

MOSCOW, APRIL 1946

LIBRARY
EXTENSION BULLETIN No. 657
MOSCOW



4H
FOODS
PROJECT
DIVISION 3
Luncheon

UNIVERSITY OF IDAHO
COLLEGE OF AGRICULTURE
EXTENSION DIVISION

C. W. HICKMAN
Acting Director

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

VIA 9811
ONAD 70 VINU
W0380H

The National 4-H Club Creed

Parallel with the development of State 4-H Club creeds, there has developed the following national 4-H Club creed:

I believe in 4-H 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, to resist disease, and to work efficiently.

I believe in my Country, my State, and my Community, and in my responsibility for their development.

In all these things I believe, and I am willing to dedicate my efforts to 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*.

LIBRARY
UNIVERSITY OF IDAHO
BOZEMAN

4-H Foods Project

Division 3 -- Luncheon

Revised by MILDRED HABERLY

4-H Food Project, Division 3, is a continuation of the work begun in junior cookery and the breakfast projects. If you put into practice all that you have learned the last two years with the information in this project, you will be an outstanding example of one who is making food and health a vital part of his living.

Requirements for Completion of the Project (Division 3)

1. Prepare cooked (fresh) vegetables for your family at least five times, using at least three kinds of vegetables.
2. Prepare two creamed dishes for family meals.
3. Prepare two kinds of cream soups.
4. Assist with vegetable plate luncheon for club members.
5. Prepare salads for family meals four times—one should be a main course (heavy) salad.
6. Bake bread at least twice.
7. Learn to judge bread.
8. Prepare two simple desserts for family, include one custard.
9. Write a menu for the mother's luncheon.
10. Serve at least one lunch or supper at home.
11. Serve a guest luncheon or supper at home (optional).
12. Take part in at least one demonstration at club.
13. Keep records of project.
14. Practice good food habits. Learn to like at least one new food.
15. Practice correct table setting and table courtesies.
16. Assist other club members with planning, preparing and serving the mother's luncheon.
17. Make a standard exhibit at local or county fair.

Requirements for Exhibit

1. Record book completed and signed.
2. Poster or illustrated notebook showing three adequate meals for an Idaho family for one day. Keep the cost reasonable. (Size no larger than 14x22 inches.)
3. One loaf of yeast bread.

Suggested Plan for Activities of the Club

- | | |
|-------------------------|---|
| 1. Organization meeting | 7. Vegetable plate luncheon for club |
| 2. Vegetable cookery | 8. Simple desserts |
| 3. Creamed soups | 9. Convenient arrangement of kitchen equipment (optional) |
| 4. Creamed vegetables | 10. Table service etiquette |
| 5. Yeast bread | 11. Mother's luncheon |
| 6. Salads | 12. Community day |

IDAHO AGRICULTURAL EXTENSION DIVISION

Remember the "circle of health" which you used last year as a guide in choosing food for the three meals a day? Check to see if you have been following that guide in selecting meals.

Have you formed the habit of having every day? — (Answer yes or no)

- Milk and milk products _____
- Green or yellow vegetables _____
- Tomatoes, raw cabbage or other greens,
berries, melons or citrus fruits _____
- Potatoes _____
- Other vegetables or fruit _____
- Whole grain cereal or bread _____
- Butter _____
- Meat, poultry, fish, or eggs _____
- Six to eight glasses of water _____

Breakfast, lunch, and dinner should be planned at one time to be sure that the family is served all the foods needed for good health. Check with mother when you prepare family lunches or suppers to fit your meal into the ones she has planned. Homemakers often plan breakfast and dinner first; then make this light meal of the day balance the food needs.

Your Division 1 bulletin told you what was included in a well-balanced meal. Perhaps you should review the "Growing," "Going," and "Regulating" foods. A safe way to be sure that enough food nutrients are provided in the family meals is to include daily liberal amounts of each type.

It's Luncheon Time

This bulletin deals specifically with luncheon and supper plans. The meal that follows breakfast is called luncheon or dinner. If it is a light meal, it is a luncheon. If it is a heavy meal, it is dinner. Supper is very similar to lunch, but it is served in the evening when dinner has been the noon meal.

Patterns of Simple Luncheons and Suppers



LIGHT	MEDIUM	HEAVY
Soup or Main Hot Dish	Main Hot Dish	Main Hot Dish
Crackers or Bread	Bread and Butter	Vegetable
Salad or Dessert	Salad	Bread and Butter
Beverage	Dessert	Salad and or Dessert
	Beverage	Beverage

Here are some examples based on the patterns:

- | | | |
|--------------------|----------------|------------------|
| Cream of corn soup | Scrambled eggs | Scrambled eggs |
| Crackers | Graham muffins | Green peas |
| Fruit salad | Fruit salad | Bread and butter |
| Milk | Cookies | Carrot strips |
| | Milk | Baked apple |
| | | Milk |

Vegetables

Vegetables make an important contribution to nutritious meals. Vegetables other than potatoes should be served at least twice each day. They take their rightful place in meals that taste good and look good.

Vegetables are cooked to soften the fiber, to cook the starch, to give variety, and sometimes to improve taste. Remember in cooking to save the color, the flavor, and the food value.



While vegetables are grown by 4-H gardeners throughout Idaho, many do not get full value from their products. The vegetables you work so hard to raise can lose their vitamins right in your kitchen. The general rule is to cook vegetables as short a time as possible in a small amount of water with a closely fitting lid on the kettle. Vegetables cooked only long enough to be tender but not long enough to become soft, strong flavored, or

dull colored will be a delicious and attractive part of a meal. At the same time there will be less loss of food value. Here are seven simple rules for preparing vegetables for health:

1. Select fresh, sound vegetables.
2. Use as soon as possible after harvesting, for crisp, attractive products that have full vitamin content.
3. Store fresh vegetables in a cool place when you bring them from the garden or cellar.
4. Overcome the "peeling" habit. Bake, steam, or boil in the jackets when possible. Slip skins off carrots after cooking. Peel thinly if at all. Cook whole when practical.
5. To prevent loss of soluble vitamins and minerals, avoid soaking the vegetable prior to cooking.
6. Make use of outside green leaves and green tops of vegetables.
7. Plan carefully the amount needed to avoid having leftovers.

When you cook vegetables, follow six simple rules:

1. Cook in as little water as possible.
2. Have water boiling when vegetable is added to it.
3. Cook in covered utensil to retain steam and exclude air.
4. Reduce heat when water boils again.
5. Cook in shortest possible time until tender because overcooking or reheating increases loss of vitamins.
6. Use care about adding soda. It destroys some of vitamins B and C.

When you serve vegetables, follow two simple rules:

1. Serve the vegetable as soon as possible after it is done.
2. Use the cooking liquid. Minerals and vitamins have dissolved in it. If there is too much liquid to serve, save for future use in soups, gravies, or in vegetable cocktails.

Some vegetables require special attention to be most attractive when served.

1. Green vegetables—
Keep brighter in color if cooked uncovered.
Turn "bronzy" if acid is added. For example, serve vinegar with greens rather than adding it to them.
Lose vitamin C easily. Do not overcook.
2. Red vegetables—
Keep true color if acid is added. For example, slice of tart apple in red cabbage or add a small amount of vinegar to beets.
3. Strongly flavored vegetables—
Are more palatable if cooked uncovered.
Will be less strong if cooked in water to cover, which is an exception to the rule.

Vegetables keep the body fit by:

1. Supplying minerals
Iron in green leafy vegetables and legumes for red blood.
Calcium in lesser amounts in green leaves, broccoli and carrots for strong bones and teeth.
2. Providing vitamins
Vitamin A in green and yellow vegetables for healthy mucous membranes, strong tooth enamel, and clear vision in dim light.
Thiamin in legumes and potatoes for good digestion, healthy nerves, and general "pep."
Vitamin C in tomatoes, raw leafy vegetables, peppers, and broccoli for strong tissues, especially bones, teeth, and blood vessels.
Other B-complex vitamins for general well being.
3. Furnishing roughage and acting as mild laxatives.
4. Maintaining a balance between acid and alkaline reactions in the body.

They make meals more enjoyable by:

1. Offering variety to the menu.
2. Adding color, crispness, and flavor.
3. Satisfying appetites.

Idaho Potatoes Are Valuable

As a source of vitamins and minerals, potatoes have grown in importance. They are a good food for active workers and growing children, because they are rich in "going foods." Without this they still would deserve a daily place in our meals. They pack good food value and appreciable amounts of iron and thiamin under their brown jackets. Cereals are often used to replace potatoes, but they do not provide the bulkiness, iron or vitamin content. Cereals lack the neutralizing alkalinity effect that potatoes have.

Cooking potatoes unpeeled saves the vitamin C and iron.

Baked potato

Scrub potatoes well. Prick ends with tines of sharp fork. Bake at 450° for 45 to 60 minutes, depending on the size and shape of the potatoes. To serve, open with prongs of fork and press on sides to fluff up. Season with salt and butter. Serve immediately.

Potatoes in Jackets

Scrub thoroughly. Drop them into boiling water to cover or place in steamer. Cook covered until tender. Drain off excess liquid. Serve new potatoes in jackets or peel, season and serve. If the potatoes are to be held over to use in salad, cool rapidly under running water then store in refrigerator in the jackets.

Cabbage and Kale Are Important*Panned Cabbage*

Shred 1 quart of cabbage for four servings. Melt 2 T. bacon fat or other shortening in heavy frying pan. Add cabbage and cover. Stir frequently. Cook 8 to 10 minutes. Season and serve promptly.

Steamed Kale

Wash leaves carefully. Pull kale from midribs of large leaves. Put in steamer and steam 15 minutes or cook in $\frac{1}{4}$ c. water in tightly closed kettle for 12 to 15 minutes. Season with salt and bacon fat or butter. Serve promptly.

White Sauce

Creamed soups, vegetables, meats, fish, or eggs make very satisfactory luncheon dishes. The foundation for them is a white sauce made in varying consistencies. If you have had trouble with lumpy or too thin gravy or pasty cream sauce, try this method. You can build a reputation with velvety-smooth sauces.



You will need these ingredients:

Sauce	Uses	Fat	Flour	Milk	Salt
Thin	Soups	1 T	1 T	1 cup	$\frac{1}{2}$ t.
Medium	Creamed vegetables or gravy	2 T	2 T	1 cup	$\frac{1}{2}$ t.
Thick	Scalloped or au gratin and soufflé	3 T	3 T	1 cup	$\frac{1}{2}$ t.

You should follow these steps:

- Step 1—Melt the fat in a sauce pan or double boiler (do not over-heat).
- Step 2—Remove from heat to stir in flour and salt to form a smooth paste.
- Step 3—Add the milk gradually. Stir well.

Step 4—Return to heat. Cook until mixture is thickened to desired consistency. Be sure to stir constantly from the bottom of the pan. Season.

Things to remember when you cook with milk:

1. Cook milk in covered containers to preserve riboflavin.
2. Heat milk slowly to prevent curdling or scorching.
3. Cook milk in a double boiler—unless your stove has controlled heat which can be turned very low.
4. Milk dishes that are to be baked in the oven should be placed in a pan of water.

Cream Soups

Nourishing cream soups may be made with the thin white sauce as a base. Cooked asparagus, peas, celery, corn, or other vegetables can be combined with the sauce in equal proportions or according to individual taste. Let your imagination be the guide for interesting variety in the soups you make.

Add the cooked, diced or sieved vegetables to the hot, white sauce just before serving. This should have the consistency of thick cream. A bit of onion or a few celery leaves may be used as seasoning. A dash of paprika or a sprinkling of minced parsley or grated cheese will add color and flavor to each serving of soup. Be sure to use the water in which the vegetables were cooked.

Tomato soup requires a different method because the acid may cause the milk to curdle. The use of soda should be avoided because it partially destroys the vitamin C of the tomatoes. Use these ingredients for cream of tomato soup:

2 c tomato puree
2 onion slices
1 t sugar
 $\frac{1}{2}$ t salt

Seasonings (1 clove, 1 pep-
percorn, 1 bay
leaf)
 $\frac{1}{4}$ c flour
 $\frac{1}{4}$ c fat
2 c milk

Follow this method: Simmer the first five ingredients together 15 minutes. Put through a sieve. Mix flour and fat. Add tomato mixture gradually. Cook until thickened. Pour tomato sauce slowly into cold milk. Reheat almost to boiling. Serve immediately.

Accompaniments for cream soups

- | | |
|---------------------|-----------------|
| 1. Croutons | 4. Potato chips |
| 2. Crisp crackers | 5. Popcorn |
| 3. Dry toast strips | |

Creamed Dishes

To each cup of hot, medium white sauce, add 2 cups of cooked vegetables, meat, fish or hard cooked eggs. Try creamed eggs served over green asparagus tips on toast for a luncheon dish.

Scalloped Dishes

To each cup of medium or thick white sauce add 1 to 2 cups of vegetable, meat, fish, hard cooked egg, cooked macaroni or rice. Turn into oiled baking dish. Sprinkle with buttered crumbs. Bake until brown.

Au Gratin Dishes

These are the same as the scalloped vegetable dishes except grated cheese is added. Cauliflower, asparagus, and potatoes are very good cooked this way.

Yeast Breads

In the breakfast project (Division 2) you practiced making quick breads until you were sure you could make "yummy" ones everytime. Every 4-H club girl should learn to make good light bread too, before she completes her foods work.

Bread has always furnished us with at least two nutrients needed for good health—proteins and carbohydrates.

Because it is difficult to get enough of the B vitamins and iron from the foods most people eat, milling companies and bakeries add these nutrients to flour and to bakery bread.

Flour to which niacin, thiamin, riboflavin, and iron have been added is called enriched flour. Check your family flour for the label which assures you that you are getting this extra food value in every sack.

In making yeast bread, you may use either (1) the short (dough) process which uses compressed yeast or (2) the long (sponge) process which is preferred for dry yeast.

Here are the six steps to follow in the short process to learn to bake bread of which you will be proud.

Measuring and Mixing

- a. Have all utensils and equipment very clean.
- b. Use a tested recipe

Ingredients	For one 1-lb. loaf	For four 1-lb. loaves
Milk, water or other liquid	1 cup	4 cups
sugar	1 T	$\frac{1}{4}$ cup
salt	1 t	4 t
Shortening	2 t	2 T
Yeast	$\frac{1}{2}$ to 1 cake	1 to 2 cakes
Water (lukewarm)	2 T	$\frac{1}{2}$ cup
Flour (sifted)	3 cups (about)	12 cups (about)

- c. Measure all ingredients accurately. Be sure to sift flour before measuring.
- d. Soften the yeast in lukewarm water (82°) to separate the yeast cells so activity can begin as soon as they are added to the dough. A dairy thermometer may be used to test temperature of liquid and dough.
- e. Milk is usually preferred as the liquid because it adds to food value as well as to flavor. Scald the milk before measuring.
- f. Put sugar, salt, and shortening in mixing bowl. Pour scalded liquid over them to dissolve.
- g. Beat in 1 or 2 cups of flour to help lower the temperature of the mixture.
- h. When the mixture has cooled to $80-85^{\circ}$, add the softened yeast. (This mixture will feel cool, because body temperature is 98.6° , you remember.)
- i. Continue to beat in flour until a soft dough is formed.

- j. Sprinkle some of remaining flour on board. Turn dough onto board. Knead in only enough flour to prevent sticking. A stiff dough rises slowly and makes coarse textured bread.

Kneading

1. Method

Knead by folding the dough over itself, pushing it lightly with a rocking motion using the heel of the hand. Turn it one-fourth of the way around each time you fold it over. Keep the fingers cupped to prevent flattening. Do not press hard.

2. Tests

Knead until the dough looks smooth and satiny, feels spongy, and small bubbles appear beneath the surface. This usually requires 8 to 10 minutes. You may test by holding the hand lightly on the surface of the dough while counting to 30. Sufficiently kneaded dough will not stick.

Rising

1. Have the bowl slightly warm. Grease it lightly.
2. Turn the dough over in the bowl to grease the surface slightly. Heavy greasing may cause dark streaks in the baked bread.
3. Cover with a slightly dampened cloth. Keep the dough as near 80-85° as possible to hasten rising. The bowl may be set in a pan of 90° water if the room is cool. Keep out of drafts.
4. Let rise until doubled in bulk or until a touch of the finger leaves a slight dent.

Punching Down

1. Plunge the fist into the center of the dough and knead by folding the edges toward the center. This breaks large gas pockets and gives a fresh supply of oxygen to the yeast cells.
2. Turn the smooth side of the dough up, cover and let rise a second time if desired to give a good texture and a fine even grain. (Do not follow this step with soft-wheat flour.) This second rising does not take so long as the first.
3. When the dough has doubled in volume again it is ready to be punched down and divided. Turn dough onto very slightly floured board. Cut with knife into portions for loaves.
4. Cover each portion and allow to "rest" 10 minutes.



Step 1.—Flatten the ball of dough into an oblong.



Step 2.—Fold lengthwise.



Step 3.—Stretch gently until three times as long as the baking pan.



Step 4.—Overlap the ends at the center. Seal the ends with the knuckles.



Step 5.—Fold lengthwise towards you. Seal edges. Flatten slightly.



Step 6.—Fold lengthwise again from you. Seal.



Step 7.—Roll the loaf under the hand to round it and tighten seam.



Step 8.—Place the roll, seam side down, in pan lightly greased on the bottom.

A single pan is preferred, especially if the loaf is to be exhibited.

$8\frac{1}{2}$ x $3\frac{1}{2}$ x 3 inches is a standard size.

Brush lightly with melted fat, set to rise in warm place $82-85^{\circ}$ F until doubled in bulk.



Baking

Preheat the oven to 425°. Place the pans with space between them. Unless the oven bakes very evenly, it is wise to turn the loaves around once during the first half of baking.

425° may be used throughout the baking period. For a lighter crust, reduce the temperature to 375° after the first 15 to 20 minutes. Bake for 40 to 50 minutes.

Bread is done when it shrinks slightly from the sides of the pan and a hollow sound is produced when tapped with the finger tips.

Remove immediately from the pan. Cool on a rack or across the top of the bread pan. When thoroughly cool, store in a clean, well-ventilated bread box in a dry, cool place.

When you make yeast bread by the long (sponge) method, use the same ingredients except one-half the amount of dry yeast instead of compressed yeast.

1. Soak the yeast for 20 to 30 minutes in lukewarm water to which $\frac{1}{4}$ teaspoon of sugar has been added.
2. Scald milk. Pour over sugar and fat in mixing bowl. Cool to 80-85° and add yeast mixture.
3. Sift flour. Gradually add about half of it to the liquid. Beat well. Keep in a warm place until the batter is full of bubbles and spongy in appearance (sometimes allowed to stand over night.)
4. Add flour and salt and proceed as in dough process.

To find out how your bread compares with a standard loaf of bread try judging it by the following score card.



Score Card for Bread

	Standard	Tests	Common defects	Causes
Appearance	<ol style="list-style-type: none"> 1. Good shape 2. Evenly rounded on top 3. Smooth unbroken crust 4. No bulges 5. Uniform golden brown color 6. Light shredded appearance just above pan 		<ol style="list-style-type: none"> 1. Poor shape 2. Broken crusts 3. Bulges 4. Not uniform color-burned or too light brown 5. Grey 	<ol style="list-style-type: none"> 1. Inexperience in molding loaf 2. Pans touched in oven 3. Too much dough per pan 4. Too slow baking 5. Over fermentation 6. Did not spring to maximum size in oven
Crust	<ol style="list-style-type: none"> 1. Even thickness 2. $\frac{1}{8}$-inch deep 3. Crisp and tender 	<ol style="list-style-type: none"> 1. Cut the loaf 	<ol style="list-style-type: none"> 1. Too thick crust 2. Hard and tough 	<ol style="list-style-type: none"> 1. Heat too dry, oven too moist 2. Too slow baking 3. Did not use shortening
Color of crumb	<ol style="list-style-type: none"> 1. Creamy white 	<ol style="list-style-type: none"> 1. Look across the cut loaf having light from angle on loaf 	<ol style="list-style-type: none"> 1. Yellow or grayish 2. Streaked 3. Dark patches 4. Dark, poor color. 	<ol style="list-style-type: none"> 1. Did not use standard flour 2. Poorly mixed 3. Worked in dry flour when shaping loaves 4. Stale yeast 5. Too hot an oven at first 6. Too high temperature while rising 7. Too much fat in bowl
Texture	<ol style="list-style-type: none"> 1. Fine and even 2. Thin-walled cells 3. Cells elongated vertically 	<ol style="list-style-type: none"> 1. Cut a thin slice of bread. Hold up to light to see cell structure 	<ol style="list-style-type: none"> 1. Coarse and uneven cells 2. Large round cells 	<ol style="list-style-type: none"> 1. Too cool oven at first 2. Not enough flour 3. Too long rising in pans. 4. Not thorough kneading
Elasticity and lightness	<ol style="list-style-type: none"> 1. Slightly moist, not dry 2. Elastic but not tough 	<ol style="list-style-type: none"> 1. Press firmly between hands, should spring back quickly to original shape 	<ol style="list-style-type: none"> 1. Heavy or soggy 2. Crumbly or dry 	<ol style="list-style-type: none"> 1. Did not use standard flour 2. Too stiff dough 3. Too cool oven 4. Insufficient rising 5. Stale yeast 6. Baked too long
Flavor, aroma and eating quality	<ol style="list-style-type: none"> 1. Natural sweet nutty flavor of baked grain 2. Pleasant odor 	<ol style="list-style-type: none"> 1. Taste it 2. Smell it 	<ol style="list-style-type: none"> 1. Sour 2. Unpleasant odor 	<ol style="list-style-type: none"> 1. Poor yeast 2. Too long rising 3. Too high temperature while rising 4. Too slow baking 5. Incomplete baking 6. Insufficient scalding of liquid 7. Unclean utensils

You can learn how to recognize good quality bread by practicing judging at club meetings. By learning the causes of any defects your bread may have, you can improve your product.

Salads

Salad may be the main dish of the meal, an accompaniment to the main course, or it may be served as a relish, an appetizer or a dessert. Fish, meat, cheese or egg combinations may be used as the main dish of the luncheon or supper. With whole wheat bread, butter, milk and fruit, one has a well-balanced meal, especially pleasing for a warm day.

Any of the raw vegetables you prepared as relishes may be used in salads. Tossed green salads consisting of leafy vegetables lightly mixed with French dressing may be the basis for a limitless number of combinations.

To make a tasty salad everything in it including the dressing should be cold. The greens should be crisp and dry. Salad vegetables and fruits should be cut in pieces of convenient size to eat yet large enough to retain the identity of pieces.

The plate or bowl should be to a salad what a frame is to a picture. Keep the bed of lettuce or other greens well inside the outline of the dish.

The simplest salad is usually the smartest salad. Probably the simplest of all are the "Chef-salad bowls" of mixed greens tossed lightly with dressing in a bowl. Since ingredients as well as appetites vary in size, each person will have to be his own judge of quantity when preparing one. Do make the most of the variety of dressings that are available to give zip and sparkle to the salad.



A salad is no better than its dressing.

You wouldn't wear the same dress for every occasion—no matter how becoming; so you shouldn't expect salads to wear the same dressing every day. The dressing should suit the salad and the tastes of those who will eat it. It should blend in flavor with the other salad ingredients and with the rest of the meal, as well, to avoid monotony or clash of flavors or colors. It is usually best to choose a plain dressing for a salad composed of several foods and to combine a salad of only one food with a dressing of several ingredients. For example, head lettuce with Thousand Island dressing and a combination vegetable salad with basic French dressing.

You will need to learn how to make a good basic dressing of each of the three main types—French dressing, mayonnaise, and cooked salad dressing. Then "let yourself go" and create your own, personal variations. They are limited only by the imagination of the cook.

Salad makes an important contribution of vitamins, minerals (especially iron) and roughage to a meal. The principal vitamins supplied by salads are vitamin A and C and some of the B vitamins, thiamin and riboflavin.

Watercress is an example of a green rich in vitamin A and C. It should be served frequently as a salad ingredient and not just as a garnish. Parsley often gets pushed aside and sent back to the kitchen. It should

be served in a manner that encourages its being eaten for it adds iron and vitamins A and C. We get the most out of all members of the cabbage family when we eat them raw.

For Flavor, Freshness and Good Nutrition, Serve Salads Every Day

Since we serve salads largely for the sake of their vitamins it is important that we lose none of them by careless handling during preparation.

A few simple precautions will insure full vitamin value in the finished salad.



Here are a Few Fundamental Rules

- Rule 1. Wash salad vegetables (do not soak) and store in covered pan in a cool place.
- Rule 2. Use the dark, outer leaves too. They are rich in vitamin A and iron.
- Rule 3. Do shredding or slicing shortly before serving. Exposure to air means loss of vitamin C.
- Rule 4. Use at least one raw vegetable in any combination to add crunchy texture and additional health value.
- Rule 5. Toss dressing through ingredients lightly with a fork to avoid crushing or bruising. Use only enough to coat the leaves or pieces.
- Rule 6. Arrange attractively but avoid a "handled" look.
- Rule 7. Cool steamed potatoes immediately after cooking, in the skins, under cold, running water to preserve vitamin C. Even the old, picnic standby—potato salad—can carry precious vitamin C. A bit of green onion or shredded green pepper increases the load of vitamin C.



French Dressing and Variations

Basic French Dressing

1 T sugar

½ t salt

½ t mustard

¼ t paprika

1/16 t cayenne or white pepper

Rub mixing bowl with cut onion or garlic.

Mix dry ingredients thoroughly

Blend with vinegar; mix well.

Add oil gradually, beating constantly—Makes about ¾ cup.

3 T vinegar or lemon juice

¾ c salad oil

Variations

1. Parisian dressing—add finely chopped onion, green pepper and celery to the basic dressing
2. Lorenzo dressing—add chili sauce and chopped watercress
3. Spanish dressing—add ½ t chili, 1 T Worcestershire, 1 riced egg yolk, and ½ clove of garlic
4. Vinaigrette—add hard-cooked egg, onion or chives
5. Chiffonade—add chopped beets and chopped hard-cooked egg
6. Substitute 1 T catsup for 1 T of the acid. Add the catsup to the dry ingredients; then add vinegar and finally oil.

Mayonnaise with Variations*Basic Mayonnaise Dressing*

$\frac{1}{4}$ - $\frac{1}{2}$ t mustard	2 T vinegar or lemon juice
$\frac{1}{2}$ t salt	1 egg yolk
$\frac{1}{2}$ t sugar	$\frac{3}{4}$ -1 C oil
$\frac{1}{4}$ - $\frac{1}{2}$ t paprika	

Thoroughly mix dry seasonings

Add vinegar to dissolve salt and sugar

Drop in egg and beat until foamy

Add 3 T oil and beat well

Then add oil in large amount as the volume increases, beating well after each addition.

If a whole egg is used for the yolk, use only 1 T acid.

Variations:

1. Tartar sauce—Add 3 T finely chopped pickles and olives, and 1 T minced parsley
2. Thousand Island—add to 1 c mayonnaise the following.
 - $\frac{1}{2}$ c chili sauce
 - 2 T sliced stuffed olives
 - $\frac{1}{2}$ c chopped celery
 - chopped pepper or pimiento or capers
 - chopped walnuts if desired
3. Cream mayonnaise—Fold in equal volume of whipped cream for fruit.

Cooked Salad Dressings*Golden Dressing for Fruit Combinations*

1 T butter melted in double boiler

Add 2 T lemon juice, $\frac{1}{3}$ c orange or other fruit juice, $\frac{1}{4}$ c sugar and 2 egg yolk, slightly beaten.

Cook and stir until thickened

Cool and fold in $\frac{1}{2}$ c whipped cream.

Cooked Dressing for Vegetable Combinations

Mix together 1 T flour

1 t salt

1 t mustard

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

Mix $\frac{1}{2}$ c milk with 1 egg, slightly beaten

Blend with dry ingredients. Cook in double boiler, stirring frequently, until thickened. Gradually add $\frac{1}{4}$ c hot vinegar.

Cool. Mix with cream to desired consistency.

Here Are Suggested Combinations to Use*Fruit Salads*

1. Apple, celery, walnut
2. Halved pear with grated cheese
3. Prunes and oranges
4. Melon balls
5. Peach and blackberry

Vegetable Salads

1. Cabbage, carrot and raisin
2. Cabbage, carrot, celery and onion
3. Tomato, cucumber, lettuce
4. Raw spinach, celery, onion, cheese
5. String beans, carrots and shredded cabbage

Hearty Salads

1. Layer cheese and apple
2. Chicken, celery, green pepper
3. Cottage cheese, lettuce, green pepper
4. Potato, celery, fish flakes, pickles
5. Tongue, apple, celery, and lettuce
6. Salmon, celery, macaroni, pickle

Vegetable Plates

A vegetable tray or vegetable plate offers the best possibility for a demonstration on vegetable cookery and attractive service. To make a good vegetable plate follow these simple rules:

Color: Select vegetables that harmonize, but remember that one bright color is needed for accent.

Shape: Vary the shapes. If you serve asparagus, do not cut the carrots in strips. With baked tomatoes avoid whole onions.

Texture: Be sure to have something crisp and something chewy on the plate. Avoid, two creamed or mashed vegetables.

Flavor: Select one mild and one flavorful vegetable

For these contrasts in color, shape, texture and flavor try this vegetable luncheon plate:

New potato in jacket with dill, snap beans, steamed summer squash garnished with parsley and a pickled beet.

Other pleasing combinations are:

1. Stuffed baked potato, buttered wax beans, broccoli, and raw carrot strips or curls.
2. Baked yellow squash, wilted greens, creamed onions.
3. Green beans with bacon strip, potato cakes and sliced tomatoes.

Desserts

Finish the luncheon or supper with a dessert that adds just the right contrast in flavor and food value to the rest of the meal. Nearly everyone enjoys something sweet at the end of a meal, but it may and should be easily prepared and delightfully simple.

Fresh fruits of all kinds may be served as desserts. What is better than sliced peaches and cream for the finale of a luncheon. Fruits may be combined and served as fruit compote or topped with coconut to become fruit ambrosia.

An acceptable dessert can be made from canned fruit just as it comes from the jar. Serve a crisp cookie with it. For variety, recipes are given that make use of fruits, which you and your mother preserved last summer.

Baked fruits are as desirable for supper desserts as they are at the beginning of breakfast. Serve the baked apples or pears which you prepared in junior cookery.

Your experience in making biscuits last year can be applied here in making delicious cobblers, shortcakes and dumplings.

If you discover that more milk is needed in a menu choose a dessert made from milk. Think of all the interesting ways milk can be transformed into dessert delicacies.

Custards offer some of the best possibilities of using milk in a variety of desserts.

For **basic custard** recipe, you will need these ingredients.

2 c scalded milk	$\frac{1}{4}$ t salt
2-3 eggs	$\frac{1}{4}$ t vanilla
$\frac{1}{4}$ c sugar	dash of nutmeg

(Note: If custard is to be baked in one large baking dish, use 3 or 4 eggs.)

Follow this method:

Beat eggs slightly until blended but not until foamy

Add sugar and salt. Pour scalded milk slowly over the eggs, stirring constantly. Add vanilla.

Baked Custard

If the mixture is lumpy, strain. Pour into unoled baking molds. Sprinkle with nutmeg. Put paper in baking pan. Set molds in pan. Surround with hot water. Bake in slow (325°) oven until firm. (45-50 minutes). Test by inserting the blade of a silver knife. If the blade comes out clean, the custard is done. Serve hot or cold.

Steamed Custard:

Use 3 eggs to 2 c scalded milk. Pour custard mixture into top of double boiler. Cook without stirring over gently boiling water until a knife thrust in the center comes out clean.

Soft Custard:

Pour custard mixture into top of double boiler. Stir constantly while cooking over simmering water. Cook until the mixture coats the spoon. Remove from heat immediately. Pour into a cold dish to chill quickly. Curdling of this mixture may be caused by too rapid cooking, too long cooking, or too slow cooling.

Other variations:

1. One cup of bread cubes, stale cake, or cooked rice may be added to replace one egg in the recipe. Bake mixture in buttered baking dish set in pan of hot water at 325° for one hour. Raisins or other dried fruit may be added if desired.
2. Put peach half in each custard cup. Sprinkle with nuts. Pour custard mixture over. Bake as usual.
3. Soft custard may be served over fresh fruit, fruit whips, or gelatin desserts.
4. Caramel custard—Put 1 T caramelized sugar syrup in bottom of each custard cup. Pour custard mixture over it. Bake as usual.
5. Grapenuts custard—add 2 T grapenuts to baked custard recipe before baking.

Apricot Whip

- 1-1½ c thick dried apricot pulp (cooked)*
 3 egg whites
 ¼ t salt
 1/3 c sugar
 ½ c walnuts (optional)

Beat eggs to a froth; add salt, then continue beating until stiff and dry. Add sugar, gradually fold in fruit pulp and nuts. Serve six.

Variation No. 1.—Prune pulp may be used instead of apricot pulp.

Variation No. 2.—Pile whip into buttered baking dish. Bake at 300° for 45 minutes. Serve with soft custard sauce made from the egg yolks.

Toasted Chiffon Squares

- | | |
|-------------------|--------------------|
| 1 T gelatin | 3 egg whites |
| ¼ c cold water | ¼ t salt |
| ¾ c boiling water | ½ t vanilla |
| 1/3 c sugar | ½ t almond |
| 1/3 c syrup | 12 graham crackers |

Soften gelatin in cold water 5 minutes. Add boiling water, stir until gelatin is dissolved. Add sugar, syrup and blend. Cook until syrupy. Beat egg whites stiff, add salt and flavoring. Pour syrupy mixture into beaten egg whites, and continue beating until mixture stands in soft peaks. Pour into pan (6 by 10 inches). Chill. When firm, cut into 1 inch squares. Roll each square in graham cracker crumbs. Serve topped with custard sauce.

Convenient Arrangement of Kitchen Equipment

A kitchen should be arranged in such a way that those who work in it will walk the shortest distance possible in order to save time and energy. One-third of a homemaker's walking often is in the kitchen.

The kind of equipment and the way the large pieces are arranged will make one kitchen harder to work in than another.

There may be little you can do about changing the location of the sink or stove but rearrangement of small equipment often will save many steps.

A kitchen has several working centers of which the following are most important:

Sink center for preparation of fresh foods and washing dishes.

Range center for actual cooking with materials for making hot beverages, condiments in frequent use there—hot pads, lids, spoons, forks, etc.,

Mixing center for preparing baked and mixed dishes and for packing lunches,

Food storage center with items used for putting away foods such as refrigerator dishes, waxed paper.

* Three pounds of apricot pulp plus three cups of water, cooked about 30 minutes equals 1½ cups of pulp.

For example the mixing center has flour, sugar, flavoring and spices, mixing utensils and bowls, measuring equipment, baking tins and casseroles assembled within reach of the cabinet or table which is used for the mixing surface. The racks and holders which you made last year will help keep things at your finger tips.

List the supplies and utensils which should be grouped at the other working centers. Storing equipment in an adjoining room or even across the room from where it is used certainly does not save steps

Check with your mother to see if any improvements can be made by reassembling articles nearer the place where they are used to save time and motions in your own kitchen.

A motion study would be fun for you and the members of your club.

At a club meeting study the number of motions and the time it takes to complete one simple task in getting a meal.

Ask one of the girls to get potatoes ready for a meal, to make coffee, or to do some other very simple process. The club members watch her and jot down each step in the process move by move. Count the number of steps she used also. One homemaker figured out how to save 460 steps everytime she got potatoes ready for a meal.

Then study what to do to improve the process. Ask yourselves these questions:

1. Could any part of the job be left out?
2. Could things be stored in more convenient places within easy reach?
3. Could both hands be kept working?
4. Could some parts of the job be combined?
5. Could a better tool be used?
6. Could she sit down to do the job?

Make a careful plan for trying the job with the improvements suggested. Rearrange utensils and supplies if necessary. Note the number of steps and motions made by the plan. How many steps can be saved?

It would be interesting for the club to visit a modern kitchen to see the ideas for labor-saving being used.

Mother's Luncheon

Your mothers have done many thoughtful things for you. They would be interested in meeting the club members and in seeing the results of your work this year. A luncheon would be fun for all of you.

Each girl should submit a menu for the luncheon to the club or committee. These menus may give you ideas of the type that have been served successfully.



1

Cream of Pea Soup
 Mixed Fruit Salad
 Assorted Sandwiches or Cheese Biscuits
 Toasted Chiffon Squares
 with
 Custard Sauce

2

Vegetable Plate with Cottage Cheese
 Parsley Bacon Muffins
 Baked Prune Whip
 Coffee Milk

4

Vegetable Plate With Bacon
 Cottage Cheese and Chive Salad
 Hot Rolls or Biscuits
 Rhubarb Sauce Cookies
 Tea Milk

3

Creamed Eggs on Toast
 Buttered Asparagus
 Spring Salad
 Strawberry Shortcake
 Coffee Milk

5

Creamed Carrots and Peas
 on
 Waffle Quarters
 Jellied Tomato Salad
 Sliced Peaches and Cream

The planning and work of the luncheon will proceed smoothly if committees are appointed to care for everything.

Hostess Committee will select the time and place for the luncheon, issue the invitations; greet the guests at the door, help care for wraps, make introductions, etc.

Table and Serving Committee will arrange the decorations for the tables and rooms. They will also set the tables and serve the meal.

Food Committee will select the menu, list supplies and utensils needed, plan the order of work and direct the food preparation.

Entertainment Committee will plan for music, entertainment, or demonstrations that are to be given.

Clean-up Committee will direct the clearing of the tables, washing dishes, and leaving the place in order.

Table Service

Unless the first course is soup, it is at each place when the family is called. When the course is eaten the hostess or some member of the family removes the soiled dishes. Place, pass, and remove all dishes except beverages to the left of anyone seated at the table.

The hot dishes of the main course are placed in convenient places on the table and the foods are passed from one to another for each to help himself. All food should be passed in the same direction around the table—usually toward the right from the hostess.

Frequently individual luncheon or supper plates are served in the kitchen. These are placed at each cover with the left hand and from the left side of the one being served. The hostess is served first; then all others in order to her right or counter clockwise. If the hostess is serving she serves the one on her right first.

The dishes from this course should be removed before the dessert course is served. Clear the table in this order:

1. Remove the food dishes, relishes, bread, jelly, salt and pepper and extra silver.
2. Remove soiled dishes from each cover.
 - a. Remove the plate with the left hand and transfer to the right hand.
 - b. Remove all other dishes, except beverage, from one place at a time and in the same manner by stacking them quietly on the plate in the right hand.
3. Refill water glasses and crumb the table if necessary before serving dessert.

Whether you are serving a family supper or a guest luncheon, have an attractive well-set table. Simple, inexpensive, well-laundered table cloths may be made of feed sacks with colored borders. In many homes place-mats large enough to hold the silver, dishes and glassware for one person are a convenience. They may be made of oilcloth, bright colored linen or cotton or any washable material.

Simple table decorations are most attractive.

Just before the meal is announced, see that everything is ready.

- a. Glasses filled $\frac{3}{4}$ full,
- b. Chairs placed so that the front of the seat is flush with the edge of table,
- c. Air fresh and room comfortable,
- d. First course in place unless it is soup.

The rules which you practiced last year when serving breakfast will be helpful to you in serving luncheons.

Table Manners

Here are a few reminders of table etiquette. Etiquette simply means doing the right thing at the right time. It is a great satisfaction to be sure your table manners are correct, especially when eating away from home. To be sure, one needs to practice at home until the correct way becomes a habit.

1. Be prompt at meals.
2. Come to the table clean and neatly dressed.
3. Sit erect at the table, keep elbows fairly close to your sides.
4. Watch the hostess when in doubt about piece of silver to use.
5. Learn to use silverware gracefully.
 - a. The proper way to hold the knife for cutting is by holding the handle firmly in the right hand.

- b. The fork is held tines down with handle in the palm of the hand when cutting.
 - c. The fork is held in the right hand, tines up, when carrying food to the mouth.
 - d. When not in use, the silver is laid on the plate or saucer.
 - e. When you are through eating the knife and fork are left, side by side across the plate with the handles resting on the rim and the other part near the center of the plate. This makes it easy to remove the plate without noise or accident.
6. Cut only one bite at a time.
 7. Eat slowly and quietly with the mouth closed—that is, with lips together.
 8. Break off small pieces of bread to butter.
 9. If you must leave the table during a meal, ask the hostess to excuse you. Lay the napkin at the left of your plate.
 10. The napkin is left in the lap until the hostess places hers on the table. If you are a guest for one meal only, leave the napkin partly folded at the left of the plate; otherwise fold neatly and, if a ring is used, place it in the ring.
 11. Do not watch or criticize the table manners of others lest you neglect your own while doing so.
 12. "Politeness is to do and say the kindest thing in the kindest way."