cook in double boiler until frothy, then add 1 c. pineapple juice and 1 t. lemon juice. While hot, pour over 1 well-beaten egg. Return to double boiler and cook until it coats spoon. Cool. Just before serving, add $\frac{1}{2}$ c. whipped cream.

Pear Salad With Cottage Cheese

Use pears cut in half, filling the depression with balls made of cottage cheese. Garnish with currant jelly. Serve with mayonnaise dressing.

PROBLEM V.

Sandwiches

Sandwiches may be made of:

White, graham, whole-wheat, raisin, rye or brown bread.

Fillings may be:

- Peanut butter Thinned with salad dressing, cream, or honey.
- Nuts Ground or chopped finely and mixed with salad dressing. Finely chopped celery, dates or raisins may be added, or cottage or cream cheese.
- Lettuce Spread with a little salad dressing
- Fish Salmon, tuna or sardines moistened with salad dressing or lemon juice.
- Eggs Hard cooked eggs, chopped and mixed with a little salad dressing
- Cheese Grated cheese with tomato. Grated cheese seasoned with chopped pickles.
- Nuts and fruits. . . Bananas sliced thin and sprinkled with nuts. Apple and celery chopped and mixed with salad dressing.

Girls' Club Sandwiches

- | | |
|-------------|---------------------------------|
| 1 c. pecans | $\frac{1}{2}$ c. seeded raisins |
| 1 apple | Juice $\frac{1}{2}$ lemon |
| 1 tb. sugar | |

Cheese Sandwiches

Grind one pound cream cheese with one green pepper and one-half Spanish onion; mix with cooked dressing; spread between bread.

Egg Sandwiches

- | | |
|-----------------------|--------------------------|
| 1 hard cooked egg | $\frac{1}{8}$ t. mustard |
| $\frac{1}{4}$ t. salt | 3 drops vinegar |
| Speck paprika | 1 t. butter |

Mince the egg very fine with a silver fork, add seasonings and butter and mix thoroly. Butter very

thin slices of bread, spread with egg mixture and cover with watercress leaves or lettuce. Cover with another slice of bread and cut in triangles or rounds.

Date and Celery Sandwiches

24 sliced dates $\frac{1}{4}$ c. softened butter
 One 1-lb. loaf bread Rich milk, cream or salad
 $\frac{1}{2}$ c. finely diced celery dressing

Cut the dates into 5 or 6 crosswise slices with scissors or a sharp paring knife. Cut the celery into small pieces, or chop the dates and celery together in a wooden bowl. Moisten with sufficient milk, cream or salad dressing to bind the ingredients together.

Date and Cheese Sandwiches

24 quartered dates 1 cream cheese or $\frac{1}{2}$ c.
 One 1-lb. loaf of bread dry cottage cheese
 1 to 2 tb. cream or rich milk $\frac{1}{4}$ c. butter

Spread one slice of bread with softened butter and the next with the cheese which has been rubbed to a paste with the cream or milk. Cut the dates into quarters lengthwise with scissors. Press the quarters into the cheese, allowing two dates for each sandwich. If crusts are to be removed, be sure that the dates do not extend to edge of the bread to be wasted with the crust.

Camp Cookery*

Mulligan

One can tomatoes, 1 can corn, 1 can peas. Cook five minutes, serve on bread or toast. Meat may be added if desired.

Squaw Corn

One can corn, 1 lb. wieners, 6 slices bacon.

Cut bacon in small pieces and cook until golden brown. Add corn and wieners and cook until wieners are thoroly done. (N. B. Never eat rare wieners). Serve with baking powder biscuit, cocoa, and a fruit.

Gypsy Egg Sandwich

Cut into small pieces two slices of bacon; cook crisp-ly; add an egg, and scramble; serve between slices of toast or bread.

*—Taken from "Camp Cookery" by Alice M. Child in The Journal of Home Economics for May, 1928.

Baked Potato

These may be cooked in various ways. Bake in frying pan or Dutch oven; or scoop out a basin-like depression, 3 or 4 inches deep and large enough for the potatoes, fill with coals and heat $\frac{1}{2}$ hour, clean out the hollow, and place the potatoes in it and cover with hot sand or ashes. Another method of baking is to place potatoes in a pail or kettle; cover with damp sand; then build fire around and on top; and the potatoes will bake in about 30 minutes.

Baked Egg

Prick a hole in shell of egg; roll egg in six layers of damp newspaper; bury in hot ashes and leave six minutes for a soft-cooked egg and fifteen minutes for a hard-cooked egg.

PROBLEM VI.

Preparation for Cookery

Success in cookery depends upon following directions accurately; accuracy is an element of good club work.

1. Study information given in bulletin
2. Read and follow directions in recipes used
3. Work with clean hands
4. Wear a head band to confine the hair
5. Get together all utensils and all materials to be used
6. All measurements are level
7. If pans are to be greased, grease and have ready for use
8. Be sure the oven temperature will be right when needed
9. Sift flour before measuring
10. Sift sugar, if lumpy, and do not pack

Table of Abbreviations and Equivalent

3 teaspoons (t.) equal.....	1 tablespoon (tb.)
16 tablespoons (tb.) equal.....	1 cup (c.)
2 cups (c.) equal.....	1 pint (pt.)
2 cups (c.) butter equal.....	1 pound (lb.)
4 cups (c.) flour equal.....	1 pound (lb.)
2 cups (c.) granulated sugar equal.....	1 pound (lb.)
2 tablespoons (tb.) butter equal.....	1 ounce (oz.)
2 tablespoons (tb.) liquid equal.....	1 ounce (oz.)
4 tablespoons (tb.) flour equal.....	1 ounce (oz.)

Oven Temperatures

(Taken from Bulletin 22, Teachers' College, Columbia University)

Classification of Oven Temperatures

SLOW	MODERATE	HOT	VERY HOT
(250-350° F)	(350-400° F)	(400-450° F)	(450-550° F)
Custards Meringues	Sponge cake Angel food cake	Popovers Parker House rolls Baking Powder biscuit	Pastry
	Bread Gingerbread Plain cake Cookies		

General Equipment Needed in Cooking

1 measuring cup	1 spatula
1 tablespoon	1 bowl to use for dry ingredients
2 teaspoons	1 egg beater and bowl
1 mixing spoon	1 baking pan
1 flour sifter	1 mixing board
1 paring knife	1 rolling pin
1 vegetable pan	

Some recipes may call for other equipment that should be assembled before starting to work.

Combining Ingredients

Explanation of Terms Used

Stirring—used for mixing the dry ingredients and the liquid; consists of a circular motion.

Beating—used to smooth mixture after stirring and also to incorporate air.

Folding—used for mixing beaten eggs with liquid or batter.

Muffins

2 c. flour	1 egg
4 t. baking powder	1 c. milk
½ t. salt	2 tb. melted fat
1 tb. sugar	

PROCEDURE

Heat muffin pans before greasing

Sift dry ingredients

Beat egg with spoon in mixing bowl

Combine milk and egg

Add milk and egg gradually to dry ingredients

Beat until free from lumps

Add melted fat and beat

Fill muffin tins half full, filling any empty ones with water

Bake 25 minutes in moderate oven

REASON

Does not delay baking

Mixes ingredients evenly
Beating of egg breaks up yolk and white and the egg can be more evenly distributed

Small amount of egg more easily and evenly distributed if added to milk

Mixture less apt to be lumpy when combined gradually with dry ingredients

Beating removes lumps and gives finer texture

Melted fat more easily and evenly distributed

Filling half full gives chance for rising. Water in empty pans prevents injuring pans

VARIATIONS

Graham Muffins

Use 1 c. graham flour and 1 c. white flour.

Corn Meal Muffins

Substitute 1 c. corn meal for 1 c. white flour.

Bacon Muffins

Use 2 tb. bacon drippings for the fat used in muffin mixture. Break crisp bacon and add 2 tb. broken bits to the mixture.

Date Muffins

Add $\frac{1}{2}$ c. chopped dates to dry ingredients of muffin mixture.

PROBLEM VII.**Baking Powder Biscuits**

2 c. flour
 $\frac{1}{2}$ t. salt
 $\frac{2}{3}$ to 1 c. milk or water

4 t. baking powder
 2 tb. fat

PROCEDURE

Sift and mix dry ingredients

Cut shortening into flour until fine like meal, using a fork or two knives, or the finger tips

Add liquid slowly

Turn onto floured board and roll lightly

Dip cutter into flour and cut dough into biscuits. Do not waste dough

Bake in hot oven 10 to 15 minutes

REASON

Distributes baking powder and salt evenly with the flour

In using fork or knives the mixture is kept colder. The fingers can be used, but the mixture should be handled as little as possible

Some flours take up more moisture than others and the whole amount of liquid may not be needed

Handling of mixture or hard rolling tends to break down air bubbles and mixture will not be so light. Gluten is developed in rolling and this makes the biscuits tough

Floured cutter prevents sticking. Dough worked over is never as tender, so cut out carefully utilizing all dough

VARIATIONS***Orange Blossom Biscuits***

After biscuits are cut and in pan, brush with milk,

add a dot of butter and sprinkle with sugar and cinnamon mixed together, then place on each biscuit a cube of sugar which has been soaked in orange juice.

Nut Biscuits

Add 1 tb. sugar to original biscuit recipe, adding to dry ingredients $\frac{1}{2}$ c. chopped nuts. Put a piece of nut on each biscuit, when ready to bake.

Date or Raisin Biscuit

Make biscuit mixture adding 1 tb. sugar and $1\frac{1}{2}$ c. chopped dates or seeded raisins to dry ingredients. Sift together dry ingredients. Add shortening and mix thoroughly, add liquid slowly to make a soft dough, turn onto floured board. Roll or pat into about $\frac{1}{2}$ inch thickness. Cut with biscuit cutter that has been dipped in flour. Bake in hot oven 10 to 15 minutes.

Peach Biscuits

Add to original recipe 1 c. chopped peaches drained from juice, 1 t. chopped orange rind and 2 tb. sugar. Proceed as above. Bake 15 minutes.

Shortcake

Butter the biscuits when hot. Break in two. Take one-half of the strawberries to be used, slice and cover with $\frac{1}{2}$ c. sugar. Let stand for half an hour. While biscuits are still hot, fill with this mixture. Cover the biscuit with a few whole berries. Serve with cream and sugar.

Peaches or oranges may be used in the same way.

Gingerbread

2 $\frac{1}{2}$ c. flour	1 t. cinnamon
1 t. soda	1 c. molasses
$\frac{1}{2}$ t. salt	1 c. sour milk
2 t. ginger	4 tb. melted fat

Note slight variation in mixing:

Mix dry ingredients, combine sour milk and molasses in mixing bowl and sift in dry ingredients, stir constantly. Add melted fat. Beat mixture. Bake in greased shallow pan in moderate oven.

Caution:

Any mixture containing molasses burns easily.

Honey and Nut Gingerbread

1 c. honey	2 eggs
$\frac{1}{3}$ c. butter or substitute	2 t. baking powder
1 c. cold water	1 t. ginger
1 c. whole-wheat flour	1 t. cinnamon
1 c. white flour	$\frac{1}{4}$ t. soda
1 c. chopped nuts	$\frac{1}{2}$ t. salt

Cream butter and honey together. Add the eggs well beaten. Mix and sift the dry ingredients together, and add alternately with the water. Add the chopped nuts last. Bake in a 350° F. oven for 45 minutes or until done.

PROBLEMS VIII. AND IX.

Bread

Bread may be made by two processes, depending on the time, i. e., Short Process and Long Process or Overnight Sponge.

The Short Process: Either liquid or compressed yeast is used because the yeast is in an active state. This hurries the process. All the flour is added at time of mixing; a stiff dough is the result and this is allowed to double in bulk. It is then made into loaves and set to double in bulk again.

The temperature must be kept even and from 3 to 5 hours should complete the process.

The Long Process: Dry yeast is used and has to be given time to develop. A thinner sponge is used because the yeast does not grow so well in a stiff dough. With this process the sponge usually stands overnight and the rest of the flour is added the next morning. The rest of the method is the same as for the short process.

Kneading

Use the lower part of the palm; with each push of the palm turn the dough and fold over. The dough should be smooth and elastic. It will be spongy to the touch and air bubbles will appear beneath the surface.

Stretch the underside when making the loaf and shape the dough with the hand. Work lightly. Make an oblong loaf. Have a smooth surface. The corners will fill out when the loaf rises.

Baking

The size of the loaf will depend on the size of the

family, oven space, etc. If baking for exhibit for fairs, use a single loaf. If the oven space and time allow, the single loaf is to be preferred because it insures a more evenly shaped and baked loaf.

If a number of loaves are baked at one time, it may be necessary to turn the pan occasionally so that all loaves will be evenly baked.

The bread should begin to brown in 15 minutes, then the temperature is reduced; 380° to 400° F. is the correct temperature.

Many will not have an oven thermometer and in this case the following test may help—a piece of white unglazed paper placed in the oven. If it becomes golden brown in 5 minutes, the temperature is right.

To Test Bread

To determine when bread is baked:

- (1) The loaf shrinks from the sides of the pan;
- (2) Remove from pan and press the sides and if they rebound, it is done.

To Care For Bread

When bread is removed from the oven, it should be placed on wire racks to cool so that the air may pass all around it. When cold, store in receptacles which have been thoroly washed and scalded. The bread should not be wrapped. To freshen stale bread, moisten the loaf, place in a hot oven and the moisture will be driven in, making a moist crumb and a crisp crust.

Yeast Bread

(Short Process)

1 c. liquid (water, milk or both)	1 t. shortening
2 t. sugar	½ cake compressed yeast
1 t. salt	About 4 cups flour

(This makes one loaf of bread.)

PROCEDURE

Boil water or scald milk

Put sugar, salt and shortening in mixing bowl and pour scalded liquid over them

REASON

Kills any harmful bacteria

Best way to dissolve sugar and salt and melt shortening

Let stand until lukewarm

Too high temperature will kill yeast

Soften yeast in lukewarm liquid and add to rest of mixture

Softening the yeast insures more even mixture

Gradually add flour and beat dough until it is stiff enough to handle on mixing board

This part of method will take practice to determine the exact amount of flour needed. Remember that different flours vary in absorbing qualities

Sift small amount of flour on clean dry mixing board

Prevents sticking. Do not use too much flour

Turn dough on to mixing board and knead until elastic and does not stick to hands and board

Probably ten minutes will be necessary to thoroly mix. This part of the procedure gives a smooth, even texture and makes bread elastic

Grease bowl and put bread back to stand until double in bulk. Cover with clean cloth.

Let stand in temperature of about 80° F.

When double in bulk, turn out. Knead lightly and shape into loaves. Put loaf in greased pan and let double in bulk again. Bake in moderate oven about 45 minutes

Lighter loaf is the result when yeast is given time to develop

Remove and place on rack to cool

Rack allows air to circulate on all sides and bread does not become steamed

Yeast Bread

(Long Process)

1 c. liquid

$\frac{1}{4}$ cake dry yeast

2 t. sugar

1 t. shortening

1 t. salt

About 4 c. flour

PROCEDURE

Add $\frac{1}{4}$ t. sugar to $\frac{1}{4}$ c. lukewarm water. Soak yeast in this for 20 minutes

REASON

Dry yeast is not active

Scald rest of liquid and add to sugar and salt and shortening. Let cool until lukewarm. Then add softened yeast cake

Add about half of the flour or enough to make batter

Cover and let stand overnight in warm place. Add balance of flour in morning

Let rise to double in bulk. Shape into loaves. Allow to double in bulk and bake

Easy way to melt shortening and dissolve salt and sugar. Necessary to cool to lukewarm so as not to destroy yeast

Yeast develops better in thin dough. Beating incorporates air and helps yeast to grow

Standing overnight gives yeast time for growth

Same as above process

VARIATIONS

Graham Bread

2 c. liquid, milk or water	2 t. salt
$\frac{1}{2}$ to 1 yeast cake, or $\frac{1}{2}$ to 1 c. liquid yeast	2 tb. sugar
2 tb. shortening	3 c. graham flour
	3 c. white flour

Orange Bread

1 cake compressed yeast	1 t. salt
$\frac{1}{4}$ c. lukewarm water	2 tb. sugar
1 c. orange juice	1 egg yolk
Grated rind of 2 oranges	About 4 c. flour
2 tb. butter	

Soften yeast cake in lukewarm water, mix and add orange juice and rind, melted butter, sugar, salt, egg yolk, beaten light. Stir in the flour for dough. Knead until smooth. Set aside until double in bulk. Divide into 2 loaves. Let rise. Bake one hour.

(Good for orange sandwiches and toasted.)

Butterscotch Bread

Roll out dough to fit in square tin one-half inch thick. Cover, let rise. Brush over with melted butter and at two-inch intervals make parallel rows of three-fourths-inch depressions, using forefinger. In depressions thus made, put a bit of butter and fill with brown sugar. Sprinkle with 2 tb. brown sugar mixed with one t. cinnamon and bake in a moderate oven 35 minutes (380° F.)

Cocoa Bread

1 cake compressed yeast	1/2 c. cocoa
2 c. milk scalded and cooled	1/2 c. butter
1 tb. sugar	2 eggs
5 1/2 c. sifted flour	1/2 t. salt
1/2 c. sugar	

Dissolve yeast and 1 tb. sugar in lukewarm milk, add 3 c. flour. Beat until smooth. Cover and set to rise about 1 1/2 hours. Then add butter and sugar creamed, eggs well beaten, cocoa, rest of flour (or enough to make soft dough), salt. Knead lightly and put in bowl to rise until double in bulk. Mold in loaves, let rise. Bake 45 minutes. Nuts may be added.

Parker House Rolls

2 c. scalded milk	1 yeast cake dissolved in 1/4
3 c. flour	c. lukewarm water, or 1 c.
3 tb. butter	liquid yeast
2 tb. sugar	Flour to stiffen sufficiently
2 t. salt	to knead

Add butter, sugar and salt to milk; when lukewarm add dissolved yeast cake or liquid yeast and three cups of flour. Beat thoroly, cover and let rise until light; cut down and add enough flour to knead (it will take about 2 1/2 cups). Let rise again, toss on slightly floured board, knead, pat and roll out to one-third-inch thickness. Shape with a biscuit cutter, first dipped in flour. Dip the handle of a knife in flour and with it make a crease thru the middle of each piece. Brush over one-half of each piece with melted butter, fold and press the edges together. Place in a greased pan one inch apart, cover, let rise and bake in a hot oven twelve or fifteen minutes. As rolls rise they will part slightly and if hastened in rising are likely to lose their shape.

Cinnamon Rolls

Use the recipe given for Parker House Rolls. Roll the dough to one-third of an inch in thickness. Spread with a mixture of butter, sugar and cinnamon. Roll as jelly roll, cut into one-half-inch slices. Place in a well-oiled pan, let rise to twice the original size, bake in a quick oven 15 to 20 minutes.

PROBLEM X.

Suggested Menus for Mothers' Luncheons or Club Parties

- | | | | |
|----|--|----|--|
| 1. | Vegetable Soup
Roast Lamb
Buttered Carrots and Peas
New Manhattan Salad
Wholewheat Bread Butter
Pineapple Sherbet and
Sponge Cake
Coffee | 2. | Fruit Cocktail
Roast Beef Baked Potatoes
Any one of following: Buttered
Beets, String Beans, New Turnips
(depending on season, new if possible);
Carrot and Nut Salad or
Vitamine Salad
Bran Muffins Butter
Peach Whip and Oatmeal Cookies |
| 3. | Meat Loaf Baked in Tomatoes
Baked Potatoes
Cabbage Salad
Nut Bread Butter
Baked Apple and Cream | 4. | Salmon Loaf
Vitamine Salad
Date Muffins Butter
Cherry Sauce with Wafers
Tea or Coffee |
| 5. | Orange Bouillon
Chicken a la King
New Peas Spiced Peaches
Hot Biscuits Butter
Sherbet and Cookies | 6. | Baked Ham or Roast Pork
Buttered Onions Baked Apples
Potatoes on the Half Shell
Cabbage and Pineapple Salad
Corn Muffins Butter
Sherbet |

Suggested Vegetables With Certain Meats

Meat

Roast Beef

Vegetables

Potatoes (baked
(browned
(boiled
(au gratin
(mashed

or

Sweet potatoes
(not both)
Squash, onions, tomatoes
Beans, cabbage
Cauliflower, spinach
One green vegetable

Boiled Beef

Potatoes (boiled or baked)
Carrots
Parsnips
Cabbage
Onions
Turnips
One green vegetable

Roast Lamb	Potatoes, especially new potatoes Cauliflower Peas Asparagus Artichokes Celery
Boiled Mutton	Potatoes Turnips Carrots Parsnips Peas Asparagus Cauliflower Beans
Roast Mutton	Browned potatoes Tomatoes Spinach Cauliflower Peas Turnips
Ham	Potatoes (au gratin (baked or Sweet potatoes Tomatoes Baked squash Cauliflower Spinach Celery
Pork (Apple Sauce or Baked Apple)	White or sweet potatoes Cabbage Spinach Tomatoes Carrots Beans
Veal	Potatoes (mashed (browned String beans Lima beans Parsnips Peas

Chicken	Sweet potatoes or White potatoes (mashed) or Corn (not two together) Squash Beans Celery String beans Onions
Turkey (Cranberry Sauce)	Potatoes, white or sweet Squash Peas Celery Onions
Goose (Apple Sauce)	Sweet potatoes Squash Spinach Stuffed peppers Cabbage

Suggestions for Demonstration Teams

1. **Appearance.** Team should be immaculate, garments clean. Wear caps. Do not make the mistake of coming before a group, one girl wearing a cap and the other not wearing one. Uniformity in appearance is necessary.
2. Have all materials—utensils and food supply—at hand and ready for use. Do everything ahead of time which is possible, i. e., blanching vegetables, etc.
3. Keep the demonstration peppy.
4. **Team Work.** While one is talking, the other should be busy. There is plenty to do.
5. Use enough subject matter to drive home pertinent points.
6. Emphasize the value of fresh fruits and vegetables.
7. Use the Food Score Card.
8. Review the food values of raw carrots, cabbage, lettuce, apples, and other foods having definite food value, which should be found in all homes.
9. Have something ready in the way of subject matter, a story to tell, a verse to give, if one of the team should forget. It is good management to have something in mind that can be added in an emergency.
10. **Speak distinctly.** When a question is asked, always repeat it before answering.
11. **Use good English. Pronounce your words correctly.** Neglect of this may turn a decision against you in a contest.
12. **Know your subject matter. Be accurate in all statements.**
13. Be sure the table is not littered. Working spaces should be clear.
14. The audience should be able to see the work being done at all times.
15. Have clean towels for wiping the hands.

16. Discuss the following points: nutritive value, ease of preparation, practicability in using materials which are being used.
17. Always use materials easily obtained. These must have nutritive value, however.
18. Emphasize that all materials whether food supply, towels, etc., must be clean, and vegetables and fruits crisp and cool.
19. Be so familiar with your work and what you are doing that any lapse or break by one of the team can be quickly filled in by the other without any noticeable break.
20. If the demonstration is canning, have a can of your own product on hand to judge. If baking, have a loaf of bread, biscuits, etc.
21. There is a difference between mechanism and subject matter. Too much conversation dealing with cans, rubbers, steam cookers, etc., is not necessary. Bring out pertinent points and let it go. Use subject matter that deals with food values. Pick out eight or ten points on nutritive value of foods used and give these while talking.
22. Be at ease. Work quietly. Know your equipment and materials. This can be gained through constant preparation, working at home and continually trying the demonstration out.
23. Never attempt to commit a demonstration word for word. It has a set expression that never rings true.

First Meeting

1. Song—"America"
2. Roll call
3. Election of officers for club
4. Leader explains Food Habits Score Card and how to keep record
5. Start keeping record of Food Habits
6. Select demonstration team for next meeting
7. Plans for next meeting
8. Club pledge
9. Dismissal

Home Work

Check on Food Habits Score Card and record for next meeting; wash dishes three times; clean kitchen once.

Second Meeting

1. Song—"America the Beautiful"
2. Roll call—Answer by giving record on Food Habits Score Card
3. Name two important factors in developing the Health-H
 - a. How does lime or calcium help in body building?
 - b. How are roughage foods helpful?
4. Demonstration—Utilization of Milk
(Custards)
5. Fill in report
6. Decide on next team to give demonstration
7. Club pledge
8. Dismissal

N. B. Members should plan, if possible, to weigh and measure before next meeting and record findings

Home Work

Prepare and serve 4 times dishes showing utilization of milk; wash dishes twice

Third Meeting

1. Song—"Idaho"
2. Roll call—Each member give height and weight and record it.
3. Discussion—What are Building Foods?
4. Name foods that are especially good for tooth and bone structure
(Use bulletin for reference.)
5. Demonstration—Utilization of Milk—
(Soups and Vegetables Cooked in Milk)
6. Make out weekly report
7. Choose next demonstration team
8. Club pledge
9. Games
10. Dismissal

Home Work

Start illustrated notebook using colored pictures

from magazines to develop. If club is not making notebooks, make chart to be used later in exhibits.

Plan two menus for hike. Bring to meeting and give to leader.

Clean kitchen twice (after meal).

Fourth Meeting

1. Roll call—each member report on Home Work
2. Check Food Habits Score Card
3. Review Food Facts concerning milk and vegetables
 - a. Why is milk an important food?
 - b. What are teeth made of?
 - c. Why is it important to chew thoroly?
 - d. How do raw vegetables and coarse cereal help keep the teeth clean?
4. Name the three food needs of the body
5. Demonstration—Utilization of Vegetables*
6. Make plans for hike or picnic. Appoint committees:
 - a. Menu
 - b. Selection of place
 - c. Preparation of lunch on arrival
 - d. Clean-up
7. Make out weekly report
8. Appoint next demonstration team
9. Song
10. Dismissal

Home Work

Make four vegetable dishes for use in home meals; make milk utilization dishes twice; clean kitchen twice (after meals)

*—A demonstration showing vegetable and fruit salads makes a possibility for several demonstrations in the utilization of fruits and vegetables.

Fifth Meeting

1. Song—"America"
2. Roll call—each member give one Food Fact she has learned
3. Food discussion:
 - a. Why are fruits necessary?
 - b. Why are some fruits good laxative foods?
 - c. Name three fruits high in iron content
4. Leader discuss oven temperatures for following meetings

5. Demonstration—Utilization of Fruits
6. Plans for a hike at next meeting
7. Appoint next demonstration team
8. Games (20 minutes)
9. Dismissal

Home Work

Plan and serve fruit dishes three times; plan and serve dishes using eggs, twice; wash dishes three times (after meals); clean kitchen twice

Sixth Meeting

1. Roll call
2. Demonstration—Sandwiches—(Use for hike)
3. Fill in report
4. Arrange for lunch and start hike
5. Use nutrition songs and club songs
6. Give club pledge before breaking up

Home Work

Check on Food Score Card; check on Height and Weight; report to leader and record; make and serve muffins twice, using variations once; make salad twice; wash dishes three times (after meals)

Seventh Meeting

1. Roll call—answer by giving variations in oven temperatures for muffins, biscuits and breads, or three vegetables containing iron
2. Song—"Idaho"
3. Fill in weekly report
4. Discussion:
 - a. Of what use are protein foods?
 - b. Name three foods that are classed as proteins
 - c. Name three foods that contain phosphorus (Use meal plan guide)
5. Demonstration—muffins and variations
6. Work on illustrated notebook
7. Record height and weight on chart
8. Appoint next demonstration team
9. Club pledge
10. Dismissal

Home Work

Make and serve muffins; make and serve biscuits twice, using variation once; make and serve two dishes using fruits; clean kitchen twice after meals

Eighth Meeting

1. Roll call. Answer by reporting on home work
2. Record in books
3. Song
4. Discussion:
 - a. What do foods containing phosphorus accomplish?
 - b. Name three foods representing Vitamine A
 - c. Name three foods representing Vitamine B
 - d. Name three foods representing Vitamine C
5. Plan for competitive demonstrations
6. Biscuit demonstration
7. Games (20 minutes)
8. Club pledge
9. Appoint next demonstration team
10. Dismissal

Home Work

Make and serve: bread, once; biscuits, twice, using variations; milk utilization, twice

Ninth Meeting

1. Roll call. Report record on Food Habits Score Card
2. Song
3. Club pledge
4. Discussions:
 - a. What is the difference between stirring and beating?
 - b. Why do you usually mix dry ingredients before adding liquid?
 - c. Name five foods that will halt or prevent constipation
5. Bread demonstration
6. Plans for Achievement Day:
 - a. Appoint committees
 - b. Arrange for place
 - c. Arrange for types of exhibits
7. Start plans for entertaining mothers
8. Discussion of menus
9. Games (20 minutes)
10. Dismissal

Home Work

Plan and serve 1 meal at home (Club member choose meal); make three vegetable dishes; plan menus for mothers' luncheon; wash dishes three times

Tenth Meeting

1. Roll call—answer by giving home work done
2. Song
3. Discussion:
 - a. Name four types of laxative foods
 - b. Name two foods representing each class
 - c. Does yeast develop best in thin or heavy dough?
4. Demonstration — Competitive — (Not more than three); (20 minutes each)
5. Submit menus for meal for mothers
6. Make plans for time, place and menu to be used
7. Work on illustrated notebook
8. Club pledge
9. Songs
10. Dismissal

Home Work

Plan and prepare two meals; make bread once; make vegetable dishes twice

Eleventh Meeting

1. Roll call
2. Club song
3. Discussions: Review Food Needs of the Body
 - a. Name three building foods
 - b. Name three energy foods
 - c. Name three vitamine foods
 - d. Name four foods found in two or more groups
4. Luncheon for mothers
5. Some club member explain Food Habits Score Card as kept
6. Leader announce plans for Achievement Day

Home Work

Plan and prepare two meals for entire family; record menu used in report book at next meeting; clean kitchen three times

Twelfth Meeting

Achievement day

Carry out program planned

CLUB PLEDGE

I pledge my Head to clearer thinking,
My Heart to greater loyalty,
My Hands to larger service,
And my Health to better living,
For my Club, my Community, and my Country.

Material Available for Reference

Meal Plan Guide

Height and Weight Charts

Series 1-2-3 of Nutrition Lessons

Food Habits of Children

Requirements of a Balanced Meal

Apple Recipes

Salads and Salad Dressings

Utilization of Milk

Vegetable Cookery

Table Service

Judging Score Cards