LUNCHEON CLUB

Montana State College, Extension Service
Bozeman
TO 4-H FOODS CLUB MEMBERS:

Being a member of a 4-H foods club means much more than just learning how to cook. In the Breakfast Club you learned how to prepare simple, wholesome breakfast foods, how to serve them attractively, and what foods to serve to make you and your family healthier and happier. The Luncheon Club will give you more opportunity to plan and prepare interesting and well-balanced meals, and more experience in being a gracious and efficient hostess.

Every Foods club member must be a good manager—learn to collect all necessary equipment and materials before doing any cooking, and plan so that all foods for a meal will be ready at the same time.

How much more pleasure you will get from your foods club work if you are immaculately clean about your personal appearance, and keep your kitchen in good order! Remember too, that if dishwashing is done systematically there will be no drudgery about it. A pan of hot soapy water, a pan of clear hot rinsing water, a draining rack, and a supply of clean absorbent tea towels will make dishwashing pleasant.

Every girl has a wish and a right to be attractive. To be so, she must be as healthy and full of energy as possible. Learning and practicing good health and food habits is an important part of your Luncheon Club Program. Plenty of sleep with the windows open, outdoor exercise each day, three regular meals with an abundance of milk, vegetables, fruits, and cereals will keep you happy and healthy.
Luncheon or Supper Club

By

MYRTLE G. EUREN,
Assistant State Club Leader*

MEMBERSHIP

Anyone over ten years of age who has completed the Breakfast project, or its equivalent, may become a member of the Luncheon or Supper Club.

PURPOSE OF LUNCHEON CLUB

1. To interest the club member in better food habits to such an extent that the food habits of the club member's family will also be improved.

2. To instruct the club members in planning, preparing, and serving luncheon or supper 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 develop good habits of personal cleanliness and cleanliness of surroundings.

5. To encourage efficiency in meal planning and preparation.

6. To promote good citizenship and train them in sound rural leadership.

*Approved by FRANCES SMITH, Extension Nutritionist.
MINIMUM REQUIREMENTS

1. Keep Food Habits Score Card for two weeks and improve your food habits as a result of the findings of this score card.
2. Keep weight curve card.
3. Prepare and serve the following dishes at a family lunch or supper:
   A. Four egg dishes—
      (1) Three main dishes
      (2) One dessert
   B. Vegetables—
      (1) Four cooked vegetables
      (2) Two vegetable salads
   C. Three inexpensive cuts of meat.
   D. Two cheese dishes, one of which is cottage cheese.
   E. Milk dishes—
      (1) One milk soup
      (2) One vegetable not previously prepared, served in white sauce.
      (3) One milk drink
      (4) One simple milk dessert
   F. Fruit—
      (1) Two fruit salads
      (2) Two fruit desserts
   F. Bread—
      (1) Two kinds of yeast rolls, or until a good product is obtained.
      (2) One other kind of bread stuff
4. Set family table six times for lunch or supper.
5. Assist with lunch or supper at least 12 times; or pack a school lunch for self, if one must be carried—at least 12 times.
6. Prepare and serve lunch or supper three times.
7. Assist other club members in serving at least one club luncheon or supper, inviting friends and parents.
8. Attend club meetings regularly.
9. Keep record, write a story and submit to the County Extension Agent through the local leader at the completion of the club year (at least by November 1)

ARE YOU AS HEALTHY AS YOU MIGHT BE?

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. First score is made at beginning of club project; final score near completion of project to show improvements.
# 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. 

2. Skin clear, smooth, neither too dry nor moist, good color. 

3. Tongue clear, uncoated; breath sweet, not offensive. 

4. Eyes clear, bright, without dark circles or puffiness, mucous membranes of eyelids bright; pink. 

# Posture—Erect and well balanced (15%) 
1. Head erect. 

2. Back straight, no abnormal curves. 

3. Shoulders even, not rounded. 

4. Shoulder-blades flat across back. 

5. Chest high, held somewhat in front of abdomen. 

6. Weight carried over center of feet. 

# Body (20%) 
1. Chest (a) Broad, deep, flexible. 

(b) Normal shape, no evidence of rickets. 

2. Abdomen flat, muscles well developed, no excess of fat. 

# Head and Throat (20%) 
1. Hair clean and scalp healthy. 

2. Eyes (a) Lids clean and healthy. 

(b) Vision normal or corrected with glasses. 

3. Ears, clean, no discharge, hearing normal. 

4. Nose, no discharge not obstructed. 

5. Mouth and teeth (a) Teeth even, well enameled, free from cavities or properly filled, clean, no tartar. 

(b) Gums clean, firm pale pink, no receding. 

6. Throat, clean, healthy, tonsils not enlarged or diseased, neck glands not enlarged. 

# Legs and feet (10%) 
1. Legs, straight and strong, no indications of rickets; knees and ankles strong and not enlarged. 

2. Feet, strong and pliable, arches not flattened, toes straight, feet held straight forward, not turned out in walking, no corns, bunions, etc. 

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

<table>
<thead>
<tr>
<th>Perfect Score</th>
<th>First Scoring</th>
<th>Second Scoring</th>
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<tbody>
<tr>
<td>100</td>
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**TOTAL 100**
Suggestions For Underweight Club Members

1. Practice good food habits, eating plenty of vegetables, fruit, and milk.
2. Perhaps you are not eating enough to meet your body requirements. Slender persons need a more highly nutritious and concentrated diet than do stocky persons.
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 amounts of fats and less of the starchy foods.
2. Eat plenty fruits, vegetables, milk, and bulky foods.
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.

Food Habits

Here is another check—on your food habits. Score yourself for one week at the beginning of the luncheon 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.
Food Habits Score Card

<table>
<thead>
<tr>
<th>Credit</th>
<th>Date First Scoring</th>
<th>Date Second Scoring</th>
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</table>
| 1. Milk—  
  4 cups a day............. 15 | S M T W Th F Sat. | S M T W Th F Sat. |
| 3 cups a day............. 10 | | |
| 2 cups a day............. 5 | | |
| 2. Vegetables, in addition to potatoes—  
  2 times a day............. 10 | | |
| 3. Fruit (or tomatoes)  
  2 times a day............. 10 | | |
| Once a day............. 5 | | |
| 4. A leafy vegetable............. 5 | | |
| 5. A raw fruit or vegetable............. 5 | | |
| 6. Whole grain (bread or cereal)  
  Twice a day............. 10 | | |
| Once a day............. 5 | | |
| 7. One egg ............. 5 | | |
| 8. Water (at least 6 glasses) ............. 10 | | |
| 9. Three regular meals............. 5 | | |
| 10. Meat, fish or poultry............. 10 | | |
| 11. No tea or coffee............. 10 | | |
| 12. No sweets between meals............. 5 | | |
| TOTAL............. 100 | | |

PLANNING THE LUNCHEON OR SUPPER

The most substantial meal of the day, dinner, is usually served at noon on the farm. The evening meal, or supper, is the lighter meal. Luncheon may be served at noon, and dinner in the evening, if it better suits the conditions in the home. Practically the same foods are served for luncheons as for suppers. In planning the day's menus, the breakfast and dinner should be planned first, then the lunch or supper, because many left-overs from the dinner can be dressed up attractively for supper dishes. At least one hot dish is necessary at every meal, no matter whether the day is warm or cold.
Plan and prepare simple foods with skill and serve them attractively. Do not make the mistake of trying to serve such unusual things that you combine foods which do not belong together.

**A Measuring Stick For Your Meals**

**For Grown-Ups**

Grown-ups Daily Meals Should Contain:

1. One pint of milk, either as a beverage or as a part of soup, sauce, main dishes, desserts, etc.
2. At least two generous servings of "green" vegetables such as carrots, lettuce, spinach, string beans, cabbage, tomatoes, one served raw, if possible.
3. One potato a day for its iron content and alkalinity.
4. One serving of fresh fruit, raw, if possible.
5. Meat, fish, or a substitute, such as a cheese or egg dish.
6. An egg three or four times a week.
7. For energy, breads, starchy vegetables, cereals, desserts, butter, and cream to complete the menus.
8. Plenty of water.

If you are overweight, cut down on the foods listed under 7. If you are underweight, increase these foods gradually, and use a quart of milk a day.

**For Children Over Two**

Children’s Daily Meals Should Contain:

1. One quart of milk, either as a beverage, on cereals, or as a part of other dishes.
2. One egg or egg yolk at least four or five times a week, either soft-cooked or included in custards and similar dishes.
3. Cereal at least once a day, and preferably twice until after the fifth year.
4. Crisp bread such as toast, bread sticks, zwieback, or hard crackers with every meal, for tooth exercise.
5. A "green" vegetable, with spinach, tomatoes, and carrots often represented. Finely minced raw vegetables in small quantities.
6. Orange or tomato juice every day, and cooked fresh fruit. Raw fruit in small amounts after the third year.
7. A baked or mashed potato.
8. Tender meat and fish after the fifth year.
9. Plenty of water, fresh air, sunshine, and sleep.

**Other Points In Planning Meals**

1. Use farm and home products.
2. Plain, well-cooked meals, well served, always appeal to a normal appetite.
3. Secure variety by pleasing combinations and by different methods of cooking.
4. Cook foods other ways than fried as often as possible.
5. Serve pie and other rich desserts only occasionally, and then with a light meal.
6. Plan for a variety in texture by having in each meal some crisp or hard food.
7. A pleasing combination of flavors is important.
8. Serve some fresh, raw, or crisp food in every meal.
9. Never serve more than one meat, dessert, or salad in the same meal.
Types of Luncheons or Suppers—

<table>
<thead>
<tr>
<th>Light</th>
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<th>Heavy</th>
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<tr>
<td><strong>Main dish</strong></td>
<td><strong>Main dish</strong></td>
<td><strong>Soup or appetizer</strong></td>
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<tr>
<td>Bread and butter</td>
<td>Vegetable</td>
<td><strong>Main dish</strong></td>
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<tr>
<td><strong>Beverage</strong></td>
<td>Bread and butter</td>
<td><strong>Vegetable</strong></td>
</tr>
<tr>
<td><strong>Salad or dessert</strong></td>
<td><strong>Beverage</strong></td>
<td><strong>Bread and butter</strong></td>
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<td><strong>Salad or dessert</strong></td>
<td><strong>Salad</strong></td>
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**Main Dish**—The main dish may be meat either hot or cold, provided meat was not served at dinner. Meat substitutes, as cheese fondue, baked beans, eggs, or an escalloped dish, dishes combining a small amount of meat with other foods such as hash, stuffed peppers, chowder, cream soups in cold weather, and salads in hot weather, may be used as the main dish. Left overs can be used to good advantage by combining them with some other food in making a main dish.

**Left Overs**—Serve left-overs attractively. Disguise them. The supper should not consist of fried left-overs from the noon meal. A moderate amount of properly fried foods may be used in the diet of adults when there is need for a large amount of energy supplying foods, but they should be used sparingly in the diet of children. See what attractive and palatable dishes you can make from the dinner left overs.

**Well-Balanced Lunch or Supper Combinations**

- Cream of tomato soup—crackers
- Vegetable salad—graham rolls
- Fruit blanc mange—butter
- Tea
- Baked beans—brown bread
- Tomato and lettuce salad—prune whip
- Milk
- Macaroni and cheese loaf
- Cole slaw—whole wheat bread
- Apple delight—cocoa
- Codfish balls—baked potatoes
- Molded vegetable salad
- Parker house rolls
- Custard
- Stew with vegetables
- Whole wheat bread
- Celery curls—gingerbread
- Coffee
- Vegetable chowder—head lettuce
- Whole wheat bread—milk
- Cherry pudding
- Ham omelet—celery
- Graham rolls—milk
- Fruit sherbet
- Swiss steak—scalloped onions
- Whole wheat bread—tomato salad
- Stewed fruit—cookies
- Milk
- Toasted cheese and bacon sandwiches
- Creamed spinach—fruit cup
- Cocoa
- Cottage cheese salad—nut bread
- Tomatoes
- Fruit sherbet
- Italian Savory—vegetable salad
- Rolls—floating island
- Coffee
- Meat loaf—scalloped potatoes
- Carrots—fruit cup
- Milk
- Pea puree—crackers
- Potato cheese puffs—crisp bacon
- Cabbage-pineapple salad—nut bread
- Tea
- Cheese fondue—whole wheat toast and jam
- Cole slaw
- Hot chocolate
Eggs are an important food that build body tissue. The vitamins contained in the yolk helps to protect us against disease. The egg yolk also contains iron and phosphorus which helps to build blood, bone, and teeth, and regulate body processes. If a girl wants to have rosy cheeks, she must eat foods which build red blood cells.

Because eggs are a protein food they should not be cooked at high temperatures. High heat toughens the egg and makes it much harder to digest. Keep in mind when cooking any mixture containing egg that it must be cooked at a moderate temperature.

Ham Omelet

4 T water
4 eggs
Salt
Butter

Beat the egg whites until stiff. Beat the yolks until thick and lemon colored. Add the water and salt. Cut and fold together the yolks and stiffly beaten whites. Melt enough butter in an omelet pan to grease the bottom and sides of the pan. When hot, turn the egg mixture into the pan and cook over a slow fire until it is puffy and light brown underneath. Scatter finely chopped, cooked ham or some other meat over the center of the omelet while it is cooking. When the omelet is puffy and light brown place in the oven until the top is dry. Touch the top of the omelet lightly with the finger and if the egg does not stick to the finger the omelet is done. 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 it onto a hot plate and serve at once.

Variations. Cheese or parsley might be used in place of the ham.
Jelly or jam may be spread over the omelet just before folding.
Chopped green peppers may be used in place of the ham, or with it.

Custard—Foundation Recipe

2 c milk
2 eggs (or four yolks)
½ c sugar
½ t salt
½ t vanilla

For Soft Custard—Scald milk in a double boiler. Beat eggs slightly, add sugar and salt and the scalded milk gradually. Strain through a sieve. Cook in a double boiler, stirring constantly until mixture coats spoon. Cool and flavor. For Baked Custard—Mix like soft custard. Put in greased cups. Set the filled cups in a pan of water during baking so that the temperature will be more even. Bake in a slow oven until none adheres to a
silver knife when put into the center of the custard. The water in the pan should not be allowed to boil. Variations of Plain Custard—Arrange layers of dry cake and pieces of fruit in a glass dish and pour soft custard over them.

Ginger Pudding—Serve soft custard over gingerbread.

Floating Island—Serve soft custard in glasses with meringue on top. Garnish with jelly.

Caramel—Caramelize 1/3 c sugar and add scalded milk to it. Make a plain custard, omitting any other sweetening.

Deviled Eggs

4 T cooked salad dressing
or mayonnaise

4 hard cooked eggs (cold)

¾ t salt

Remove shell, cut lengthwise, and remove yolks. Mix yolks, salad dressing, and salt to a paste. Fill egg whites with mixture. Let the filling be put in loosely and do not pat down smoothly. Instead of salad dressing a paste made by adding 1 t vinegar, ¼ t mustard, and melted butter may be used. Chopped olives or chopped ham may be added to the filling for variation.

Mayonnaise Dressing

1 c salad oil
1 egg yolk
Juice of 1 lemon
1 t mustard
1 t salt
1 t sugar

Beat egg yolk until thick, add seasonings, and beat well. Add the lemon juice and beat thoroughly with a Dover egg beater. Begin adding the oil, a few drops at a time. Increase amount of oil until all has been added. Beat continuously. Mayonnaise should be stiff enough to hold its shape. (Have all ingredients the same temperature before mixing). If the mixture should curdle do the following: Begin with the egg white, and add to the white, drop by drop, the curdled mixture. Gradually add the curdled mixture in larger amounts. Alternate with the lemon juice. You will find the white has taken the curdle completely out. A little more oil will be needed to thicken the mixture.

Quick Mayonnaise

1 egg
2 t sugar
1 t salt
½ t mustard
1/8 t paprika

¼ c lemon juice
¼ to 1 c oil
1 c water
1/3 c flour

Put egg, sugar, seasoning, lemon juice, and oil into a mixing bowl, but do not stir. Make a smooth paste of the flour and water and cook until thick. Add hot flour mixture to ingredients in mixing bowl and beat briskly with a whirl egg beater until smooth and thick. Chill before serving. Makes one pint.
Cooked Dressing

| 1 t mustard | 2 eggs |
| 1 t salt | 1/2 c water |
| 2 t sugar | 1/2 c vinegar |
| 4 t flour | 1/4 c butter |

Mix the dry ingredients. Add the beaten eggs. Cook water and vinegar together and pour gradually over the dry ingredients, beating all the time. Cook in a double boiler until it thickens. Add the butter.

Natural beauty comes to those who are healthy. Nature intended that girls should be attractive, and still they are always rushing around looking for artificial concoctions and formulas for good looks. While all around them, are fruits and vegetables which will make clear complexions, red lips, bright eyes, and healthy bodies.

If vegetables are one of the classes of foods that make us alert, healthy, and attractive, why not learn to prepare them well and serve them often?

Why Should We Eat Vegetables?
1. They stimulate appetite.
2. They are one of nature's best tonics.
3. They give us strength and energy.
4. Their minerals help build bones, teeth, and blood.
5. They furnish vitamins which are necessary for growth and health.
6. Their bulk and roughage act as a laxative to help prevent constipation.
7. Their pleasing colors and flavors add attractiveness and variety to our meals.

Preparation of Vegetables for Cooking—

Wash all vegetables before cooking even though they look clean. A small brush should be kept in the kitchen for washing vegetables. Pare, peel, or scrape according to the vegetable. See that they are clean and well washed in cold water before cooking or serving. Before serving lettuce, see that it is well drained.

Whenever possible, cook vegetables in skins. If the skin is removed, pare as thinly as possible, as many of the valuable minerals are directly under the skin. Hold onions under water when peeling.
General Rules for Cooking Vegetables


   Use uncovered kettle. Cook as quickly as possible in an abundance of boiling salted water. These vegetables discolor when cooked too long. The flavor and odor become disagreeable if covered utensils are used.

   - Cauliflower: Cook 8 to 10 minutes
   - Cabbage (shredded): Cook 8 to 10 minutes
   - Cabbage (unshredded): Cook 10 to 20 minutes
   - Turnips: Cook 25 minutes
   - Brussels sprouts: Cook 10 minutes
   - Onions: Cook 25 to 30 minutes

2. Yellow Vegetables—carrots, sweet potatoes, corn, squash, wax beans.

   Use covered kettle with little water, or use a steamer, waterless cooker, or pressure cooker, or bake in the oven. These vegetables discolor only when over-cooked or scorched.

   - Carrots (young): Cook 20 to 30 minutes
   - Carrots (old): Cook 40 minutes
   - Sweet potatoes: Cook 30 to 35 minutes
   - Corn (on cob): Cook 8 to 12 minutes
   - Squash (summer): Cook 15 to 40 minutes
   - Squash (winter): Cook 50 to 60 minutes

   "Carefully we cook our greens
   To save their healthy vitamins."

3. Green Vegetables—green beans, green peas, asparagus. Use uncovered kettle. Boil briskly in rapidly boiling, salted water until vegetable is barely tender. Green vegetables are apt to discolor if cooked in covered kettles.

   - String beans: Cook 35 to 40 minutes
   - Peas (small): Cook 8 to 10 minutes
   - Asparagus: Cook 15 to 30 minutes
   - Spinach (leaves only): Cook 5 minutes
   - Spinach (leaves and stems): Cook 10 minutes

4. Spinach and other green leafy vegetables—Add no water. Water which clings to the leaves after washing is sufficient. Steaming is a good method of cooking these greens.

5. Other Vegetables—

   - Beets—may be boiled, steamed, baked or pressure cooked. 45 to 60 minutes required for boiling.
   - Red Cabbage—cook as other cabbage, adding vinegar, lemon juice, or apples to prevent discoloration.
Potatoes—should be thinly pared and immersed immediately in cold water. Potatoes to be boiled should be put into rapidly boiling water. Slow boiling tends to make potatoes soggy and rapid boiling makes them mealy. Remove the lid and drain as soon as done. If boiled steamed or mashed potatoes must stand before serving, cover with a few layers of cheesecloth to absorb moisture which would otherwise tend to make them soggy. For the same reason do not serve potatoes in a covered dish. Baked potatoes—Potatoes should be carefully scrubbed and the outside brushed with a thin coating of fat or oil. Put the potatoes into a cool oven and increase heat. (If potato is put into a hot oven the outside bakes first, usually forming a thick hard crust which is discarded with the skin when the potato is eaten, thus wasting the best part of the food). The potato should be gashed lengthwise as soon as baked. The potato is squeezed lightly to help the steam to escape. If this is not done potato will become soggy. Properly baked potatoes have a fine, dry, sweet taste.

Boiled Cabbage

Cut a small head into four parts, cutting down through the stalk. Remove as much of this stalk or core as possible. Shred or chop fine. Place cabbage in a large amount of rapidly boiling water. Add ½ t salt and cook uncovered until tender, 10 to 20 minutes. Season with butter, salt, and pepper, or it may be served with a white sauce.

Delmonico Cabbage

3 c shredded cabbage  1½ c medium white sauce
1 t salt  ½ c grated cheese

Place cabbage in a large amount of salted water rapidly boiling and cook until tender or use left over cabbage. Add cheese to white sauce. Mix with cabbage and bake until brown.

Buttered Beets

Wash and scrub baby beets. Cut stalks off about one inch above beet. Do not remove skin or root as the juices will cook out. Cook according to general directions. Plunge quickly into cold water, remove at once, and rub off skin. Season with butter, salt, and pepper.

Harvard Beets

12 medium size beets  ¼ c vinegar
3 to 4 T butter  ¼ c cream
2 T flour  1 to 2 T sugar
½ c water  ½ t salt

Cook beets in salted water. Remove skins, cut in desired pieces. Pour over the beets the sauce made from the other ingredients. (Make like white sauce). Serve hot.
LUNCHEON CLUB

Buttered Spinach

2 lbs. spinach 3 T butter
Salt and pepper

Remove roots and wilted leaves of the spinach. Wash in several slightly warm waters until all trace of sand has disappeared. Place in a large kettle without additional water. Keep turning it over with a large spoon or fork as it wilts till all is wilted which will not require more than 10 minutes. Good quality spinach will need no longer cooking. Long cooking darkens it and spoils the flavor and texture. When done, season with salt, pepper, and butter. One tablespoon lemon juice may be added. (Greens are very good steamed). If stems are discarded and leaves only used spinach need be cooked only five minutes.

Boston Baked Beans

1 pint navy beans 2 t salt
cold water 1 T molasses, or more
¼ lb. salt pork, or less 3 T sugar
½ c tomato

Pick over and wash the beans. Soak overnight in cold water and cook slowly in the same water until the skins begin to burst. Scald and scrape rind of the pork. Place ¼ inch slice of pork in the bottom of the bean pot. Put the beans in the pot and bury the pork in them. Mix the seasoning with 1 c boiling water and pour over the beans. Add enough more boiling water to cover them. Cover the bean pot. Bake in a moderate oven until done. (Six to eight hours). Uncover the pot during the last half hour to brown.

Creamed Vegetables

As white sauce is used in the preparation of a great many dishes, the table for making white sauce is given below. You should memorize these proportions.

<table>
<thead>
<tr>
<th></th>
<th>Milk</th>
<th>Butter</th>
<th>Flour</th>
<th>Salt</th>
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<tbody>
<tr>
<td>Thin</td>
<td>1 c</td>
<td>1 T</td>
<td>1 T</td>
<td>¼ t</td>
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<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 T</td>
<td>3 T</td>
<td>¼ t</td>
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Melt the butter, add the flour and salt and stir well. When thoroughly mixed, add the milk and stir constantly until thickened. Cook well to insure thorough cooking of the starch in the flour. Be sure your white sauce has no lumps in it.
Scalloped Onions

Cook onions until tender in an uncovered kettle. Arrange them in alternate layers in a well-greased baking dish, with medium white sauce and sprinkle with coarse dry bread crumbs, mixed with 2 T melted butter to the cupful. Bake 30 minutes, or until browned, in a moderate oven. If desired, a thinly shredded green pepper, which has been cooked until soft in drippings, may be sprinkled through the onion layers; or grated cheese may be sprinkled on top of each layer. This dish is substantial enough for the main course at luncheon.

Creamed Celery

Cut celery in half-inch pieces and cook in boiling salt water 20 to 30 minutes until tender. Drain, use the water for soup and add the cooked celery to a medium white sauce and serve.

Vegetable Chowder

| 4 medium sized potatoes, diced | 2 c canned or cooked tomatoes |
| 3 small onions | 3 to 4 T Butter or drippings |
| 2 c diced carrots | 2 c milk |
| 1 t salt |

Add enough water to cover potatoes and carrots, and cook 20 minutes or until tender. Do not drain off the water. Brown the chopped onion in the fat. Add the cooked vegetables and tomatoes to the browned onion. Add salt, two cups of milk and heat, but do not boil.

Vegetable Salad Combinations

Any combination of fresh vegetables, served with mayonnaise, French, or cooked dressing, on a lettuce leaf, makes a very wholesome and pleasing addition to a meal. Combinations:

| Tomato, celery, cucumber | Cabbage and tomato |
| Tomato, cabbage, celery | Cabbage and pineapple |
| Tomato, peas, lettuce | Cabbage and apple |
| Lettuce | Cabbage, celery, and green pepper |
| Tomato and lettuce | Cucumbers, new onions, radishes |
| String beans, peas, cooked carrots, and lettuce | Tomato stuffed with celery and nuts |
| Raw carrots, raisins | Onion and orange—mayonnaise dressing |

Perfection Salad

| 2½ T granulated gelatin or | ½ t salt |
| 1 package lemon jello | 1 c diced celery |
| ½ c cold water | 1 c chopped cabbage |
| 1½ c hot water | 1 or 2 chopped pimentos or green peppers |
| 2 T vinegar or lemon juice | Paprika |
| 2 T sugar |

(Diced olives or cucumbers added is a pleasing variation)

Soak the gelatin in cold water and dissolve it in the hot liquid. Cool and add the remaining ingredients. Pour into a mold that has been dipped
in cold water. Chill, slice, and serve on lettuce with mayonnaise or cooked salad dressing. Other vegetables may be added.

Tomato Salad

Tomatoes may be cut in slices or sections, or served whole. If desired, the whole tomatoes may be scooped out at the stem end and the cavity filled with cottage cheese, cabbage, nuts and celery, cucumber, fish, or meat salad. Place the filled tomato on a lettuce leaf. Place a spoonful of salad dressing on each tomato.

Cole Slaw

Combine crisp, shredded cabbage with the following sour cream dressing: 1 c fresh sour cream beaten until stiff. Add 3 T vinegar, 1½ T sugar, ½ t salt, few grains cayenne, and ¼ t mustard. Continue beating until very thick.

Salads should always be crisp and cold. All salads need some garnishing as lettuce, celery tops, parsley, or green cabbage leaves may be used. However, do not over-garnish a salad. All vegetables should be thoroughly drained after washing so that the salad will not be watery. Do not add the salad dressing to individual salads until they are ready to serve.

MEAT AND FISH

Meat and fish are muscle building foods. Eggs, milk, and cheese also belong to the muscle building class of foods which are necessary to good growth and development.

There are many excellent ways to prepare meats, but after all, there are a few general rules to follow, and if you know these, you can make your own recipes and combinations.

In the luncheon club, you are required to learn how to prepare inexpensive cuts of meat in palatable and attractive ways. The other methods of meat preparation will be given in the dinner club.

Three methods are used in cooking meats.

1. High temperature is applied to sear the meat and keep the juices in, followed by a medium temperature, as in roasting and broiling. This method is suitable for tender cuts.

2. Meats are put into cold water and cooked at a simmering temperature as in making soups. This method is suitable for less tender portions of meat, and results in the extraction of the maximum amount of flavor from meat.
3. A combination of the above methods is used, as in making stews and pot roasts. Intense heat is applied, followed by long cooking at a simmering temperature. Less tender cuts should be cooked in moist heat to soften or break down the fibers.

In the luncheon club the last two methods will be used. Select the cheaper, less tender portions of meat, and learn to prepare them well.

**Beef Stew**

| 2 lbs. shoulder round of beef | Chopped parsley |
| 1 T chopped onion | 1 t ginger |
| 1 c tomatoes | 1 t celery salt |
| Bay leaf | Salt and pepper |
| ½ t cloves | ½ c flour |
| Few peppercorns |

Wipe meat with damp cloth; cut in 1½ inch cubes. Sprinkle with salt, pepper, dredge with flour. Brown meat well, in fat of meat, rinse frying pan with ½ c boiling water, and pour over meat in covered kettle. Add tomatoes, seasoning, and enough boiling water to cover meat. Note: Diced carrots, potatoes, celery, 1 c each, may be added during last hour of cooking stew. Simmer three hours, or until meat is tender. Serve with dumplings.

**Pot Roast With Brown Gravy**

Select a piece of rump, lower round or shoulder. Wipe off meat with a clean, damp cloth. Rub with salt and pepper and dredge with flour. Brown in suet in an iron kettle, add small amount of water, cover while cooking. Turn meat occasionally, add more water as needed. Potatoes or other vegetables may be added, allowing time to cook them. Gravy may be made by thickening the stock and seasoning to taste.

**Swiss Steak**

| 2 lbs. round steak (1 inch thick) | ½ c flour |
| 1 pint tomatoes | 1 t chopped onion |
| Suet or drippings | Salt and pepper |

Mix flour, salt, and pepper together and pound it into the meat with a wooden potato masher, or edge of a heavy plate. Heat the fat and brown the meat in it. Add onion, tomatoes, and enough boiling water to cover. Bring to boiling point, cover, and then simmer two hours. It might be cooked in the oven. A little more water may have to be added occasionally while it is cooking.

**Meat Loaf**

| 1½ c ground beef (raw) | ¾ c bread crumbs or |
| ½ c ground pork (raw) | 1 medium sized raw potato |
| 2 t salt | 1 egg |
| ½ onion | 2 slices bacon |

Grind meat, potato (if used) and onion. Mix with egg slightly beaten. Add salt. Shape into loaf. Put into greased pan; place slices of bacon over top and bake in hot oven for a few minutes. Lower heat and continue baking about ¼ hour. Add ½ to 1 cup hot water, depending upon size of pan.
Meat Croquettes

2 c cooked meat (ground) 1 c thick white sauce
1 t salt 1 egg
1 t finely chopped onion Dry bread or cracker crumbs

Mix meat, seasoning, and white sauce, and let mixture cool. Shape into croquettes. Dip in beaten egg and roll in crumbs. Fry in deep fat to a golden brown and drain on plain paper.

Codfish Pie

Alternate layers of cooked, drained, codfish, with layers of cubed, boiled potatoes, in a buttered baking dish or pie plate. Cover with 2 c medium white sauce seasoned with 1 T minced onion, 1 T lemon juice, and 2 t mustard. Top with buttered cracker crumbs and bake in a hot oven (475°) for 15 minutes.

Scalloped Oysters

1 pt oysters 1½ c cracker crumbs
¼ c oyster liquor ½ c melted fat
2 T milk or cream Salt and pepper

Prepare buttered crumbs. Place thin layer in bottom of greased baking dish, cover with oysters, sprinkle with salt and pepper. Add one-half of oyster liquid and cream. Repeat and cover with remaining crumbs. Bake 30 minutes.

Milk

Dr. McCollum of John Hopkins University says: "The people who have achieved, who have become large, strong, vigorous people, who have the best trades in the world, who have an appreciation for art, literature, and music, who are progressive in science and every activity of the human intellect, are the people who have used liberal amounts of milk and its products."

Milk is man's first food. It more nearly meets our bodily needs for growth and health than any other food.

Milk Contains:

Protein .......................... builds tissue
Fat .................................. furnishes heat and energy
Carbohydrates ....................... gives heat and energy
Mineral matter ........................ builds bone and teeth
Vitamins .......................... protects against colds and infections
and promotes general development

Milk is especially valuable in building bone and teeth because it contains a large amount of calcium and phosphorus. A quart of milk a day should be used by each growing child and a pint of milk a day for each adult.
### Guide for Growth and Protective Foods Which Prevent Infections, Nervous Disorders, Scurvy and Rickets

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*Raw or Canned
# Ideal Planning

## Body Building and Regulating Foods

**Muscle, Bone, Teeth, and Regulating**

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Cream of Tomato Soup

1 c tomatoes 1 qt. milk
4 T flour 1 t salt
4 T butter Pepper

Cook tomatoes until soft. Rub them through a sieve. Make a thin white sauce of remaining ingredients. Add tomatoes slowly to the white sauce. Serve at once.

Oyster Stew

Take equal measures of clean, drained oysters, and a liquid consisting of whole milk and the strained liquor from the oysters. Heat the liquid nearly to the boiling point, add oysters, season with salt, pepper, and butter, and continue heating until edges of oysters curl. Serve at once. (A very thin white sauce may be used in preparing oyster stew.)

Pea Puree

1 can peas 3 c milk
3 T flour 3 T butter
Seasoning

Cook peas in very little liquid for a few minutes. Rub through a sieve and add to the thin white sauce made from remaining ingredients. Season and beat until smooth.

Buttermilk Salad Dressing

1 t brown sugar 1 t mustard (prepared)
¼ t paprika ½ to 1 c butter milk
1 t salt 1 T vinegar
Few grains cayenne
Mix all ingredients together and beat vigorously. Pour over crisp, shredded cabbage. Sprinkle with grated cheese. Garnish with rings of green pepper, or celery tips.

Italian Savory

2 c freshly cooked or canned ½ c grated cheese
spinach 3 hard cooked eggs
2 c medium white sauce (or thick)
Crumbs

Make white sauce. Just before removing from fire, stir in grated cheese. In a buttered baking dish, place a layer of seasoned spinach, layer of sliced egg, layer of cheese sauce. Repeat until all is used. Cover with buttered crumbs and bake until crumbs are brown.

Plain Junket

1 qt. milk 3½ c sugar
1½ to 2 junket tablets 1 t vanilla
¼ t salt

Dissolve junket in 1 T cold water. Heat milk until lukewarm. (Test by drop on wrist. If it feels neither warmer nor colder than the body it is
lukewarm or blood heat). Add salt, sugar, and vanilla, and lastly the dis-
solved junket, stirring quickly and thoroughly. Pour quickly into dishes
in which it will be served. Let stand in warm place until firm. Then chill
and serve.

Variation: Put several pieces of chopped dates in dish and pour junket
over them. Serve with whipped cream and nuts. Any nuts or preserved and
 candied fruits may also be used.

Note: Junket is one of the simplest and most wholesome dishes made
from milk. The first step necessary for perfect digestion has already been
performed by the action of junket and thus the milk is more readily digested
than in its natural state. For this reason junket dishes are very good in
the diet of the sick.

Egg Nog

1 egg
% T sugar
Flavoring

% c cold milk
Few grains salt

Beat egg, add sugar and salt, then milk. Beat with Dover beater. Add
any flavoring desired, as fruit juices or vanilla.

Milk Shakes

Milk shakes are merely milk flavored with chocolate, vanilla, or fruit
juices. When combined they are shaken in a covered jar or beaten with a
Dover beater to make them light and frothy.

Chocolate Milk Shake

2 T chocolate paste
1 c milk

Chocolate Paste for Milk Drinks

To make chocolate paste, melt 3 squares grated chocolate over hot water,
add 2/3 c sugar, 1/6 t salt, and 1/2 c hot water. Cook to a smooth, creamy,
consistency, and add 1/2 t vanilla. This will keep for some time. It is handy
to make in quantity and keep on hand to use in preparing milk drinks.

Blanc Mange

3 T cornstarch
2-4 T sugar
1/2 c cold milk

1 1/2 c scalded milk
1 1/2 t vanilla
Salt (pinch)

Mix cornstarch and sugar. Add to cold milk. Scald remainder of milk
in double boiler. Carefully add cornstarch mixture to the scalded milk. Cook
over direct heat, stirring constantly until thick and smooth. Cover and
cook in a double boiler for 45 minutes. Five minutes before it is finished,
stir in vanilla and salt. Turn into molds dipped in cold water, and set in a
cold place. May be served with cream or chocolate sauce.

Variations: Fruit, nuts, or a combination of the two may be added to
the mixture, when removing from the fire. Grapenuts add a delicious
"nutty" flavor.

Melted chocolate may be added when the cornstarch mixture is added to
the scalded milk. 3 T more sugar will have to be added if chocolate is used.
Milk Sherbert (Foundation recipe)

4 c milk
Juice 2 lemons
1¾ c sugar

Mix juice and sugar, stirring constantly while adding milk. If added too rapidly mixture will have a curdled appearance, but will "freeze out" smooth. Pack and freeze.

Variations: Any kind of fruit pulp, may be added, either from fresh ripe fruit, or canned. Cooked dried fruits may also be used.

Plain Ice Cream (Philadelphia)

1 qt. thin cream
1½ T vanilla
¾ c sugar

Mix ingredients and freeze. (8 parts ice to 1 part salt)

Variations: Fruits or nuts may be added. Brown or maple sugar may be used in place of white sugar.

CHEESE

Cheese belongs to the class of foods known as proteins which build bone and tissue. Cheese also contains fat, minerals, and vitamins.

Cheese has had the reputation of being a very indigestible food, simply because it was eaten in addition to foods already too rich in themselves. But now we know that cheese is a concentrated food and is taking its place as a part in the diet, substituting such foods as meat and eggs, instead of supplementing them.

Cheese should be cooked at a rather moderate temperature. High temperature toughens the protein so that it is almost impossible for the digestive juices to break it down.

There are many varieties of cheese sold on the market. Cottage cheese and cheddar cheese also known as American cheese are made in many Montana farm homes.

Cheese Fondue

1 c milk
½ lb. grated cheese
1 t salt
1 c soft bread crumbs
3 eggs
1 T butter

Pour milk over bread crumbs. Add salt, cheese, and well-beaten egg yolks. Mix thoroughly. Cut and fold in stiffly beaten whites and pour mixture into greased baking dish. Bake in a moderate oven until firm. (about 20 minutes.)
Macaroni and Cheese Loaf

1 c cooked macaroni 1 c grated cheese
\( \frac{1}{4} \) c melted butter 1 c top milk
1 T chopped parsley 3 eggs, beaten
1 t salt Pimento
1 c bread crumbs Pepper

Mix ingredients in the order given and place in a buttered baking dish. Set in a pan of hot water and bake one hour. Serve hot with white sauce to which has been added some chopped green peppers or browned mushrooms.

Baked Rice and Cheese

3 c cooked rice Crumbs
2 c grated cheese 1 t salt
1 c milk Pepper
2 T butter

Put a layer of cooked rice in a baking dish, cover with a layer of grated cheese, season with salt and pepper. Continue until dish is nearly full. Add enough milk to come halfway to the top of the rice. Cover with crumbs. Dot with butter. Bake.

Potato Cheese Puffs

\( \frac{1}{2} \) c milk 3 c mashed potatoes
Salt and pepper 2 eggs
\( \frac{1}{4} \) lb. grated cheese

Heat milk in a double boiler. Add cheese and beat until smooth. Add to mashed potato. Season, and add egg yolks, beaten very lightly. Last, fold in stiffly beaten whites and pour mixture into buttered baking dish. Place in hot oven and bake until firm and brown.

Toasted Cheese & Bacon Sandwich

\( \frac{1}{2} \) lb. cheese \( \frac{1}{2} \) c milk
Salt and pepper 6 slices toast
1 egg 6 slices bacon

Put cheese through food chopper, add egg, milk, and salt and pepper to taste. Spread thick slices of toast with cheese mixture and lay a piece of bacon on each. Toast under broiler, turning bacon once. Serve very hot.

Cheese Straws

\( \frac{1}{4} \) lb. cheese 1 c flour
\( \frac{1}{2} \) lb. butter \( \frac{1}{2} \) t baking powder

Measure and sift flour and baking powder. Add grated cheese. Work butter and flour and cheese mixture together until a smooth ball forms. Roll out like pastry. Cut into strips and bake for five minutes. Dust with paprika before baking if desired.

Cottage Cheese

Pour boiling water into clabbered milk, and allow to stand in warm place until curd separates from whey. If a large amount of milk is used, it may be necessary to drain off the water and pour boiling water over it a second time. (The whey can be used in making lemonade and sherbets.)
Cottage Cheese Loaf

Into one pound cottage cheese mix 1 t salt, 1 T chopped pimento, ¼ c chopped nuts. Add enough cream to handle. Mold into a loaf, and put on a bed of crisp lettuce leaves. Garnish top with strips of pimento and nuts. Serve in slices.

Cottage Cheese Salads

1. Cottage cheese, cubed pickled beets, salad dressing.
2. Cottage cheese seasoned with mayonnaise, formed into balls, and rolled in chopped nuts or in chopped parsley. Serve on lettuce.
3. Cottage cheese, raisins or dates, nuts, and salad dressing.
4. Cottage cheese, diced celery, pimiento, salad dressing.
5. Stems and seeds removed from green peppers. Pack peppers with cottage cheese and chill. Cut crosswise into ¼ inch slices. Serve on lettuce with mayonnaise.

(Cottage cheese combines well with almost any fruit or vegetable.)

FRUIT

The very word “fruit” suggests something refreshing. Fruit is perhaps the most appetizing of our foods. It is essential in promoting good health. Fruits are rich in minerals and vitamins—those food constituents which help make clear complexions, rosy cheeks and bright eyes. Many fruits such as figs, prunes, and apples have laxative qualities which keep the system in good order. The acids in fruits stimulate appetite, and the flavor of fruits add interest to other foods. Fruits should be eaten at least twice a day. One raw fruit should be eaten each day, and the other may be a cooked fruit.

Fruit Salad Combinations

1. Pineapple, celery, grated cheese.
2. Apple, celery, nut.
3. Prunes stuffed with nuts and raisins.
4. Grapefruit, lettuce, and celery—mayonnaise dressing.
5. Grapfruit, orange, pineapple—mayonnaise dressing.
6. Apples, dates, celery, lemon juice—mayonnaise.
7. White grapes, apples, marshmallows, pineapple—cooked dressing.
8. Prunes, apricots, raisins, lemon juice, dressing.

Note: If you have fresh or dried fruits, you can make any number of attractive salads. Remember, they must be attractively arranged on lettuce leaves, cold, and not watery. Do not add dressing until ready to be served.
Butterscotch Apples

5 apples
2/3 c brown sugar
⅛ t salt
⅛ c water

Wash and pare apples. Remove core and cut each apple into 6 or 8 sections. Make a syrup of the sugar and water. When boiling, put the apples in and cook gently in a covered pan until they are tender. Lift apples out and place in a serving bowl. Mix the cornstarch with a little of the milk until it is smooth. Add it and the rest of the milk to the syrup. Stir, and cook until cornstarch taste is gone. Remove from fire and add butter, salt, and vanilla. Pour around apples and serve hot or cold.

Baked Apples & Marshmallows

8 apples
⅛ c marshmallows cut in quarters
1 c brown sugar


Apple Crisp

Butter a deep pie tin and cover with sliced apples (about 5 apples.) Over this sprinkle crumbs made from ⅛ c flour, 2/3 c brown sugar, and 1 scant half-cup butter. Bake in a moderately hot oven 25 to 35 minutes or until apples are done and top is crisp and brown. (The longer it is baked the better it becomes). Serve hot or cold with plain or whipped cream. Very good served cold with ice cream.

Cherry Pudding

Put one cupful of sugar with 1 c of pitted sour cherries and let stand while you make a batter as follows:

1 T butter (scant)
⅛ c sugar
1 t baking powder

Cream butter and sugar. Add milk and dry ingredients alternately. Pour batter into buttered baking dish. Add sugared cherries and over all pour 1 c boiling water. Place in a medium oven (450°); when it starts to bake, lower the temperature, and bake slowly about 40 minutes until done. Cut into six pieces and serve with whipped cream, with nuts sprinkled on top. (Any kind of canned berries can be used.)

Peach Bavarian Cream

1 pkg. orange or lemon jello
1 c peach juice
1 c crushed, sweetened peaches

Dissolve jello in boiling water. Add peach juice and chill until cold and syrupy. Fold in cream, whipped only until thick and shiny, but not stiff. Add peaches. Chill until slightly thickened. Turn into molds and chill until firm.
Orange and Banana Sherbet

\[ \begin{align*}
\frac{1}{2} & \text{ c sugar} & 1 & \text{ c orange juice} \\
\frac{1}{2} & \text{ c water} & \text{ Juice of one lemon} \\
3 & \text{ bananas} & \\
\end{align*} \]

Boil sugar and water together for five minutes. Cool. Press bananas through a sieve or potato ricer, and add orange and lemon juice. Combine with syrup. Freeze, using 1 part salt to 8 parts ice.

BREAD STUFFS

Bread is a cereal food, and when made of whole grain contains many essential body building materials. The whole grain consists of the skin which contains roughage and bone building material; the inner coat which contains muscle building material, and bone and blood building essentials; the endosperm which is the kernel proper made up of starch which is the energy giving material; the germ which contains the fat and vitamins.

Refined flours, therefore, in which only the starchy part is used, are lacking in many growth promoting qualities. This lack, however, can be made up through the use of liberal amounts of milk, butter, egg, vegetables, fruits, and meats.

There are two kinds of yeast cakes: compressed (moist) and dry.

Compressed yeast must be constantly fresh and cool and should be of a creamy white color and rather brittle when it breaks. This acts very quickly.

Dried yeast is made by pressing the yeast plants in cakes with corn meal. This yeast takes longer to start because the moisture has been removed.

Parker House Rolls

\[ \begin{align*}
1 & \text{ cake compressed yeast} & 2-6 & \text{ T sugar} \\
\frac{1}{4} & \text{ c lukewarm water} & 4 & \text{ T shortening} \\
1\frac{1}{2} & \text{ c milk} & 1 & \text{ T salt} \\
6 & \text{ c sifted flour} & & \\
\end{align*} \]

Dissolve yeast in lukewarm water. Scald milk. Add shortening and sugar. Cool to lukewarm. Add yeast and 3 cups flour to make a batter. Beat until smooth. Cover and let rise about 50 minutes in a warm place until light. Add rest of flour or enough to handle. Knead thoroughly. Place in a well-greased bowl, cover, and let rise until double. Toss on lightly floured board, knead, pat, and roll out to 1/3 inch thickness. Cut with biscuit cutter, first dipped in flour. Shape. Dip the handle of a case knife into flour and with it make a crease through the middle of each piece. Brush over one-half of each piece with melted butter, fold, and press edges together. Place in a greased pan one inch apart. Cover, let rise. Bake in a hot oven 12 to 15 minutes.
**Bread Sticks**

1 c scalded milk  
\( \frac{1}{2} \) cake compressed yeast  
\( \frac{3}{4} \) c lukewarm milk or water  
Flour  
1 t salt  
White of 1 egg  
2 T butter  
1 T sugar

Make a sponge of the milk, yeast, and flour. When light, add other ingredients and white of egg beaten until light. When ready to shape, form into small balls. Let rise in covered dish until light. Then roll (without flour) on the board (with hands) until strips uniform in shape of a thick lead pencil are formed. Set to rise in a bread stick pan. Bake.

**Clover Leaf Rolls**

Same dough as for breadsticks. Form dough into small balls and place three or four together in greased muffin tins.

**Whole Wheat Yeast Rolls**

2 eggs  
2 cakes compressed yeast  
2 t salt  
2 T sugar  
2 c whole wheat flour  
4 c white flour  
2 c sweet milk  
6 T melted butter

Beat the eggs. Add the yeast, salt, and sugar. Sift the whole wheat flour and measure. Scald milk and cool to lukewarm. Add to egg mixture. Add half of the flour. Beat vigorously. Add the butter and beat again vigorously. Add remaining flour and beat thoroughly. Pile onto doughboard and fold under until the bread can be handled without sticking to hands. Grease bread and place in a greased bowl. Set in pan of lukewarm water and let rise until it doubles in size (about 1 hour). Fold under. Let double in size again. Fold under and shape into rolls. Place in greased muffin tins. Let double in size and bake at about 400° F. until done.

**Graham or Whole Wheat Drop Biscuits**

1 c white flour  
1 c graham or whole wheat  
4 t baking powder  
2 t salt  
2% T fat  
3% -1 c milk  
3% T salt

Sift dry ingredients together. Cut in the fat and stir in the milk. Dough should be well moistened but not wet. Drop onto greased baking pans by spoonfuls. Bake in hot oven until browned.

**Gingerbread**

\( \frac{1}{2} \) c shortening  
\( \frac{1}{2} \) c sugar  
1 c molasses  
2 c flour  
\( \frac{1}{2} \) c boiling water  
1% t soda  
1 t ginger  
\( \frac{1}{2} \) t each of cloves and cinnamon  
2 eggs

Date and Nut Bread

2 c flour 1 egg, well beaten
1 t baking powder 2 T melted butter
$\frac{3}{4}$ t soda $\frac{3}{4}$ c milk
$\frac{1}{2}$ t salt $\frac{3}{4}$ c walnuts, finely broken
$\frac{3}{8}$ c brown sugar 1 c chopped dates

Sift flour, measure, add baking powder, soda, and salt and sift again. Add to sugar. Mix well, add remaining ingredients, beating only enough to dampen all flour. Bake in greased loaf pan in moderate oven (350° F) one hour, or until done.

Boston Brown Bread

1 c white flour $\frac{3}{4}$ t soda
1 c granulated corn meal 1 t salt
1 c graham flour $\frac{3}{4}$ c molasses
2 c sour milk or 1% c sweet milk

Mix and sift dry ingredients. Add molasses and milk. Stir until well mixed. Turn into a well buttered mold and steam 3½ hours. The cover should be buttered before being placed on the mold and then tied down. (Coffee or baking powder cans can be used as molds.)

For steaming place mold on a shelf in kettle containing boiling water, allowing water to come half-way up around mold. Cover closely and steam.

Do you ever have to carry a lunch to school? Are you carrying a lunch that has been hastily prepared and is unattractive and that makes you decide at noon that you aren’t hungry? Or are you planning your lunches, preparing and packing them carefully and attractively, and seeing that you have nutritious, well-balanced meals?

Do you know that the right kind of a lunch will make you happier, healthier, and more alert? Why not make an effort to prepare and carry this kind of a lunch and induce your friends to do so too?

School lunches must be well packed. No one feels like eating when they open a lunch basket and find butter on the cake, the sandwiches crushed, and odor of orange permeating the entire lunch. Wrap each article in oiled paper and pack into a well-ventilated pail or basket. If a pail is used, punch some holes in it to allow for ventilation. Scald pails out each evening and air them during the night. Nothing is more disagreeable than the concentrated odors of food within an unventilated receptacle.
The Right Kind

Whole wheat bread sandwiches
(meat and salad dressing filling)
Celery
Orange
Filled cookies
Milk

Egg and cottage cheese sandwiches
Cocoa (thermos bottle)
Apple
Dates

Nut bread sandwiches
Vegetable salad (carried in a glass)
Figs
Milk

The Wrong Kind

Bread and jelly sandwiches
Frosted cake
Doughnuts

Bread and butter sandwiches
Cookies
Pie

Meat sandwich
Pickle
Cake

Every school should have a hot lunch. A cup of hot cocoa or a bowl of hot soup served with these cold lunches would improve the health of the school children, make school more interesting, raise standards of work, and teach good meal and food habits.

SERVING THE LUNCH OR SUPPER

Fashions in table service change as they do in dress, but the underlying 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 Lunch or Supper

1. Plate
2. Bread and butter or salad plate
3. Water glass
4. Cup and saucer
5. Fork
6. Knife
7. Beverage spoon
8. Dessert spoon
9. Napkin

Preparation of Dining Room and Table

1. The dining room should be well aired, clean, and cheerful for every meal.
2. Lay 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. Candles, fruit, etc., can sometimes be used.
5. Always place the knife and fork next to the plate on the right and left sides respectively. All other silverware is placed in the order of its use, from the outside toward the plate.
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 may be placed there or this plate may serve as a combination salad and bread and butter plate.
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. The mother, or hostess, is always served first, then the guests then the other family members, serving the father, or host last.
8. In clearing the table, remove main dishes first, then soiled dishes and silverware, then clean dishes, and then glassware. A plate and folded napkin may be used for crumbing the table.
9. Table should be completely cleared before dessert is served.

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 daughter in the family to aid in the service of the meals.

The Buffet Supper

An informal and easy way to serve either large or small numbers of people at a supper is the buffet style. For this service, the dining table is attractively set with the necessary linen, silverware, china, and glassware, and food arranged in convenient groupings, so the guests may help themselves. Small tables may be placed around the room so that guests may carry their filled plates to these tables. Usually the plate is held on the lap or on trays.

Each guest helps herself to a plate and then to the various foods. The silver, linen, and beverage should be the last items to be picked up, since they are cumbersome to handle.

Suggested Arrangement for Buffet Supper

| 1. Plates       | 6. Forks        |
|                | 7. Spoons       |
| 2. Main dish   | 8. Beverage     |
| 4. Rolls       | 10. Centerpiece |
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.
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 seen curious now, may have been good in former times.
Help 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 neighbors, or discuss illness and operations. Practice appropriate and pleasant table conversations on subjects as:

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

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

JUDGING

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

<table>
<thead>
<tr>
<th>Score Card for Rolls</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Appearance</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Size</td>
<td>9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shape</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crust</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>2. Crumb</strong></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Color</td>
<td>5</td>
<td></td>
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</tr>
<tr>
<td>Lightness</td>
<td>10</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Texture</td>
<td>10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Moisture</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>3. Flavor</strong></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>45</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL SCORE</strong></td>
<td>100</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

1. Appearance—25
   A. Size—Small, giving good proportion of crust to crumb.
   B. Shape—Symmetrical and uniform.
   C. Crust—Golden brown, crisp, tender.

2. Crumb—30
   A. Lightness—Even air cells, light in weight for size.
   B. Tenderness—Should tear apart easily, flaky, elastic.
   C. Moisture—Not damp nor soggy, not dry and crumbly.
3. Flavor—45
   A. Similar to bread. Addition of eggs, sugar, butter, etc., must be taken into consideration when judging rolls.

   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 sets of rolls). 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' score with leaders' scores, and discuss.

   DEMONSTRATIONS

   Why Demonstrate?

   1. Demonstrations are a valuable method of teaching, since people learn by seeing. You as the demonstrator "show by doing." Thereby you teach your community and others many valuable food and health practices.

   2. Demonstrations create additional interest in club work, and place the value of club work before the public.

   3. Preparing and giving demonstration develops clear, concise thinking on the part of the demonstrator; develops skill; develops his speaking ability, his poise and personality; and his ability to think quickly and meet a situation readily.

   What Shall Be Demonstrated?

   Demonstrate on a subject that is vital and helpful to your community, and is the result of a practice you have learned in your 4-H club work. (Additional information is found in the Montana circular "How to Develop 4-H Club Demonstrations").