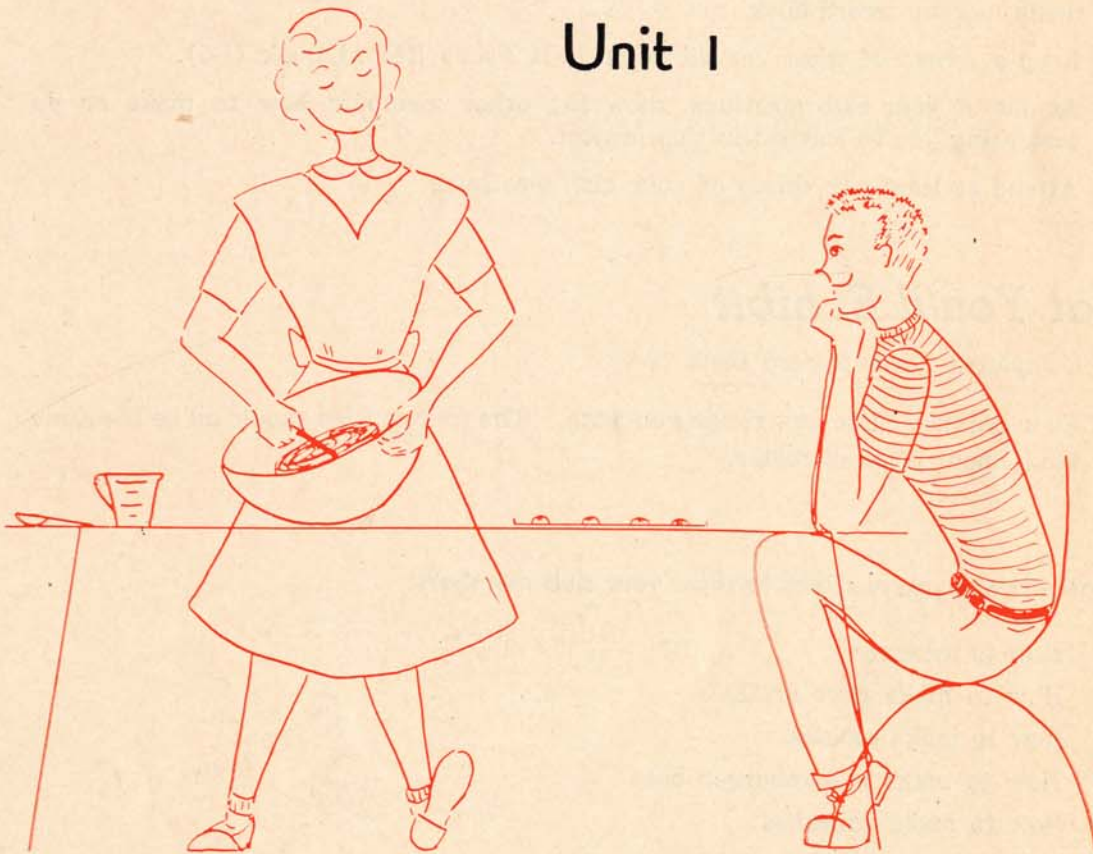




UNIVERSITY OF IDAHO  
College of Agriculture

Have Fun *with* Foods

Unit I



30.72  
die an Idaho 4-H foods project

## *What You'll Learn and Do*

1. Learn what equipment to use when you cook and how to measure ingredients.
2. Make and serve—
  - a sandwich snack twice or more.
  - three different milk drinks.
  - three kinds of cookies.
  - raw vegetables twice.
  - a fruit dessert twice.
  - pancakes twice.
  - two different kinds of toast.
3. Clean the stove and refrigerator and wash dishes **your share** of the time. Clean up after you cook **all** the time.
4. **You and your club**, plan a party and serve a snack. Invite some friends and your mothers so they can see what you've learned in your project. Write the menu in your record book.
5. Keep a record of what you do in the 4-H Foods Record Book (I-5).
6. At one of your club meetings, show the other members how to make or do something you've learned in this project.
7. Attend at least two-thirds of your club meetings.

## *What You'll Exhibit*

1. Completed Foods Record Book (I-5).
2. Four cookies. Use any recipe you wish. The four cookies should all be the same kind, about 2" in diameter.

Here are some things you may like to show your club members:

- How to measure
- How to make milk drinks
- How to make cookies
- How to make a hamburger boat
- How to make pancakes
- How to make a relish plate
- How to bake fruit



# Have Fun With Foods

## Unit I

MARY JANE HESS\*

**YOU CAN**, you know. In this project you're going to learn just how much fun it is to make scrumptious snacks for your family and friends. Your leader will teach you so that before you know it, you'll be a big help to "Mom."

This project is for beginning cooks, both girls and boys. While you take it, you'll want to keep a record of what you learn to do. Your leader will give you a book to use.

### A Good Cook

#### \_\_\_\_\_ is a clean cook

- Wear washable clothes and a clean apron.
- Wash your hands carefully before you begin.
- Comb your hair neatly. Girls should pin their hair out of the way.
- Work neatly. Wipe up anything you spill with a clean cloth.
- Use different spoons for measuring and tasting.
- Soak dishes when you are through with them.
- Wash the dishes and put everything away after you are through.

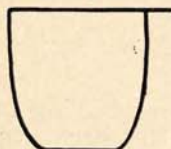
#### \_\_\_\_\_ gets all ready before she or he starts to work

- Check with Mother to see that it's all right for you to cook.
- See that you have all the supplies you need before starting to work.
- Read the recipe carefully.
- Turn on the oven, grease pans if needed.

#### \_\_\_\_\_ measures correctly

- A good recipe is like a scientific formula. You have to follow it carefully or perhaps it won't work. That is why you should measure accurately and follow the directions.
- All measurements are level.
- Sift flour once before measuring.
- Use standard measuring cups and spoons.

**Metal dry measures**



1 cup



1/2 cup

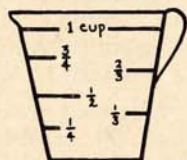


1/3 cup



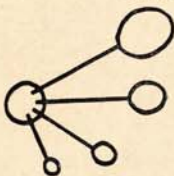
1/4 cup

**Glass liquid measure**



- Use a glass measuring cup that is graduated to hold a little more than a cup.
- Set the cup on a level table and fill it to the desired mark.
- Look at the mark at eye level to see that you have measured accurately.

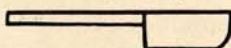
**Metal measuring spoons**



- 1 tablespoon
- 1 teaspoon
- 1/2 teaspoon
- 1/4 teaspoon

- A set of metal dry measuring cups is a "must."
- Pile the dry ingredients lightly into the cup and level off with a spatula.
- Press fat and brown sugar firmly into the measuring cup and level off with a spatula. Be sure to get the lumps out of sugar before you measure it.

**Rubber scraper**



- Use standard metal measuring spoons—plastic ones may melt if you use hot fat in them. Fill them and level off with a spatula.
- Use a scraper like this to get all the fat you measured out of the cup.

\* Extension Nutrition Specialist.



## likes to show others

At one of your meetings show your leader and club members how you make something. Choose something you like to make. Get all the food and equipment together that you'll need to show how to make it. Start to make it and explain what you're doing at each step. It's fun to show others how to make things! See list of ideas on page 2.

## Let's Make a Snack

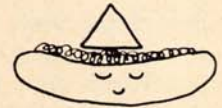
We all like to have a snack when we get home from a movie or ball game.

Snacks can be very good for us. Active girls and boys need lots of good food for pep and energy. A **Hamburger Boat** is a good snack, especially if you have it with a milk drink. The bun is made out of enriched flour that gives you energy, vitamins, and iron for good muscles and blood. The hamburger and cheese give you protein that is important for growth. The milk and cheese give you calcium for strong bones.

### Hamburger Boats (serves 4)

- |                     |                           |
|---------------------|---------------------------|
| 1 pound hamburger   | 1 tablespoon butter       |
| 1 teaspoon salt     | 4 weiner buns             |
| 1/4 teaspoon pepper | 2 slices processed cheese |

1. Set the oven at broil. Your leader or mother will tell you how.
2. Mix the hamburger, salt and pepper together.
3. Split the buns, butter them and spread each half with hamburger mixture.
4. Put under the broiler so the tops are 2-3" from the flame and broil until the meat is brown (about 3 minutes). Watch to see that they don't burn!
5. Cut each slice of cheese in four triangles (diagonally).
6. Remove Hamburger Boats from broiler and stick a cheese "sail" on top of each. Serve right away.



*Use a pot holder to take me out of the oven so you won't burn your hands*

### HERE ARE OTHER GOOD SNACK IDEAS

#### Egg Boats (serves 4)

- |                           |                                   |
|---------------------------|-----------------------------------|
| 2 hard cooked eggs        | 1/2 teaspoon salt                 |
| 2 tablespoons mayonnaise  | 1/4 teaspoon dry mustard          |
| few grains pepper         | 4 weiner buns, split and buttered |
| 2 slices processed cheese |                                   |

1. To cook eggs: place the eggs in a saucepan and cover with cold water. Cover and bring to a boil. Turn off the heat and let the saucepan stand for 20 minutes. Cool the eggs right away under cold, running water. This keeps a dark ring from forming. Peel off the shells.
2. Put the eggs and other ingredients in a small bowl and mash them with a fork until everything is mixed together.
3. Spread on the buttered buns and broil as you did in the recipe for Hamburger Boats. Remove and add cheese "sails."

#### Snuggled Franks (serves 4)

- |                          |               |
|--------------------------|---------------|
| 4 frankfurters           | butter        |
| 1 slice processed cheese | 4 weiner buns |
| 4 slices bacon           |               |

1. Set the oven at 350°. Your mother or leader will show you how.
2. Cut a slit the length of each frankfurter, almost, but not quite through.
3. Cut the cheese in four pieces lengthwise. Put one slice in each slit in the weiner.
4. Wrap each frankfurter in bacon starting at one end and wrapping round and round. Fasten each end with a toothpick.
5. Place in a small baking pan and bake in the oven at 350° for 15 minutes until the bacon is done.
6. Put the buns in a paper bag in the oven during the last 7 or 8 minutes to heat.
7. Butter the buns and serve each frank in a bun.



Now that you're using the oven you'll want to know a little more about it. Be careful not to burn yourself. When you bake in the oven it is very important that you use the right temperature. If you bake at too high a temperature, the food will be cooked on the outside before it's done inside. If you bake at too low a temperature, it may dry out before it is cooked.

Most electric ovens need regulating from time to time. Use an oven thermometer to help you. Place it in the center of the oven, and set the oven dial at 350°. After 15 minutes open the door of the oven and look quickly at the thermometer. If the settings aren't the same, ask Mother if she can get someone from the power company to check the oven and regulate it for you.

Always bake near the center of the oven. Place pans so they do not touch each other or the sides of the oven.

Clean the oven after you use it. Your leader will show you how.

## Let's Learn to Wash Dishes

1. Soak cooking dishes immediately after using.
  - a. Use hot water for sugar or grease.
  - b. Use cold water for milk, egg or flour.
2. Sort dishes of the same kind into stacks.
3. 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 because that wastes it.
4. Stack dishes on the right of the dishpan. Put rinse pan on the left. If you are left handed, you may find it easier to work in the opposite direction.
5. Wash the dishes in the following order: glassware, silver, cups, saucers, plates, serving dishes, cooking utensils.
6. After washing, rinse in very hot water.
7. Drain in a rack to dry. In very hard water, you may need to dry silver with a clean tea towel to prevent spotting.
8. Wipe the kitchen stove, tables, working surfaces, and clean the sink thoroughly.

## Let's Make Milk Drinks

Do you know that you need four glasses of milk every day while you are growing. This is because milk contains so many good things to help you grow tall, have lots of energy, and good strong bones and muscles.

One of the most important things that milk contains is calcium. Calcium is one of the chief minerals in bones and teeth. Our blood contains calcium too. Without it, muscles can't relax and contract, and nerves can't carry their messages.

We get some milk in cooked foods every day. We all like to drink plain milk with our meals. It's fun to make milk drinks for a change. They are very good with cookies for a snack after school. Here are some recipes.

### Purple Cow (serves 2)

1 cup chilled grape juice  
 $\frac{1}{4}$  cup sugar  
2 tablespoons milk

1 pint vanilla ice cream  
1 small bottle ginger ale

1. Shake the grape juice, sugar and milk together in a quart jar.
2. Add the ginger ale and half of the ice cream. Stir with a spoon to blend.
3. Pour into two large glasses.
4. Top each with another serving of ice cream.





### **Egg Nog** (serves 3)

2 eggs  
3 tablespoons sugar  
3 cups milk

$\frac{1}{8}$  teaspoon salt  
 $\frac{3}{4}$  teaspoon vanilla  
dash of nutmeg

1. Measure sugar, salt and vanilla into a bowl.
2. Break each egg into a custard cup to be sure it is fresh. Add to the sugar, salt and vanilla.
3. Beat with a rotary egg beater until everything is thoroughly mixed.
4. Add the milk and beat.
5. Pour into three glasses and put a dash of nutmeg on top of each.

### **Fruit Nog** (serves 3)

$\frac{1}{2}$  cup sugar  
2 cups fruit juice

1 cup cold milk  
 $\frac{1}{2}$  cup cracked ice

1. Heat the sugar and fruit juice in a saucepan until the sugar is dissolved. Chill in the refrigerator.
2. Put the chilled mixture, milk and cracked ice in a jar. Shake to combine.
3. Pour into three glasses and serve.

**To make a fruit float**—add a scoop of ice cream to each glass. Serve with a spoon.

### **Cocoa and chocolate drinks**

You can make cocoa easily with prepared mixes. Here is a way to make a cocoa sirup you can use to make chocolate milk shakes, chocolate milk and cocoa quickly for your family and club friends.

### **Cocoa Sirup** (makes 1 cup cocoa sirup or 16 servings)

$\frac{1}{2}$  cup sugar  
 $\frac{1}{3}$  cup cocoa  
pinch of salt

$\frac{1}{2}$  cup hot water  
 $\frac{1}{4}$  teaspoon vanilla

1. Heat 2 or 3 inches of water in the bottom of the double boiler.
2. Measure the sugar, cocoa and salt into the top of the double boiler and mix thoroughly.
3. Add the hot water and mix to a paste.
4. Cook over the hot water which is in the bottom of the double boiler for 10-15 minutes. It should thicken.
5. Remove and add vanilla.
6. Pour into a small jar. Cool and cover. Keep in the refrigerator.

### **For a Chocolate Milk Shake**

Add 1 tablespoon cocoa sirup and 1 scoop of ice cream to 1 cup of milk in a jar. Shake well. Peppermint ice cream would be good!

### **For Chocolate Milk**

Add 1 tablespoon cocoa sirup to a glass of cold milk. Stir well.

### **For Cocoa**

Add 1 tablespoon cocoa sirup to each cup of hot milk. Put a marshmallow or a dab of whipped cream on top.

## **Let's Make Cookies**

Cookies taste wonderful with a big glass of milk. You could help Mother by making some to serve with fruit for dessert tonight. There are many types of cookies. This year you'll make three kinds: bar, drop and molded.


**First, let's make bar cookies.** Spread the cookie dough in a greased pan and bake. When it's done, you let the pan cool slightly on a rack and cut it into squares or bars. They're nice to mail to your big brother at school or in the Armed Services.



## Saucepan Brownies

(makes 16, 2" squares)

2 squares unsweetened chocolate     $\frac{3}{4}$  cup sifted all-purpose flour  
 $\frac{1}{3}$  cup shortening     $\frac{1}{2}$  teaspoon baking powder  
 1 cup sugar     $\frac{1}{2}$  teaspoon salt  
 2 eggs     $\frac{1}{2}$  cup broken nuts

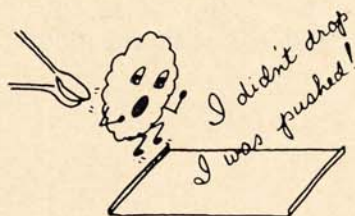


When you sift  
 flour to make me,  
 use wax paper.  
 It's neat!

1. Grease an 8" square pan.
2. Set oven at 350°.
3. Melt the chocolate and shortening in a medium size saucepan over low heat. Be sure you don't burn it!
4. Beat in the sugar and eggs.
5. Sift together the measured flour, baking powder and salt and beat into the chocolate mixture.
6. Mix in the nuts.
7. Spread in the baking pan and bake at 350° for 30-35 minutes. When baked, the top will have a dull crust. Cool slightly, then cut into squares.

**Drop Cookies** are easy to make too. The cookie dough is dropped or pushed off the end of a teaspoon in little mounds on a cookie sheet.

Sometimes you grease the cookie sheet before baking. Other times you don't. Be sure you read your recipe carefully before you start and do as it says.



## Carrot Cookies

(makes 2 $\frac{1}{2}$  dozen)

$\frac{3}{4}$  cup butter    2 teaspoons baking powder  
 1 cup sugar    1 cup cooked mashed carrots  
 1 egg    grated rind of one orange  
 2 cups sifted all-purpose flour     $\frac{1}{2}$  teaspoon lemon extract  
 $\frac{1}{4}$  teaspoon salt     $\frac{1}{2}$  teaspoon vanilla

1. Cook carrots and mash.


**To cook carrots:** Wash and scrape or pare thinly, about four medium size carrots. Place in  $\frac{1}{2}$  inch boiling water in a saucepan. Cover tightly. Bring to a boil again. Turn down heat so carrots will boil gently and cook until tender when pierced with a fork. Drain off any remaining liquid and mash carrots with a potato masher. Cool.

2. Wash and dry an orange and grate the rind from it.
3. Set oven at 375°.
4. Grease cookie sheets lightly.
5. Cream butter and sugar until thoroughly mixed.
6. Break one egg into a custard cup to see if it's fresh. Add to the butter and sugar and beat until blended.
7. Sift together the flour, salt and baking powder. Add to butter and sugar and mix well.
8. Add the carrots, orange rind, lemon extract and vanilla. Mix well until all ingredients are blended.
9. Drop by teaspoonfuls on a lightly greased cookie sheet, 2 inches apart.
10. Bake at 375° in the center of the oven about 10 minutes, until very lightly browned on top and bottom.
11. Remove from cookie sheet with a spatula and let cool on cake racks.

## Sugar Cookies

(makes 2 dozen)

$\frac{1}{2}$  cup shortening     $1\frac{1}{2}$  cups sifted all-purpose flour  
 $\frac{3}{4}$  cup sugar     $\frac{1}{4}$  teaspoon baking powder  
 1 egg     $\frac{1}{4}$  teaspoon salt  
 2 tablespoons milk  
 1 teaspoon vanilla




When I'm good I'm  
 an even color  
 $\frac{1}{2}$ " not too brown or pale  
 tender + moist inside  
 a pleasing flavor

1. Mix together thoroughly shortening, sugar and egg.
2. Stir in milk and flavoring.
3. Sift together flour, baking powder and salt and stir in above mixture.
4. Place rounded teaspoonfuls of cookie dough about 2 inches apart on greased baking sheet.



5. Let stand several minutes.
6. Use the bottom of a glass with a slightly dampened cloth over it to press dough into flat rounds. Press down until dough comes to edge of glass. (Dip the glass lightly in water occasionally and pat on towel to take off excess moisture.)
7. Sprinkle cookies with sugar.
8. Bake 7-10 minutes in hot oven (450°).
9. Scoop cookies off baking pan with spatula or egg turner.
10. Place on cooling rack.
11. When cooled, store in cookie jar or tin.

Use double acting  
baking powder  
to make me + all the other  
recipes in these projects



### Oatmeal Drop Cookies (makes 2½ dozen)

1 cup sifted all-purpose flour	¼ cup shortening
1 teaspoon baking powder	¼ cup milk
½ teaspoon salt	1 cup rolled oatmeal
½ cup sugar	1 cup raisins
1 egg	

1. Set the oven at 375°
2. Grease the cookie sheet lightly.
3. Sift and measure the flour. Measure the baking powder and salt and sift with the flour.
4. Cream the fat in the bowl. Add sugar and cream well.
5. Add the egg and beat well.
6. Add half the flour mixture and blend for 1 minute.
7. Add the milk and mix in well.
8. Add the rest of the flour and blend 1 minute.
9. Add the oatmeal. Mix in. Stir in the raisins. (Before adding, soak them in hot water for a few minutes to soften. Then dry between paper towels.)
10. Drop by teaspoonfuls on cookie sheet.
11. Bake at 375° until done (about 12-14 minutes).
12. Place on rack and cool. Store in covered container.

**Molded Cookies** are mixed like the others you've made, but they are made of a slightly stiffer dough so that you can shape or mold them with your hands. Try these! Always use **fresh** peanut butter so your cookies will taste good.

### Peanut Butter Cookies (makes 2½ dozen)

½ cup brown sugar, pack firmly	1 egg
½ cup white sugar	1 cup sifted all-purpose flour
½ cup shortening, softened	1 teaspoon baking powder
½ cup peanut butter	¼ teaspoon salt

1. Set oven at 375°.
2. In a bowl, mix together the white sugar, brown sugar, shortening, peanut butter and stir until well blended.
3. Add the egg and mix well.
4. Sift the flour, baking powder and salt together.
5. Add to the shortening mixture and stir until well blended.
6. Shape into balls, using a rounded teaspoon of dough for each. (If it's a warm day, chill the dough in the refrigerator before you try to shape it.)
7. Place on an ungreased cookie sheet and flatten with the back of a fork.
8. Bake at 375° for 10 to 12 minutes until done. Be sure they don't burn!
9. Remove from cookie sheet and cool on rack. Store in covered container.

Store me in a  
covered container





## Snickerdoodles

(makes about 5 dozen)

1 cup shortening	1/4 teaspoon salt
1 1/2 cups sugar	2 tablespoons sugar
2 eggs	1 teaspoon cinnamon, ground
2 3/4 cups sifted all-purpose flour	1/4 teaspoon cloves, ground
2 1/2 teaspoons baking powder	(optional)

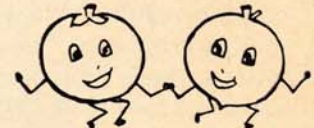
1. Set oven at 400°.
2. Cream shortening and sugar. Add eggs and mix thoroughly.
3. Sift together measured flour, baking powder and salt.
4. Add to first mixture and blend well.
5. Form into balls, the size of walnuts, with your hands.
6. Mix the sugar and spices together.
7. Roll each ball in this spiced sugar.
8. Place about 2 inches apart on an ungreased baking sheet.
9. Bake at 400° for about 10 minutes. When done they will have lightly browned, crinkled tops that are still soft.
10. Cool on a rack and store in a covered container.

## Let's Prepare Raw Vegetables

Raw vegetables taste good and add color and "crunch" to our meals. They contain many vitamins and minerals that we need to be healthy and strong. We can raise many vegetables in the summer to give us an inexpensive supply all winter long.

Green and yellow vegetables, such as carrots, squash, broccoli, brussel sprouts and spinach have lots of vitamin A. We need this vitamin for healthy eyes and skin and to keep the linings of our mouth and nose in good condition.

Vegetables like green cabbage, green pepper, tomatoes, and bright salad greens give us valuable vitamin C. We need this vitamin for healthy blood vessels, gums and teeth. When our meals have too little of this vitamin we get tender gums that bleed easily, weak muscles, and joints that swell and hurt. All vegetables contain some vitamins and minerals.



*Wrap us in wax paper or a plastic bag and tuck us in your sack lunch*

### How to prepare for quick snacks

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 crisping after they have been washed, put them in a closed container in the refrigerator for a short time.
5. Prepare them just before you are ready to serve, so the vitamins won't be lost.

### How to serve as special relish plates with meals

Prepare as above. Just before serving, arrange a combination of two or three vegetables on a plate, pottery platter, wooden tray, or bowl.



- Use different colors together (white cauliflower, green pepper and red tomatoes are pretty).
- Use different shapes together (celery curls, radish roses and onion rings).
- It is usually best to group all of one kind of vegetable together. You can nest them in lettuce leaves, or arrange in sections, wedges, or rings in the container.
- Do not fill the plate too full.



**Try these vegetables . . . . . like this**

lettuce, endive or other salad greens	leaves, wedges or rolls
cabbage (red or green)	small wedges
onions	tiny whole slices, rings or wedges
carrots, turnips	strips, rings, tiny whole, curls, wedges
tomatoes	whole, sliced, wedges
radishes	whole, roses
watercress, parsley	sprigs
green pepper	strips, crescents or rings
cucumber	strips, slices (score peeling with a fork before slicing)
celery	strips, curls, stalks from heart
cauliflower	flowerlets

## Let's Use Fruit

Fruits are easy to prepare. Like vegetables, they contain many vitamins and minerals. Eat two servings of fruit every day. One of the servings should be a good source of vitamin C for healthy blood vessels and gums. Oranges, grapefruit, fresh strawberries, fresh peaches and cantaloupe are good sources of vitamin C.

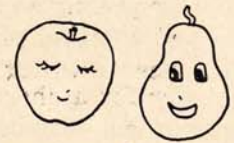
### Fresh Fruit

1. Wash carefully. Serve whole or sliced.
2. Make a fruit cup. Peaches, grapefruit and bananas are good together. Try others.
3. Make a fresh fruit plate for dessert as you made the vegetable relish plate. Apple wedges, sliced oranges and berries would be pretty together.

### Jellied Fruit Salad

1 package lime gelatin	1 can pears (about 2 cups) or 3 fresh
1 cup hot water	pears, peeled and sliced
1 cup pear juice (from canned pears)	1 orange, sectioned
	1 apple, diced

1. Put the gelatin powder in a bowl.
2. Pour the hot water over it and stir until dissolved.
3. Drain the pear juice and if there isn't quite enough, add water to make a cup. If you use fresh pears, use 1 cup water instead of pear juice.
4. Add to the gelatin mixture.
5. Put in the refrigerator to chill while you prepare the fruit.
6. Slice the pears, section the orange, and dice the apple. (Leave the skin on if it's a pretty red.)
7. Add the fruit to the gelatin and put it back in the refrigerator.
8. In about half an hour, give the fruit gelatin a stir with a spoon to distribute the fruit, or it will float to the top.
9. When set, turn out on a platter or a bed of lettuce or other greens. To do this, quickly dip the bowl in hot water. Loosen the edge with a knife and turn out carefully.



*Keep us in the refrigerator  
unless we're bananas.  
Wash just before serving*

### Stewed Fruit

1. Wash and peel fruit (such as apples, pears, rhubarb).
2. Cut in pieces, put in a saucepan and add a small amount of water (about 1 inch). Cover.
3. Cool until soft and add sugar to taste (about  $\frac{1}{2}$  cup for 2 cups of fruit). If you want the fruit to stay firm, add the sugar at the beginning of cooking.



## Baked Apples

(serves 4)

4 baking apples (Jonathan, Winesap  
and Rome Beauty are good)  
1-2 tablespoons brown sugar

1 tablespoon butter  
1 tablespoon raisins  
cinnamon

1. Set oven for 400°.
2. Wash and core apples. Cut a thin slice of peeling off the top of each. Place in a buttered baking dish.
3. Fill each hole with the brown sugar, butter and raisins. Sprinkle with cinnamon.
4. Pour about 1 cup water in the baking dish. (Enough to cover the bottom of the dish.)
5. Bake at 400° for 35-45 minutes until they can be pierced easily with a fork.
6. Serve hot or cold, plain or with cream.

## Let's Make Toast

Toast is good with meals or for a snack any time. Use enriched or whole wheat bread to make it because it contains important B-vitamins and iron for good nerves and blood.

Use a toaster if you have one, or toast each side under the broiler until brown. If you use homemade bread, use day old bread and slice it  $\frac{1}{4}$  to  $\frac{1}{2}$  inch thick. After it's toasted, try these:

### Cinnamon Toast

Butter slices of toasted bread. Sprinkle immediately with a mixture of 2 tablespoons sugar to 1 teaspoon cinnamon. Cut and serve. Good with cocoa after a moonlight swim.

### Orange Toast

Sprinkle the hot buttered toast with a mixture of 2 tablespoons sugar to 2 teaspoons orange rind. You could moisten the mixture with 1 to 2 teaspoons orange juice and make a "spread" if you like.

## Let's Plan a Party Snack

Now that you've learned to cook so many good things, you'll want to have a party to show your friends or mothers what you can do. Set up committees—let one committee plan the food, one the games and one the songs. Your leader will help you. You could have the party after one of your regular meetings and invite your mothers to watch the meeting first if you like.

Here are some ideas of food to serve:

Hamburger Boats  
Carrot and Celery Sticks  
Milk

Cinnamon Toast  
Fresh Fruit Plate  
Cocoa

Saucepan Brownies  
Raw Apples  
Fruit Nog

Oatmeal Cookies  
Purple Cow

Can you think of others?

## Let's Make Pancakes

Pancakes or griddle cakes are simple to make, because they contain so few ingredients. They make a satisfactory lunch or supper dish with sausages, ham or bacon, raw vegetables and a simple dessert. They are good for breakfast and snacks, too.

### Breakfast

Tomato Juice  
Fried Eggs  
Pancakes  
Butter Sirup  
Milk

### Lunch or Supper

Pancakes  
with  
Fried Ham Slices  
Butter Sirup  
Raw Vegetable Relish Plate  
Baked Apple  
Milk



You may want to try making them from a mix, either a commercial one or one that your mother makes. Or, you can make them from "scratch." Here is a recipe.

### Pancakes

(makes 12 medium sized cakes)

1½ cups sifted all-purpose flour	2 tablespoons shortening
¾ teaspoon salt	1 egg
1½ teaspoons baking powder	1 cup milk
1 tablespoon sugar	

1. Place the griddle or a heavy fry pan on the stove to heat. Grease it very lightly.
2. Sift the flour. Measure and sift with salt, baking powder and sugar in a bowl.
3. Melt the shortening in a pan over low heat.
4. Beat the egg in a small bowl. Add the melted shortening and milk and beat until blended.
5. Add to the flour mixture and mix just until combined. You don't need to stir out all the lumps.
6. See if the griddle is hot enough. Test by sprinkling a few drops of cold water on the surface. They should dance.
7. Drop batter from a spoon on hot griddle and bake until the top is bubbly and the under side is browned. Turn once and let the other side brown.
8. Serve right away with butter and sirup or jam.



*When I'm good, I'm  
light  
pleasant tasting  
nicely browned*

**You may like to try waffles.** Ask your mother to show you how to use the waffle iron. Let her pour the batter on the iron the first time, so you can see how much to use. Here is a recipe.

### Waffles

(makes 8)

1¾ cup sifted all-purpose flour	2 eggs, separated
1 tablespoon baking powder	1¼ cups milk
½ teaspoon salt	½ cup shortening, melted

1. Heat waffle iron.
2. Sift flour, measure and sift with baking powder and salt.
3. Melt shortening in a pan over low heat.
4. Add with egg yolks and milk to dry ingredients.
5. Beat egg whites stiff and fold into mixture.
6. Bake in hot waffle iron.

★ ★ ★ ★

#### Know These Equivalent

3 teaspoons	=	1 tablespoon
16 tablespoons	=	1 cup
2 cups	=	1 pint
4 cups	=	1 quart
16 ounces	=	1 pound
2 cups butter	=	1 pound
4 cups flour	=	1 pound
2½ cups sugar	=	1 pound

#### Learn These Abbreviations

tblsp. or T.	=	tablespoon
c.	=	cup
tsp. or t.	=	teaspoon
oz.	=	ounce
lb.	=	pound
f.g.	=	few grains

### Oven Temperatures

Sometimes a recipe describes the oven heat rather than giving the exact temperature. These are the temperatures that are described:

slow	=	250—325°
moderate	=	350—375°
moderately hot	=	400°
hot	=	425—450°
very hot	=	475—500°