FOOD FOR HEALTH

I am building my Health House day by day,
As I eat and sleep and work and play
My food is the lumber that I use,
And the best materials I must choose.
Such as milk and vegetables, fruit and eggs,
While fresh air furnishes nails and pegs;
And sleep, the carpenter, takes them all,
To silently fashion each room and hall.

If I build aright, when I am grown
I shall have a house I am proud to own
No need for breakdown and repairs
For good material wears, and wears.
For I'm building my Health House day by day
As I eat and sleep and work and play.
Some build for Happiness, some for Wealth,
But I shall find both in my House of Health.

—Howell
4-H Dinner Club Requirements

1. Keep food habits score card for two different weeks. (First week of project, and near completion of project).
2. Keep a weight curve.
3. Improve food habits as a result of the findings of the food habits score card.
4. Select, prepare, and serve the following at a family dinner:
   A. Three appetizers
   B. Meats—
      One meat soup
      One roast (pot or oven)
      Two steaks (one broiled)
   C. Poultry—
      One roast chicken
      One fried chicken
   D. Fish—
      Preparation of two varieties
   E. Two dinner vegetable dishes
   F. Four dinner salads, using vegetables and fruit.
   G. Yeast bread—
      Two bakings of white bread, or until a good product is obtained.
      Two bakings of whole wheat bread, or until a good product is obtained.
      Four variations of rolls.
   H. Cakes—
      Two sponge or angel cakes, or until a good product is obtained.
      Two butter cakes, or until a good product is obtained.
   I. Pastry—
      One single crust pie, or until a good product is obtained.
      One double crust pie, or until a good product is obtained.
   J. Frozen Desserts—
      One ice cream with custard foundation
      One sherbet
      One frozen pudding
   K. Confections—
      Two varieties
5. Assist in dinner preparation and serving at least five times.
6. Set table for, prepare, and serve at least five family dinners.
7. Assist other club members in serving at least one dinner, inviting friends and parents.
8. Keep record book daily and together with a story of your work, submit to the County Extension Agent, through your local leader, at the completion of the club year (At least by November 1)

QUALIFICATIONS FOR MEMBERSHIP

Anyone ten years of age or over who has completed the Breakfast and Luncheon club, or who in the estimation of the County Extension Agent and local leader, can handle the work satisfactorily, is eligible for membership in the Dinner club.

PURPOSE OF DINNER CLUB

1. To teach club members to put into practice good food habits which are essential in reaching the maximum point of health.
2. To interest the club members in planning, preparing, and serving dinner combinations that are simple, well-balanced, wholesome, and appetizing.
3. To develop skill in the preparation of foods, and in the planning of well-balanced meals.
4. To encourage efficiency in meal preparation.
5. To develop good habits of personal cleanliness, and cleanliness in surroundings.
6. To interest the club member in better food practices to such an extent that the food habit of the club member's family will also be improved.
7. To train the club members in correct table service.
8. To develop foods judging and foods demonstrations teams.
9. To develop good citizens and train them in rural leadership.

TO DINNER CLUB MEMBERS

To really enjoy your club, and to get the most from it, you must always:
1. Be immaculately clean and neat about your person.
2. Keep your workshop, in other words, your kitchen, clean and attractive.
3. Be efficient. Collect all necessary materials and utensils before actually beginning to cook.

Prepared by Myrtle G. Euren, Assistant State Club Leader, and approved by Frances Smith, Nutrition Specialist
4. Be accurate—all measurements must be accurate if you want a good product.
5. Be economical—learn to prepare less expensive foods attractively and appetizingly.
6. Be a good manager, when preparing a meal. Plan so that all foods will be ready at the same time.
7. Do the dishwashing in a systematic manner. When done correctly, it is a pleasure rather than a drudgery.

**WHY DO WE EAT?**

Some may say they eat because they enjoy eating. We hope you all do. But we eat to build a healthy body that “can enjoy life, resist disease, and build for efficiency.” The body requires food that will help regulate body processes, keep it free from accumulation of waste matter, and provide normal nutrition and growth.

**Bodies Need:**

1. Food for fuel—Certain foods are necessary to furnish heat and energy to the body, just as a car needs gasoline. The amount needed is determined by the age of the person, the sex, the activities, the size. Growing boys and girls require a great deal of fuel foods because they are constantly using up energy in activity and in growth. The foods that give health and energy are listed in “A Guide to Meal Planning.”

2. Food for Growth and Regulating—Just as a piece of machinery needs new repairs, so does the body. There is a continuous amount of wear and tear on body tissues, and protein foods that will rebuild these tissues must be included in every day’s diet. Certain minerals are very essential in building bony structures and teeth, and in regulating the body processes. The mineral, calcium, helps to build bone and teeth, and every person requires a generous amount of this mineral.

3. Food for Protection—Minerals and vitamins are often neglected in the diet, and since they protect the body against disease, they should certainly be included in every day’s diet in generous quantities.

The fact that you can make an excellent pie, or roast a chicken to perfection, does not necessarily mean that you have been successful in your foods club work. The girl who improves her own eating habits, really learns what a balanced meal is, and does everything possible to serve balanced meals at home, who acquires skill in the preparation of foods, and who makes a conscientious effort to always serve meals attractively, who maintains a high standard of cleanliness; in short, the girl who plans the food for the family that will make happier, healthier, and more attractive people, is the girl who has benefitted by the experience of a foods club.
**CHECK UP ON YOURSELF**

If possible, have a local nurse or doctor score every club member on the Health Score Card which is given below. If it is not possible to secure a nurse or doctor, club members can score each other. Instead of judging the quality of bread and cake, try judging your fellow club members.

Date: ______________

<table>
<thead>
<tr>
<th></th>
<th>Perfect Score</th>
<th>First Score</th>
<th>Final Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Expression—Alert and happy</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Eyes—Clear and bright, no puffiness or dark circles underneath, no inflammation of the lining of the eyelids, no definite squinting</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Nose—No obstruction</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Mouth—Clean, moist and red, good breath. Tongue clean. Teeth Clean. No permanent teeth missing; gums firm</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Skin—Clear and smooth, slightly moist</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Color—Ruddy color in cheeks, pink color in lips, ear lobes, finger nails, and in lining of eyelids, mouth and tongue; also a good coat of tan</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Hair—Glossy and pliable, not scanty, dry, or brittle. Clean, healthy scalp</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Shoulders — Even rounded forward; forward; shoulder blades flat, not protruding</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Back—Straight, not sway backed</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. Chest—Bread, deep, and extending beyond abdomen; capable of generous expansion, two or three inches, depending on age</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11. Abdomen—Flat, not protruding beyond chest</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12. Feet—Parallel, toes straight, joints not enlarged, ankles straight</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13. Muscles—Firm, not flabby</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14. Fat—Plentiful, but firm</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15. Weight—Proper for height and age</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16. Bodily repose — Reposed, ability to relax</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17. Sleep—Sound and quiet</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18. Disposition—Cheerful</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>19. Endurance—Not easily tired</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20. Appetite—Good, like all kinds of foods</td>
<td>5</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TOTAL: 100

(Adapted from Nevada Bulletin)
SUGGESTIONS FOR UNDERWEIGHT CLUB MEMBERS

1. Practice good food habits, eating plenty of vegetables, fruit, and milk.
2. Increase the amount of food eaten. Perhaps you are not eating enough to meet your body requirements.
3. A glass of milk should be taken mid-morning and mid-afternoon.
4. Eat three wholesome meals each day at a regular time. Be sure to eat breakfast.
5. If lunches are carried, try to provide one hot dish.
6. Sleep ten hours each night.
7. Rest completely relaxed for a half or three-quarters of an hour each day, preferably after meals.
8. Avoid excitement and over-fatigue.
9. Have a thorough physical examination if the above suggestions do not bring your weight up.
10. Moderate outdoor exercise.

SUGGESTIONS FOR OVERWEIGHT CLUB MEMBERS

Overweight can often be remedied by being careful of the kind of food that is eaten and getting good, vigorous exercise.

1. Eat minimum amount of fats and less of the starchy foods.
2. Eat plenty fruits and vegetables and milk.
4. If exercise produces a greater appetite, it will be necessary to practice will power to control the appetite.

HOW TO AVOID CONSTIPATION

1. Drink water freely. (Two glasses hot water on rising in morning)
2. Cultivate good posture and deep breathing.
3. Get plenty of sleep and rest.
4. Avoid worry, anger, or strong emotion of any kind.
5. Eat an abundance of foods rich in cellulose and mineral matter: cabbage, celery, greens, baked potato (eaten with skins), oranges, rolled oats, bran, etc.

Here is another check—on your food habits. Score yourself for one week at the beginning of the Dinner project. This scoring will show you where you must improve your food habits. Then make another scoring in a couple of months, or at the end of your club year, and see what improvements you have made. Be sure there are improvements.
<table>
<thead>
<tr>
<th></th>
<th>Credit</th>
<th>First Scoring Date</th>
<th>Second Scoring Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Milk—</td>
<td></td>
<td>S M T W Th F Sat.</td>
<td>S M T W Th F Sat.</td>
</tr>
<tr>
<td>4 cups a day</td>
<td>15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 cups a day</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 cups a day</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Vegetables, in addition to potatoes—</td>
<td></td>
<td>S M T W Th F Sat.</td>
<td>S M T W Th F Sat.</td>
</tr>
<tr>
<td>2 times a day</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Once a day</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Fruit (or tomatoes)</td>
<td></td>
<td>S M T W Th F Sat.</td>
<td>S M T W Th F Sat.</td>
</tr>
<tr>
<td>2 times a day</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Once a day</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. A leafy vegetable</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. A raw fruit or vegetable</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Whole grain (bread or cereal)</td>
<td></td>
<td>S M T W Th F Sat.</td>
<td>S M T W Th F Sat.</td>
</tr>
<tr>
<td>Twice a day</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Once a day</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. One egg</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Water (at least 6 glasses)</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Three regular meals</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. Meat, fish or poultry</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11. No tea or coffee</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12. No sweets between meals</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>100</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
MEAL PLANNING

Dinner is the heaviest meal of the day, and because of the larger number of foods served, is less difficult to vary than luncheon or supper. The kind of vegetables and salads served will depend a great deal on the season of the year.

Clear soups and cocktails are appetizers which may be served as the first course of a dinner. Fruit cocktail is preferred in the summer, while soups may be used in the winter.

Meat, fish or poultry is usually served for dinner, although meat substitutes may be used, such as baked beans, cheese dishes etc.

Potatoes are quite regularly served for dinner, but other starchy foods as rice, hominy, and macaroni may be used in place of potatoes. A relish or tart jelly always tastes good with meat.

The second vegetable or salad (if you serve them) will depend upon what else you are serving for this particular meal, what the other meals of the day have contained, and how many different dishes you want to serve. Remember, you want variety in texture and flavor, harmonizing colors, and good balance.

Plain bread and butter or hot rolls or biscuits may be served at dinner. If the main part of the meal has been heavy, serve a light dessert. Vice versa, serve a richer dessert with a light meal. If an ice has been served with the meat, do not serve a frozen dessert.

Coffee for adults may be served with the main course, or with the dessert. Milk should always be served for growing boys and girls.

Dinner may consist of as many courses as you wish, but rarely will you wish to serve more than a three course meal. Below are suggestions as to what these various type meals contain.

Type I—One Course

Protein dish (meat or meat substitute)
1 Vegetable
Salad (vegetable or fruit)
Bread and butter
Relish or jelly
Beverage

Suggested One Course Menus

1. Swiss Steak
   Baked potatoes
   Orange and lettuce salad
   Whole wheat bread—butter
   Currant jelly
   Milk and coffee

2. Roast beef
   Browned halved potatoes
   Raw carrot and raisin salad
   Bread—butter
   Pickle relish
   Milk
3. Liver with bacon
   Scalloped potatoes
   Tomato and pineapple salad
   Corn bread—butter
   Milk

4. Spare ribs
   Stuffed potatoes
   Cole slaw
   Baking powder biscuits—
   butter
   Apple jelly
   Milk—coffee

5. Stuffed pork chops
   Steamed potatoes
   Perfection salad
   Parkerhouse rolls—butter
   Apple sauce
   Milk—tea

Type II—Two courses
   Protein dish
   Two vegetables (one starchy—one leafy)
   Salad
   Bread and butter
   Relish
   Beverage
   Dessert

Suggested Two Course Menus

1. Ham slice with pineapple
   Rice
   Creamed peas
   Celery and apple salad
   Hot rolls—butter
   Milk—coffee
   Apricot mousse

2. Fried chicken
   Mashed potatoes
   Buttered carrots
   Cabbage and apple salad
   Bread—butter
   Cranberry jelly
   Milk—coffee
   Ice cream

3. Lamb stew
   Browned potatoes
   Scalloped tomatoes
   Pear, pimento, and lettuce
   salad
   Corn bread—butter
   Milk—tea
   Prune whip

4. Creamed fish
   Baked potato
   Tomato salad
   String beans
   Milk—coffee
   Lemon pie

5. Broiled lamb chops
   Creamed potatoes
   Squash
   Stuffed pepper salad
   Parker house rolls
   Apple "Goo"
   Milk—coffee
Type III—Three Course

Soup or cocktail
Protein dish
Two vegetables
Salad
Relish or jelly
Bread and butter
Beverage
Dessert

Suggested Three Course Menus

1. Clear chicken soup—Saltines
   Roast lamb and mint jelly
   Quartered brown potatoes
   Buttered beets
   Lettuce—grapefruit salad
   Fresh fruit ice cream

2. Iced fruit juice
   Baked fish and tartare sauce
   Potatoes au gratin
   Buttered peas
   Lettuce salad—French dressing
   Milk—coffee
   Lemon sherbet

3. Fruit cocktail
   Broiled steak
   Riced potatoes
   Spinach
   Tomato—cucumber salad
   Pin wheel biscuits
   Milk—coffee
   Sponge cake

4. Tomato juice cocktail
   Veal roast
   Potato puffs
   Creamed carrots
   Stuffed celery
   Whole wheat bread—butter
   Milk—coffee
   Apple pie

The guide for Meal Planning will help you in planning and preparing well balanced meals.

APPETIZERS

"The preface of a dinner, as of all books, establishes the atmosphere, and whets the appetite for what is to follow."

Chilled fruit juices in crystal glasses, colorful fresh fruits, or piquant sauces and “nippy” dressings, help to stimulate the flow of digestive juices as well as furnish a very attractive fore-runner to the main part of the dinner.
Use your imagination when planning the appetizer. Just make sure that it is stimulating or refreshing, and always light.

Appetizers might be put into the following classes:

1. Canapes—thin pieces of bread or toast, cut into fancy shapes, spread with some type of refreshing filling, and garnished attractively. Hearts of lettuce or celery stalks are often used for the foundation instead of bread.

2. Cocktails—Made of fruits, or fruit juices, tomato, or sea-food. These should always be thoroughly chilled before serving.

3. Fruit cup—A chilled mixture of fruits.

4. Salad—Appetizers—Often a light salad, usually of crisp leaves or acid fruits, is served with a tart dressing, as the first course of the dinner.

MEAT

Beef

Different cuts of beef from the same animal vary greatly in tenderness. The following list shows in general the tender and less tender cuts:

Tender Cuts

<table>
<thead>
<tr>
<th>Steaks</th>
<th>Roasts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sirloin</td>
<td>Rib</td>
</tr>
<tr>
<td>Porterhouse</td>
<td>Loin</td>
</tr>
<tr>
<td>Tenderloin</td>
<td></td>
</tr>
<tr>
<td>Club</td>
<td></td>
</tr>
<tr>
<td>Rib (short cut)</td>
<td></td>
</tr>
</tbody>
</table>

Less Tender Cuts

<table>
<thead>
<tr>
<th>Steaks</th>
<th>Roasts</th>
<th>Stews</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chuck</td>
<td>Chuck Ribs</td>
<td>Neck</td>
</tr>
<tr>
<td>Shoulder</td>
<td>Cross arm</td>
<td>Plate and brisket</td>
</tr>
<tr>
<td>Flank</td>
<td>Clod</td>
<td>Flank</td>
</tr>
<tr>
<td>Round</td>
<td>Round</td>
<td>Shank</td>
</tr>
<tr>
<td>Rump</td>
<td>Rump</td>
<td>Heel of Round</td>
</tr>
</tbody>
</table>

For tender cuts the best method of cooking is to sear the meat at a high temperature for a short time until a brown coating is formed, then to reduce the temperature and finish the cooking at moderate heat. Do not cover the meat, and do not add water. Meat cooked in this way loses little of the delicious flavor developed by browning, and the drippings can be poured over the meat or made into tasty gravy.
Pork

Success in preparing pork cuts depends on regulating the heat so as to cook the meat well done to the center of the piece and at the same time keep the outside from becoming hard and dry. Moderate cooking temperature is best after the surface has been seared to develop rich flavor. It is neither necessary nor desirable to add water to pork during cooking. Hams, shoulders and loins have sufficient fat on the outside to baste the lean meat and so do not dry out when roasted fat side up at moderate temperature in open pans without added water. To prevent chops from becoming hard and dry it is necessary to cover them closely after browning and finish the cooking at a very moderate heat. Broiling and pan-broiling are not successful methods of cooking pork chops.

Pork should always be served well done. Thorough cooking is necessary, because pork sometimes contains the trichina parasite which, if not destroyed, may cause illness. Since this organism is killed when heated to 137 °F, there is ample margin of safety when pork is cooked to the well done stage, 182 °F.

Boned hams and shoulders, stuffed with well-seasoned bread crumbs, and roasted to a turn, are easy to carve and are attractive when served either hot or cold. Since its flavor is often as delicate as that of chicken every bit of cooked lean pork can be utilized in the making of delicious sandwiches, salads, and many other dishes.

Lamb

Lamb comes on the market in largest quantities in spring and fall, but a good supply is available the year around. Cuts from the leg, loin, and ribs are the most popular, but with proper cooking savory and less expensive dishes can be made from the shoulder, breast, flank, and neck.

It is economy to buy a leg or a shoulder of lamb for roasting although it may furnish more meat than is needed for one meal or even for two. Roast lamb is one of the best meats for slicing cold, and every left-over can be utilized in a spicy curry or in any one of a dozen other appetizing hot dishes. Bones and trimmings removed before cooking make excellent soups and jellies.

The flavor of lamb combines especially well with certain relishes and vegetables, as suggested in the following list. Green salads with tart and flavorful dressings also add color and zest to lamb menus.

<table>
<thead>
<tr>
<th>Relishes</th>
<th>Vegetables</th>
<th>Salads</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mint sauce</td>
<td>Peas</td>
<td>Lettuce with tart dressing</td>
</tr>
<tr>
<td>Mint jelly</td>
<td>Onions</td>
<td>Tomato, cucumber,</td>
</tr>
<tr>
<td>Currant jelly</td>
<td>Spinach</td>
<td>and lettuce</td>
</tr>
<tr>
<td>Guava jelly</td>
<td>String beans</td>
<td>Kumquat, endive,</td>
</tr>
<tr>
<td>Spiced conserves</td>
<td>Asparagus</td>
<td>and watercress</td>
</tr>
<tr>
<td>and pickles</td>
<td>Turnips</td>
<td>Grapefruit and</td>
</tr>
<tr>
<td>Horseradish sauce</td>
<td>Cauliflower</td>
<td>lettuce</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The fell is the thin papery outer covering on the lamb carcass. Though recipes frequently advise that it be removed before cooking, it is now believed that flavor is not affected by the fell. Leg of lamb keeps its shape better if cooked with the fell, but shoulder, saddle, and chops are improved by its removal. Unless a roast from which the fell has been removed is rubbed well with flour, it will require longer to cook than a piece with the fell undisturbed.

(Extracts taken from Federal Meat Bulletins)

**VEAL**

Veal is the flesh of calves, weighing from 40 to 300 pounds. The best veal comes from milk-fed calves from 6 to 8 weeks old. Good veal is light greyish pink in color with small amounts of firm, white fat. The bone of veal is porus and pinker than bones of beef. The best veal is obtainable in spring and summer.

Even though there was in years past an idea that veal was very indigestible, science has proven that veal is just as digestible as beef. The food value of veal is practically the same as that of beef, furnishing valuable minerals such as calcium, phosphorus, and iron.

The principals of veal cookery are as follows:

1. Brown the veal, whether for roast, chops, or stew, to improve the flavor.
2. Complete the cooking process at a lower temperature for a comparatively long time with sufficient moisture to soften the connective tissues and to help retain the natural meat juices.
3. Enrich the juiciness by the addition of fat or fat meat cooked with the veal.

**POULTRY**

Poultry includes all domestic birds suitable for food except pigeon and squab. Chicken, turkey, duck, and goose are all included under poultry. Spring chickens are those which appear on the market early in the year and weigh about 1½ lbs.

Capon is large, plump, and superior in quality. When very young, reproductive organs are removed and the birds are especially fattened for market.

Turkey is best during the winter months.

Geese can be obtained throughout the year. A goose twelve weeks old is known as a green goose, and may be found from May to September. Young geese which are ready for market in September and continue through December are called goslings.

**How to Select Poultry**

The quality of the prepared bird depends a great deal on the kind that was selected for cooking.
A good chicken has: soft feet; smooth skin; soft cartilage at end of breastbone; an abundance of pin feathers (long hair shows age)

A turkey should be: plump, smooth, dark legs; cartilage at end of breastbone soft and pliable.

How to Dress and Clean Poultry

All poultry should be dressed as soon as killed.

1. Remove feathers, stripping off toward the head.
2. Remove hairs and down by singeing (hold bird over a flame)
3. Draw out pin feathers, using a small, pointed knife.
4. Cut off the head and feet.
5. Turn down the skin of the neck and cut off the neck close to the body; remove the crop and windpipe from the end of the neck, rather than by a cut in the skin, which if made, must be sewed up afterwards.
6. Cut the skin at the side of the leg joint and very lightly over the top, bending the leg back to loosen the ligaments in the upper part of the leg. Pull tendons out separately, being careful not to tear the flesh.
7. Remove the oil bag in the tail.
8. Make an incision just below the breast bone, only large enough to admit the hand. Keeping the fingers close to the breastbone reach carefully into the body, until the heart is reached. Loosen membranes before removing any entrails. Be very careful not to break the gall bladder which lies embedded in the liver. Draw out entrails. Be sure lungs and kidneys are all removed from the hollows of the backbone. Save the heart, gizzard, and liver. Wash thoroughly. If there is any odor wash bird in soda water. Wipe dry, inside and out.
9. To clean giblets—Detach heart, liver, and gizzard. Cut through the thick muscle of the gizzard and peel it off slowly without breaking through the lining inside. Remove inner sack and discard. Remove thin membranes, arteries, veins, and clotted blood around the heart. Remove gall bladder very carefully from the liver. Wash all thoroughly and let soak in salted water before cooking.

How to Stuff Poultry

Put stuffing by spoonfuls in neck end until the breast is plump, then draw skin over the neck, and sew it firmly. Put remaining stuffing in body and sew up skin with a coarse thread, taking large stitches.

How to Truss a Fowl

Draw thighs close to the body and hold by inserting a steel skewer under middle joint running through the body, coming out under middle joint on other side. Cross drumsticks, tie securely with string, and fasten to tail. Fasten the wings close to the body with skewers. Draw neck skin under back and fasten with a small wooden skewer.
How to Cut up a Fowl

1. Separate legs from body by cutting through the loose skin between the leg and the body. Bend the leg over and cut through the joint. Pull out the tendons.

2. Cut the neck off. Separate the wishbone from the breast. Slip the knife inside the collar bone and cut it free from the backbone, and then through under one wing to the center of the front. Cut off other wing, thus making three good pieces of breast with wings attached to two pieces.

3. Cut breastbone apart from the back. For a large bird, cut the breast crosswise into two pieces of uniform size.

4. Cut the back into two pieces along the back.

5. Tips of wings, neck, and rib bones can be put into a kettle and covered with salted water to make chicken broth.

Note: A chicken cut in this way gives eleven good serving pieces in addition to the giblets, which may be served whole, or ground up for gravy.

Time for Cooking

Broiling young chicken—10-15 minutes.
Sauteing or frying young chicken—20 to 30 minutes.
Stewing chicken—20 to 30 minutes per pound.
Roasting chickens and turkeys—20 minutes per pound.
Roasting ducks and game—20 to 30 minutes per pound.

FISH

Fish meat, as a rule is less stimulating and nourishing than animal meat, but is more easily digested. Salmon, however, is harder to digest than most fish.

When you buy fresh fish, be sure it is fresh. The flesh should be firm and the eyes and gills bright.

Types of Fish

White fish have fat secreted in the liver. Examples: cod, haddock, halibut, flounder, trout, perch, etc.
Oily fish have fat distributed throughout the flesh. Examples: salmon, mackerel, shad, herring, etc.
Shellfish includes oysters, lobsters, crabs, and shrimp.

How to Prepare Fish for Cooking

Even though fish might be cleaned and dressed at a market, they need additional cleaning. Remove scales by drawing a knife over fish, beginning at tail and working toward head. Wipe thoroughly inside and out with cloth wrung out of cold water. Head and tail may or may not be removed. Skin and bones may be removed from fish. A fish so prepared is known as fillet.
VEGETABLES

Vegetables poorly cooked are almost as useless as no vegetables at all. Many people do not like certain vegetables just because they have never eaten them well cooked. In your luncheon club, you learned to cook them correctly, and these same methods must be used in the preparation of dinner club vegetable dishes.

Baking is an excellent way of preparing vegetables, if they are of the type that can be baked, as all the nutritive properties are preserved. Potatoes, squash, young onions, beets, cucumbers, and turnips are some of the vegetables which can be baked.

Steaming is another satisfactory way of cooking vegetables, because none of the minerals are lost in this method either. Practically all vegetables that can be boiled can be steamed.

Boiling is of course, the third method of cooking. Some vegetables, such as cauliflower, brussels sprouts, and cabbage which have a strong flavor, are cooked in medium quantities of rapidly boiling water. The lid is always left off the kettle in cooking these strongly flavored vegetables. Corn on the cob is also cooked in a quantity of water. In some cases the water will not all have evaporated and the vegetable water which is drained off should be kept for soups, in order that no mineral or vitamins will be lost.

All other vegetables are cooked in the smallest amount of water possible. The juices are in this way cooked into the vegetable, and most of the minerals are preserved. Otherwise the minerals would cook out into the water, and be drained off before serving.

Green vegetables should be cooked in as short a time as possible and dropped into rapidly boiling water, if one wishes to preserve their natural color.

Avoid over cooking of vegetables. Over-cooking spoils the flavor and the appearance both. Cook vegetables only until tender.

Vegetable dishes used for dinner should be very simple. Plain vegetables well cooked and seasoned, or creamed, are the best type to serve with a dinner.

SALADS

"To remember a successful dinner is to remember a successful salad."

In ancient Rome, there lived a citizen who was much interested in culinary, and had many unique and new ideas concerning the art of cookery. One day, when his cook was out, he was displeased with the simple and uninteresting meal of herbs she had prepared and left for him. They seemed so dry and tasteless to him, and it occurred to him that a "sauce" of some kind would improve them. And so he disappeared into the kitchen, and when he returned he carried with him a bottle of olive oil from his olive orchard, a lemon from his lemon grove, and boxes of salt and spices. He
## Guide For GROWTH AND PROTECTIVE FOODS WHICH PREVENT INFECTIONS, NERVOUS DISORDERS, SCURVY AND RICKETS

<table>
<thead>
<tr>
<th>Vitamin A</th>
<th>Vitamin &quot;B&quot;</th>
<th>Vitamin C</th>
<th>Vitamin D</th>
<th>Vitamin B2 or G</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole milk</td>
<td>Milk</td>
<td>Oranges</td>
<td>Cod liver oil</td>
<td>Milk</td>
<td>Milk</td>
</tr>
<tr>
<td>Cream</td>
<td>Whole cereals</td>
<td>Lemons</td>
<td>Egg yolk</td>
<td>Fresh lean meat</td>
<td>Eggs</td>
</tr>
<tr>
<td>Butter</td>
<td>Greens</td>
<td>Grapefruit</td>
<td>Irradiated foods</td>
<td>Poultry</td>
<td>Cheese</td>
</tr>
<tr>
<td>Cheese</td>
<td>Cabbage</td>
<td>Tomatoes*</td>
<td></td>
<td>Liver</td>
<td>Meat</td>
</tr>
<tr>
<td>Egg yolk</td>
<td>Carrots</td>
<td>Lettuce</td>
<td></td>
<td>Eggs</td>
<td>Fish</td>
</tr>
<tr>
<td>Liver</td>
<td>Celery</td>
<td>Cabbage</td>
<td></td>
<td>Green leafy vegetables</td>
<td>Dried beans</td>
</tr>
<tr>
<td>Cod-liver oil</td>
<td>Lettuce</td>
<td>Carrots</td>
<td></td>
<td>Tomatoes</td>
<td>Dried peas</td>
</tr>
<tr>
<td>Carrots</td>
<td>Dried beans</td>
<td>(Raw)</td>
<td></td>
<td>Yeast</td>
<td>Cereals</td>
</tr>
<tr>
<td>Green lettuce</td>
<td>Brains</td>
<td>Cucumbers</td>
<td></td>
<td></td>
<td>Nuts</td>
</tr>
<tr>
<td>Spinach</td>
<td>Heart</td>
<td>Green peas*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>-Greens</td>
<td>Kidney</td>
<td>Turnips</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>-Green peas</td>
<td>Liver</td>
<td>Strawberries*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yellow corn</td>
<td>Nuts</td>
<td>Peaches*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet</td>
<td>Egg yolk</td>
<td>Pineapple*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>potatoes</td>
<td>Yeast</td>
<td>Raspberries*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td>Dried peas</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Squash</td>
<td>Parsnips</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>Potatoes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td>Tomatoes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rutabagas</td>
<td>Turnips</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>-Oranges</td>
<td>Cherries</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Grapefruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lemons</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Oranges</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pineapple</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Prunes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dates</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Raw or Canned
# Meal Planning

### Body Building and Regulating Foods

<table>
<thead>
<tr>
<th>Lime or Calcium</th>
<th>Phosphorus</th>
<th>Iron</th>
<th>Bulk</th>
<th>Energy Giving Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>Milk</td>
<td>Liver</td>
<td>Greens</td>
<td>Starch and Sugar</td>
</tr>
<tr>
<td>Cheese</td>
<td>Cheese</td>
<td>Spinach</td>
<td>Beans</td>
<td></td>
</tr>
<tr>
<td>Buttermilk</td>
<td>Eggs</td>
<td>Greens</td>
<td>Cabbage</td>
<td></td>
</tr>
<tr>
<td>Dried beans</td>
<td>Meat—lean</td>
<td>Egg yolk</td>
<td>Celery</td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Fish</td>
<td>Red meat</td>
<td>Asparagus</td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td>Liver</td>
<td>Dried beans</td>
<td>Onions</td>
<td></td>
</tr>
<tr>
<td>Greens</td>
<td>Dried beans</td>
<td>Peas</td>
<td>Prunes</td>
<td></td>
</tr>
<tr>
<td>Onions</td>
<td>Dried peas</td>
<td>Whole cereals</td>
<td>Dates</td>
<td></td>
</tr>
<tr>
<td>Oranges</td>
<td>Whole cereals</td>
<td>Potatoes</td>
<td>Figs</td>
<td></td>
</tr>
<tr>
<td>Molasses</td>
<td>Nuts</td>
<td>Molasses</td>
<td>Raisins</td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td>Figs</td>
<td>Prunes</td>
<td>Bran</td>
<td></td>
</tr>
<tr>
<td>Figs</td>
<td>Spinach</td>
<td>Dates</td>
<td>Apples</td>
<td></td>
</tr>
<tr>
<td>Oysters</td>
<td>Greens</td>
<td>Figs</td>
<td>Turnips</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Raisins</td>
<td>Baked</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Oysters</td>
<td>potatoes</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>with skins</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Water</td>
<td></td>
</tr>
</tbody>
</table>

### Energy Giving Foods

<table>
<thead>
<tr>
<th>Fats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter</td>
</tr>
<tr>
<td>Cream</td>
</tr>
<tr>
<td>Cheese</td>
</tr>
<tr>
<td>Lard</td>
</tr>
<tr>
<td>Bacon</td>
</tr>
<tr>
<td>Salad oils</td>
</tr>
<tr>
<td>Chocolate</td>
</tr>
<tr>
<td>Salt pork</td>
</tr>
<tr>
<td>Peanut butter</td>
</tr>
</tbody>
</table>

### Additional Foods

- All animal fats and vegetable fats and oils

- Sugars
- Preserves
- Jellies
- Dried fruits
- Cake
- Cookies
- Candy

- Syrups
- Honey
- Sugars
- Preserves
- Jellies
- Dried fruits
- Cake
- Cookies
- Candy
mixed these ingredients, tasted and retasted until they met his approval. And then he tossed the herbs about in the bowl of sauce and sat down and enjoyed what was perhaps the first salad made.

Salads dress up our tables, add color and life to a meal, as well as furnishing our bodies with minerals, vitamins, and roughage, so necessary to good health.

In making salads remember this—

1. Salad greens must be clean, crisp, and dry.
2. The salad mixture must be cold and moist, but with no excess liquid.
3. Greens should be washed about 30 minutes before using, wrapped in a damp cloth, and placed in a cool place until ready to serve.
4. To preserve freshness in a salad, do not add the dressing until just before serving.
5. Salad plates should be cold, and the salad attractively arranged and daintily garnished. Nests of lettuce make the ideal foundation for most salads, while tender cabbage leaves, or fresh celery tops, or parsley can be used successfully.

In planning dinner salads, one must remember that several other foods are being served in the meal, and the salad must be light and add variety in flavor to the dinner. For instance with a dinner where steak and baked potatoes were served, one would not serve a macaroni and pickle salad. A salad of lettuce and grapefruit would be much better. French dressing or some similar light dressing is more suitable for a dinner salad.

Some dinner salad ideas are given here, and if arranged attractively will add much to the success of a dinner.

**Vegetable Salads**
- Lettuce or other salad plants
- Cucumber and tomato
- Tomato and lettuce
- Stuffed whole tomatoes
- Perfection salad
- Tomato “aspic”
- Summer vegetables combined
- Beet salad
- Asparagus salad
- Tomato, orange, and green pepper
- Raw carrot and raisin
- Cabbage and apple
- Cabbage and pineapple
- Cabbage
- Carrot and pineapple
- Cucumber and almond
- Spinach and white radishes
- Chinese cabbage
- Green pepper and pineapple

**Fruit Salads**
- Orange and lettuce
- Grapefruit and lettuce
- Molded fruit salads
- Cranberry salad
- Ginger ale and fruit salad (molded)
- Orange and onion salad
- Orange and grapefruit
- Pineapple and tomato
- Celery, grapefruit, lettuce
- Cooked apricots—nuts
- Apple—raisin
- Stuffed prunes
- Grapefruit and endive
- Grapefruit and fig
- Orange and date
- Orange and pecan
- Stuffed date
BREAD AND ROLLS

It is an art to be able to make good bread and rolls. Select a basic recipe, and master it. More sugar and fat can be added to this basic recipe to make it richer, depending upon the kind of a product you desire.

The essential ingredients in making bread are flour, liquid, salt, and leavening. In this country, however, it is customary to use sugar, shortening, and oftentimes milk.

Flours that can be used:
1. Whole wheat flour—contains all of the wheat kernel except the outside.
2. White flour.
3. Rye—Contains proteins similar to wheat.
4. Corn, oats, buckwheat, barley, etc., can be substituted for part of the white flour in yeast breads.

Liquid, dry or compressed yeast may be used as the leaving agent. The yeast plant is killed at 212 °F. The temperature best suited to its growth is from 65 °F to 80 °F. The most favorable conditions for the growth of yeast are: Warmth, moisture, and sweetness. This is the reason that dough mixtures must always be kept warm, but not hot.

There are two main methods of making bread—(1) slow process or (2) quick process.

Standard Recipe

2 to 4 t sugar  4 c liquid, scalded
2 to 4 t shortening  14-16 c flour
4 t salt  1½-2 cakes compressed yeast

Quick Process

1. Set aside a small quantity of liquid. Into this lukewarm liquid put the yeast to soak. (If milk is used, it must be scalded first and then cooled to lukewarm temperature).
2. Pour remainder of hot liquid over sugar, salt, and fat.
3. When this mixture is lukewarm, add the dissolved yeast mixture.
4. Add as much flour as liquid and beat continuously until smooth.
5. Add enough flour to make a drop batter. Beat this full of bubbles. This is the “sponge.”
6. Add enough more flour to make the batter stiff enough to handle on a board.
7. Place mixture on a floured board.
8. Knead until it is smooth and springs back into place.
9. Set in an earthen bowl in a warm place and cover with a dry cloth. The top of the dough should be dampened or thinly greased to keep it from getting so dry it cannot rise.
10. When dough has doubled its bulk, punch down and turn with a smooth side up.

11. When the dough has risen again to double its original bulk remove from the bowl and knead enough to shape into loaves.

12. The dough should be divided so that each baking pan will be about half full at first. Mold the loaves well by flattening each into an oblong piece and then folding and sealing the edges together with palms of the hands. Repeat several times.

13. Place in well oiled pans, and lightly grease the top surface of the loaf.

14. Set pans of bread in a warm place to rise until double in bulk.

15. Baking will require from 45 minutes to one hour. When bread is done, it will draw away from the sides of the pan and bread sounds hallow when tapped with the finger.

**Slow Process**

If one uses dried yeast, which doesn't act as quickly as compressed yeast, it is more satisfactory to make sponge early in the morning, or the night before the bread is to be baked. The method is the same, except for the following:

1. The dried yeast cake should be broken up and soaked in lukewarm water until it is soft, or for about one-half hour before mixing.

2. If the sponge is to stand overnight, less than one cake of yeast will be needed for the preparations given above.

3. The liquid, the yeast, and half the flour should be mixed and left until they form a light sponge. When this sponge is light, it should be stirred up well, and the salt, sugar, melted fat and the rest of the flour added.

4. After the dough is mixed it is handled the same as in the "short process."

**CAKE**

Just think of the number of poor cakes you have tasted, and then resolve that you are going to learn what a good cake is, and how to make a superior cake.

The mixing and baking of a cake requires more care and judgment than any other phase of cooking.

There are two kinds of cakes—

1. With Butter—Examples: all butter cakes, as pound cakes, etc.
2. Without butter—Example: Sponge and Angel food.

In making cake you must—

1. Follow recipes exactly and learn to measure accurately.
2. Use fresh butter and fresh eggs.
3. Use finely granulated sugar.
4. Use soft wheat or pastry flour wherever possible as it contains more starch and less gluten than ordinary bread flour.

5. Learn how to combine properly the ingredients for each kind of cake.

6. Learn how to regulate the oven you use so that you can maintain the correct temperatures for each kind of cake.

Baking Cake in High Altitudes

In making cakes in high altitudes it is necessary to make some slight changes in the recipe. Because in high altitudes there is a decrease in atmospheric pressure, the chemical reactions taking place in cookery and very different than at sea level.

Up to altitudes of around 2500 feet, standard recipes can be used. Above that altitude, it is well to decrease slightly the amount of fat, sugar, and baking powder used. A decrease in 2 T sugar per 1000 feet increase in altitude is the advised change in proportion from the standard recipe.

Butter Cakes

All butter cakes may be made by one basic method. Other methods can be used, but the cake does not have the same even grained, feather-like texture as when the standard method of mixing is used.

Standard recipe:

2 c pastry flour 3 egg yolks, well beaten
3 t baking powder ¾ c milk
½ c butter or other shortening 1 t vanilla
1 c sugar 3 egg whites, stiffly beaten

Method: Sift flour once, measure, and sift flour four more times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add beaten egg yolks; then sifted flour and baking powder mixture added alternately with milk and vanilla—a small amount at a time. Beat after each addition until smooth. Fold in stiffly beaten egg whites. Bake in two greased 9 inch layer pans in moderate oven (375 °F) 25 to 30 minutes, or in a greased loaf pan in moderate oven (350 °F) 50 to 60 minutes.

Cakes Without Butter

True butterless cakes are leavened solely by air beaten into the eggs.

Standard Recipe for Angel Food —

1 c pastry flour ¼ t cream of tartar
1 c egg whites (8 to 10 eggs) 1¼ c sifted granulated sugar
½ t salt ¾ t vanilla

Method: Sift flour once, measure, and sift flour four more times. Beat egg whites and salt on a large platter with flat wire whisk. When foamy, add cream of tartar and continue beating until eggs are stiff enough to hold up in peaks, but not dry. Fold in sugar carefully, 2 T at a time, until
all is used. Fold in flavoring. Then sift small amount of flour over mixture and fold in carefully; continue until all is used. Pour batter into ungreased angel food pan and bake at least one hour in a slow oven. Begin with only a warm oven (about 275 °F) and after 30 minutes increase heat slightly to about 325 °F or bake 1½ hours at 275 degrees. Remove from oven and invert pan for one hour, or until cold.

How to Know When Cake is Done

1. Cake should have risen to its full height and have a delicate brown crust.
2. Cake should have shrunk slightly from sides of pan.
3. Surface of cake, when pressed lightly by finger, should spring back. Imprint of finger indicates insufficient baking.
4. Wire cake tester when inserted in center of cake, should come out clean and dry.

PAstry

Pastries are very rich. Therefore, use them only when the rest of the meal is rather light. All good pastry is flaky, tender, and golden brown. There is probably more poor pie served than any other dessert. In your dinner club, try to acquire skill in making pastries so that you can produce a delightful product.

Selection of Ingredients—Good pastry is largely dependent upon the kind of ingredients selected. The most desirable flour for pie crust is soft winter wheat, usually called pastry flour. A solid fat is more satisfactory than a liquid oil. Oils make a more dense, compact crust. Too much water makes a hard crust. The dough should be perfectly chilled before rolling.

Standard recipe for pie crust—

2 cups flour 1 t salt
2/3 c fat Water (about 2 or 3 tablespoons)

Sift salt with flour. Add the shortening and cut into the flour until a coarse granular or crumbly mixture is formed. Add the water slowly until the mass may be gathered together in one lump. Handle as little as possible. Divide the dough into two lumps if you wish to make a two-crust pie. Roll one section out on a floured board, making it about one inch in diameter larger than the tin, and place in the bottom of a pie tin. Press, fitting it closely so that no air bubbles remain underneath. Place this in a cool place while the top crust is being rolled. Roll top crust in the same fashion, fold double and gash in a few places to allow for steam to escape. Place the filling in the bottom crust, dampen around the edge with the tips of the fingers and adjust the top crust, pressing it fast to the lower one. Cut away the overhanging edges and flute the edge with the tips of the fingers or with a fork. The surface may be left plain, brushed with white of egg or cream, and sprinkled with sugar.
FROZEN DESSERTS AND THEIR PLACE IN OUR MEALS

The different types of frozen desserts present a wide variation in food value. Water ices are nothing more than frozen beverages; ice creams are substantial food, and rich ice creams and mousses are highly concentrated foods. For frequent use on the family menus, sherbets, ices, and plain or fruit ice creams are preferable. They serve to introduce milk and fruit juices into the diet.

The nutritional value of frozen dishes has sometimes been questioned, since extremely cold food tends to retard digestion. If ice creams are eaten slowly, they will melt in the mouth and the temperature will be modified sufficiently to overcome this objection. Frozen desserts offer an excellent opportunity of adding much needed minerals and vitamins to the diet through the use of milk, fruit juices, and eggs.

Frozen desserts are valuable in invalid cookery when the diet must be largely liquid. They give relish and relieve thirst. The ices and sherbets have a dietetic value similar to that of fruit beverages. Custard and cream, frozen, have the same nutritive value as when served without freezing, thus ice cream gives variety to the diet without changing the food value.

In addition to their dietetic value, frozen desserts add variety and interest to the meal. No other dish gives a more festive air to the occasion than does a frozen dessert. Whether served alone or at the end of an elaborate dinner, they rightfully hold their place as favorites.

Types of Frozen Desserts

Ices:

a. Water Ices—fruit juice, sugar and water.
b. Sherbets—water ices containing gelatin or egg whites.
c. Frappes—ices frozen to a coarse mush.
d. Frozen Punch—A water ice of particularly high flavor, usually made of a combination of fruit juices with spices added.

Ice Creams:

a. Philadelphia—cream flavored and sweetened.
b. French—a cooked custard foundation with sweetened and flavored cream added.
c. Fruit Ice Creams—crushed fruit pulp or fruit juice sweetened and added to a Philadelphia or French foundation.
d. Frozen Pudding—a rich custard foundation highly flavored with cream, nuts, fruits, or confections added.

Mousses:

a. Mousse—cream whipped, sweetened, flavored and frozen without stirring. Gelatin or egg white is sometimes added or a custard foundation is used.
b. Parfait—practically the same as mousse. It is served in tall glasses with heavy syrups and whipped cream folded in.
c. "Marlows" a mousse in which marshmallows are used as a stiffening agent.

Sundaes—frozen desserts served with rich heavy syrups, chopped nuts, fresh, candied, or preserved fruit, whipped cream, or a mixture of these.

2. Texture—

A smooth velvety texture is the ideal. Granular ice creams are due to: (1) too rapid freezing; (2) too little stirring; (3) too "thin" a mixture, or a combination of these.

Frozen desserts are crystalline products. In order to have a smooth texture, the water crystals which form in freezing must be kept as small as possible. Cream, fruit juice, eggs, flour, and gelatin act as "fillers and binders" in a mixture and help prevent the formation of large crystals (if freezing is properly done). During the freezing process, air is beaten into the mixture. This beating mixes solids, water, and air so thoroughly that large crystals cannot form.

A large percentage of heavy cream makes a very smooth dessert, but one which is undesirably rich. The same smoothness may be obtained by using less cream and using junket, eggs, fruit juice, gelatin, evaporated milk, or a combination of these in the mixture.

3. Freezing Time—

The greater the proportion of salt to ice, the more rapid the freezing; but the longer the freezing process, the greater the "swell," or increase in volume. Experiments have found the one to eight proportion of salt to ice (by volume) gives a very desirable amount of "swell" without too great an increase in the time of freezing.

Sugar retards the freezing process—the larger the proportion of sugar, the longer the time required to freeze a mixture.

Mixtures which are not stirred require a longer freezing period. These are the desserts made in automatic refrigerators, in vacuum freezers, and in molds buried in ice and salt.

Desserts Frozen Without Stirring

1. Moulds with tight covers are necessary. Lacking these, baking powder cans will serve the purpose. After the moulds are filled with mixtures to be frozen, muslin or cheese cloth dipped in melted paraffin should be drawn across the top before putting on the lid. This makes a seal and prevents ice water getting into the mixture.

2. The filled moulds should be packed in a 1 to 3 salt and ice mixture for several hours. Repacking may be necessary from time to time.

3. Mousses and frappes may be successfully frozen in an ordinary freezer without using a dasher. Pack as above.
4. Any frozen dessert may be made in an automatic refrigerator. The “richer” the mixture the smoother the finished product will be. Stirring during the freezing process helps produce a smoother texture in desserts frozen in an automatic refrigerator.

General Directions for Making Frozen Desserts

1. Prepare mixture to be frozen and chill.
2. Use crushed or finely chopped ice and rock salt.
3. Have freezer can, cover and dasher, lid and crank in bucket of freezer before adding ice.
4. Use the correct proportion of ice and salt. Experiment has proved that the best proportion for freezing mixtures to be stirred is 1 part salt to 8 parts ice (by volume); for frappes, mousses or mixtures frozen without stirring use 1 part salt to 3 parts ice. Equal parts will hasten freezing, but are wasteful of salt.
5. Fill freezer can only two-thirds full.
6. Adjust freezer can, dasher, lid, and crank in bucket of freezer before adding ice.
7. Fill freezer bucket one-third full of ice before adding any salt.
8. Be sure the ice and salt mixture in the freezer bucket comes above the level of the mixture in the freezer can.
9. The upper drain should be open so that salt water cannot enter the freezer can. However never draw off more salt water till the mixture is frozen, for salt water is what affects the freezing.
10. Turn freezer crank steadily and rather slowly till mixture stiffens, then turn rapidly as possible until it is very difficult to turn. If finished product is to be at its best, turning must be continuous.
11. When mixture is very stiff, drain water from bottom of bucket, remove crank, wipe top of can to remove salt, and take off cover.
12. Remove dasher and pack cream down as tightly in can as possible. Cover top of can with waxed paper. Put on cover making sure cork is in place.
13. Pack in 1:4 salt and ice mixture and let ripen for at least an hour. A one to eight mixture will be satisfactory if there is a long time for ripening. Cover during ripening with old newspapers and old blankets.
14. Frozen desserts are much easier to handle at serving time if the entire contents of the can are removed at once. To do this, remove freezer can from bucket, wipe carefully, and let stand about a minute in a vessel of cool water. Remove lid, run knife around edge of cream, invert on serving dish, and frozen mixture will slip out. If there is any difficulty, a cloth rung out of hot water passed over outside of can will aid in loosening mixture. (Of course, this is only practical when all is to be served immediately). These directions apply to the unmoulding of mousses, manufacturer’s directions for packing and freezing.
15. When using a vacuum freezer always follow carefully the manu-
Factors That Influence the Quality of Frozen Desserts

1. Flavor—Frozen mixtures are usually made sweeter than other mixtures, as the intense cold makes them taste less sweet. Salt added in small quantities helps to develop the flavor. "Ripening" is important if one wishes the very best flavor.

2. Letting the frozen mixture stand for some time results in a better blending of the ingredients. It is desired to let all frozen desserts ripen at least two hours. The amount and quality of flavoring extracts is very apparent in the finished product. Allowance must be made for the fact that some of the flavor "freezes out." The flavor should be delicately suggested—not too pronounced.

SERVING THE DINNER

Fashions in table service change as they do in dress, but the underlying conventional rules of good taste always remain the same. How happy it makes everyone to sit down to an attractively set table, and to be served correctly, but with ease. The best food in the world will not be appetizing unless it is served attractively. A well set table does not require fine linens and expensive silver and china, but it does require an interest in the appearance of the table and the serving of the food, so that every detail will be as perfect as possible. This should mean every meal in the day, and every day in the year. The glassware, silver, and china must be clean and sparkling, and the table linen immaculately clean.
A Cover For Dinner
(See Figure on opposite page)

1—Dinner plate
2—Salad plate
3—Water glass
4—Cup and saucer
5—Dinner fork
6—Dinner knife
7—Salad or dessert fork
8—Coffee spoon
9—Dessert spoon
10—Napkin

Preparation of Dining Room and Table

1. The dining room should be well aired, clean, and cheerful for every meal.

2. Say silence cloth on table. It may be made of any heavy, white material, as cotton flannel or a heavy blanket. It must fit the table.

3. The tablecloth should be placed with the fold exactly in the center of the table, and should fall about 10 inches over the edge of the table.

4. A centerpiece adds to the attractiveness of the table. If you can't have fresh flowers, a small plant, or some dainty artificial flowers can be used, candies, fruit, etc., can sometimes be used.

5. Knives, forks, and spoons are placed in the order of their use, from the outside toward the plate with dinner knife and fork always next to plate on the right and left sides respectfully.

6. Knives and spoons are placed at the right of the plate.

7. Forks are placed at the left of the plate. A salad fork is not necessary if the salad is served as a part of the main course. If served as a separate course, it will be necessary to use a salad fork.

8. The cutting edge of the knife is turned toward the plate.

9. Forks are placed with tines up and spoons with bowls up.

10. The glass is placed at the tip of the knife.

11. The bread and butter plate, if used, is placed at the tip of the fork and a little to the left. Instead of the bread and butter plate, the salad plate is placed here.

12. The butter spreader is laid across the edge of the bread and butter plate with the handle toward the left.

13. The napkin is placed at the left of the fork, one inch from edge of table, with the open corner next to the handle of the fork.

14. Serving silver is arranged on the table ready for use. It is not placed in the dish of food before it is brought to the table. All pieces of serving silver should be parallel to the silver at the cover.

15. Chairs are placed so that the front edge of each chair touches or is just below the edge of the tablecloth.
Rules For Serving

1. Table should be set with all necessary linen, china, and silver.
2. Glasses should be filled three-quarters full just before meal is announced.
3. Plates of bread, butter, and jelly may be on table before family is seated.
4. Plates should be placed and removed and food passed or offered from the left, waitress using her left hand to place plates before guests.
5. The beverage is the exception to the above rule, and is always placed at the right. In placing cups, have handles to the right.
6. In refilling glasses the waitress may move them to the outer edge of the table if necessary. Handle by lower part of the glass and never the top.
7. In clearing the table, remove food first, then soiled dishes and silverware, then clean dishes, and then glassware. A plate and folded napkin may be used for crumbing the table.

Types of Service

Three types of service are usually recognized:

The English, or family type, is the one most suited to the average family where there is no help. In this service, all the food is served at the table by the host and hostess, instead of being brought in from the kitchen in individual servings. The hostess of today would do better to perfect this type of service, rather than to attempt the more formal types.

The Russian service is used for formal occasions. Most homes have no use for this service except, perhaps, at times of special parties where outside help is secured. In this service all food is served from the kitchen. The host and hostess take no part in the service. The food may be served in individual portions, or may be placed on platters for each guest to help himself.

The Combination service is a combination of the English and the Russian services. The main course is usually served at the table, while the soup, salad, and dessert are served from the kitchen. This type of service is suited to a family having a maid to aid in the service of the meals.

TABLE COURTESIES

Rules of etiquette are followed simply to make life more pleasant. If you are ever in doubt as to the right thing to do, just consider those around you, what is most considerate of the other people, is usually the right thing to do.

Do not have “company manners.” Practice good manners at every family meal until they become a part of you. Then you will never experience that uncomfortable self-consciousness and awkwardness that results when good manners are attempted only when there are guests.
Some of the common rules are:

1. Be neat and clean in personal appearance.
2. Be prompt at meals.
3. Stand at the left of your chair until mother or hostess is seated. Boys and men remain standing until women and girls are seated.
4. Do not begin to eat until all are served. (This rule applies only when a small number are being served. Observe the hostess. She will give the signal).
5. Do not leave table until hostess rises to leave.
6. Sit naturally with good posture.
7. Keep hands in the lap when not eating. Do not rest elbows on the table.
8. Napkins should be placed across the lap at beginning of meal, unfolding them under the table. Never shake your napkin open. At the close of the meal, the napkin should be folded if you intend to use it again. If you are a guest at only one meal, leave napkin loosely folded at left of plate.
9. Knives are used only for cutting and spreading butter. After using it should be laid across the plate, never propped against side of plate.
10. Do not load fork with food. When not in use the fork should be placed on the plate beside the knife, with tines up.
11. Never drink from a cup with a spoon in it.
12. Bread should be broken in small pieces before eating. Do not butter a whole slice of bread at a time.
13. Do not blow on foods to cool them.
14. Keep the mouth closed while chewing.
15. Do not talk while you have food in your mouth.
16. Always use “please” and “thank-you.”
17. Never use toothpicks at the table or in the presence of others.
18. Do not make any comments on the dislikes of certain foods.
19. If an accident occurs ask to be pardoned. Remedy the difficulty as quickly as possible, and then make no more comments concerning it.
20. Never criticize the manners of older people. Customs change, and what may seem curious now, may have been good in former times.
TABLE CONVERSATION

Help to make mealtime the happiest time of the day. Mealtime is no time to settle family quarrels, discuss the family bills, correct the children, gossip about the neighbors, or discuss illness and operations. Practice appropriate and pleasant table conversations on subjects as:

1. Interesting things heard over the radio.
2. New automobiles.
3. Games and sports.
4. Topics of the day—new inventions, discoveries, political events, etc.
5. Books you have read.
6. Camps and vacations.
7. Present day styles.
8. Good plays you have seen or heard about.
9. New developments in your town or community.
10. Humorous incidents from your days' experience.

Table conversation should be on subjects which interest all those at the table.

JUDGING

The best way to find out the quality of your baked products is to compare them with those of the other club members. Try and judge one product at every meeting.

SCORE CARDS

Bread and Rolls—

<table>
<thead>
<tr>
<th>I. Appearance</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>II. Crumb</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>III. Flavor</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Cake with Frosting—

I. Appearance .................. 25
   Size
   Shape
   Crust

II. Crumb ....................... 25
   Lightness
   Texture
   Moisture
   Color

III. Flavor ..................... 35

IV. Icing ....................... 45

Cookies—

I. Appearance .................. 20

II. Texture ..................... 30

III. Flavor ..................... 50

Pies—

I. Appearance .................. 15
   Size and Shape
   Color

II. Texture ..................... 40
   Crust
   Filling

III. Flavor ..................... 45
   Crust
   Filling
   Meringue

HOW TO PROCEED IN FOODS JUDGING

1. Leader should explain and discuss points on the score card with club members.
2. Give each member a copy of the score card and a pencil.
3. Have four food products (example, four loaves of bread). Label them A—B—C—D.
4. Leader should score products, placing them first, second, third, and fourth.
5. All club members then score products.
6. Compare girls' scores with leaders scores, and discuss.
4-H FOODS DEMONSTRATIONS

Public demonstrations given by club members teach worthwhile food and health practices to the community, add interest to the club, interest the public in club work, and develop poise and ability in those demonstrating.

If the regular demonstrations are given at club meetings as a part of each meeting program, the public demonstration will not be difficult.

Why not give an interesting demonstration in your club this year? Here are some suggested topics that relate to your dinner project.

1. A quart of milk a day (Ways of serving milk attractively).
2. The teeth the club girl built. (Featuring foods necessary to good teeth).
3. Good looks are more than "skin deep." (Featuring vegetables and fruits as builders of beauty).
4. A leafy vegetable at least once a day.
5. Well-balanced meals the basis of good health.
6. Making the less tender cuts of meat attractive and palatable.
7. Cooking vegetables correctly.
8. Ways of utilizing Montana fruits.
9. Cheese—palatable cheese dishes and their place in our meals.
10. How to have well-balanced winter meals.
11. Beauty begins in the kitchen. (Using fruits and vegetables as basis of demonstration).
12. Parade of the "should eat" foods (dressing up the common, wholesome foods).
13. Meals that save time. (Oven dinner).
14. Meals for community gatherings. (A good type of community meal, how to pack it for carrying to community center, and how to serve it attractively).
15. Correct preparation of tender cuts of beef.
16. One dish meals.
17. Dressing poultry with ease.
18. Preparing a bird for the oven.
20. The why of good cakes.