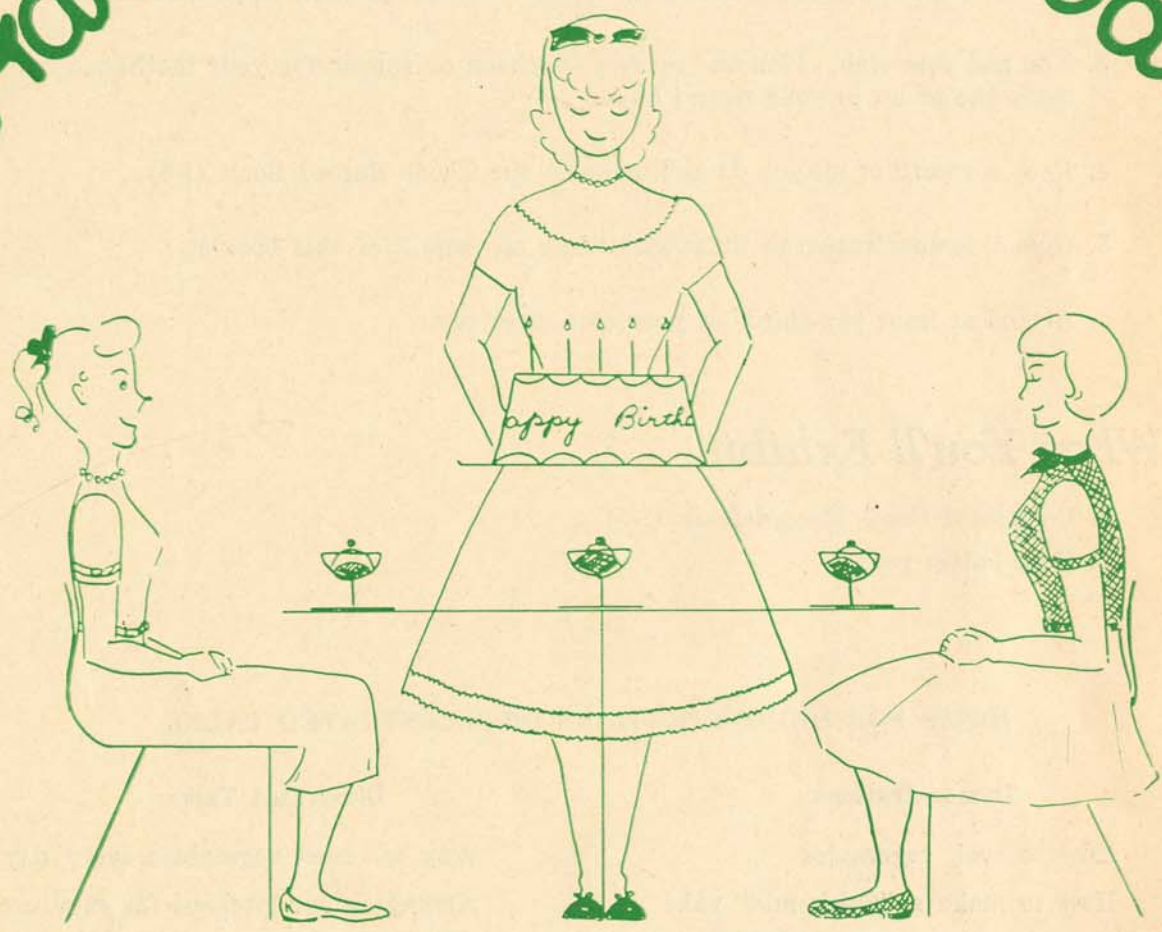




UNIVERSITY OF IDAHO
College of Agriculture

Have fun with foods
Unit 3



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an Idaho 4-H foods project

What You'll Learn and Do

1. Prepare and serve—
 - a “quick mix” cake, twice or more.
 - a “conventional” type cake, twice or more.
 - batter rolls or batter coffee cakes on three occasions.
 - a dessert three times. Include one that is a “custard” type and one that is a “cobbler” type.
 - vegetables four times, using four different vegetables and methods of cooking.
 - a lunch or supper main dish three times. Include one which has a white sauce base.
2. Plan and serve a breakfast for your family. Write the menu in your record book.
3. **You and your club.** Plan and serve a luncheon or supper for your mothers. Include the menu in your record book.
4. Keep a record of all you do and make in the Foods Record Book (I-5).
5. Give a demonstration or illustrated ideas on page 2 of this booklet.
6. Attend at least two-thirds of your club meetings.

What You'll Exhibit

1. Completed Foods Record Book (I-5).
2. Four batter rolls.

IDEAS FOR DEMONSTRATIONS OR ILLUSTRATED TALKS

Demonstrations

How to cook vegetables
How to make a “quick mix” cake
How to make a “conventional” cake
How to make a baked custard
How to make a fruit cobbler
How to make batter rolls
How to make a main dish casserole

Illustrated Talks

Why we need vegetables every day
Arranging our kitchens for easy use
Milk in our meals
Different kinds of breads and how to serve them
How to plan and serve a guest lunch

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Have Fun With Foods

Unit 3

MARY JANE HESS*

NOW, you're becoming such a good cook that you are able to help Mother more all the time. In this unit, you will learn to make rolls, cakes, desserts, and main dishes for your family meals.

Do you remember all the food preparation rules you learned last year? Try checking this quiz.

Match the items on the left in the blanks on the right

- | | | |
|------------------|-------|--|
| 1. Eggs | _____ | turn only once when cooking |
| 2. Flour | _____ | pack firmly in measuring cup and level off |
| 3. Fruit | _____ | mix until just combined but still lumpy |
| 4. Brown sugar | _____ | knead gently 15 times |
| 5. Muffin batter | _____ | always cook at low temperatures |
| 6. Cookies | _____ | sift before measuring |
| 7. Egg whites | _____ | wash just before serving |
| 8. Pancakes | _____ | cool on a rack |
| 9. Biscuit dough | _____ | beat at room temperature |

Cakes

In your last unit you made a cake using a mix. Now you're going to make one from "scratch."

There are two main kinds of cakes: those made with fat (like a butter cake or pound cake) and those made without (like sponge cake and angel food cake.) The chiffon cake is really a combination of the two. It contains fat, but is mixed like a sponge-type cake. In this unit, we're going to make butter cakes.

Making a good cake tests your skill as a cook. You must measure very carefully and follow the directions accurately. It is very important that your oven be the correct temperature. Check it before you start.

A good cake should have a fine, even texture inside. It should feel velvety. There should be no big holes or tunnels. The top should be almost flat. The outside crust should be a golden brown color and tender to touch.

Two good ways to make a butter cake are the "conventional" or standard method and the newer one-bowl or "quick" method. Learn to make cakes by both methods. The recipe will tell you which method to use. Use the one it gives.

In the conventional method, cream the shortening and sugar together, add the beaten eggs, and then the dry ingredients alternately with the liquid.

In the one-bowl or quick method, you soften the shortening and add the dry ingredients with two-thirds of the liquid and beat for 2 minutes (mixer) or 300 strokes by hand. Add the remaining liquid and eggs and beat 2 minutes more (mixer) or 300 strokes by hand.

Review the pointers given in Unit 2 on making cakes.

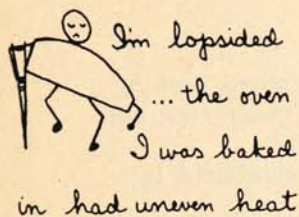
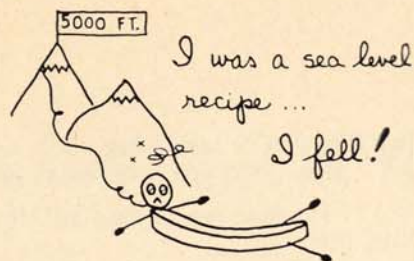
Cooking on high

We live in a wide range of altitudes in Idaho. Most people live from 1,500 to 3,000 feet above sea level; but in Lewiston the altitude is less than 1,000 feet and in Tetonian it is over 6,000 feet. So it is necessary to make changes in some recipes to get a good product at different altitudes. This is very true of cakes. Baked products like biscuits, coffee cakes, yeast rolls and cookies are not affected as much by altitude as cakes.

* Extension Nutrition Specialist.

Here are two cake recipes that you can use anywhere in Idaho up to 5,000 feet elevation. If you live much above this elevation, or if you wish to use other cake recipes that were written for sea level, you may have to experiment with the recipes. Ask your mother and leader for good cake recipes. They probably have developed some of their own.

There are no hard and fast rules for you to use to modify a sea level cake recipe. The needed changes depend upon the amount of, and relationship between the various ingredients of the original recipe. In general, above 3,000 feet, you need to decrease the baking powder about $\frac{1}{2}$ teaspoon for each 2 cups flour, for each rise of 3,000 feet. You may need to use less sugar and more liquid too.



Rich Yellow Cake — Conventional Method (Makes two, 8" or 9" layers)

2 c. sifted cake flour	$\frac{1}{2}$ t. vanilla
2 t. baking powder	2 eggs
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ c. butter
$\frac{2}{3}$ c. milk	1 c. sugar

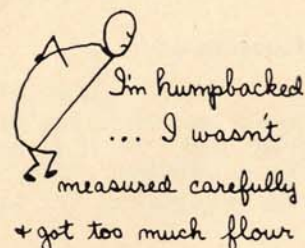
1. Set oven at 375°.
2. Grease cake pans on bottom only. Line bottom with wax paper and grease lightly.
3. Sift flour, salt and baking powder together.
4. Measure milk and add vanilla to it.
5. Beat eggs light in small bowl.
6. In large bowl, cream butter. Add sugar gradually and cream until light and fluffy.
7. Add beaten eggs to creamed mixture.
8. Add the flour mixture in four portions alternately with the milk in three portions, starting and ending with flour. Beat after each addition until well combined.
9. Pour into prepared cake pans. Cut through batter with a knife a few times to get out any large air bubbles.
10. Bake at 375° for about 25-30 minutes until done. When done, the cake will shrink slightly from the sides of the pan and a toothpick inserted in the middle will come out clean.
11. Cool for 10 minutes on cake racks and then turn out. Peel off paper carefully and let finish cooling on racks.

Chocolate Cake — Quick Method (Make two, 8" or 9" layers)

2 c. plus 2 T. sifted cake flour	1 c. milk
2 t. baking powder	2 squares unsweetened chocolate (1 oz. squares) melted
1 t. salt	3 eggs
$\frac{1}{2}$ t. cinnamon	1 t. vanilla
$1\frac{1}{2}$ c. sugar	
$\frac{1}{2}$ c. shortening	

1. Set oven at 375° and grease pans as you did for the Rich Yellow Cake.
2. Sift dry ingredients together in large mixing bowl. Add the shortening and $\frac{2}{3}$ of the milk.
3. Beat 300 strokes by hand or 2 minutes with electric mixer. Scrape down sides of bowl often while beating.
4. Add melted chocolate and mix in.
5. Add rest of milk, vanilla and eggs.
6. Beat 300 strokes more by hand, or 2 minutes with electric mixer.
7. Pour into cake pans.
8. Bake at 375° for about 25-30 minutes until done.
9. Cool as in previous recipe.

To use cocoa instead of chocolate—use only 2 cups flour, add $\frac{1}{3}$ cup cocoa and sift with dry ingredients. Increase shortening by 1 tablespoon.



Batter Breads

Now, you're going to make yeast rolls and coffee cakes. It's such fun to watch the batter rise and even better to smell it baking in the oven. There are two main ways to make yeast breads. One is by making a dough which you knead and shape to develop the dough structure. The second is by making a batter which you mix and stir to develop the structure. The batter type is quicker and easier to make and you will learn how now.

Basic Beaten Batter

(Makes batter for two, 8-inch coffee cakes or 2 dozen rolls)

1 package yeast, compressed or active dry	1 t. salt
$\frac{1}{4}$ c. water (lukewarm, for compressed, warm, for active dry)	$\frac{1}{2}$ c. shortening
1 c. milk	$3\frac{1}{4}$ c. sifted, enriched flour (about)
$\frac{1}{4}$ c. sugar	1 egg
	$\frac{1}{2}$ t. vanilla (optional)

1. Soften yeast in the $\frac{1}{4}$ c. water, using lukewarm (85°) for compressed yeast and warm (105°) for active dry yeast.
2. Scald milk. (Heat until it just starts to bubble around the edge.)
3. Put the sugar, salt and shortening in a large mixing bowl. Pour the scalded milk over it and stir to combine. Let it cool to lukewarm.
4. Add 2 c. flour and beat well.
5. Add softened yeast, egg, and vanilla. Beat well.
6. Add more flour to make a fairly stiff batter. You may not need all the flour given in the recipe, especially in winter.
7. Beat thoroughly until smooth. Cover and let rise until bubbly (about 1 hour) in a warm place (85°).
8. Stir down. This means to beat it hard for about $\frac{1}{2}$ minute with a spoon.
9. Fill lightly greased muffin pans about half full. Cover and let rise 30 minutes.
10. Bake at 400° for about 25 minutes until the top is golden brown.
11. Turn out immediately and cool on a rack.

Variations of basic batter—Follow the above recipe through step 7. Then, make these:

Cranberry Orange Rings

$\frac{1}{2}$ recipe basic beaten batter	1 T. grated orange rind
$\frac{1}{2}$ c. jellied cranberry sauce	1 T. melted butter
2 T. sugar	

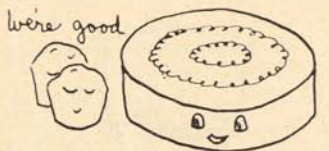
1. Combine cranberry sauce, sugar, orange rind and melted butter. Blend.
2. When basic beaten batter is light, stir down.
3. Spread in a greased 9" round pan.
4. With floured fingers, make two circular depressions in batter, $1\frac{1}{2}$ " and 3" from edge of pan.
5. Fill these with cranberry orange mixture.
6. Cover and let rise until doubled in bulk (about 30 minutes).
8. Turn out and cool on a rack.
7. Bake at 375° , about 30 minutes.

Caramel Coconut Puffs

(Makes 1 dozen)

$\frac{1}{2}$ recipe basic beaten batter	$\frac{1}{2}$ c. brown sugar
2 T. melted butter	$\frac{1}{2}$ c. shredded coconut
1 T. water (about)	

1. Prepare muffin pan by putting $\frac{1}{2}$ t. melted butter and 2 t. brown sugar in each cup.
2. Sprinkle each with a few drops of water.
3. Arrange 2 t. coconut in each cup.
4. When basic beaten batter is light, stir down and fill muffin cups half full.
5. Cover and let rise until doubled in bulk (about 30 minutes).
6. Bake at 375° for 20-25 minutes.



golden-brown outside,
creamy inside, crisp, tender
crust; fine, even texture
taste good

How to Prepare and Cook Fresh Vegetables

One of the most important things a good cook can do is prepare fresh vegetables properly so that they taste good, look attractive and keep their food value. No meal is complete without one or more servings of a vegetable in some form. We grow many vegetables in Idaho. Let's see that we know how to:

Choose them carefully

1. Use three servings of vegetables every day.
2. In Idaho, it's a good idea to have one serving of potatoes. They are plentiful and contain valuable B-vitamins and vitamin C when you cook them properly.
3. Use one serving of a green or yellow vegetable rich in vitamin A.

Choose from this list:

Green asparagus	Edible greens	Carrots
Broccoli	Leaf lettuce	Pumpkins
Brussel sprouts	Green or red peppers	Squash, winter
Green cabbage	Spinach	Sweet potatoes

4. Serve often a vegetable from this list high in vitamin C, especially if you don't have a serving of citrus fruit every day. Part of the vitamin C will be lost in cooking, but most of it will remain as long as you follow good cooking rules.

Broccoli	Edible greens	Tomatoes
Green cabbage	Green peppers	Potatoes

Prepare them properly

1. Select fresh, sound vegetables.
2. Use as soon as possible.
3. Store in a cool place, in the cellar or covered in the refrigerator.
4. Don't soak or cut up until just ready to cook.
5. Use outside green leaves and tops.
6. Cook what you need for one meal. Leftovers are lower in food value.



*Don't make an
old soak out of me*

Cook them well

To boil vegetables

1. Cook in as little water as possible.
2. Have water boiling when vegetable is added to it.
3. Cook in covered utensil to keep steam in and air out.
4. Reduce heat when water boils again.
5. Cook in shortest possible time, just until tender. Overcooking or reheating increases loss of vitamins.
6. Save what little cooking liquid there is for gravy and stew.
7. Serve as soon as they are done.



*Drop us in a little
boiling water and
cover quickly*

Try them baked

1. Bake potatoes, squash, tomatoes, onions and corn in their skins. Wash and scrub. Rub a little fat on the skin and place in the oven. Potatoes are good baked at 400-425° for about 1 hour. Bake the other vegetables at 350° for about an hour.
2. Sliced vegetables such as potatoes, squash, carrots, beets, parsnips, onions and celery are delicious baked in a covered casserole. Melt 1 tablespoon of butter in the casserole. Add the vegetable, salt, and 1 inch boiling water. Put the lid on and bake at 350-425° until done. (About 1 hour.)

Have you ever panned a vegetable?

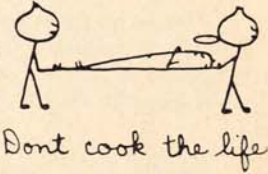
Carrots, green beans, celery, cabbage, potatoes, and summer squash are good this way. This is often called the "Chinese" method.

1. Slice, dice or shred the vegetable. Melt 1 or 2 tablespoons fat in a heavy skillet, then add the vegetable and salt and toss until each piece is lightly coated with fat.
2. Put a tight fitting cover on the skillet. Don't add water. When the vegetable starts to sizzle, you'll know that the steam has formed.
3. Turn the heat down to low and cook until crisply tender. Stir or shake once or twice during cooking to prevent sticking.

Pan fry for a change

Try potatoes, carrots, rutabagas, parsnips and squash this way.

1. Heat enough fat to cover the bottom of a heavy skillet.
2. Grate raw vegetable, season, and put in skillet with a tablespoon or two of chopped onion.
3. Cover with a tight lid, reduce heat and let cook.
4. Turn when brown on one side and cook on other side until tender.



*Don't cook the life
out of me*

Vary the vegetables

Vegetables taste wonderful served with butter and seasonings. Try them other ways too, for a change:

1. Combine with medium white sauce.
2. Sprinkle with grated cheese.
3. Top with buttered bread crumbs.
4. Mix with a couple of tablespoons of finely chopped onion, cooked in butter.
5. Cook and serve in cream.

Let's Serve Breakfast to Our Family

Surprise mother and dad by fixing a super special breakfast for them. You've learned to make good breakfast foods in all three units of "Have Fun With Foods." Here is a good breakfast pattern to follow every day. If you or your parents are very active, you may wish to have both cereal and a bread, and both eggs and meat.

Basic Breakfast Pattern

Fruit or Fruit Juice
Cereal or Bread
Eggs or Meat
Milk or Milk Drink

Here are some examples. The one on the left follows the "Basic" pattern, the one on the right is heavier for very active people.

Breakfast

Tomato Juice
Scrambled Eggs
Cranberry-Orange Ring
Butter
Milk

Breakfast

Orange Slices
Whole Wheat Cereal
Fried Eggs Bacon
Baking Powder Biscuits
Butter Jam
Milk

When you choose fruit for breakfast keep in mind that you need a vitamin C rich fruit or vegetable every day. Citrus fruits, fresh strawberries, peaches, cantaloupe and tomato juice are good sources and breakfast is a good time to include one of them.

Choose a whole wheat or enriched cereal or bread for the B-vitamins and iron they supply. They also contain some proteins, especially when you serve them with milk because the proteins in the milk combine with those in the cereal to give us higher quality proteins.

Have an egg every day for breakfast and sometimes meat. Eggs supply valuable iron and protein. Meat gives you B-vitamins and protein.

Last year you learned how to bake, fry and scramble eggs. Here are directions for soft cooking and poaching eggs.

Soft Cooked Eggs

Cover eggs with boiling water. Take off burner or place at back of stove where water cannot boil and let stand 5 to 8 minutes (soft) or 9 to 12 minutes (medium). Serve hot in the shell, or scoop into a fruit dish.

Poached Eggs

Break eggs into a saucer and slip into boiling, salted water—enough to cover the eggs—in a shallow greased pan. Remove from heat and cover. Let stand about 5 minutes or until eggs are as firm as you want them. Remove eggs carefully with a slotted spoon and season with salt and pepper to taste. (Adding 1 T. vinegar to the water will keep the egg white from spreading.)

Bacon is a breakfast favorite and is easy to prepare.

Pan Fried Bacon

Use two or three strips for each serving. Place strips, side by side, in a cold fry pan over moderately low heat. Turn several times for 6 to 8 minutes, until all parts of bacon are evenly crisp but not brittle. Pour off the fat as it accumulates. Do not let the fat smoke as the bacon is frying. Drain on paper towels. If you are frying eggs, keep the bacon warm in the oven or in another fry pan while the eggs are cooking.

Choose milk as your beverage. On cold winter mornings you may prefer it as cocoa.

Your parents may want coffee. There are several ways to make it: in a percolator, drip pot, or vacuum pot. Here's how to make it in a percolator: For each cup of water you use, put two tablespoons of coffee in the top of the pot. Fill the bottom with the desired amount of cold water. Add a tiny pinch of salt to bring out the flavor. Let it heat and "perc" about 3-5 minutes. Take it off the heat and let settle for a minute or two. Serve hot. If you have a different kind of coffee pot at your house, ask mother to show you how to use it.

When you serve breakfast for your family you'll want to make it extra special. Use a gay centerpiece and tablecloth. Have everything sparkling and clean.

It's still a simple meal. Have the cream, sugar, salt and pepper, butter and jam on the table when the family is seated. The first course is on too. It will probably be fruit and cereal. After it is eaten, remove the dishes and bring in the hot foods. Arrange the serving silver beside the hot dishes, parallel to them.

Serve and remove food from the left side of the person. Pour beverages from the right. If you "dish up" the individual plates in the kitchen, serve Mother's first and then the others in order around the table to her right.

More Lunch and Supper Dishes

Creamed and scalloped dishes are good for lunch or supper. Many of them have a white sauce base. You can use canned cream soup for the base or you can make your own white sauce. It is cheaper to make your own white sauce, especially if your family has a cow or if you use dry skim milk. Here is a recipe that uses white sauce:

Creamed Meat or Eggs on Toast

(Serves 4)

2 c. cooked, diced meat or diced, hard-cooked eggs	4 slices buttered toast
1 c. medium white sauce	paprika
	parsley, washed and dried

1. Combine the meat or eggs and white sauce and bring to a boil.
 2. Put a buttered toast slice on each plate.
 3. Spoon the creamed mixture on top of each toast slice.
 4. Sprinkle a few grains of paprika over each. Add a parsley sprig for a garnish.
- Serve it as the main dish for lunch or supper soon.

Menu

Creamed Eggs on Toast
Buttered Green Beans
Fruit Cup
Sugar Cookies
Milk

A medium white sauce is used for the above recipe and for most creamed meat and vegetable dishes.

Medium White Sauce

(1 cup)

2 T. butter

$\frac{1}{2}$ t. salt

2 T. flour

1 c. milk

1. Melt the butter in a heavy saucepan over low heat.
2. Take off the heat and stir in the flour and salt to make a smooth paste.
3. Gradually add the milk and cook over low heat until thickened. Be sure to stir all the time.

Other white sauces

Thin White Sauce: Use 1 T. butter and 1 T. flour to 1 cup milk and make the same way as above. Thin white sauce is used for cream soups.

Thick White Sauce: Use 3 T. butter and 3 T. flour to 1 cup milk and make the same way as above. Thick white sauce is used for scalloped dishes and croquettes.



*If you don't use me
right away, cool me quickly
cover, and put in the
refrigerator*

Scalloped dishes

To each cup of medium or thick white sauce add 1 to 2 cups of vegetable, meat, fish, hard-cooked eggs, cooked macaroni or rice. Turn into oiled baking dish. Sprinkle with buttered crumbs. Bake at 350° until crumbs are brown and mixture is thoroughly heated (usually about 30 minutes).

How to cook macaroni, spaghetti and noodles for creamed main dishes. Usually 1 ounce of the dry, uncooked product serves one person. Look on the package to find out how much you'll need. Combined with milk and other protein foods like meat, cheese, poultry or fish, it makes a good main dish.

To cook 4 ounces of macaroni, noodles or spaghetti, first bring 3 cups of water to a boil. Add 2 teaspoons salt and the macaroni food to the rapidly boiling water. Stir the boiling mixture constantly for 2 minutes. Then, **cover** the pan, **remove from heat**, and let stand 10 minutes. At the end of 10 minutes, drain the macaroni food. It will be cooked to the correct stage of doneness—completely cooked, yet still chewy—not overdone and mushy. Increase or decrease the amount of water as you vary the quantity of macaroni you wish to cook.

Soups

Soups are good for lunch. Serve them with sandwiches, a raw vegetable, and a simple dessert. Be sure to choose a sandwich that has a protein filling unless the soup you choose has lots of meat or cheese in it.

Example

Potato Soup
Cold Beef Sandwich
Celery Sticks
Fresh or Frozen Strawberries
Milk

Potato Soup (Serves 4-6)

2 T. butter

$\frac{1}{4}$ t. celery salt

1 T. grated raw carrot

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

1 t. salt

2 c. hot milk

1 T. grated raw onion

1 c. boiled potatoes, sieved

1. Cook carrot and onion in butter in skillet on low heat.
2. Add rest of ingredients and cook 20 minutes, stirring occasionally.

Cream of Cheese Soup

(Serves 6)

2 T. minced onion
1/4 c. butter
1/4 c. plus 1 T. flour
2 c. milk

2 c. chicken stock or boullion
1/2 lb. sharp cheddar cheese, grated
1/2 c. minced cooked carrot
3/4 c. minced cooked celery

1. Fry onion in butter in skillet over low heat. Don't brown. Add flour and blend well.
2. Add milk and chicken stock and cook over medium heat until thickened. Stir while cooking.
3. Add cheese and stir until melted.
4. Add vegetables and heat thoroughly.
5. Serve with crackers. Garnish with paprika.

Note—If you don't want to serve it right away, keep over low heat in a covered double boiler.



More Desserts

Most of us think a meal isn't quite complete unless we end with dessert. A dessert doesn't have to be "fancy" to be good. Simple ones are often best. Fruit desserts are good. You've already learned to make many: fruit cups, stewed fruit, plain raw or sliced fruit, and fruit with gelatin. Puddings like those you made last year are delicious. Perhaps you'll want to serve cookies with them too.

When you plan the dessert for a meal, think of the meal as a whole. If it is a "heavy" meal of quite rich foods, top it off with a light fruit, custard type or frozen dessert. If it is a very "light" meal, you can serve a richer dessert such as strawberry shortcake or fruit cobbler and cream.

Heavy Meal with Light Dessert

Quick Tuna Casserole
Baked Potatoes
Buttered Carrots
Sweet Pickles
Whole Wheat Bread Butter
Frozen Lemon Pudding
Milk

Light Meal with Heavy Dessert

Cream Cheese Soup
Crackers
Radish Roses
Chocolate Cake with Ice Cream
Milk

Frozen desserts are easy to make and are light and refreshing, especially in the summer.

Frozen Lemon Pudding

(Serves 4-6)

1/2 c. evaporated milk
1 egg, separated
1/4 c. plus 1 T. sugar

1 t. grated lemon rind
2 1/2 T. lemon juice
1/4 c. graham cracker crumbs

1. Chill evaporated milk in ice tray until almost frozen around edges.
2. In a large bowl, combine the egg yolk, 3 T. sugar, the lemon rind and 1 T. lemon juice.
3. In a small bowl, beat the egg white until frothy, gradually add the remaining 2 T. sugar and beat until stiff and mixture will stand in peaks.
4. Fold egg white mixture into lemon mixture.
5. Whip evaporated milk in a cold bowl until frothy. Add the remaining 1 1/2 T. lemon juice and whip until stiff. Fold into egg mixture.
6. Put in ice tray and sprinkle crumbs on top. Freeze without stirring.

Custards add more milk to the meal and are easy to vary. Remember your rules of egg and milk cookery? Always cook at low heat so the protein won't be toughened.

Peachy Baked Custard (Serves 4-6)

2 c. scalded milk
2 or 3 eggs
 $\frac{1}{4}$ c. sugar
 $\frac{1}{4}$ t. salt

$\frac{1}{4}$ t. vanilla
dash of nutmeg
4-6 peach halves

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

1. Heat milk until it just starts to get bubbles around the edge. This is called "scalding."
2. Beat eggs slightly until blended but not until foamy.
3. Add sugar and salt. Pour hot scalded milk slowly over the eggs, stirring constantly. Add vanilla.
4. If the mixture is lumpy, strain.
5. Put one peach half in each greased custard cup.
6. Pour the custard on top of each peach half. Fill each cup to about $\frac{1}{2}$ inch from the top. Sprinkle with nutmeg.
7. Set molds in pan. Surround with hot water.
8. 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.

Variations

1. Add 1 cup of bread cubes, stale cake, or cooked rice to replace one egg in the recipe. Bake mixture in buttered baking dish set in pan of hot water. Bake at 325° for 1 hour. You may add raisins or other fruit if you wish.
2. Add 2 T. grape nuts to baked custard mixture before baking.

Fruit cobblers make good desserts any time of the year. Use fresh sliced fruit or berries in the summer and canned or frozen fruit in the winter to make them. You can use about $1\frac{1}{4}$ cups of biscuit mix instead of the "Top" given in the recipe below if you like.

Fruit Cobbler (serves 6)

Bottom

$\frac{2}{3}$ to 1 c. sugar
1 T. cornstarch
1 c. hot water
 $2\frac{1}{2}$ to 3 c. fruit, sliced
2 t. butter
 $\frac{1}{2}$ t. cinnamon

Top

1 c. sifted all-purpose flour
1 T. sugar
 $1\frac{1}{2}$ t. baking powder
 $\frac{1}{2}$ t. salt
3 T. shortening
 $\frac{1}{2}$ c. milk

Bottom

1. Mix sugar and cornstarch in saucepan. Stir in water.
2. Bring to a boil while stirring and boil about 1 minute until sauce thickens.
3. Arrange fruit in 8" x 8" baking dish.
4. Dot with butter, sprinkle with sugar.
5. Pour sauce over it.

Top

1. Sift dry ingredients together.
2. Cut in shortening until fine.
3. Stir in milk and blend.
4. Drop by spoonfuls on top of fruit.
5. Bake at 400° for 30 minutes until biscuit topping is golden brown.
6. Serve warm, plain or with cream.

To use canned fruit: Use about $2\frac{1}{2}$ c. canned fruit (No. 2 can) sweetened to taste. Use the juice instead of the sugar and water.

Let's Plan and Serve a Luncheon for Our Mothers

Won't it be fun to show your mother's how well you can cook? What a nice table you can set? How easily you can serve a meal?

Plan with your leader to have a luncheon. Have committees so that everything will be taken care of. Here are some you might have—

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. Use a pretty cloth or place mats and an attractive centerpiece.

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 and entertainment that you may have.

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

Menu ideas

Macaroni and Cheese
Raw Vegetable Relish Plate
Whole Wheat Muffins
Peach Crisp
Milk

Assorted Sliced Cold Meat and Cheese
Potato Salad
Carrot Sticks
Baking Powder Biscuits
Applesauce Peanut Butter Cookies
Milk

Remember that every meal you plan and serve should include some bright colored foods, something soft, and something crisp. Be sure that the flavors are pleasing and go well together; not too many strong flavored foods or too many mild flavored foods at the same meal.

Serving your luncheon

Just before you announce the meal, see that everything is ready:

1. Glasses filled $\frac{3}{4}$ full.
2. Chairs placed so that the front of the seat is even with the edge of table.
3. Air fresh and room comfortable.
4. First course in place unless it is soup.

Unless the first course is soup, it is at each place when the guests sit down. When the course is eaten the hostess or someone else 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 put in convenient places on the table and the foods are passed from one to another for each to help himself. Pass all food in the same direction around the table—usually toward the right from the hostess (counter clockwise).

Often individual luncheon or supper plates are served in the kitchen.

Remove the dishes from this course before you serve the dessert course. 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 place or 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 in the same way by stacking them quietly on the plate in the right hand.
3. Refill water glasses and crumb the table if necessary before you serve dessert.