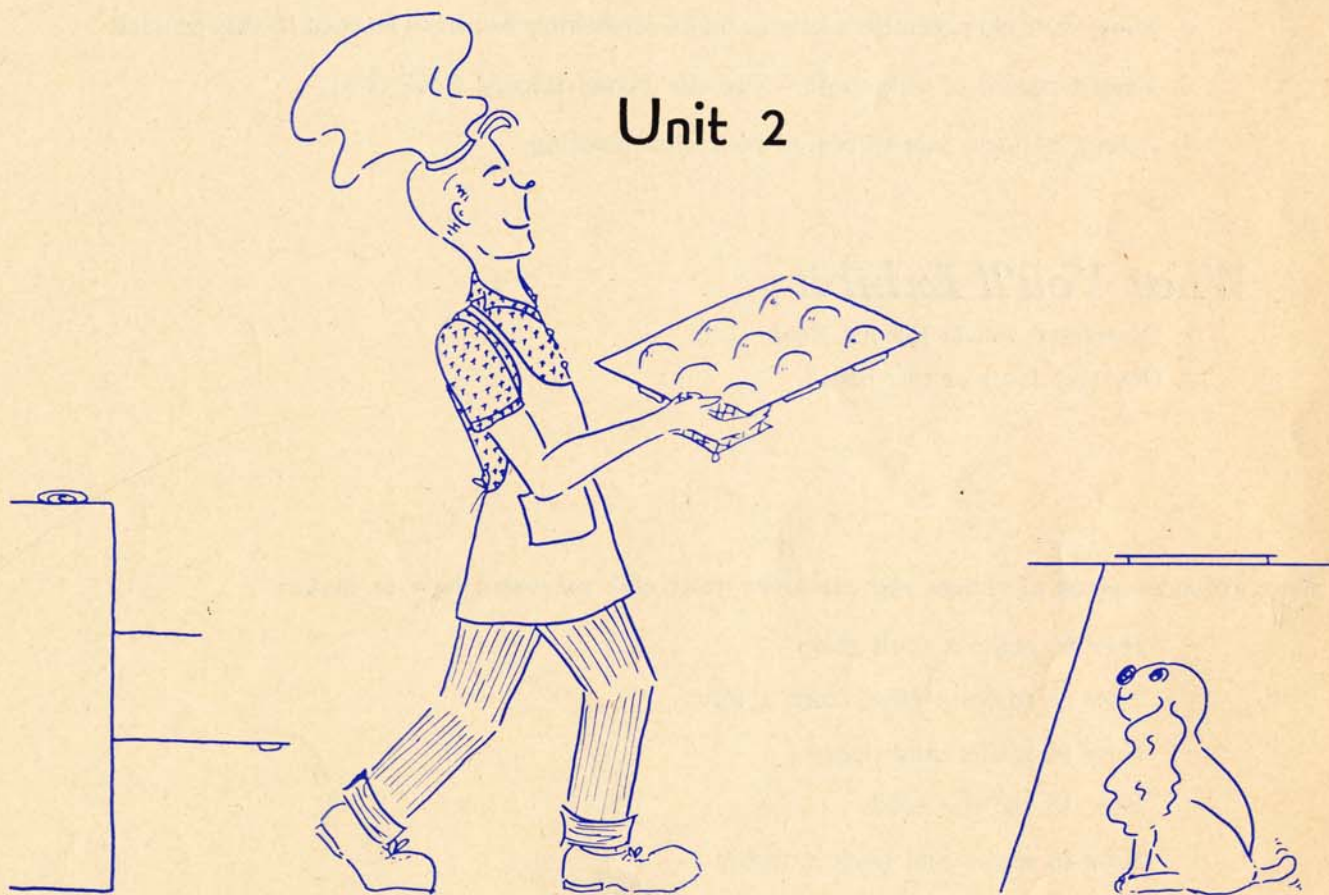




UNIVERSITY OF IDAHO
College of Agriculture

HAVE FUN WITH FOODS

Unit 2



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Idle
an Idaho 4-H foods project

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Bulletin 268
March, 1957

What You'll Learn and Do

1. Make and serve—
 - a simple dessert, three times (different kinds).
 - different kinds of sandwiches three times.
 - a quick bread six times. Include biscuits, muffins and nut breads. Use some variations.
 - eggs three times in different ways.
2. Plan, prepare and serve lunch or supper for the family. Write the menu in your record book.
3. Plan and go on a picnic with your club. Include this menu in your record book.
4. Learn to set the table attractively. Set it at home your share of the time.
5. Show your club members how to make something you have learned in this project.
6. Keep a record of all you do. Use the Foods Record Book (I-5).
7. Attend at least two-thirds of your club meetings.

What You'll Exhibit

1. Completed Foods Record Book (I-5).
2. One loaf fruit or nut bread.

Here are some ideas of things you can show your club members how to make:

- How to make a fruit crisp
- How to make a cake from a mix
- How to make sandwiches
- How to set the table
- How to make and pack a picnic
- How to make baking powder biscuits
- How to make muffins
- How to make a main dish using eggs

Have Fun With Foods

Unit 2

MARY JANE HESS*

HELLO again, Sally and Jim! We're glad you're going to take another 4-H Foods project. Last year you learned to make cookies, fruit dishes, milk drinks and other snacks. This year you're going to learn how to make more good things for picnics, lunches and suppers.

Do you remember all you learned about measuring correctly and using equipment? Maybe you should review the information in last year's project, just to make sure! Your leader will help you.

Write down everything you make as you do it in your Foods Record Book (I-5).

Again this year, you'll want to show your fellow club members how to make something. You may want to show your family and friends too, at an Achievement Day, the County Fair or other gathering. They'd love to see what you can do! See the ideas on page 2 of this bulletin.

Let's Make Some Easy Desserts

Last year you learned to make some fruit desserts. Now you're going to make others, some using fruit, some not.

Puddings are good. They add extra milk to our meals. Try making one from a prepared mix. It's very quick if you are in a hurry. Follow the directions on the package. If it's the type that you cook, be sure to cook it over low to medium heat and stir all the time to keep it from burning. You can use a wooden spoon to stir—it is quieter and doesn't get hot like a metal one does. You may want to use this recipe instead of a mix. Dress it up with fruit, nuts, or a chocolate sauce.

Vanilla Pudding (serves 4)

1/4 cup sugar	2 cups milk
2 tablespoons cornstarch	1 tablespoon butter
1/4 teaspoon salt	1 1/2 teaspoon vanilla
1 egg	

1. Mix sugar, cornstarch and salt together in saucepan.
2. Add egg and mix.
3. Stir in milk gradually.
4. Cook over low heat, stirring constantly, until mixture boils. Boil one minute while stirring. Be careful not to burn it.
5. Remove from heat, blend in butter and vanilla.
6. Chill, keep covered in refrigerator. To keep a "skin" from forming on top, place a piece of wax paper right on top of the pudding.
7. To serve, pile into individual dessert dishes or sherbet glasses.
 - Serve plain with a cherry or jelly on top.
 - Top with chocolate or butterscotch sauce.
 - Top with sliced, sweetened fruit or berries.
 - Pour a little grape juice on top.



When I'm good I'm
smooth
not too firm
pleasant tasting
Dress me up so I'll
look pretty

* Extension Nutrition Specialist.

Fruit Crisp (serves 6)

1 cup sifted flour
1 cup brown sugar
1 teaspoon cinnamon

$\frac{1}{4}$ cup butter
3 cups drained, canned
fruit

1. Set oven at 350°.
2. Mix flour, sugar and cinnamon together.
3. Cut in the butter using a pastry blender.
4. Place fruit in a greased 8x8x2-inch pan and sprinkle with flour mixture.
5. Bake at 350° for about 30 minutes, until the top is brown.
6. Serve with cream or ice cream.

Let's Make a Cake From a Mix

Everyone loves cake! It's easy to make one from a mix. Use either a homemade mix or a commercial one. Surprise your dad by making him a birthday cake. Follow the directions very carefully. Be sure to:

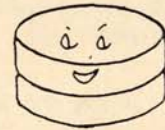
- Use the right size pan—** when you pour the cake batter in the pan, it should fill it about half full. If there is more batter it will rise over the top of the pan and perhaps fall.
- Line the bottom—** of the pan with greased wax or brown paper. Don't grease the sides of the pan.
- Prepare the batter—** according to the directions. Pour it carefully into the pan or pans. Tap the pans a couple of times on the table to get out any air bubbles.
- Place the cake—** in the preheated oven on a rack so the center of the cake is in the center of the oven. If you have two pans, place them so they don't touch each other or the sides of the oven.
- Remove the cake—** from the oven when it is done and let it cool for 10-15 minutes on a rack.
- Loosen the edges—** with a knife and turn out on the rack. Carefully peel off the paper on the bottom. Let it finish cooling and frost it or serve plain.

Butter Frosting

$\frac{1}{4}$ cup butter, softened
2 cups sifted, confec-
tioner's sugar

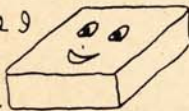
1 teaspoon vanilla
1-2 tablespoons cream

1. Cream butter and sugar well.
2. Stir in vanilla and 1 tablespoon cream.
3. If you need it, add a little more cream. Will frost tops and sides of 2, 8-inch layers.
4. You can color it with a few drops of food coloring if you like. Stir in at the end.



*I should
have a velvety crumb
be fairly flat on top
not cracked
moist & tender inside
taste good*

*When I'm baked I
shrink a bit
from the sides
of the pan. A toothpick stuck
in my center comes out clean.*



Chocolate Butter Frosting

1. Use above ingredients plus $1\frac{1}{2}$ squares chocolate.
2. Melt chocolate in top of double boiler over hot water.
3. Cream butter, add $\frac{1}{4}$ cup of sugar and the melted chocolate.
4. Add the rest of the sugar and proceed as above.

Let's Make Sandwiches

Sandwiches are good for picnics, lunches and snacks. Learn these pointers to help you make good ones.

1. Use day-old enriched or whole wheat bread because it slices more easily. Slice it with a bread knife or use commercially sliced bread. Use nut, fruit, raisin or rye bread for variety.
2. Let the butter and other spreads soften at room temperature so they will spread easily. Don't melt the butter.
3. Spread the butter and fillings right to the edge of the bread.
4. Use fillings that are tasty and moist. Several thin slices of meat or cheese are easier to eat than one thick slice.
5. If the sandwiches have to "stand" before serving, don't use foods that will soak and make the bread soggy, like tomatoes or cabbage salad.
6. Put lettuce in the sandwich just before you serve it. If you are taking the sandwiches to school or on a picnic, carry the lettuce in a separate plastic bag and add just before serving.
7. Try some of these fillings:
 - chopped hard cooked egg, chopped chives, mayonnaise
 - sliced cold meat or chicken
 - sliced cheese
 - grated cheese, salad dressing and pickle relish
 - cream cheese and jelly
 - tuna fish and chopped sweet pickle
 - peanut butter and marmalade, honey, or jam
 - cottage cheese and chopped green pepper
 - baked beans and chili sauce
 - grated cheese and tomato
 - minced ham, mustard and chopped dill pickle
 - grated carrot and raisin
 - minced chicken, diced celery and mayonnaise.

To make a "dip" for a snack with crackers, potato chips or raw vegetable sticks, blend a sandwich spread like chopped egg or deviled ham with cream cheese and mayonnaise until it is soft. Serve in a bowl and let everyone dip it out of the bowl with their chips, crackers, or raw vegetables. Here are some recipes:

Deviled Ham Dip

- | | |
|------------------------------|-------------------------------|
| 1 jar pimento cheese | $\frac{1}{4}$ cup deviled ham |
| $\frac{1}{2}$ cup mayonnaise | 1 teaspoon grated onion |

Combine all ingredients in a bowl and mix until blended. Use an electric mixer if you have one.

Sharp Cheese Dip

- | | |
|-------------------------------------|------------------------------|
| 2 small jars processed sharp cheese | $\frac{1}{4}$ cup ketchup |
| 1 tablespoon Worcestershire sauce | $\frac{1}{2}$ cup mayonnaise |
| 1 teaspoon dry mustard | 1 tablespoon grated onion |

Put all ingredients in a mixing bowl and mix until blended. Use an electric mixer if you have one.

When you pack a lunch, be sure it tastes good, carries well and looks nice. Be sure it contains a protein food (like meat, cheese, eggs, chicken, fish, peanut butter, or bacon); a fruit or vegetable or both; milk; and a simple dessert.

So that foods will carry well, put the heavier things in the bottom of the bag so nothing will be crushed. Pack moist foods in containers with lids. Wrap each sandwich separately in wax paper to keep it fresh. Pack crisp vegetables in a plastic bag. Don't forget napkins and cups and spoons. Slip in a surprise—pickles, olives, salted nuts, raisins, or potato chips. Here are some ideas for packed lunches:

Packed Lunch

Sliced Meat Sandwich (Whole Wheat Bread)
Cottage Cheese and Green Pepper Sandwich (White Bread)
Deviled Eggs Lettuce Wedge
Orange
Oatmeal Cookies
Milk

Packed Lunch

Egg Salad Sandwich (White Bread)
Cheese and Pickle Sandwich (Whole Wheat Bread)
Carrot and Celery Sticks
Canned Peaches
Chocolate Chip Cookies
Milk

Let's Go On a Picnic

Where will you go? What will you take? You know how to pack a good lunch with sandwiches, but maybe you'll want to take another main dish. Baked beans are good, so are meat or fish casseroles. You may want to take potato salad. If you do, be sure that you can keep it cold until you're ready to eat. Otherwise there's a danger of food poisoning.

Plan your picnic the same way you plan a packed lunch—include a protein dish, a fruit or vegetable, bread, dessert and beverage. Be sure to take lots!

A Good Lunch For A Picnic

Quick Baked Beans
Whole Tomato Cucumber Chunks
Buttered Hard Rolls
Raw Apples
Brownies
Milk

If you use a fire put it out completely before you leave. Bury garbage that you can't burn. Leave everything neat and tidy.

Quick Baked Beans

(serves 8-10)

2 large cans pork and beans (about 4 cups)	2 tablespoons molasses or brown sugar
1/4 cup ketchup	1 teaspoon dry mustard
	2 tablespoons finely chopped onion

1. Set oven at 325°.
2. Combine all ingredients in a casserole dish.
3. Bake 30 minutes.

Quick Tuna Casserole

(serves 6)

2 cans tuna fish	2 tablespoons chopped onion
2 cans mushroom soup	1 small bag potato chips
1 can (1 lb.) green beans	

1. Set oven at 350°.
2. In a bowl, mix the tuna fish, soup, green beans and onion.
3. Pour into a casserole.
4. Crush potato chips all over the top.
5. Bake at 350° for 30 minutes.

Potato Salad

(serves 6-8)

6 medium potatoes
2 or 3 hard cooked eggs
6 green onions
4 stalks celery

$\frac{3}{4}$ to 1 cup mayonnaise
2 teaspoons salt
 $\frac{1}{4}$ teaspoon garlic powder
 $\frac{1}{4}$ teaspoon pepper

1. Bring to a boil about 1 inch water in a medium saucepan, with a tight lid.
2. Scrub the potatoes and add to the boiling water. Cover and let boil gently for about 20 minutes until they can be pierced easily with a fork.
3. Put them on a plate to cool.
4. Peel them when they are cold and cut into half inch cubes in a large bowl.
5. Chop the hard cooked eggs, green onions, and celery and add.
6. Add the rest of the ingredients and mix carefully until thoroughly combined.
7. Cover and put in the refrigerator to chill.

Let's Make Quick Breads

Last year you learned to make pancakes. Now you're going to make biscuits, muffins, and fruit and nut breads. They are called quickbreads because they are quick and easy to make.



*I'm good,
I have a
fairly smooth,*

level top, straight sides,

golden-brown, tender crust

creamy white, flakey inside

pleasing flavor.

Baking Powder Biscuits

(makes about 20 biscuits)

2 cups sifted all-purpose flour
1 tablespoon baking powder
1 teaspoon salt

$\frac{1}{4}$ cup shortening
 $\frac{2}{3}$ cup milk

1. Set oven at 450°. Grease cookie sheet lightly.
2. Sift and measure flour. Sift with baking powder and salt in a bowl.
3. Cut in shortening with pastry blender until the mixture looks like corn meal.
4. Add milk gradually, using enough to make a soft dough you can handle.
5. Turn the dough out on a lightly floured pastry cloth.
6. Knead 15 times. Roll or pat the dough $\frac{1}{2}$ inch thick.
7. Cut with a floured biscuit cutter.
8. Place the biscuits about $\frac{1}{2}$ inch apart on the baking sheet.
9. Bake at 450° for about 15 minutes or until the top crust is golden brown. Serve hot.

Be a quick change artist. Try these variations.

1. **Shortcake**—Add $\frac{1}{4}$ cup sugar and increase shortening by 2 tablespoons. Mix as for biscuits. Cut in large rounds. Bake as usual. Serve with fresh fruit and whipped cream.
2. **Cinnamon Rolls**—Roll dough to $\frac{1}{2}$ inch thickness in a rectangular shape. Brush with melted shortening; sprinkle with brown sugar and cinnamon. Roll up like jelly roll. Cut in $\frac{1}{2}$ inch slices. Place rolls cut side down in greased pan. Bake.
3. **Cheese biscuits**—Add $\frac{1}{2}$ cup grated cheese to the dry ingredients.
4. **Orange biscuits**—Use orange juice for liquid, add 1 tablespoon grated orange rind to the dry ingredients.
5. **Drop biscuits**—Increase the milk to 1 cup to make a thick batter. Using a tablespoon, drop the batter by spoonfuls on the greased baking sheet, about 2" apart. Bake as usual. These biscuits are rough looking and uneven in shape because you don't knead or roll them. They will have crisp crusts and be tender but not flakey inside.



*I was overmixed
I'm too flat,*

tough inside, with a thick crust



*I'm good, I have
a rounded,
pebbled top,
golden-brown crust,
creamy inside,
medium, uniform holes
no tunnels, nice flavor*

Muffins (makes 12)

2 cups flour	3 tablespoons shortening
1 tablespoon baking powder	1 egg
1/2 teaspoon salt	1 cup milk
2 tablespoons sugar	

1. Set oven at 425° Grease the muffin pans lightly on the bottom.
2. Sift flour and measure. Sift into a bowl with the baking powder, salt and sugar.
3. Cut in shortening with a pastry blender.
4. Beat the egg slightly and add milk to it. Add this mixture to the dry ingredients and stir just enough to moisten, about 15 strokes. The batter will look lumpy.
5. Fill the muffin pans 2/3 full.
6. Bake at 425° for 20-25 minutes until the tops are golden brown.

Note—you can make muffins by melting the shortening and adding it to the egg and milk mixture and then to the dry ingredients. This is the “conventional” method. However the method given in the recipe is easier for beginners and saves one utensil.

Here are some variations

1. **Whole wheat muffins**—Substitute 1 cup of whole wheat or graham flour for 1 cup of the white flour in the above recipe.
2. **Cornmeal muffins**—Substitute 1 cup of cornmeal for 1 cup of white flour.
3. **Bacon muffins**—Add 2 tablespoons broken bits of crisp bacon to the mixture.
4. **Fruit muffins**—Add 1/2 cup cooked chopped dried prunes or other fruit to the mixture.
5. **Cheese muffins**—Add 1/2 cup grated cheese to dry ingredients. Sprinkle tops with paprika.
6. **Nut muffins**—Add 1/2 cup nuts to the dry ingredients. The sugar may be increased by 2 tablespoons.



*I was overmixed,
I'm humped on top,
have a pale, tough
skin and tunnels inside*

Nut and Fruit Bread

Nut and fruit bread is a heavier type of quick bread than a muffin or coffeecake. It is baked in a loaf pan (like mother's bread pan) at a moderate heat. It often cracks on top while baking.

A good loaf of nut and fruit bread has a golden brown crust that is thin and tender. It takes on the shape of the baking pan and has a slightly rounded top.

Inside, the crumb is moist and tender with no large holes or soggy layers. The color and flavor will depend on the ingredients you use. Whatever the flavor, it should taste good.

Nut and fruit bread slices better when cold and often improves in flavor the second day after baking. Slice and serve, spread with butter or cream cheese. It makes wonderful sandwiches. It's good for dessert too.

Plain Nut Bread

(makes one loaf, 9"x5"x3")

2 cups sifted all-purpose flour	$\frac{3}{4}$ cup sugar
$2\frac{1}{2}$ teaspoons baking powder	2 eggs
$\frac{3}{4}$ teaspoon salt	$\frac{3}{4}$ cup milk
$\frac{1}{4}$ cup shortening	$\frac{3}{4}$ cup chopped nuts

1. Grease and line loaf pan with two strips wax paper (one the length of the pan and one the width of the pan).
2. Set oven at 350°.
3. Sift together flour, baking powder and salt.
4. Cream sugar and shortening.
5. Beat eggs and add to creamed sugar and shortening.
6. Add milk to creamed mixture alternately with sifted dry ingredients. Mix until blended.
7. Add nuts and mix.
8. Bake in greased, lined loaf pan at 350° for 1 hour.
9. Remove from pan immediately, peel off paper, and cool on rack.

Applesauce Loaf

(makes one loaf, 9"x5"x3")

2 cups sifted all-purpose flour	2 eggs
$2\frac{1}{2}$ teaspoons baking powder	1 teaspoon lemon juice
$\frac{3}{4}$ teaspoon salt	1 cup applesauce
$\frac{1}{2}$ cup shortening	1 cup chopped nuts
1 cup sugar	

When I'm cold,
wrap me in
wax paper
and keep in
your bread box



1. Grease and line loaf pan with wax paper.
2. Set oven at 375°.
3. Sift together flour, baking powder, and salt.
4. Cream together shortening and sugar. Beat eggs, add to creamed mixture.
5. Add lemon juice and applesauce and blend.
6. Add flour mixture, stirring only until it is blended.
7. Add nuts.
8. Bake in greased and lined loaf pan at 375° for 1 hour and 15 minutes. Remove from pan and cool on rack.

Let's Cook Eggs

Eggs make a good lunch or supper dish. You can use them in meals as a substitute for meat. They are rich in protein and iron. High temperatures toughen eggs, so always cook eggs and foods containing a lot of them at low temperatures. When you buy eggs in the store, choose eggs that are graded, if you can. Grade AA and Grade A are the highest quality eggs. They are good for frying, scrambling, baking and soft or hard cooking. The egg white is firm and stands up around the yolk when you break the egg out of the shell. Grade B eggs are still good quality but the white is not as firm as in Grade AA or A eggs. Grade B eggs are good to use for baked products like cookies and muffins.

You've already learned how to prepare hard cooked eggs. Here are some other ways. Serve them with a bread, vegetable, simple dessert, and milk for lunch or supper.

Baked Eggs

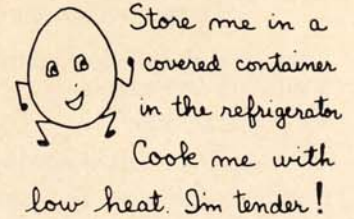
Break each egg into a shallow greased baking dish or individual baking dishes or muffin pans. Add 1 tablespoon whole milk or cream to each egg and dot with butter. Season with salt and pepper. Set baking dish in pan of warm water. Bake in a moderate oven (325°) until as firm as you like it. You can line the muffin pans with a slice of bacon before adding the eggs if you like.

Scrambled Eggs

Grease fry pan lightly. Put on **low** heat. For each egg, use 1 tablespoon of milk, and beat them together very slightly. Season with salt and pepper. Pour the mixture into the fry pan and stir constantly over low heat until thickened. Serve at once.

Fried Eggs

Heat 1 to 2 tablespoons fat in a fry pan over **low** heat. Break egg into a saucer and slip into frypan. Cook slowly to desired doneness, 3 to 4 minutes. Spoon hot fat over the yolks while cooking. Or cover the fry pan for 3 or 4 minutes, until eggs are done.



Scalloped Eggs

6 hard cooked eggs, sliced
1 can cream of celery soup
 $\frac{1}{2}$ teaspoon salt

$\frac{2}{3}$ cup dry bread crumbs
2 tablespoons butter

1. Set oven at 350°.
2. Melt the butter in a small saucepan. Remove from heat and add the crumbs and stir until crumbs are coated with butter.
3. In a buttered, medium-sized baking dish, put a layer of half the sliced eggs, then half the soup and half the crumbs.
4. Repeat, ending with a third layer of crumbs on top.
5. Bake at 350° for 25 minutes until mixture is thoroughly hot.

French Toast

2 eggs, beaten
 $\frac{1}{2}$ cup milk

$\frac{1}{2}$ teaspoon salt
6 slices bread

1. Heat heavy fry pan or griddle with a small amount of fat in it.
2. Combine eggs, milk, and salt and mix.
3. Dip bread in egg mixture. Be sure it is completely covered but don't let it soak.
4. Brown on both sides in fry pan over low heat. Serve hot with butter and sirup or jelly.

Serve a Vegetable With Your Lunch or Supper

You know how to serve raw vegetables. Perhaps you'd like to heat a canned vegetable or cook a frozen vegetable for lunch or supper. Remember, we need five servings of fruit and vegetables everyday for the vitamins and minerals they provide.

Heating a canned vegetable

Drain off the juice into a saucepan and heat to evaporate some liquid. When the liquid boils rapidly, add the vegetable. Cover and cook just until the vegetable is heated. You may use the liquid for gravy, stew, or soup. It contains some vitamins and minerals.

Note—If the vegetable was home canned, boil it in the liquid in an open pan for 10 minutes to be sure it is safe to eat.

Cooking a frozen vegetable

1. Bring $\frac{1}{2}$ to $\frac{3}{4}$ cup water to a boil in a pan with a tight lid.
2. Put frozen vegetable* (not thawed) in pan. Leave heat on high and stir with a fork to pry vegetables gently apart.
3. When they boil, turn down heat, put on lid and cook for 3-5 minutes until just tender.

*Exception—Thaw corn on the cob and broccoli until ears and stalks separate. Cook as above.

Let's Plan and Make Lunch or Supper

What will you have? You've learned how to plan a meal in the packed lunch and picnic section. Use the same pattern here. Sometimes you will plan to serve more food at lunch and supper than other times.

Light Lunch or Supper

Grilled Cheese Sandwich
Celery Sticks
Baked Apple
Milk

Heavier Lunch or Supper

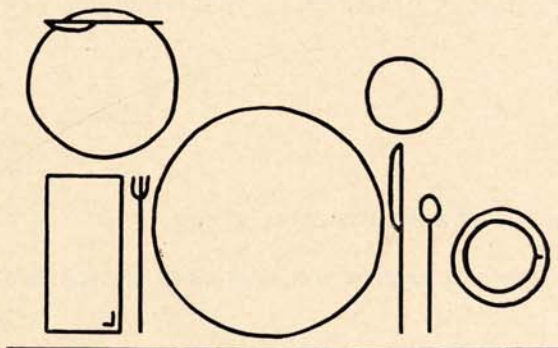
Quick Tuna Casserole
Carrot Sticks
Whole Wheat Bread
Fruit Crisp
Milk

You'll notice both are colorful and have a variety of foods, some soft and some crisp.

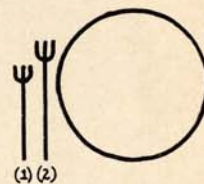
Here's how to set the table

A nicely set table has a lot to do with how we enjoy our meals. Use a clean table cloth or place mats, clean dishes and silver. A low centerpiece of flowers, fruit or other things makes a table look nice. Practice setting the table for your family and do it your share of the time. It will be a big help to mother.

A place set properly for one person.



1. Place all silver, the dinner plate, and napkin, 1 inch from the edge of the table.
2. Put only the silver on the table that you need for that meal.
3. Place the knife at the right of the plate with the cutting edge toward the plate.
4. Place the fork at the left of the plate with tines up.
5. Place the spoon with bowl up at the right of the knife.
6. Place the water glass at the tip of the knife and the milk glass at the right of the water glass.
7. Place the cup and saucer at the right of the spoon with the handle of the cup parallel to the table edge.
8. Place the napkin at left of the fork with the open corner at the lower right, toward the plate.
9. If a bread and butter plate is used place it at the tip of the fork. Place the butter spreader across the tip of the plate, parallel to the table edge. The cutting edge should be toward the center of the plate.
10. If a salad is served on an individual plate with the meal, place it at the left of the napkin or at the tip of the fork in place of the bread and butter plate.
11. Place salt and pepper shakers and sugar and creamer within reach of someone at the table. The handles should be parallel to the edge of the table rather than diagonal.
12. If you need more than one fork or spoon, put them side by side, with the one you use first on the outside.



(1) salad fork, use first with salad.
(2) dinner fork, use second with the main course.

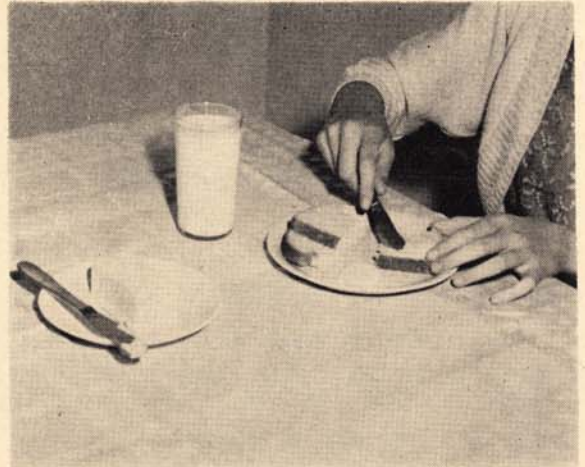
Courtesies at the table

Good table manners aren't just for company or when you're away from home. Use them every day. Here are some pointers.

1. Be prompt at meals. Come to the table clean and neatly dressed.
2. Sit up straight at the table, keep elbows fairly close to your sides.
3. If you are away from home and don't know which piece of silver to use, watch the hostess and do what she does.

4. Use silverware with ease:

- for cutting, hold the knife firmly in your right hand by the handle, hold the fork, tines down, in your left.
- when eating, use the fork in your right hand, tines up.
- dip a soup spoon away from you and swallow the soup quietly.
- put the silverware on the plate when not using it.
- when you are through eating, place the knife and fork 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.



Right way to butter bread.

5. Don't reach in front of anyone. Ask to have a dish passed. Pass it so your neighbor can take it by the handle.
6. Cut only one bite at a time.
7. Eat slowly and quietly with the mouth closed.
8. Break each slice of bread before you butter it. A fourth of a slice is about right.
9. Use a napkin. If you leave the table ask the hostess to excuse you and place the napkin to the left of your plate.



Right way to hold knife and fork.



Wrong way to hold knife and fork.