



UNIVERSITY OF IDAHO
 COLLEGE OF AGRICULTURE
Extension Division
 E. J. IDDINGS
 Director

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.

To Idaho 4-H Foods Club Girls

CONGRATULATIONS to you on joining a 4-H Foods Club. This is an opportunity for you to make a real contribution to our nation by helping your family and community.

Proper handling of and wise use of food are essentials in maintaining good health.

MAINTAIN HEALTH

A 4-H food project gives you the privilege of learning how to choose food and how to cook food to get the most from it. It is necessary that everybody stay strong and well. Good food means good health.

CONSERVE TIME AND ENERGY

A 4-H Foods Club offers you the opportunity to help prepare meals and to assist with kitchen duties. This will relieve mother of some of the burden of her daily work and give her some well-earned leisure.

PRESERVE FOOD

A 4-H Foods Club provides the means for you to learn how to care for food. Avoid waste of any food by handling and storing it carefully, by preparing it and cooking it properly, and by serving it so attractively no one can resist it.

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4-H Foods Project

Division I

MILDRED HABERLY
Extension Nutritionist

This project can help you to develop in the four H's

Head—Plan your work intelligently.

Heart—Help at home with the preparation and serving of meals.

Hands—Learn to prepare food skillfully and attractively.

Health—Learn to prepare and eat simple wholesome food that will help you to grow a strong active body.

Lesson I.—Rules for Making Your Cooking Successful

Study the beginning rules to make your club work a success. Practice accurate measurements. Learn the abbreviations and equivalents used in the recipes. Start keeping your 4-H Health Score Card and Record Book.

Points to Remember When Cooking

Cleanliness is the first requirement.

1. Have hands and fingernails clean.
2. Wear a washable apron or dress.
3. Arrange hair neatly and firmly.
4. Use different spoons for tasting and for stirring.
5. Keep a clean hand towel handy.
6. Soak cooking utensils. Stack dishes neatly.
7. Leave the kitchen in order and clean.

Success depends upon accuracy.

1. Read and follow recipes carefully.
2. Keep the work table in order.
3. Do not waste food.
4. Make one trip to pantry or cupboard.

Directions for measuring.

1. Use standard measuring cups and spoons.
Each tablespoon holds 3 teaspoons.
Each standard cup holds 16 level tablespoons.
Try yours to see if they are accurate.

2. Make all measurements level. Take all a spoon will hold then level with straight edge of knife or spatula.
For one half spoonful, cut the level spoonful lengthwise.
See figure below.



3. Sift flour before measuring. Fill cup carefully. Do not pack.
You will find the following abbreviations used in most recipes. Learn them:

t.—teaspoon
T.—tablespoon
c.—cup
oz.—ounce

pt.—pint
qt.—quart
min.—minute
hr.—hour

Also knowing the following equivalents will be helpful to you:

3 t.	equal	1 (T) tablespoon
16 T.	“	1 (c.) cup
2 c.	“	1 (pt.) pint
4 qt.	“	1 (gal.) gallon
2 c. butter	“	1 (lb.) pound
4 c. flour	“	1 (lb.) pound
2 c.	“	1 (lb.) pound

Lesson II.



Oh, come with us exploring
Along the Milky Way
We'll study foods and learn to cook
And use milk every day.

—Ontario Dept. of Agri.
Home-making Club Unit.

Learn Reasons for Using Milk

Try some cold milk drinks.

Milk is the one food for which there is no substitute—it is the most nearly perfect food. It has some of all the elements needed for body growth and health. It is rich in bone and tooth building minerals and its

protein is excellent for muscle building. That is why it is important for every growing child to have a quart of milk a day. Grownups need a pint a day for adequate repair.

It contains some of all the vitamins, although we cannot depend on it as a source of vitamin C. The cream part is rich in vitamin A. Milk supplies half of the daily needs of riboflavin.

Milk may be used as a beverage by itself or in combination with fruit juices or syrups for variety. It becomes a major part of many foods. Even though milk is about 87 percent water it is so nourishing that it is really a food rather than a drink.

Milk Drinks

Apricot Nogg

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

1 c. cold milk
 $\frac{1}{3}$ c. ice water

Dissolve the sugar in the apricot juice and chill. When ready to serve pour this into the milk and ice water. Shake vigorously or beat and serve immediately.

Raspberry Nogg

1 c. and 2 T. raspberry juice
chilled
 $\frac{1}{3}$ c. ice water

1 t. sugar (more if desired)
 $\frac{3}{4}$ c. milk (chilled)

Mix fruit juice, water and sugar, and add to milk. Serve ice cold.

Fruit Egg Nogg

2 eggs
Pinch salt
3 T. sugar

2 c. ice cold milk
 $\frac{1}{2}$ c. ice cold water
 $\frac{1}{4}$ c. strawberry or cherry juice

Beat egg yolks until thick and lemon colored and whites until stiff. Add salt, sugar, and berry juice to yolks, combine well and add milk and water. Fold in the egg whites, pour into tall glasses and sprinkle top with nutmeg.

Honey Egg Nogg

1 pt. cold milk
1 egg

6 T. honey
2 T. lemon or orange juice

Shake together until blended. Serve very cold.

Chocolate Milk Shake

1 pt. cold milk

2 T. chocolate or cocoa syrup

Shake well and serve very cold.

Cocoa Syrup

Mix $\frac{1}{2}$ c. cocoa, add $\frac{1}{2}$ c. cold water to smooth paste. Add another $\frac{1}{2}$ c. water and cook to smooth thickened paste. Add $\frac{1}{4}$ t. salt, 1 c. sugar, cook for 5 minutes, stirring constantly. Cool and add 1 t. vanilla. Pour into jar, seal and use as needed. This should make a pint and may be kept ready for use.

Fruit Milk Shake

3 c. juice from stewed fruits or nectar

3 c. milk

Add cold fruit juice to cold milk and beat well. 3 scoops of vanilla ice cream may be beaten in also.

Lesson III.—Making Hot Cocoa

Learn to make a hot milk drink. Here is one recipe for cocoa:

Cocoa

2 T. cocoa
2 T. sugar
 $\frac{1}{2}$ c. boiling water

3 c. scalded milk
 $\frac{1}{8}$ t. salt
Vanilla if desired

Mix cocoa, sugar and salt; add the boiling water. Boil together 5 minutes. Add to the milk which has been scalded (heated in a double boiler over hot water until little bubbles form around the edge of the milk). Cook together to develop flavor. Beat with Dover egg beater to form a froth and to prevent scum from forming.

Learn to Make Dishwashing Easier

- Soak cooking dishes immediately after use.
 - Use hot water for sugar or grease.
 - Use cold water for milk, egg or flour.
- Sort dishes of the same kind into stacks.
- Make a good suds with hot water and soap. If water is hard, use a little water softener. Do not let the bar of soap soak in the dishpan for this wastes it.
- Stack the dishes on the right of the dish pan; rinse on the left.
- Wash the dishes in the following order: glassware, silver, cups, saucers, plates, serving dishes, cooking utensils.
- After washing rinse in very hot water.
- Arrange in a rack to dry or dry thoroughly with a clean tea towel.
- Wipe the kitchen stove, tables, working surfaces, and clean the sink thoroughly.

Lesson IV.—Toast and Variations

Learn to make toast and variations of it. These may be used for breakfast, luncheon, tea, or supper.

Toast

Select any variety of bread that is at least one day old. Cut the slices $\frac{1}{4}$ to $\frac{1}{2}$ inch in thickness. Brown the bread evenly on each side. Butter while hot. Serve immediately.

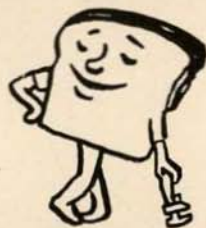
Variations

- Croutons for soup*

Cut bread in half-inch cubes and toast in oven until brown and crisp all through. Serve with cream soups instead of crackers.

- Milk toast*

Scald milk in the upper part of a double boiler until small bubbles form around the edge as you did for the cocoa. Season with salt,



pepper and butter. Pour over toast arranged in individual bowls or plates and serve immediately. This is a good breakfast, luncheon or supper dish. It is frequently included in an invalid's diet.

3. *Cinnamon toast*

Butter slices of toasted bread generously. Sprinkle immediately with a mixture of 2 T. sugar and 1 t. cinnamon. This is a good salad accompaniment. Or you could prepare it to serve for tea some afternoon when mother has guests.

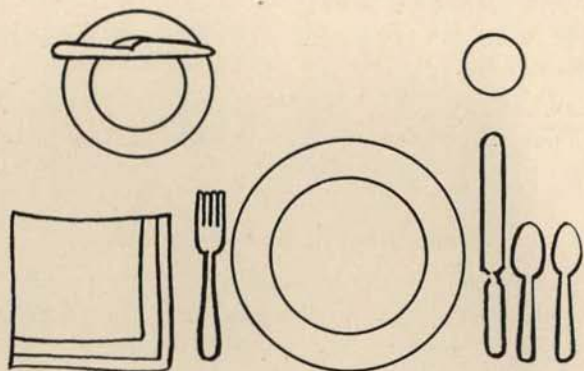
4. *Orange toast*

This is similar to cinnamon toast. Sprinkle the buttered toast with a mixture of 2 T. sugar and 2 t. grated orange rind.

Lesson V.—Table Setting

Practice setting the table for your family meals using as few steps as possible. The following rules will help you to do it neatly and correctly:

1. The knife is placed at right of plate with cutting edge toward the plate.
2. The fork is placed at left of plate with tines up.
3. The spoons with bowls up are placed at right of knife.
4. Place water glass at tip of knife. Milk glass at right of water glass.
5. The cup and saucer are placed at right of spoons with handle of cup parallel to table edge.
6. All silver, linen, and china should be 1 inch from edge of table.
7. The napkin is placed at left of fork with open corner at the lower right toward the plate.
8. If a bread and butter plate is used, it is placed at the tip of fork. The butter spreader is placed across the tip of the plate parallel to table edge.



A table set properly for one person.

9. If a salad is served on an individual plate with the meal, it is placed at the left of the napkin or it may take the place of the bread and butter plate.
10. Salt and pepper shaker and sugar and creamer should be placed within reach of someone at the table. The handles should be parallel to the edge of the table rather than diagonal.

Lesson VI.



Vegetables are important in keeping the body fit. Most of them contain minerals and vitamins that we need and some give us energy and a bit of protein as well.

Our food in the winter has much to do with our health in the spring. From the family garden supply, foods that have been stored through the winter should be brought into use. Carrots, cabbage, potatoes, onions, and turnips will all help in contributing toward a program of health. These vegetables are cheap. They can be raised in most sections. They have high nutritive value.

It is worthwhile to learn to like yellow vegetables such as carrots because of their high vitamin A content. Many aviators have discovered this. Truck drivers are sometimes required to eat carrots to improve their vision in dim light. The deep green vegetables such as kale or parsley supply vitamin A, iron and also vitamin C when eaten raw.

We are told to eat a raw vegetable every day. Many kinds can be prepared as attractive relishes to be eaten with the fingers; others may be used in salads.

Preparation of Raw Vegetables

1. Wash thoroughly; scrub if necessary.
2. Leave the peeling on if it is tender, but if it is tough, pare it thinly.
3. Trim and cut into convenient sizes or shapes.
4. If any need of crisping, put in a closed container in a cold place for a short time.

5. Exposure to air causes loss of vitamins so do not prepare them until nearly ready to serve.
6. Just before serving arrange a combination of two or three vegetables on a plate, pottery platter, wooden tray, or bowl.
 - a. Combinations of different colors and variety of shapes lend interest.
 - b. It is usually best to group all of one kind of vegetables together in a mass. These may be nested in lettuce leaves, or arranged in sections, wedges, or rings on the container.
 - c. Do not fill the plate too full.

For use on a relish tray try the following:

- | | |
|--|--|
| 1. Lettuce, endive or other salad greens | Leaves, wedges, or rolls |
| 2. Cabbage (red or green) | Small wedges |
| 3. Onions | Tiny whole, slices, rings or wedges |
| 4. Carrots, turnips | Strips, rings, tiny whole, curls |
| 5. Tomatoes | Whole, sliced, wedges |
| 6. Radishes | Whole, roses |
| 7. Watercress, parsley | Sprigs |
| 8. Green pepper | Strips, crescents, or rings |
| 9. Cucumber | Strips, slices (peeling may be lined with fork tines before slicing) |
| 10. Celery | Strips, curls, stalks from heart, rings (recluster washed stalks; then cut crosswise into thin slices) |
| 11. Cauliflower | Flowerlets |

(Note: These may be wrapped in waxed paper or tucked in waxed bag to add color and crispness to a packed lunch.)

Lesson VII.—Fruits

Fruits, either raw or cooked, are valuable to use in planning meals. Such fruits as oranges, apples, and prunes aid in preventing constipation. Such fruits as grapefruit, oranges, and baked apples are possibilities for any meal and are valuable for their nutritive value as well as a laxative.

Fruits are one of the most popular foods in this country. We enjoy them fresh, canned, dried, cooked, or frozen.

One of your problems will be to prepare fruit at least four times for your family's meals. When you serve fresh fruit in season, select firm, ripe, whole fruits. Wash carefully. Serve whole, halved, pared, or cut in pieces that are convenient to eat.

Cooked Fruit

When you prefer the fruit cooked, only a few rules need to be remembered. If you want a soft sauce, cook the fruit with a lid and add the sugar to taste after the fruit is tender. If you want the fruit firm and to hold its shape, add the sugar at the beginning of cooking. Cook without a lid. In this case the quarters or halves of fruit may be dropped in a syrup to cook.

Dried Fruit

Peaches, apricots, prunes, or apples may be prepared in this manner. Wash them carefully. Cover with hot water and soak 30 to 45 minutes. Simmer in the same water in which the fruit has been soaked until tender. Add sugar to taste (2 to 4 T. per cup of fruit). Some fruits require no sugar at all. Lemon juice may be added if desired.

Baked Apples

Wash and core apples. Cut a thin slice of peeling off the top of each. Fill cavity with one of the following:

- 1 t. white sugar and 1 t. corn syrup
- 1 t. brown sugar, $\frac{1}{2}$ t. butter, and sprinkling of cinnamon
- 2 t. honey
- 1 t. corn syrup and one browned link sausage

Place in buttered baking dish with enough water to cover the bottom of the dish. Cover and steam in a medium hot oven (375°F) for 15 min.; then remove cover and bake 45 minutes or until tender in medium oven (350°F). Baste occasionally.

Fruit Juice Cocktails

Suggested combinations:

- | | |
|------------------------|-----------------------------|
| Apricot, lemon, orange | Strawberry, rhubarb |
| Cherry, peach, lemon | Currant, raspberry, peach |
| Strawberry, cherry | Red raspberry, lemon, peach |
| | Currant, lemon |

Good Fruit Juice Combinations

- | | |
|--|---|
| Apple—with plum, red cherry, or pine-apple | Peach—with orange and lemon |
| Cherry—delicious with any mild juice | Rhubarb—with lemon and raspberry |
| Currant—with red raspberry | Gooseberry—with spices, orange or pineapple |
| Grape—with pineapple juice | Apricot—with pear and peach |

For Achievement Day, select food which you have prepared in club work, for example:

- | | |
|--------------------|------------------------------|
| 1. Oatmeal Cookies | 3. Baked Apple |
| Raspberry Nogg | Chocolate Cookies and Milk |
| 2. Stewed Apricots | 4. Raw Vegetable Salad Plate |
| Cinnamon Toast | Buttered Toast |
| Hot Cocoa | Fresh Fruit |
| | Cookies |
| | Hot Cocoa |

Lesson VIII.—Getting Ready for the Fair

Work on records, posters, notebooks, or exhibit materials. Learn what foods we should eat each day. See "Basic Seven Chart."

Lesson IX and X.—Cookies

See the "Cookie Jar" for suggestions or try any simple drop cookie recipe that is popular in your family.

This is a score card for judging your cookies.

Outside

Shape and size	15%	25%
Crust and surface	10%	40%

Inside

Texture (characteristic, tender, moist, or crisp)	15%	
Grain (small, even holes) ..	15%	
Color (no streaks, flour spots or brown specks).....	10%	35%
Flavor and odor	35%	
Total		100%



Lesson XI and XII.—Hike and Achievement Day

Complete record book, story, Health score card. Check diagram of table setting for exhibit.

If you decide to serve refreshments to guests at your Achievement Day refer to:

I. Hepworth, Marion, "Cookie Jar," University of Idaho. Mimeoleaflet.

