MINIMUM REQUIREMENTS FOR BREAKFAST CLUB

1. Keep Food Habits Score Card for two different weeks.
2. Keep a weight curve.
3. Improve food habits as indicated by the findings of the Food Habits Score card.
4. Prepare the following foods to be served and eaten at family breakfasts:
   A. Fruits—
      1. One dried fruit
      2. One fresh fruit
      3. One baked fruit
      4. One cooked fruit
   B. Two cooked cereals.
   C. Three different breakfast dishes of eggs.
   D. Two different breakfast milk dishes.
   E. Breads—
      1. Toast—three times.
      2. Biscuits—two times, or until a successful product is obtained.
      3. Muffins—two times, or until a successful product is obtained.
      4. Corn bread—(Made of yellow cornmeal)—two times or until a successful product is obtained.
5. Learn reason for including the above foods in breakfasts.
6. Set table correctly for family breakfast—six times.
7. Assist in preparing six breakfasts.
8. Prepare and serve three breakfasts.
9. Assist other club members in serving a club breakfast to which the mothers or some other guests are invited.
10. Attend club meetings regularly.
11. Keep food preparation record book, write a story, and submit these through your local leader to the County Extension Agent.
12. Develop foods judging and demonstration teams.

4-H Breakfast Club

By MYRTLE G. EUREN, Assistant State Club Leader*

PURPOSE OF BREAKFAST CLUB

1. To develop skill in the preparation of simple foods.
2. To interest the club members in planning, preparing, and serving breakfast combinations that are simple, well-balanced, wholesome, and appetizing.
3. To develop good habits of work, personal cleanliness, and cleanliness in surroundings.
4. To teach club members to put into practice good food habits, which are essential in maintaining health.
5. To interest the club member in better food practices to such an extent that the food habits of the club member's family will also be improved.
6. To demonstrate to the community better food practices and standards.
7. To develop citizenship and train in rural leadership.

THE HEALTH H

Every boy and girl wants to be healthy, because health is necessary for a happy, successful life. Good health is not accidental. It is the result of:

1. Wholesome, well-balanced, simple, and well-cooked food.
2. At least nine hours of sleep every night.
3. Sunshine and fresh air.
4. Freedom from worry.
5. Outdoor exercise.
6. Kindly and helpful attitude toward others.

Health Score Card

Every club member should be scored on the Health Score Card** given below. If it is not possible to have a local doctor or nurse do the scoring, club members can score each other. Instead of judging the quality of foods or clothing, try judging your fellow club members.

*Approved By Frances Smith, Extension Nutritionist,
**Adapted from “Tentative Draft of Score Card for Growth Work Contest,” U. S. Department of Agriculture Extension Service.
I. General Condition (20%)
   1. Weight within normal range for height and age; 7 percent or more underweight and 15 percent or more overweight are out of normal range .................................................. 8
   2. Skin clear, smooth, neither too dry nor moist, good color ................................................................. 5
   3. Tongue clear, uncoated; breath sweet, not offensive ................................................................. 4
   4. Eyes clear, bright, without dark circles or puffiness, mucous membranes of eyelids bright pink ................................................................. 3

II. Posture—Erect and well balanced (15%)
   1. Head erect ................................................................. 2
   2. Back straight, no abnormal curves ................................................................. 3
   3. Shoulders even, not rounded ................................................................. 2
   4. Shoulder-blades flat across back ................................................................. 2
   5. Chest high, held somewhat in front of abdomen ................................................................. 3
   6. Weight carried over center of feet ................................................................. 3

III. Body (20%)
   1. Chest
      (a) Broad, deep, flexible ................................................................. 8
      (b) Normal shape, no evidence of rickets ................................................................. 5
   2. Abdomen flat, muscles well developed, no excess of fat ................................................................. 7

IV. Head and Throat (20%)
   1. Hair Clean and scalp healthy ................................................................. 1
   2. Eyes
      (a) Lids clean and healthy ................................................................. 1
      (b) Vision normal or corrected with glasses ................................................................. 2
3. Ears, clean, no discharge, hearing normal       | 3 |
4. Nose, no discharge, breathing not obstructed   | 3 |
5. Mouth and teeth
   (a) Teeth even, well enameled, free from cavities or properly filled, clean, no tartar | 4 |
   (b) Gums clean, firm pale pink, no receding  | 2 |
6. Throat, clean, healthy, tonsils not enlarged or diseased, neck glands not enlarged       | 4 |

V. Legs and Feet ........................................... (10%)
1. Legs, straight and strong, no indications of rickets; knees and ankles strong and not enlarged | 5 |
2. Feet, strong and pliable, arches not flattened, toes straight, feet held straight forward, not turned out in walking, no corns, bunions, etc. | 5 |

VI. Self-Control .................................................. (15%)
As indicated by good poise, alert expression, cheerful disposition, absence of nervous habits, good muscular coordination, ability to relax and rest | 15 |

<table>
<thead>
<tr>
<th></th>
<th>Perfect score</th>
<th>First scoring</th>
<th>Second scoring</th>
</tr>
</thead>
<tbody>
<tr>
<td>3. Ears, clean, no discharge, hearing normal</td>
<td>3</td>
<td></td>
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<tr>
<td>4. Nose, no discharge, breathing not obstructed</td>
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<tr>
<td>5. Mouth and teeth (a) Teeth even, well enameled, free from cavities or properly filled, clean, no tartar</td>
<td>4</td>
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<tr>
<td>5. Mouth and teeth (b) Gums clean, firm pale pink, no receding</td>
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<tr>
<td>6. Throat, clean, healthy, tonsils not enlarged or diseased, neck glands not enlarged</td>
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<td>V. Legs and Feet ........................................... (10%)</td>
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<td>1. Legs, straight and strong, no indications of rickets; knees and ankles strong and not enlarged</td>
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<tr>
<td>2. Feet, strong and pliable, arches not flattened, toes straight, feet held straight forward, not turned out in walking, no corns, bunions, etc.</td>
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<tr>
<td>VI. Self-Control .................................................. (15%)</td>
<td></td>
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<td>As indicated by good poise, alert expression, cheerful disposition, absence of nervous habits, good muscular coordination, ability to relax and rest</td>
<td>15</td>
<td></td>
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</tbody>
</table>

Total 100
Are you a rounded question mark? OR A living exclamation point.
Ungraceful, lacking vim? Alert, courageous, trim?
We “eat to live” rather than “live to eat,” although we should always enjoy the food we eat.

Every 4-H foods club member should be a healthier, happier, individual because of the information and experience gained through a 4-H foods club. Cooking is only a part of the training. The part that food plays in the health and well-being of each club member is also important.

Everyone is interested in being well. Since the right kind of food is such a factor in keeping well, good food habits should be practiced by every club member.

1. Meals should always be regular.
2. Plain, nourishing, and easily digested foods should be eaten.
3. Tea, coffee, too many sweets, or too many highly seasoned foods are not advisable in the meals of the growing boy or girl.
4. Foods of the right kind are needed for growth and development.

**What Food Does For The Body**

1. Food builds and repairs tissues. Our bodies are wonderful machines that must be carefully built, and repaired when necessary. There are hard and soft tissues to be built and kept in running order. The soft tissues are the muscles, blood, and other body fluids. The hard tissues are the bones and teeth. Proteins and minerals are the building materials. The vitamins are the vitaling forces which make it possible for the body to convert these materials into living matter. These building materials and vitamins are found in milk, eggs, cheese, whole grains, meat, fruits, vegetables, nuts and fish.

2. Food gives us energy. Just as an automobile needs gasoline to make it go, so do our bodies need fuel foods to provide energy for muscular activity. The foods which give energy are the starches, fats, and sugars. Usually our bodies get a plentiful supply of these foods. If too much of this type of food is eaten, it is stored in the body as fat, and too much fat clogs up the machinery and is an extra load to carry around.

3. Food regulates the body. Just as an automobile needs water, oil, and grease if it is to run smoothly, so does the body need water, minerals, and vitamins. A good supply of such foods as vegetables, fruits, liver, whole grain products, sea foods, milk and water will insure plenty of regulating materials, of which many people do not get a sufficient supply.
<table>
<thead>
<tr>
<th>Credit</th>
<th>First Scoring</th>
<th>Second Scoring</th>
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<tbody>
<tr>
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<td>Date</td>
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<td></td>
<td>S  M  T  W  Th  F  Sat.</td>
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<tr>
<td>1. Milk—</td>
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<tr>
<td>4 cups a day</td>
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<tr>
<td>3 cups a day</td>
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<tr>
<td>2 cups a day</td>
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<tr>
<td>2. Vegetables, in addition to potatoes—</td>
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<tr>
<td>2 times a day</td>
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<tr>
<td>3. Fruit (or tomatoes)</td>
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<tr>
<td>2 times a day</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Once a day</td>
<td>5</td>
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</tr>
<tr>
<td>4. A leafy vegetable</td>
<td>5</td>
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</tr>
<tr>
<td>5. A raw fruit or vegetable</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>6. Whole grain (bread or cereal)</td>
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</tr>
<tr>
<td>Twice a day</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Once a day</td>
<td>5</td>
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<tr>
<td>7. One egg</td>
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<tr>
<td>8. Water (at least 6 glasses)</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>9. Three regular meals</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>10. Meat, fish or poultry</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>11. No tea or coffee</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>12. No sweets between meals</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>TOTAL</td>
<td>100</td>
<td></td>
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</tbody>
</table>
CHECK UP ON YOURSELF

The preceding Food Habits Score Card gives you an opportunity to check on your food habits each day for a week at the beginning of the breakfast project. Then in one month, or at the end of your project, check your food habits again. The first scoring will show the habits which you need to change, and the second scoring will show what improvements you have made. Be sure there are improvements.

To find the amount of milk used, count as one cup a serving of creamed soup, glass of milk, or cup of cocoa, a custard or serving of ice cream, or a serving of cottage cheese. Count as one-half cup, a serving of milk on a dish of cereal, custard in which rice, tapioca, or some other starchy ingredient is used.

If the number of different fruits and vegetables available at any season of the year is limited, full credit may be obtained by serving some vegetable or fruit twice a day, preferably however, prepared in different ways. Whole grain cereals include bread, or breakfast foods made from corn meal, rolled oats, graham or whole wheat.

Weight and Health

In the circular “Your Weight and Your Health” which is included in each 4-H club member’s outfit, will be found complete directions for keeping a weight curve.

Suggestions For Underweight Club Members:
1. Eat 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 is the result of supplying more fuel than the body machine requires. It is often the result of overeating and under activity. It can 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 of fruits, vegetables, and milk.
3. Get stimulating brisk exercise.
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 some good outdoor exercise every day.
4. Get plenty of sleep and rest.
5. Avoid worry, anger, and nervous strain.
6. Cultivate correct food habits.
7. Eat an abundance of foods rich in cellulose and mineral matter: cabbage, celery, greens, baked potato (eaten with skins), oranges, rolled oats, whole grain cereals, fruits, and fruit juices.

**BREAKFAST IS IMPORTANT**

Breakfast is often the meal that is neglected because school boys and girls do not take time to eat in the mornings. Everyone should eat a good breakfast before starting the day's work so that the body will have something to work on during the day. There are three kinds of breakfasts—light, medium, and heavy. The kind that you should eat depends upon the amount of exercise you get, the work you do, and what type of meals you will eat the rest of the day. A light breakfast is suitable for one who is not very active during the day, and who is to have a heavy dinner. A heavy breakfast is necessary for one doing outdoor work, or if just a light lunch is to be eaten.

<table>
<thead>
<tr>
<th>Light</th>
<th>Medium</th>
<th>Heavy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>Fruit</td>
<td>Fruit</td>
</tr>
<tr>
<td>Toast</td>
<td>Cereal</td>
<td>Bacon or eggs</td>
</tr>
<tr>
<td>Milk</td>
<td>Toast</td>
<td>Toast or muffins</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td>Cocoa</td>
</tr>
</tbody>
</table>
In planning your breakfasts, remember what the food that you are going to eat does in the body. Meals should, of course, always be served attractively, because we are influenced by what we see. If the food is not attractive looking, those to whom it is served may not want to eat it. Remember to serve hot things hot and cold things cold.

Every breakfast should include some fruit.

Suggested Menus:

1. Half grapefruit
   Whole wheat toast
   Cocoa

2. Stewed figs
   Scrambled eggs
   Cornmeal muffins
   Milk

3. Baked apple
   Cracked wheat cereal
   Toast
   Cocoa

4. Orange juice
   Cornmeal mush with dates
   and thin cream
   Thin, crisp toast
   Milk

5. Cream of wheat with raisins
   Plain omelet
   Toast
   Milk

6. Berries and cream
   Oatmeal
   Cocoa

7. Berries and cream
   Creamed eggs on toast
   Cocoa

8. Baked apple
   Cream toast
   Milk

9. Sliced oranges
   Prepared cereal
   Creamed dried beef on toast
   Postum made with milk

10. Stewed prunes
    Soft cooked eggs
    Whole wheat bread
    Cocoa

11. Berries
    Puffy omelet
    Corn bread
    Milk

12. Stewed pears
    Scrambled eggs
    Whole wheat toast
    Milk

13. Sliced oranges
    Bacon muffins
    Cocoa

14. Stewed prunes
    Whole wheat toast
    Milk

15. Baked apple with raisin center
    Baking powder biscuits—honey
    Soft cooked eggs
    Cocoa

16. Stewed apricots
    Bran muffins
    Cocoa

17. Grapefruit
    Poached egg on toast
    Gingerbread
    Milk
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The Kitchen

In food preparation, the kitchen is the workshop. A clean, convenient workshop is the first essential.

Equipment must be conveniently arranged. Utensils that are used everyday should be placed in easily accessible places, near the working center where they are to be used.

An attractive, orderly, kitchen is much more pleasant in which to work. Light, clean, airy curtains, and cheerfully painted furniture make kitchen duties a pleasure. A corner of the kitchen arranged with a comfortable chair, and some magazines and newspapers in a rack, where one can rest while waiting for a dish to finish cooking is enjoyable. A high stool where the worker can sit while doing many of the kitchen duties is a helpful addition.

Cleanliness

The person, tools, food, and kitchen must be immaculately clean.

Wear clean, washable garments in the kitchen and keep hair confined by a hairnet or a band. Always wash hands before beginning any food preparation. If it is necessary to handle the hair or use a handkerchief, wash the hands again. Rings should never be worn while preparing food. In tasting foods, do not use the stirring spoon.

Dish Washing

Efficient and orderly dishwashing is a part of the regular 4-H foods club program.

Scrape or wipe all foods from dishes with paper. Wipe grease from utensils with paper before washing. Pile all dishes of one kind together. Soak greasy, sticky, and sugary dishes in hot water. Soak the dishes used for milk, egg, or starchy foods in cold water.

Prepare two pans. The dishpan should be half full of hot, soapy water, and the rinsing pan half full of clean, scalding water. Wash glassware first and silverware second. Rinse in scalding water, drain, and dry with a clean dish towel. Flat pieces such as saucers and plates, can be scalded and left in the drainer to dry. Wash glassware, silver, and china first; then the cooking utensils. Scour cooking utensils if necessary.

Wash the dish cloths thoroughly. Rinse and dry in the sun, if possible.
Measurements and Abbreviations

Measuring cups should be used if you wish to secure uniformly good results.

In measuring dry materials, fill measure to over-flowing without packing, and then level off with a knife. Flour should be sifted once before measuring and put lightly into the cup. Never pack dry ingredients.

Butter and other solids should be packed when measuring. Brown sugar can also be packed.

Table of Abbreviations

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>t</td>
<td>teaspoon</td>
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<tr>
<td>T</td>
<td>tablespoon</td>
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<tr>
<td>c</td>
<td>cup</td>
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<td>pt.</td>
<td>pint</td>
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<td>lb.</td>
<td>pound</td>
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<td>oz.</td>
<td>ounce</td>
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<tr>
<td>hr.</td>
<td>hour</td>
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Table of Measurements

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Equivalent</th>
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<td>3 t</td>
<td>1 T</td>
</tr>
<tr>
<td>16 T</td>
<td>1 c</td>
</tr>
<tr>
<td>2 c</td>
<td>1 pt.</td>
</tr>
<tr>
<td>2 pts.</td>
<td>1 qt.</td>
</tr>
<tr>
<td>4 qts.</td>
<td>1 gal.</td>
</tr>
<tr>
<td>8 qts.</td>
<td>1 peck</td>
</tr>
</tbody>
</table>

All measurements should be level. Half a spoonful is a spoonful leveled off and divided lengthwise. For a quarter of a spoonful, divide the half spoonful crosswise.
"Some fruit everyday is better than beauty clay."

Fresh fruits should be a part of the daily diet whenever possible. When fresh fruits cannot be secured, canned or dried fruits should be used.

Fruits are very important to our bodies because of:

Vitamins, which promote health and growth.

Mineral salts which keep the blood and other body fluids in good condition, and help build bones and teeth.

Acids, which stimulate the appetite. The acids and woody-fiber of the fruit act as natural laxatives to prevent constipation.

The variety, flavor, and attractiveness they furnish a meal.

Cooking Fresh Fruits: Wash fruits carefully. Cook until tender in as little water as possible. Sugar, if added, should be added during the latter part of the cooking so that the fruit will retain as nearly as possible its original flavor. In order to retain the shape of the fruit make a syrup of the sugar and water, and add the fruit to this. Usually one-half cup sugar can be used to one cup water.

Cooking Dried Fruits: Dried fruits should be washed thoroughly and allowed to soak in cold water for several hours. Then cook the fruit in the same water in which it has been soaked. Sugar may be added in the proportion of ¼ cup of sugar to a pound of fruit. Let the fruit cook until tender before adding the sugar. Prunes, dried peaches, apricots, apples, pears, etc., are cooked in this manner.

Baked Apples: Wash and core apples and place in baking dish. Put one tablespoon sugar in the center of each apple and add enough water to cover the bottom of the dish. Bake in a moderate oven until soft.

The flavor may be varied by using brown sugar instead of white, or the centers of the apples may be filled with jelly, jams, prunes, raisins, figs, and nuts, or any of these combinations. Serve hot or cold, with or without cream and sugar. Pears may be baked in the same way.

Serving Fresh Raw Fruits: Serve fruits as attractively as possible. Chill them before serving. Here are some suggestions for serving fruits:
Oranges:  
Orange juice (chilled)  
Sliced oranges  
Orange halves (with sections separated)  
Orange sections arranged attractively on plate  
Orange chips (slices quartered with peeling left on)  
Grapefruit:  
Grapefruit juice  
Grapefruit halves (sections separated)  
Grapefruit sections  
Strawberries:  
With cream  
With stems and powdered sugar  
With cereals  
Bananas:  
Sliced with cream  
With cereal  
Cantaloup:  
Plain chilled  
With orange and grapefruit sections  
Peaches:  
Plain  
Sliced with cream  

Several fruits may be combined and served as a fruit cup. They may all be fresh, or all cooked, or a combination of both.

**Vegetable Juices Used for Breakfast:** Chilled tomato juice is an excellent breakfast appetizer. It is refreshing and contains valuable minerals, acids, and vitamins. Chilled sauerkraut juice is also very good as it too contains acids, minerals, and vitamins. Many people like a mixture of chilled tomato juice and sauerkraut juice.
Whole grain cereals are valuable foods. You have all seen a kernel of grain and have noticed that the inside is soft and starchy and is covered by a layer of bran coating. When the outer layer and germ is milled off, as it is in the making of white flour, much of the valuable part of the kernel is gone. Most of the minerals, vitamins, and the regulating substances are in the outer layers and the germ. Therefore, as many whole cereals as possible should be eaten.

Whole cereals furnish energy to the body at a small cost, minerals and vitamins which promote growth and protect against disease, bulk or roughage which helps in eliminating waste from the body, and muscle building material. Cereals are easy to prepare, inexpensive, and easy to digest.

General Method For Cooking Cereals: Add the cereal slowly to boiling water to which has been added one teaspoon salt for each cup of cereal. Cook for a few minutes over the direct heat and finish in the double boiler with just enough heat to keep the water boiling.

Time Table for Cereals

<table>
<thead>
<tr>
<th>Cereal Description</th>
<th>Water</th>
<th>Cook Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 c rolled oats</td>
<td>2 c</td>
<td>Cook 1 to 2 hours</td>
</tr>
<tr>
<td>1 c oatmeal</td>
<td>4 c</td>
<td>Cook 3 hours</td>
</tr>
<tr>
<td>1 c whole wheat (soaked)</td>
<td>2 c</td>
<td>Cook 6 to 8 hours</td>
</tr>
<tr>
<td>1 c rice (brown rice)</td>
<td>4 c</td>
<td>Cook 1 hour</td>
</tr>
<tr>
<td>1 c cornmeal</td>
<td>3½ c</td>
<td>Cook 2 to 3 hours</td>
</tr>
<tr>
<td>1 c granular wheat</td>
<td>4 c</td>
<td>Cook ¾ to 1 hour</td>
</tr>
<tr>
<td>1 c hominy</td>
<td>6 c</td>
<td>Cook 6 to 8 hours</td>
</tr>
</tbody>
</table>

Milk may be substituted for all or part of the water in cooking cereals. This will make the dish more nutritive. If a thicker or thinner cereal is desired, vary the amount of liquid accordingly.

Vary the ways of serving cereals so that the family will not become tired of them. Some pleasing variations are:

Serve cereal with fresh fruits.
Add raisins or chopped dates to cereal during the last few minutes of cooking.
Serve a small baked apple in center of bowl of cereal.
Serve cooked fried fruits with the cereal.
Milk is the nearest perfect food that we have. Milk contains two minerals called calcium and phosphorus which are necessary in building bones and teeth. If children are not given enough milk or other foods containing these minerals it is very likely that they will have soft teeth which decay easily and bones which are not well developed and strong. Milk supplies energy, builds muscle and bones, and promotes growth. Every growing boy and girl should have at least one quart of milk a day. This may be taken in the form of beverages, soups, or creamed dishes.

Care of Milk: Secure milk that comes from clean healthy cows kept in clean stables. Clean, healthy milkers and sterilized utensils are necessary. Cool milk as soon as possible and keep it cold so that bacteria will not develop.

Keep milk covered and away from other foods as it absorbs odors very readily.

Cooking of Milk: Milk burns easily, therefore it is advisable to heat milk over boiling water. The white material which sticks to the dish in which milk has been heated and the scum which forms when the milk cools slightly contains minerals necessary for bone building, so do not throw it away.

Cocoa

4 c milk
3 T cocoa
½ t salt
1 c water
3 T sugar

Mix cocoa, salt, and sugar. Add water gradually. Cook for five minutes to thoroughly cook the starch in the cocoa. Add the milk which may have been heated in a double boiler. Beat with the egg beater just before serving to prevent film from forming on the surface.

Postum Made With Milk

5 ½ c milk
3 T Instant Postum
½ c boiling water


Egg Nog

1 c milk
1 egg
1 t sugar
Few drops vanilla
Few grains salt

Beat egg, add sugar and salt. Add milk and flavoring. Serve cold. These ingredients may be measured into a pint fruit jar and mixed by shaking. This makes a smooth frothy mixture.
Creamed Dishes: Creamed dishes are very appetizing for the breakfast menu. White sauce is the basis for all creamed dishes. The following table should be memorized as it will be a great time saver in cooking.

White Sauce Proportions

<table>
<thead>
<tr>
<th></th>
<th>Milk</th>
<th>Flour</th>
<th>Butter</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thin</td>
<td>1 c</td>
<td>1 T</td>
<td>1 T</td>
<td>¼ t</td>
</tr>
<tr>
<td>Medium</td>
<td>1 c</td>
<td>2 T</td>
<td>2 T</td>
<td>¼ t</td>
</tr>
<tr>
<td>Thick</td>
<td>1 c</td>
<td>3-4 T</td>
<td>3 T</td>
<td>¼ t</td>
</tr>
</tbody>
</table>

Method: Melt butter, add flour and salt and blend well. Add milk and cook until thick, stirring constantly. (Cook over direct fire five minutes; cook in double boiler 15 minutes to cook flour).

Creamed Eggs

6 hard cooked eggs
salt and pepper
1 c medium white sauce
6 slices toast

Remove cooked eggs from the shells and slice or cut in halves lengthwise. Place on toast and pour white sauce over them. Serve hot. Diced ham or dried beef may be added for variety.

Creamed Toast

Cut bread into inch cubes and toast thoroughly. Heat milk and season with salt and pepper and butter as preferred. Serve toast in cereal dish with hot milk in pitcher to be poured on as desired.
Eggs are a valuable body building food and are easily digested if properly prepared. They contain valuable minerals. The yolk is especially high in iron which is very necessary to nourish the blood. They contain vitamins which are needed to promote growth and to maintain health. Eggs should be included in some form in each day's meal plan.

Care of Eggs: In Montana there are four grades of eggs on the market—special, extras, standards, and trades. The two top grades are used for table eggs, angel food cakes, etc. Standards and trades are an inferior quality and can be used in baking and cooking where the appearance and flavor of the egg is not an item.

Wash eggs immediately before using.

Keep eggs in a cool place.

When using several eggs and you are not sure of their freshness break each egg separately in a saucer and examine before adding to the rest.

Eggs may be kept fresh for a long time by keeping air out of them. This is done by greasing each egg with a prepared commercial egg grease, and packing them, small end down, in an egg case; by immersing them in water glass; (one measure of water glass to nine measures of water).

Cooking of Eggs: All foods containing eggs should be cooked at a low temperature because high heat toughens the egg. If a palatable, easily digested product is desired, the temperature must be kept moderately low.

Cooked Eggs

Have ready a saucepan containing boiling water. Carefully put in the number of eggs desired. Remove pan to back of stove, where water will not boil, or keep the pan over a very low flame. Allow from six to eight minutes for soft cooked eggs but do not let the water boil. For hard cooked eggs let stand on back of stove for 20 to 30 minutes. Then plunge into cold water so that the shells may be removed easily.

Poached Eggs

Heat salted water to the boiling point in a shallow pan. Break egg into a saucer, then slip egg into water gently so it will keep its shape. Remove pan from fire, cover, and keep hot until eggs are set to the desired degree. If yolk is not entirely covered dip the water over it carefully until it is coated with white. Remove with a skimmer and slip onto a thin piece of buttered toast.
Scrambled Eggs

Beat eggs, add 1 T milk for each egg, and salt to taste. The milk improves the consistency of the finished product. Heat frying pan hot enough to melt 1 T fat. Put egg mixture into pan and lift and turn with spatula over a low flame. When the eggs are firm remove from pan. The finished product should be of a creamy consistency. Bits of left-over bacon or ham or dried beef may be added to the mixture when cooking.

Puffy Omelet

4 eggs
4 T milk
Salt
Butter

Beat the egg whites until stiff. Beat the yolks until thick and lemon colored. Add liquid and salt. Cut and fold together yolks and stiffly beaten whites. Melt enough butter in an omelet pan or heavy skillet to grease the bottom and sides of the pan. When the pan is hot turn the egg mixture into the pan and cook over a slow fire until it is puffy and light brown underneath. Then it may be placed in a slow oven until the top is dry. To test whether the omelet is done slip a spatula or knife carefully into the omelet. If it comes out clean the omelet is done. The success of an omelet lies in baking at a low temperature and with even heat. Loosen the edges of the omelet, slip a spatula or flexible knife under the side next to the handle of the pan. Fold one-half over the other and press lightly to make it stay in place. Slip onto the hot plate and serve at once.

Variations of Puffy Omelet: In folding over the omelet, chopped ham, bacon, cheese, grated fruit, jam, and jelly may be folded into it. Or the omelet may be garnished with fresh or canned fruit.

Plain Omelet

Scrambled eggs are sometimes cooked without stirring and folded over to look like an omelet. These are usually spoken of as plain omelets. Use recipe for scrambled eggs.

Eggs a la Goldenrod

1 1/2 c medium white sauce
3 or 4 hard cooked eggs
6 pieces toast

Separate yolks and whites of cooked eggs and chop whites. Add the chopped white to white sauce and pour over toast. Press yolks through a strainer or crush with a fork and sprinkle over top. Garnish with parsley and paprika and serve hot.
Quick breads are flour mixtures in which some leavening agent other than yeast is used. They can be mixed and baked in a short time. Leavening agents used in quick breads are baking powder and soda. Sometimes neither baking powder nor soda is used as in the case of popovers which are leavened by the action of steam. Soda is always used with sour milk, buttermilk, or molasses. In using soda be careful to use just the right amount as too much soda gives a very disagreeable flavor to the product. Always mix and sift soda with dry ingredients to avoid any loss of gas formed by the soda coming in contact with the sour milk.

**General Method of Mixing Muffins:**

1. Mix and sift dry ingredients together.
2. Beat egg until foamy.
3. Measure milk and turn it into the egg.
4. Measure fat and melt without letting it get hot and turn into egg and milk mixture.
5. Turn the wet ingredients into the dry ingredients all at one time and stir vigorously. The instant the dry ingredients are just dampened stop stirring for quick acting Baking powder. For slower acting, beat a few seconds longer. The batter should be rough, not smooth. Do not overheat as this will cause large holes in the muffins and the batter will rise to peaks. Work quickly.
6. Turn into oiled muffin tins immediately.
7. If quick acting baking powder is used bake immediately. If slow acting baking powder is used, product is improved by standing 10 to 15 minutes before baking. (Let mixture stand in pans, never in batter).
8. Bake in a hot oven at 425 F for about 20 minutes for tartrate and phosphate baking powders. For slower acting baking powders start at 300 F for 5 minutes then increase to 425 F.

**Plain Muffins**

| 2 c flour | 4 t baking powder |
| 2 T sugar | 1/2 t salt |
| 1 egg | 1 c milk |
| 3 T melted fat | |

Follow general method of mixing muffins. Makes 10 muffins baked in 2 inch muffin tins.
Graham Muffins

7/8 c flour 1 1/2 c graham flour
4 t baking powder 1 egg
2 T sugar 1 c milk
3/4 t salt 3 T melted fat

Follow general method for mixing. Bake about 25 minutes.

Corn Meal Muffins—Sour Milk

If sour milk is used instead of sweet milk make the following changes in the above sweet milk recipe:

Use 3 t baking powder
Use 3/4 t soda

Bran Muffins

1 c flour 1 c bran
3/4 t salt 1 c milk
4 t baking powder 1 egg
4 T fat 3 T brown sugar

Date Muffins

Use plain muffin recipe, adding 1/4 lb. chopped dates to batter.

Bacon Muffins

Use plain muffin recipe, using bacon drippings for the melted fat, and add 4 T crisp bacon broken into bits.

Waffles

2 c flour 3 T baking powder
2 eggs 1 1/2 c milk
3/4 t salt 5 T melted butter

Mix and sift dry ingredients. Beat eggs, add milk and melted fat. Stir liquid into dry ingredients and beat until smooth. Pour into hot waffle iron and cook until brown and crisp.

Gingerbread

2 c flour 1 t cinnamon
3/4 t soda 1 c molasses
1 t baking powder 1/2 c sour milk
1 t ginger 4 T melted fat
3/4 t salt

Baking Powder Biscuits: Learn to make tender, flaky, light biscuits. For variety use as the foundation for such dishes as shortcakes, meat pies, and hot sandwiches.

2 c flour
4 t baking powder
¾ c milk
1 t salt
4 T fat

Measure and sift together dry ingredients three times. Combine the sifted dry ingredients and the fat by rubbing them together between fingers and thumb. To do this pick up a portion of the fat and flour, rub it lightly, then drop and pick up another portion, etc. Continue this process until mixture has the consistency of coarse cornmeal. One of the wire pastry blenders may be used. Turn the milk all at once into the fat-flour mixture. Stir vigorously until it thickens. Turn onto a lightly floured board and quickly knead it a few seconds.

Shape the dough into a ball. Pat it with the hand or rolling pin to about ½ inch thickness.

Cut the dough with a floured biscuit cutter. Bake at 425 F (hot oven) for about 12 minutes or until crust is an even brown.

Above recipe makes 20 biscuits about 2 inches in diameter.

If biscuits with crusty sides are desired place them ½ inch or more apart on the baking dish.

Orange Biscuit

Add grated rind of 1 orange to recipe. After biscuits are in pan brush with milk, add a dot of butter. Then press gently into center of each biscuit a cube of sugar which has been soaked in orange juice. Bake.

Nut Biscuit

Add 1 T sugar to original biscuit recipe, adding to dry ingredients ½ c chopped nuts. Put a piece of nut on each biscuit when ready to bake.

Cinnamon Rolls

Roll out dough mixture to ¼ inch thickness. Spread with a mixture of melted butter, brown sugar, and cinnamon. Roll up like a jelly roll and slice in ½ inch slices. Bake in a hot oven.
SERVING THE BREAKFAST

How much better the food tastes and how much better we feel if the table is carefully and attractively arranged rather than just thrown together. Meal time is one time in the day when the whole family are together. The meal and surroundings should be pleasant and attractive so that family members will thoroughly enjoy the time spent together.

The club member has an opportunity to make the family life happier by seeing that the table is well set and the food well planned.

The Room: First of all, the room in which you eat must be well cleaned, dusted, and well ventilated. All furniture should be in good order, knick-knacks and clothing in their proper places, shades adjusted to the same height at all windows.

Covering For The Table: What shall the table covering be? The most attractive is, of course, the linen tablecloth, but it is expensive. Unbleached muslin with bands or applique harmonizing with color scheme of the room make attractive and inexpensive breakfast cloths. Oilcloth is often used because it is easily cleaned. But it is not attractive to eat from because it is cold and shiny and has a rather unpleasant odor. However, an improvement over oilcloth is a rougher surfaced material which is called Sanitas. It is more attractive, easily cleaned, and does not have the objectionable shiny finish that oilcloth has. Breakfast or lunch sets of separate pieces are appropriate. The table covering, of whatever material it is made, should be put on the table squarely. If a cloth is used the crease should run lengthwise of the table and in the exact center of the table.

There should be as little noise as possible at the table so a silence cloth should be used under the tablecloth. This silence cloth may be made of cotton flannel, of felt or asbestos, or of padded cotton material. An old white flannel blanket, freshly laundered, could be used. A silence cloth protects the table from being marred by hot dishes, and makes the table more attractive than when dishes are placed on the hard surface covered only by a thin cloth.

Setting The Table: Next to consider is the actual setting of the table—or the laying of the cover. The "cover" includes the silver, china, and glass needed for each person. 26 inches should be allowed for each cover so that each person will be comfortable. All silver is placed about an inch from the edge of the table so that it will not be accidentally knocked off when people sit down at the table.
1. Knives, forks, and spoons are placed in the order of their use, from the outside toward the plate.
2. Knives and spoons are placed at the right of the plate.
3. Forks are placed at the left of the plate except when no knife is used in which case the fork is placed at the right.
4. The cutting edge of the knife is turned toward the plate.
5. Forks are placed with tines up and spoons with bowls up.
6. The glass is placed at the tip of the knife.
7. The bread and butter plate, if used, is placed at the tip of the fork and a little to the left.
8. The butter spreader is laid across the edge of the bread and butter plate with the handle toward the right.
9. 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.
10. 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.
11. 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 the meal is served.
3. Plates of bread, butter, and jelly may be on table before family is seated.
4. Dishes should be placed and removed and food passed or offered from the left, server using her left hand.
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. They should not be picked up and held in air when refilling. Handle by the lower part of the glass and never the top.
7. In clearing the table between courses remove the food first, then soiled dishes along with the used silverware, then any clean dishes, and unused silver. A plate and folded napkin may be used for crumbing the table.
8. The water glasses and dishes used at last of the meal are not removed until after family or guests have left the table.
9. It is not permissible to stack or scrape dishes at the table.

Table Courtesies: Rules of etiquette are followed simply to make life more pleasant. If you are ever in doubt as to what is the right thing to do, just consider those around you. That which would be more 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 when numbers are small). 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 table.
8. Napkins should be placed across the lap at the beginning of the meal, unfolding them under the table. Never shake your napkin open. At close of 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 or spreading butter. Do not eat with them. After using it should be laid across the plate—never "straddling" the plate.

10. Do not load fork with food. When not in use the fork should be placed on the plate beside the knife.

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 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 dislike 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 days.

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 day’s experience.

Table conversation should be on subjects which interest all those at the table.
**SCORE CARD FOR QUICK BREADS**

You all want to be able to make a good product. To help you recognize quality muffins and biscuits it is suggested that you score each baking of quick breads. Set aside at least one club meeting when you will all score the muffins and biscuits made by club members according to the score card which follows:

### 1. Appearance .......................... 25
- **Size .................................. 9**
- **Shape .................................. 8**
- **Crust .................................. 8**

### 2. Crumb ................................. 30
- **Color .................................. 5**
- **Lightness ............................... 10**
- **Texture ................................. 10**
- **Moisture ................................. 5**

### 3. Flavor ................................ 45

**TOTAL SCORE ........................... 100**

1. **Appearance—25:**
   - **Shape**—Symmetrical and uniform. Muffins should have pebbly surface, without knobs or peaks. Biscuits should have vertical sides and level tops.
   - **Size**—Muffins should be baked in tins 2 inches in diameter by 1½ inches deep. Biscuits should be twice size of unbaked dough; small.
   - **Crust**—Golden brown, of even depth, not floury nor glossy.

2. **Crumb—30:**
   - **Lightness**—Light in weight for size. Crumb should show even air spaces, not long tunnels. Biscuits should be flaky.
   - **Tenderness**—Should tear apart easily without crumbling.
   - **Moisture**—Not dry and crumbly, not damp and soggy.

3. **Flavor—45:**
   - **Good balance.** Not too salty or sweet. No distinct fat flavor.

**How To Proceed With Judging Foods:**
1. Have copies of the score card made and a pencil for each member.
2. Have four plates of the same kind of muffins. Label them A-B-C-D.
3. Leader should score the muffins, placing them first, second, third, fourth.
4. Each club girl then scores the muffins.
5. Compare girl’s score with leader’s. Discuss.
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 the public demonstration will not be difficult.

Here are some suggested demonstration topics that relate to your breakfast project:

1. Setting an attractive breakfast table.
2. Attractive ways of preparing and serving fruits for breakfast.
3. Muffins and variations of the recipe.
4. The correct cooking of breakfast egg dishes.
5. Dishwashing done right.
6. Keeping our weight right.
7. The Health "H."
8. Serving a well-planned breakfast.
9. Why eat breakfast?
10. Attractive ways of using milk.

(Additional information on 4-H Demonstrations is found in the Montana Extension Service circular "How to Develop 4-H Club Demonstrations").
4-H CLUB SCHOLARSHIPS

The State Board of Education will award a one-year scholarship to be used at any of the branches of the Greater University of Montana to the most outstanding club member in any 4-H club project, provided there are ten members enrolled in the same phase of the project. To be eligible for a scholarship, a club member must have made an EXHIBIT of his or her 4-H club projects at a local, county, or state contest, and must have sent to the County Extension Agent, through his local leader, the FINAL REPORT BLANK, and a STORY containing at least 200 words.