Montana State College Extension Service
Bozeman
DINNER CLUB PROGRAM

Minimum Requirements

Select, prepare and serve the following foods at family dinners:

Three appetizers

Meats—
One meat soup
One roast (pot or oven)
Two steaks (one broiled)

Poultry and Fish—
One roast chicken
One fried chicken
Two varieties of fish

Vegetables—
Two dinner vegetable dishes
Four dinner salads, using vegetables and fruit

Yeast Bread—
Two bakings of white bread, or until a good product is obtained
Two bakings of whole wheat bread, or until a good product is obtained
Four variations or rolls

Cakes—
Two sponge or angel food cakes, or until a good product is obtained
Two butter cakes, or until a good product is obtained

Pastry—
One single crust pie, or until a good product is obtained
One double crust pie, or until a good product is obtained

Frozen Desserts—
One ice cream with custard foundation
One sherbet
One frozen pudding

Confections—
Two varieties

Assist in dinner preparation and serving at least five times.
Set table for, plan, prepare and serve at least five family dinners.
Attend club meetings regularly.
Keep record book daily and together with a story of your work submit through your local leader to the County Extension Agent.

Program Phases

Participate in the Health program.
Improve your food habits.
Practice table courtesies.
Assist other club members in serving at least one dinner, inviting parents and friends.
Practice judging and demonstration work in as many meetings as possible.
Train representatives to participate in county contests.
Exhibit products, if possible, at local, county and state fairs.

Montana Extension Service in Agriculture and Home Economics, J. C. Taylor director.
Montana State College and United States Department of Agriculture cooperating.
SM 84-41
4-H Dinner Club

Membership

Anyone 12 years of age or over who has completed the Breakfast and Luncheon Club work, or who in the estimation of the County Extension Agent and local club leader can handle the work satisfactorily, is eligible for membership in the Dinner club.

Purpose

The Dinner Club is planned to aid the members in:

1. Developing skill in the preparation of foods and in the planning of well-balanced meals.
2. Planning, preparing and serving dinner combinations that are simple, well-balanced, wholesome and appetizing.
3. Developing good habits of work, personal cleanliness and cleanliness in surroundings.
4. Developing better food practices to such an extent that the food habits of the member's family will also be improved.
7. Demonstrating to the community better food practices and standards.
8. Becoming a good citizen and leader.

To really enjoy club work, and to get the most from it, club members should ask themselves these questions: Do you always—

- Keep immaculately clean and neat about your person?
- Keep your workshop, in other words, your kitchen, clean and attractive?
- Collect all necessary materials and utensils before actually beginning to cook.
- Measure accurately, in order to have a standard product?
- Practice economy, learn to prepare less expensive foods attractively and appetizingly?
- Plan so that all foods will be ready at the same time?
- Wash dishes in a systematic manner? When done correctly, it is a pleasure rather than a drudgery.

Prepared by Pauline Bunting, Assistant State Club Leader, and approved by Bessie E. McClelland, Extension Nutritionist.
Food For Better Health

We eat to build a healthy body that "can enjoy life, resist disease, and build for efficiency." The body requires food that will help regulate body processes, keep it free from accumulation of waste matter, and provide normal nutrition and growth.

Bodies Need:

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

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

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

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

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

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

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

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

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

Plain bread and butter or hot rolls or biscuits may be served at dinner.

If the main part of the meal has been heavy, serve a light dessert. Vice versa, serve a richer dessert with a light meal. If an ice has been served with the meat, do not serve a frozen dessert.

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

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

Type I—One Course

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

**Suggested One Course Menus**

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

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

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

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

Type II—Two Courses

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

Suggested Two Course Menus

1. Ham sliced with pineapple  
Rice  
Creamed peas  
Celery  
Hot rolls—butter  
Milk—coffee  
Apricot mousse

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

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

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

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

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

Suggested Three Course Menus

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

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

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

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

5. Clear tomato soup
   Roast chicken
   Sweet potatoes
   Baked onions
   Carrot sticks
   Cranberry ice
   Milk—coffee
   Apple grapenut pudding
Weight And Health

All club members will be interested in keeping a record of the changes in their weight. Check against the normal weight for your age, height and physical type given on the Measuring Scale, which your leader may secure from the County Extension Agent.

Suggestions For Underweight Club Members

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

Eat minimum amounts of fats and less of the starchy foods.
Eat plenty of fruits, vegetables, and milk.
Get stimulating brisk exercise.
If exercise produces a greater appetite, it will be necessary to practice will power to control the appetite.
Do not eat between meals.

How To Avoid Constipation

Drink water freely. (Two glasses hot water on rising in morning).
Cultivate good posture and deep breathing.
Get some good outdoor exercise every day.
Get plenty of sleep and rest.
Avoid worry, anger, and nervous strain.
Cultivate correct food habits.

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.
Dinner Dishes And Their Preparation

PROGRAM I

APPETIZERS

Business Meeting

I. Roll Call.

II. Remainder of business meeting to be conducted as suggested in Secretary Book or leader's guide.

Work Program

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

Chilled fruit juices in crystal glasses, colorful fresh fruits, or piquant sauces and "nippy" dressings, help to stimulate the flow of digestive juices as well as furnish a very attractive fore-runner to the main part of the dinner.

Use your imagination when planning the appetizer. Just make sure that it is stimulating or refreshing, and always light.

Appetizers might be put into the following classes:

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

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

3. Fruit cup—A chilled mixture of fruits.

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

II. Demonstration—Prepare two or more appetizers, using recipes in this Dinner Club bulletin, or any good recipes found in cook books or magazines may be used in this project.

Before serving, discuss points of suitability, attractiveness, and appetizing quality of the dishes.

III. Home Problems—Prepare and serve at family dinners three appetizers, and keep a record in the food preparation record book.

Recipes

**Tomato Cocktail**

Season tomato juice with salt, lemon, and a bit of horseradish. Serve very cold in glasses.

**Fruit Cocktail**

Use the juice of citrous fruits as oranges, lemons, or grapefruit. Add a little lime or ginger-ale, and serve cold in glasses.
Grapefruit Cocktail

Remove carefully whole sections of grapefruit pulp. Place in glass and add any juice there may be. Sprinkle 1 t powdered sugar over the top. Garnish with a mint leaf or maraschino cherry.

Oyster Cocktail

| 12 oysters | 2 T lemon juice |
| 1 t grated horseradish | 1 t tabasco |
| 1 t tomato catsup | ½ t salt |

Mix horseradish and seasonings and pour sauce over the oysters.

Canapes

Cut stale bread in ¼ inch slices. Shape with cutter in squares, circles, strips, triangles, crescents, or any desired shapes. Toast or sauté on one side and spread toasted side with highly seasoned mixture, such as finely minced sardines and lemon juice, chopped parsley in butter, olives and cheese, etc. Garnish each canape with border (cream cheese or chopped parsley, etc). Small whole wheat or white crackers can be used instead of the toast.

Centers may be decorated as desired with pimento stars, green pepper cut in fancy shapes, sliced olive, etc.

Serve on individual plates as first course of dinner, or pass on tray for buffet suppers. May be served with tomato cocktail.

Hors d’Oeuvres

Arrange in sections on large platter an assortment of highly flavored foods, such as tiny stuffed tomatoes, sliced tongue, ham or sausage, halves of stuffed eggs, stuffed celery, pickled beets, radishes, pearl onions, pickles, anchovies, cheese, etc. Garnish the platter with crisp lettuce, pimento, green pepper, or radish roses.

Finely minced mixtures are usually served on crackers or pieces of thin toast, cut in various shapes and garnished.

Brown Soup Stock

Shin of beef (about 2 lbs.) ¾ c diced onions
3 qts. cold water ¾ c diced celery, potatoes, cabbage, turnips, or a combination of all
2 T salt
3 whole cloves
Few sprigs parsley Pinch of sugar
½ c canned tomatoes Pepper to taste
½ c diced carrots

Remove greater portion of meat from the shin and cut into cubes. Brown cubes lightly in hot skillet. Crack shin bone in several places, put into a kettle and cover with cold water. Add browned meat and let stand one hour before cooking. Add vegetables and seasonings and simmer for four hours. This soup may be served hot as it is, or strained and served. Or it may be chilled, fat removed, and used as a consomme or basis for other soups.

Consomme

Strain a meat stock soup, and skim off all fat. Heat to scalding. Wash and break one egg. Crush the shell and mix with the white together with a third cupful of water. Stir into the soup and bring to a boil. Let stand for five minutes, then strain through a fine sieve or cloth. The soup should be clear, brown, and well flavored.
Different cuts of beef from the same animal vary greatly in tenderness. The following list shows in general the tender and less tender cuts:

**Tender Cuts**

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<td>Club</td>
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<td>Rib (short cut)</td>
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**Less Tender Cuts**

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

Some modern cooks even dispense with the searing.

**Pork**

Success in preparing pork cuts depends on regulating the heat so as to cook the meat well done to the center of the piece and at the same time keep the outside from becoming hard and dry. Moderate cooking temperature is best after the surface has been seared to develop rich flavor. It is neither necessary nor desirable to add water to pork during cooking. Hams, shoulders and loins have sufficient fat on the outside to baste the lean meat and so do not dry out when roasted fat side up at moderate temperature in open pans.
with out added water. To prevent chops from becoming hard and dry it is necessary to cover them closely after browning and finish the cooking at a very moderate heat. Broiling and pan-broiling are not successful methods of cooking pork chops.

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

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

Lamb

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

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

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

<table>
<thead>
<tr>
<th>Relishes</th>
<th>Vegetables</th>
<th>Salads</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mint sauce</td>
<td>Peas</td>
<td>Lettuce with tart dressing</td>
</tr>
<tr>
<td>Mint jelly</td>
<td>Onions</td>
<td>Tomato, cucumber, and lettuce</td>
</tr>
<tr>
<td>Currant jelly</td>
<td>Spinach</td>
<td>Kumquat, endive, and watercress</td>
</tr>
<tr>
<td>Guava</td>
<td>String beans</td>
<td>Grapefruit and lettuce</td>
</tr>
<tr>
<td>Spiced conserves</td>
<td>Asparagus</td>
<td></td>
</tr>
<tr>
<td>and pickles</td>
<td>Turnips</td>
<td></td>
</tr>
<tr>
<td>Horseradish sauce</td>
<td>Cauliflower</td>
<td></td>
</tr>
</tbody>
</table>

The fell is the thin papery outer covering on the lamb carcass. Though recipes frequently advise that it be removed before cooking, it is now believed that flavor is not affected by the fell. Leg of lamb keeps its shape better if cooked with the fell, but shoulder, saddle, and chops are improved by its removal. Unless a roast from which the fell has been removed is rubbed well with flour, it will require longer to cook than a piece with the fell undisturbed.

(Extracts taken from Federal Meat Bulletins)
Veal

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

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

The principles of veal cookery are as follows:

Brown the veal, whether for roast, chops, or stew, to improve the flavor.

Complete the cooking process at a lower temperature for a comparatively long time with sufficient moisture to soften the connective tissues and to help retain the natural meat juices.

Enrich the juiciness by the addition of fat or fat meat cooked with the veal.

II. Demonstration—Prepare one or two meat dishes.

III. Home Problems—Select, prepare and serve one meat soup, one roast (pot or oven) and two steaks (one broiled).

Recipes

Broiled Steak

Select a tender steak from 1 to 2 inches thick. Trim the steak of excess fat and wipe it off with a damp cloth. A steak may be broiled by direct heat or it may be pan-broiled in a skillet. To broil by direct heat, grease the rounds of a rack, lay the steak on it, and place over live coals, or under an electric grill, or the flame of a gas oven.

Sear on one side and then turn, being careful not to pierce the brown crust. When both sides are seared, reduce the heat, and turn the steak occasionally until cooked to the desired stage.

To pan broil a steak, sear it on both sides in a lightly greased, sizzling hot skillet, then reduce the temperature and cook to the desired stage, turning the meat to insure even cooking. Do not add water and do not cover. From time to time pour off accumulated fat so that the steak will not fry. A thick steak after searing may be finished successfully in a hot oven. (450° F). Place the steak when done on a hot platter and season with salt, pepper, and melted butter. Garnish with parsley and serve at once.
Pot Roast of Beef

Cuts of beef suitable for pot roasting are chuck ribs, cross arm, clod round, and rump. Select a piece from 4 to 6 pounds in weight. Wipe with a damp cloth. Rub the meat with salt, pepper, and flour. Brown the meat on all sides in a heavy kettle, using about 3 tablespoons of beef fat. Slip a low rack under the meat, add one-half cup of water, cover tightly, and simmer until tender—probably about three hours. Turn the roast occasionally. When the meat is done, remove from the kettle, skim off the excess fat from the liquid, and measure the remainder. For each cup of gravy desired, measure 2 tablespoons of fat and return to the kettle, add 1½ to 2 tablespoons of flour, and stir until well blended and slightly browned. Then add 1 cup of the stock or of cold water and stir until smooth. Season the gravy with salt, pepper, and chopped parsley. Serve the pot roast on a hot platter with buttered carrots and chopped stuffed onions.

If desired, vegetables may be cooked in the pot with the roast. Add the vegetables during the last hour of cooking the meat if they are to be served whole or in quarters.

Breaded Pork Fillets

Cut two pork tenderloin strips crosswise to make six fillets 1½ to 2 inches thick. Pound each fillet down to about one-half inch in thickness. Beat one egg with 1 tablespoon of water. Mix three-fourths cup of dry sifted bread crumbs with three-fourths teaspoon salt and a dash of pepper. Dip the fillets into the egg mixture, coat them with the bread crumbs, and let the coating dry for about 30 minutes. Brown the fillets lightly in two tablespoons of fat in a heavy skillet, pour off excess fat, cover the skillet closely, and continue to cook in a moderate heat for 20 minutes, or until the meat is tender. Serve hot with a garnish of watercress and thin slices of lemon.

Baked Ham

Wash and scrape the ham thoroughly and soak it overnight in a large pan with cold water to cover. In the morning wipe the ham dry. Place the ham, rind side up, on a rack in an open pan. Do not add water and do not cover. Bake the ham in a slow oven (260° F). Between 25 and 30 minutes per pound will probably be required to bake a whole ham. For half hams, proportionately more time is necessary. Shank ends usually require from 40 to 45 minutes per pound, and butts from 45 to 55 minutes per pound to bake when the oven temperature is 260° F. When the ham is done remove the rind.
Make a paste of 2 cups of brown sugar and 3 cups fine soft bread crumbs, 1 teaspoon of prepared mustard, and cider or vinegar enough to moisten the mixture. Spread the paste over the fat covering of the baked ham and stick long-stemmed cloves into the surface. Bake the coated ham for 10 minutes in a hot oven (500°F).

**Baked Ham Slice with Pineapple**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thick slice of ham</td>
<td>1 t</td>
</tr>
<tr>
<td>½ c brown sugar</td>
<td>⅛ c</td>
</tr>
<tr>
<td>½ c breadcrumbs</td>
<td>⅛ c pineapple juice</td>
</tr>
<tr>
<td>5 or 6 slices canned pineapple</td>
<td></td>
</tr>
</tbody>
</table>

Have a slice of ham cut about 1 inch thick. Trim off the rind and the lean edge. Fry out a piece of the fat in a heavy skillet. Brown the ham on both sides and transfer it to a shallow baking dish. Pour off the fat from the pan drippings and with the remainder in the skillet mix the sugar, bread crumbs, mustard, and pineapple juice. Cover the ham with this mixture and bake without a lid in a very moderate oven (300°F) for about 1 hour. Baste the ham occasionally.

About 15 minutes after the ham is put into the oven, arrange the pineapple slices, cut in halves in another shallow baking dish, and pour over them some of the liquid from the ham. Bake the pineapple slowly at 300°F for about 45 minutes. Turn the slices during the cooking. Serve the pineapple around the ham.

**Roast Stuffed Spareribs**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 sections spareribs</td>
<td>⅛ c chopped parsley</td>
</tr>
<tr>
<td>1 c fine dry bread crumbs</td>
<td>5 tart apples, diced</td>
</tr>
<tr>
<td>¼ c diced salt pork</td>
<td>⅛ c sugar</td>
</tr>
<tr>
<td>⅛ c chopped celery</td>
<td>⅛ t salt</td>
</tr>
<tr>
<td>⅛ c chopped onion</td>
<td>⅛ t pepper</td>
</tr>
</tbody>
</table>

Select well-fleshed rib sections that match. Have the breastbone cracked so that it will be easy to carve between ribs. Wipe the meat with a damp cloth. Prepare the stuffing as follows: Fry the salt pork until crisp and remove the pieces from the skillet. Cook the celery, onion, and parsley in the fat for a few minutes and remove them. Put the apples into the skillet, sprinkle with the sugar, cover and cook until tender, then remove the lid and continue to cook until the juice evaporates and the pieces of apple are candied. Mix with the apples the bread crumbs, crisp salt pork, cooked vegetables, salt, and pepper. Lay one section of the ribs out flat, sprinkle with salt and pepper, and spread with the hot stuffing. Cover with the other section and sew the two together. Sprinkle the outside with salt and pepper and rub with flour. Lay the stuffed ribs on a rack in an open roasting pan and sear in a hot oven (480°F) for 20 minutes, or until the meat is lightly browned. Reduce the oven temperature rapidly to very moderate heat (300°F to 325°F) and continue to cook for about an hour longer, or until the meat is tender. Remove the strips before serving stuffed spareribs on a hot platter.
Roast Loin of Pork

Have the butcher crack the bones of a pork loin roast so that it can be carved in slices between the ribs. Wipe the meat with a damp cloth. Sprinkle with salt and pepper and rub with flour. Lay the loin ribs down and fat side up, on a rack in an open roasting pan. Sear the meat for 30 minutes, or until lightly browned, in a hot oven (480°F) then reduce the temperature rapidly to a very moderate heat (300°F to 325°F) and cook until the meat is tender. A loin weighing from 4 to 5 lbs. will probably require from 2 to 2½ hours when these oven temperatures are used.

Serve roast loin hot with candied sweet potatoes or glazed apple rings, or chill and serve in thin slices with a colorful garnish.

Glazed Apple Rings

Cook together 1 cup of water, 1 cup of sugar, and one-eighth teaspoon of salt for about 10 minutes, and add 2 T butter. Wash, core, and pare four large tart, firm apples, and cut them crosswise into three or four thick slices. Place apple rings in a single layer in a buttered shallow pan. Pour the hot sirup over the apple rings, cover, and cook slowly in a moderate oven (350°F) until the apples are tender. Remove the cover from the pan, continue to cook the apples until the sirup becomes thick and slightly browned, and turn the slices occasionally. Serve the glazed apple rings with hot roast pork or chill them and serve with cold cuts.

Roast Leg of Lamb

Select a leg of lamb, preferably cut so as to include some of the loin. Wipe the meat with a damp cloth, sprinkle with salt and pepper, and rub well with flour. Lay the roast, skin side down, and cut flesh side up, on a rack in an open pan without water. If the fat covering is very thin, lay several strips of bacon on top. Sear for 30 minutes in a hot oven (about 480°F), or if bacon has been added, for a shorter time, so as to avoid over-browning. When the roast is seared and lightly browned, reduce the oven temperature rapidly to (300°F) and continue to cook at this temperature without water and without cover. By this method basting is generally not necessary.

The length of time required to roast a leg of lamb depends chiefly on the size of the leg and the temperature of the oven. A leg weighing 5 pounds will probably require from 2½ to 3 hours, including searing; and a 7 pound leg from 3 to 3½ hours, to cook to the well done stage at the oven temperatures given.
Veal Birds

Use strips of veal from the leg slices cut thin, or pounded out to \( \frac{1}{4} \) inch thickness. Spread dressing on each cutlet, roll to form a drumstick and fasten with toothpicks or cord. Brown in butter or pork fat. Pour over the birds 2 cups thin white sauce and let simmer 45 to 60 minutes. Serve in the gravy.

Dressing: 2 c stale moistened bread crumbs.  
\[ \frac{3}{4} \text{ c melted butter} \]  
\[ \text{Seasoning, chopped parsley} \]  
\[ 1 \text{ egg, slightly beaten} \]  
\[ \frac{1}{4} \text{ to } \frac{1}{2} \text{ c water} \]  
(Oysters, celery and bacon may be used in the dressing)

Liver and Bacon

\( \frac{1}{2} \) pound sliced bacon  
1 pound sliced liver  
Salt  
Pepper  
Flour  
Parsley

Cook the bacon slowly in a skillet. As soon as it is delicately browned and crisp, drain on paper and keep warm. Wipe the liver. If it is hog or lamb liver, scald for a few minutes in hot water. Beef and calf liver does not need scalding. Sprinkle the liver pieces with salt and pepper, dip in flour and cook in the bacon fat at moderate heat until liver is well browned.

Lamb Stew

2 lbs. lean raw lamb  
2 T butter or other fat  
\( \frac{1}{2} \) c sliced onion  
3 c diced turnips  
1 green pepper, chopped  
1 qt. water  
Flour  
Salt and pepper

Breast, shoulder, neck, flank, and trimmings are all good for lamb stew. Wipe the meat with a damp cloth, cut into small pieces, and roll in flour. Melt the butter in a skillet, add the onion, cook until it turns yellow, and add the meat. When the meat and onion have browned delicately, transfer them to a kettle, and add the water, after first pouring it into the skillet so as to get full benefit of the browned fat. Cover, and simmer for one hour. Then add the turnip, green pepper, and seasonings, and cook 20 minutes longer. If the stew is not thick enough, add 1 tablespoon of flour mixed with 2 tablespoons of cold water, and cook for several minutes longer, stirring constantly. Serve piping hot with browned potatoes and garnished with parsley.

Additional recipes are available in “Meat Dishes at Low Cost.” U. S. D. A. Miscellaneous Publication No. 216, which may be secured from any County Extension Agent.
Business Meeting
I. Roll Call.

Work Program
I. Discussion—Poultry includes all domestic birds suitable for food except pigeon and squab. Chicken, turkey, duck, and goose are all included under poultry.

Spring chickens are those which appear on the market early in the year and weigh about 1½ lbs.

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

Turkey is best during the winter months.

Geese can be obtained throughout the year. A goose 12 weeks old is known as a green goose, and may be found from May to September. Young geese which are ready for market in September and continue through December are called goslings.

How to Select Poultry
The quality of the prepared bird depends a great deal on the kind that was selected for cooking.

A good chicken has: soft feet; smooth skin; soft cartilage at end of breastbone; an abundance of pin feathers (long hair shows age).

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

How to Dress and Clean Poultry
All poultry should be dressed as soon as killed.
1. Remove feathers, stripping off toward the head.
2. Remove hairs and down by singeing (hold bird over a flame).
3. Draw out pin feathers, using a small, pointed knife.
4. Cut off the head and feet.
5. Turn down the skin of the neck and cut off the neck close to the body, remove the crop and windpipe from the end of the neck, rather than by a cut in the skin, which if made, must be sewed up afterwards.
6. Cut the skin at the side of the leg joint and very lightly over the top, bending the leg back to loosen the ligaments in the upper part of the leg. Pull tendons out separately, being careful not to tear the flesh.
7. Remove the oil bag in the tail.
8. Make an incision just below the breast bone, only large enough to admit the hand. Keeping the fingers close to the breastbone reach...
carefully into the body, until the heart is reached. Loosen membranes before removing any entrails. Be very careful not to break the gall bladder which lies embedded in the liver. Draw out entrails. Be sure lungs and kidneys are all removed from the hollows of the backbone. Save the heart, gizzard, and liver. Wash thoroughly. If there is any odor wash bird in soda water. Wipe dry, inside and out.

9. To clean giblets—Detach heart, liver, and gizzard. Cut through the thick muscle of the gizzard and peel it off slowly without breaking through the lining inside. Remove inner sack and discard. Remove thin membranes, arteries, veins, and clotted blood around the heart. Remove gall bladder very carefully from the liver. Wash all thoroughly and let soak in salted water before cooking.

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

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

How to Cut Up a Fowl
1. Separate legs from body by cutting through the loose skin between the leg and the body. Bend the leg over and cut through the joint. Pull out the tendons.
2. Cut the neck off. Separate the wishbone from the breast. Slip the knife inside the collar bone and cut it free from the backbone, then through under one wing to the center of the front. Cut off other wing, thus making three good pieces of breast with wings attached to two pieces.
3. Cut breastbone apart from the back. For a large bird, cut the breast crosswise into two pieces of uniform size.
4. Cut the back into two pieces along the neck.
5. Tips of wings, neck, and rib bones can be put into a kettle and covered with salted water to make chicken broth.

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

Time for Cooking
Broiling young chicken—10 to 15 minutes.
Sauting or frying young chicken—20 to 30 minutes.
Stewing chicken—20 to 30 minutes per pound.
Roasting chickens and turkeys—20 minutes per pound.
Roasting ducks and game—20 to 30 minutes per pound.
Recipes

Fried Chicken
Cut young, tender chicken in four or six parts. Plunge each piece quickly into cold water. Drain, but do not dry. Sprinkle with salt and pepper. Dredge thickly with flour. Saute chicken in a small amount of fat, turning to brown both sides. Drain each piece. Arrange on a warm platter.

Roast Chicken
Dress, clean, stuff, and truss a chicken. Place on its back on rack in a dripping pan. Rub entire surface with salt. Baste frequently during the roasting. If there is not enough fat in the pan for basting, use a mixture of \( \frac{1}{4} \) c butter melted in \( \frac{3}{4} \) c boiling water. Turn poultry frequently that it may brown evenly. Bake in a very hot oven for 15 minutes, and in a moderate oven for remainder of time. Allowing 20 to 25 minutes per pound.

Stuffing:
- 4 c soft bread crumbs
- \( \frac{1}{2} \) t nutmeg
- \( \frac{1}{4} \) t scraped onion
- 1 egg, slightly beaten
- \( \frac{1}{4} \) c melted butter
- \( \frac{1}{2} \) t sage
- 1 t salt
- Dash of pepper

Use day old bread. Combine bread, sage, nutmeg, salt, pepper, and onion. Add egg and butter and turn together lightly with fork until thoroughly mixed.

Two cups of oysters, cut in small pieces, may be added to the stuffing.

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

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

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

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

II. Demonstration—Prepare a fowl, and a fish (if available).
III. Home Problems—Select, prepare and serve one roast chicken, one fried chicken, and two varieties of fish.
Recipes

Baked Trout

Rub salt and pepper over dressed trout. Place the trout in a pan with a good supply of butter or lard, and lay on a few slices of bacon. Bake in a moderate oven until the trout are tender.

Halibut Supreme

2 lbs. halibut
1 t minced onion
1 small carrot
1 T lemon juice
Cream sauce
Cheese

Boil the fish in enough salted water to cover well, including the sliced vegetables and seasonings, until it flakes easily. Drain, flake, and lay in a shallow, well-buttered glass baking dish. Pour over it a rich, well-seasoned cream sauce in which some nippy cheese is melted. Cover with buttered crumbs and set in a hot oven until golden brown.

Fried Oysters

Select 12 large oysters. Pour 1 c water over them. Drain well. Wipe dry. Sprinkle with salt and pepper and dip in flour. Beat egg with 2 T water and dip oysters carefully. Then dip in very fine, dry bread or cracker crumbs. Let stand 20 to 30 minutes before frying. For a very fluffy fried oyster, dip once more in the egg and cracker crumbs, or place in a frying basket and cook in hot deep fat for 4 minutes. Drain on paper. They may be served with a sauce made by adding ½ t each of chopped parsley, capers, and gherkins, and ½ c chili sauce to 1 c mayonnaise.

Salmon Loaf

1 large can red salmon
½ c bread crumbs
½ c sweet milk
1 egg
1 t melted butter
½ t salt
Sprinkle of paprika

Drain the salmon. Mix the bread crumbs with milk and egg and add to salmon, with the butter and other seasonings. Place in a buttered baking dish and bake. Serve with white sauce.

Scallop Oysters

1 qt. oysters
2 T oyster liquor
2 eggs
Salt, pepper, butter
Minced celery
Cracker crumbs

Beat eggs and add oyster liquor. Dip each oyster in this egg mixture and place a layer in a buttered baking dish. Dot with butter and season. Place a layer of minced celery next. Alternate with layers of dipped oysters and celery until dish is full, placing bits of butter and seasoning on each layer of oysters. Pour remaining egg and oyster liquid over oysters. Place cracker crumbs on top and cook in a hot oven about one-half hour.
PROGRAM IV

VEGETABLES

Business Meeting
    I. Roll Call.

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

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

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

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

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

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

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

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

SALADS

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

In ancient Rome, there lived a citizen who was much interested in the culinary art and had many unique and new ideas concerning the art of cookery. One day, when his cook was out, he was displeased with the simple and uninteresting meal of herbs she had prepared and left for him. They seemed so dry and tasteless to him, and it occurred to him that a "sauce"
of some kind would improve them. And so he disappeared into the kitchen, and when he returned he carried with him a bottle of olive oil from his olive orchard, a lemon from his lemon grove, and boxes of salt and spices. He mixed these ingredients, tasted and retained until they met his approval. And then he tossed the herbs about in the bowl of sauce and sat down and enjoyed what was perhaps the first salad made.

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

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

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

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

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

**Fruit Salads**
- Orange and lettuce
- Grapefruit and lettuce
- Molded fruit salads
- Cranberry salad
- Ginger ale and fruit salad
- Orange and onion salad
- Orange and grapefruit
- Pineapple and tomato
- Celery, grapefruit, lettuce
- Cooked apricots—nuts
- Apple—raisins
- Stuffed prunes
- Grapefruit and endive
- Grapefruit and fig
- Orange and date
- Orange and pecan
- Stuffed date
II. Demonstration—Prepare two or more vegetables, one cooked and one salad.

III. Home Problems—Prepare and serve two dinner vegetable dishes and four salads, using vegetables and fruit.

Standards For Vegetable Dishes

Greens—Attractive green color, just tender, leaves tending to retain shape.

Strong flavored vegetables—Tender but firm, reasonably free from strong odor and flavor, color natural.

Serve salads cool, clean and crisp, with suitable dressing. Individual or bowl servings are attractive.

Recipes

Salad Dressings

French Dressing

\[
\begin{align*}
\frac{3}{4} \text{ c oil} & \quad \frac{1}{2} \text{ t celery salt} \\
4 \text{ T lemon juice or vinegar} & \quad 1 \text{ t sugar} \\
\frac{3}{4} \text{ t salt} & \quad \frac{3}{8} \text{ t paprika}
\end{align*}
\]

Beat dry ingredients with the lemon juice. Add oil, beating vigorously, until consistency of thick cream. Or the ingredients may be shaken in a bottle. A small amount of egg white beaten into the dressing helps to keep it from separating. Variations of French dressing are made by using different seasonings. Garlic, onion, green pepper, curry powder, grated cheese, tarragon vinegar or plain vinegar may be substituted for lemon juice.

Russian Dressing

\[
\begin{align*}
\frac{1}{2} \text{ lemon, juice only} & \quad 1 \text{ T Worcestershire sauce} \\
2 \text{ T chili sauce} & \quad \frac{1}{2} \text{ c mayonnaise}
\end{align*}
\]

Chill first ingredients. Blend well and add the mayonnaise which should be rather stiff. Serve on lettuce or fresh salad greens. Will serve 3 salads.

Mayonnaise

\[
\begin{align*}
1 \text{ egg yolk} & \quad 2 \text{ T lemon juice or vinegar, or equal parts} \\
1 \text{ t sugar} & \quad 1 \text{ c salad oil} \\
1 \text{ t salt}
\end{align*}
\]

Mix sugar, salt, and mustard in a deep, narrow bowl. Add egg and beat until it is thick and lemon colored. Add salad oil a few drops at a time, beating with a rotary egg beater after each addition, until the mixture begins to take form. The oil may now be added in larger quantities. Alternate the lemon juice with the oil. Sufficient oil has been beaten in when the mixture stands up in peaks.
Quick Mayonnaise

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 egg</td>
<td></td>
</tr>
<tr>
<td>2 t sugar</td>
<td></td>
</tr>
<tr>
<td>2 t salt</td>
<td></td>
</tr>
<tr>
<td>½ t mustard</td>
<td></td>
</tr>
<tr>
<td>½ t paprika</td>
<td></td>
</tr>
<tr>
<td>¼ c lemon juice</td>
<td></td>
</tr>
<tr>
<td>1 c salad oil</td>
<td></td>
</tr>
<tr>
<td>1 c water</td>
<td></td>
</tr>
<tr>
<td>½ c flour</td>
<td></td>
</tr>
</tbody>
</table>

Put egg, sugar, seasoning, lemon juice, and oil into mixing bowl, but do not stir. Make a smooth paste of flour and water and cook until thick and clear. Add hot flour mixture to ingredients in mixing bowl and beat briskly with Dover beater until smooth and thick. Chill before using. Makes 1 pint. Beating in more oil will make dressing thicker.

DINNER SALADS

Chiffonade Salad

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 green pepper</td>
<td></td>
</tr>
<tr>
<td>1 head lettuce</td>
<td></td>
</tr>
<tr>
<td>1 large grapefruit</td>
<td></td>
</tr>
<tr>
<td>3 small tomatoes</td>
<td></td>
</tr>
</tbody>
</table>

Parboil pepper 2 minutes, drain, skin, shred, and chill. Separate grapefruit sections from skin and membrane. Peel tomatoes and quarter lengthwise. Marinate pepper, grapefruit, and tomato separately in French dressing. Line salad dish with shredded lettuce. Place grapefruit in center with some peppers and tomatoes on each side.

Perfection Salad

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 T gelatin</td>
<td></td>
</tr>
<tr>
<td>½ c cold water</td>
<td></td>
</tr>
<tr>
<td>½ c mild vinegar</td>
<td></td>
</tr>
<tr>
<td>1 c boiling water</td>
<td></td>
</tr>
<tr>
<td>½ c sugar</td>
<td></td>
</tr>
<tr>
<td>1 chopped pimento</td>
<td></td>
</tr>
<tr>
<td>1 t salt</td>
<td></td>
</tr>
<tr>
<td>Juice of 1 lemon</td>
<td></td>
</tr>
<tr>
<td>½ c shredded cabbage</td>
<td></td>
</tr>
<tr>
<td>¼ c dice celery</td>
<td></td>
</tr>
<tr>
<td>¼ c green peas</td>
<td></td>
</tr>
</tbody>
</table>

Soak gelatin in cold water 5 minutes and dissolve in boiling water. Cool and add vinegar, lemon juice, salt, and sugar. Strain, and when mixture begins to set add vegetables. Turn into a mold and chill. Serve on lettuce with mayonnaise.

Ginger Ale Salad

Soak 2 T granulated gelatine in 2 T cold water and dissolve in ⅛ c boiling water. Then add 1 c ginger ale, ¼ c lemon juice, 2 T sugar, and a few grains salt. Let stand until mixture begins to set, and fold in ⅛ c malaga grapes (skinned, seeded, and cut in halves), ⅛ c diced celery, ¼ c diced apples, 2 T canto ginger, cut in small pieces, and 4 T shredded pineapple. (In place of Canton ginger 1 scant t ginger can be added when sugar is added).
**Tomato Jelly Salad**

2 c canned tomatoes  
1 c hot water  
1 t chopped onion  
2 T vinegar  
1 t salt  
1 t sugar  
¼ t cayenne pepper  
2 T gelatin  
½ c cold water  
¼ c celery

Combine tomatoes, hot water, onion, vinegar, salt, sugar, and pepper. Bring to boiling point and put through a sieve. Soak gelatin in cold water and dissolve in hot water. Add to first mixture. Cool and add celery when mixture begins to set. Mold and chill. Serve on lettuce with dressing. Sliced olives, hard cooked egg, etc., may be used as a garnish.

**Beet Salad**

6 to 8 beets (medium size)  
French dressing  
Celery curls  
Horseradish dressing

Boil beets until very tender. Peel and set aside to cool. (Or use canned beets). Slice, marinate in French dressing, and chill. Arrange on crisp lettuce leaves and serve with horseradish dressing. Garnish with celery curls. (Horseradish dressing is made by adding 2 T horseradish to regular mayonnaise recipe).

**VEGETABLES**

Note: Well cooked vegetables, buttered are most frequently used as dinner vegetables. These directions are all given in the luncheon bulletin.

**Baked Tomatoes**

Wipe six smooth, medium sized tomatoes. Cut the stem, making a small hole. Mix ½ cup bread crumbs, season with salt, pepper, and a few drops of onion juice, and place in tomatoes. Place in buttered pan, sprinkle with buttered crumbs and bake 30 minutes in a hot oven. Two tablespoons each of chopped green pepper and onion improve the flavor.

**Beet Greens with Garnish**

For using small young beets there is nothing more delicious than the combination of beets and chopped beet greens. Boil beets until tender; remove tops, and chop them. Season with salt, pepper, lemon juice, and melted butter; then pack into a buttered bowl. Keep this hot. Meanwhile skin the beets and season. Serve with mold of greens in center with ring of small beets surrounding it. Serve all very hot. Variations: Merely chopping tender greens and beets together and seasoning makes a delicious dish.

**Scalloped Asparagus**

2 bunches asparagus  
1 c thin cream or whole milk  
4 T butter  
2 c bread crumbs  
1 t salt  
½ t pepper

Clean, cut, and slowly cook asparagus in boiling water (barely cover)
until tender. Drain and save the liquor. Melt the butter and pour over crumbs. Arrange the asparagus and crumbs in alternate layers in greased baking dish; season each. Cover top layer with crumbs. Add cream to the asparagus liquor, heat to boiling point, then pour over the asparagus mixture. Bake in a hot oven 15 minutes. Variations: Add grated cheese to creamed asparagus on toast. Left over peas may be combined with creamed asparagus. Pimentos give an unusual flavor.

**Baked Onions**

6 medium onions  
4 T butter  
Salt and pepper  
Juice 1 lemon

Peel onions and if very large, cut in halves. Arrange in buttered baking dish, cut side up. Cover with sauce made of remaining ingredients. Cover with buttered paper and bake until tender, basting occasionally. Remove paper and sprinkle with buttered crumbs, and brown.

**Potatoes**

Oven Tanned

6 potatoes  
1 c grated cheese  
4 T butter

Boil potatoes in salted water till almost tender. Drain, and while hot, roll in the butter and then in the cheese. Brown in a hot oven for about 15 minutes.

Franconia—Cook uniform sized potatoes in salted boiling water for 10 minutes. Drain dry, and place in hot oven around roasting meat for about 45 minutes before roast is done. Baste frequently.

**Baked Sliced Potatoes**—Put layer of raw, seasoned, potatoes in a buttered glass baking dish. Put bits of butter on each layer. Cover and bake in hot oven.

**Glazed Carrots**

6 large carrots  
¼ c butter  
½ c brown sugar  
¼ c hot water

Cook carrots 15 minutes in boiling, salted water. Remove skins, cut into thick slices or quarters and place in baking dish. Cover with a syrup made of the sugar, water, and butter. Bake until brown, basting occasionally.

**Creamed Carrots and Onions**

2 c cooked, diced carrots  
1 c medium white sauce  
1 c cooked onions

Add vegetables to hot white sauce and let stand 5 minutes before serving.
Business Meeting
I. Roll Call.

Work Program
I. Discussion—It is an art to be able to make good bread and rolls. Select a basic recipe, and master it. More sugar and fat can be added to this basic recipe to make it richer, depending upon the kind of a product you desire. The essential ingredients in making bread are flour, liquid, salt, and leavening. In this country, however, it is customary to use sugar, shortening, and oftentimes milk.

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

Liquid, dry or compressed yeast may be used as the leavening agent. The yeast plant is killed at 212° F (boiling). The temperature best suited to its growth if from 80° to 85° F (lukewarm). The most favorable conditions for the growth of yeast are: Warmth, moisture, and sweetness. This is the reason that dough mixtures must always be kept warm, but not hot.

Ingredients in the following proportions will make about 3½ pounds of bread. The liquid may be milk, water, potato water, or any combination of these.

<table>
<thead>
<tr>
<th>2 3/4 c liquid</th>
<th>2 T fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 to 2 cakes yeast</td>
<td>About 2 1/4 quarts sifted</td>
</tr>
<tr>
<td>3 T sugar</td>
<td>hard wheat flour</td>
</tr>
<tr>
<td>4 t salt</td>
<td></td>
</tr>
</tbody>
</table>

From these ingredients bread may be made by various methods. The common standard ways are known as the straight-dough and sponge methods.

Straight-Dough Method
A small quantity of the liquid, about one-half cup, should be set aside for softening the yeast. If milk is used, it must be scalded first to check the growth of bacteria, and then cooled.

Pour remainder of hot liquid over the sugar, salt and fat. When this mixture is lukewarm, add the dissolved yeast mixture.

The flour, except about 1 cup, should be added to the liquid and mixed thoroughly with a spoon, the hands or a mechanical bread mixer. The quantity of flour required varies with the flour and the kind of liquid used.
When the flour and liquid are thoroughly mixed and the dough no longer sticks to the sides of the mixing bowl, it is ready to be kneaded. Turn out on a clean floured board and work quickly with the palms of the hands until the dough is soft, smooth and elastic. Only a thin film of flour should be used on the board.

After kneading, the dough should be formed into a ball and put into a greased bowl to rise, covering with a clean cloth and cover to help control the temperature, to keep out the dust and to prevent drying.

When the dough has risen to about double its original bulk, punch it down for a second rising. The center should be punched in, the sides pulled over and pressed into the center, and the ball of dough turned with the smooth side up. The second rising helps to give a good texture and fine, even grain.

When the dough has again risen to the same volume as before, it is ready to be punched down and divided. After being divided, the dough should be rounded into balls to seal over the cut surfaces and allowed to stand a few minutes before molding.

The loaves are molded by flattening each of them on the board into an oblong piece and then folding and sealing the edges together with the palms of the hands. This is repeated several times, each time folding a different way. The last time the sides are brought together into the center and the loaf is placed, sealed edges down, in a greased pan for the last rising. The top surface should be lightly greased.

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

The oven should be moderately hot at first. Baking will require from 45 minutes to 1 hour. When the loaves shrink from the sides of the pan and give a hollow sound when tapped, the bread is done. Turn out of the pans and place on a rack to cool, without covering.

Sponge Method

With dried yeast, which takes longer to become active than compressed yeast, it is generally more satisfactory to make a sponge early in the morning or the night before the bread is to be baked. The dried yeast cake should be broken up and soaked in lukewarm water until it is soft, about one-half hour. If the sponge is to stand overnight, only about half as much yeast is needed.

Mix the liquid, yeast and half of the flour and let stand until a light, frothy sponge is formed. For a quick sponge the sugar may be added.

When the sponge is light, stir well and add the salt, sugar, melted fat and the rest of the flour to make a dough. After the dough is mixed it is handled in the same way as in the straight-dough method.
Rolls

Yeast rolls are made by the same general method as loaf bread. They generally contain more sugar and fat and sometimes egg, and milk is almost always used as the liquid.

II. Demonstration—Demonstrate making bread, having some dough ready to mold into bread and rolls.

III. Home Problems—Two bakings of white bread and two whole wheat bread; four variations of rolls.

Standards For Bread

Score Card

<table>
<thead>
<tr>
<th>Standards For Bread</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appearance</td>
<td>25</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>Crumb</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Color</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lightness</td>
<td>10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Texture</td>
<td>10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Moisture</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flavor</td>
<td>45</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Score</td>
<td>100</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Points in Judging Bread

Appearance—25

Size—9—A standard size pan for a pound loaf is 8½ inches long and 3½ inches wide, and 3 inches deep.

Shape—8—Loaf should be narrower at the base than at the top. No bulge at the sides, just above the edge of the pan. No cracks in the loaf, and not higher on one side than the other.

Crust—8—Uniform, golden brown over entire loaf. Crisp, but not too brittle, and even thickness (about ¼ inch).
Crumb—30

Color—5—Creamy white (if white bread).
Texture—10—Fine, with no large holes; small holes evenly distributed over the entire cut surface. No heavy, compact streaks in the slice. Crumb must be moist.
Lightness—10—A well risen loaf is about twice the size of the dough when placed in the pan. Small even air cells. Light in weight for size.
Moisture—5—The crumb should be moist, so that when pressed down lightly with the finger it will spring back.

Flavor—45
Good bread has a distinct odor and flavor of the grain—a sweet, nutty flavor. It should not taste salty, musty or sour. The kind of fat used should not be noticeable.

Points in Judging Rolls

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

Crumb—30
Lightness—Even air cells, light in weight for size.
Tenderness—Should tear apart easily, flaky, elastic.
Moisture—Not damp and soggy, not dry and crumbly.

Flavor—45
Similar to bread. Addition of eggs, sugar, butter, etc., must be taken into consideration when judging rolls.

Recipes

Parker House Rolls

1 cake compressed yeast 2–6 T sugar
⅔ c lukewarm water 4 T shortening
1¾ c milk 1 T salt
6 c sifted flour

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 ¼ 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.

Plain Roll Dough

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 to 8 T butter or other shortening</td>
<td></td>
</tr>
<tr>
<td>4 T sugar</td>
<td></td>
</tr>
<tr>
<td>2 t salt</td>
<td></td>
</tr>
<tr>
<td>2 c scalded milk</td>
<td></td>
</tr>
</tbody>
</table>

Add the butter, sugar, and salt to milk. When melted and cooled to lukewarm, add the yeast dissolved in the lukewarm water and the beaten eggs. Stir in the flour gradually and form into a soft dough, adding only enough flour to knead. Cover and let rise in a warm place until doubled in bulk. Toss gently on floured board. Handle as little as possible so as not to disturb the air bubbles. Pat or roll out and finish as desired.

Clover Leaf Rolls

Divide plain roll dough when light into even portions the size of hickory nuts. Shape into smooth balls. Place 3 or 4 balls in each greased muffin cup. Brush tops with butter. Cover well. Let rise until fully doubled. Bake about 15 minutes in fairly hot oven (400 to 425°F).

Bread Sticks

Shape dough into balls as for clover leaf rolls. Let rest on board, covered, until very tender, then roll under hand until thick as a lead pencil. Place ½ inch apart in shallow pan. Let rise until doubled. Bake 12 to 15 minutes in medium-hot oven. Glaze with ½ c milk sweetened with 1 T sugar. Dry until crisp in cool oven.

Finger Rolls

Divide dough when light into pieces the size of a walnut. Shape into smooth balls. Let rest on board, covered, until tender. Roll each ball under the hand until it is 3 to 4 inches long. Place 1 inch apart in even rows in shallow, greased pans. Cover. Let rise until 2½ times original size, and bake 15 minutes in a fairly hot oven. Glaze like breadsticks.

Sweet Roll Dough

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 c milk</td>
<td></td>
</tr>
<tr>
<td>1 cake compressed yeast</td>
<td></td>
</tr>
<tr>
<td>1½ c flour</td>
<td></td>
</tr>
<tr>
<td>¾ c sugar</td>
<td></td>
</tr>
<tr>
<td>Rind and juice 1 lemon</td>
<td></td>
</tr>
</tbody>
</table>

Scald milk; when lukewarm, dissolve the yeast in it, and add 1½ c flour, with lemon juice and rind. Beat thoroughly, cover, and allow to stand until light. Add sugar, salt, eggs, butter, and enough flour to knead. Allow to rise again until light, then shape as desired.
Butterscotch or Pecan Rolls

Roll out sweet roll dough as for cinnamon rolls. Brush with butter and sprinkle generously with brown sugar. Add a dash of cinnamon and chopped nuts if desired. Roll up and cut into 1-inch slices. Prepare baking tin or muffin pans by buttering bottom and sides thickly and covering liberally with brown sugar. For pecan rolls, drop halves of nuts in bottom of pans. Place rolls, cut side down, in prepared pans. Cover, let rise until more than doubled in size. Bake for about 25 minutes in moderate oven (375° F) taking care that sugar mixture in bottom does not scorch. When baked, remove from pan at once, and let cool, bottom side up.

Refrigerator Rolls

1 cake (½ ounce) yeast. 2 cups scalded milk.
¾ cup lukewarm water. 1 pound 15 ounces (8 cups) sifted all-purpose flour.
½ cup fat. 2 teaspoons salt.
¾ cup sugar.

Soften the yeast in the lukewarm water. Add the fat and sugar to the hot milk, cool, and combine with the yeast and water. Stir in the sifted flour and salt until the dough is stiff enough to knead. Follow the straight-dough method for making bread. At the end of the second kneading, cut off as much as needed, shape as desired, and put in a warm place to double in bulk, then bake in a hot oven (400° F) for 15 to 20 minutes. Grease the surface of the remaining dough, cover, and put in the refrigerator. This dough can be kept satisfactorily for rolls for at least a week.

Increased color and flavor may be obtained by the addition of an egg. If egg is added reduce the fat to one-half cup.

Whole-Wheat Bread

Whole-wheat flour has less baking strength than white flour, and for that reason must be handled somewhat differently. The dough ferments more quickly, is softer and more moist. Whole-wheat flour from hard wheat will make a good bread without the addition of any white flour, but whole-wheat flour from soft wheat, unless the bread is made with great skill, requires some white flour with it to make the bread light.

2½ cups liquid. 3 tablespoons fat.
1 to 2 cakes compressed yeast. 1 pound 18 ounces (7 cups) hard whole-wheat flour.
4 tablespoons brown sugar.
3 teaspoons salt.

Stir the flour to lighten it, but do not sift it, then measure as if it were white flour and proceed according to the directions for white bread. Use white flour for part of whole-wheat flour, if desired.
Business Meeting
I. Roll Call.

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

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

There are two kinds of cakes—
With butter—Examples: all butter cakes, as pound cake, etc.
Without butter—Examples: Sponge and angel food.

In making cake you must—
Follow recipes exactly and learn to measure accurately.
Use fresh butter and fresh eggs.
Use finely granulated sugar.
Use soft wheat or pastry flour whenever possible as it contains more starch and less gluten than ordinary bread flour. If general purpose flour is substituted in a recipe calling for pastry flour, use 2 T less per cup of flour.
Learn how to combine properly the ingredients for each kind of cake.
Learn how to regulate the oven you use so that you can maintain the correct temperatures for each kind of cake.

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

Up to altitudes of around 2500 feet, standard recipes can be used. Above that altitude, it is necessary, with some recipes, to decrease slightly the amount of fat, sugar, and baking powder used.

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

Standard recipe:
2 c pastry flour 3 egg yolks, well beaten
3 t baking powder % c milk
1/2 c butter or other shortening 1 t vanilla
1 c sugar 3 egg whites, stiffly beaten

Method: Sift flour once, measure, add baking powder and sift together 3 times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add beaten egg yolks; then sifted flour and baking powder mixture added alternately with milk and vanilla—a small amount at a time. Beat after each addition until smooth. Fold in stiffly beaten egg whites. Bake in two greased 9-inch layer pans in moderate oven (375°F) 25 to 30 minutes, or in a greased loaf pan in moderate oven (350°F) 50 to 60 minutes.

Cakes Without Butter

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

Standard Recipe for Angel Food—
1 c pastry flour 1/4 t cream of tartar
1 c egg whites (8 to 10 eggs) 1 1/4 c sifted granulated sugar
1/4 t salt % t vanilla

Method: Sift flour once, measure, and sift flour four more times. Beat egg whites and salt on a large platter with flat wire whisk. When foamy, add cream of tartar and continue beating until eggs are stiff enough to hold up in peaks, but not dry. Fold in sugar carefully, 2 T at a time, until all is used. Fold in flavoring. Then sift small amount of flour over mixture and fold in carefully; continue until all is used. Pour batter into ungreased angel food pan and bake at least one hour in a slow oven. Begin with only a warm oven (about 275°F) and after 30 minutes increase heat slightly to about 325°F or bake 1 1/2 hours at 275 degrees. Remove from oven and invert pan for one hour, or until cold.

How to Know When Cake is Done

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

II. Demonstration—Make a butter cake and a sponge cake.

III. Home Problems—Make two sponge or angel cakes and two butter cakes and record in food preparation record book.
<table>
<thead>
<tr>
<th>Points in Judging Cake</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Appearance—15</strong></td>
</tr>
<tr>
<td>Size—Medium in size.</td>
</tr>
<tr>
<td>Shape—Level or rounded up slightly, not sunken in center.</td>
</tr>
<tr>
<td>Not too thick to cut to advantage for serving. Regular and even.</td>
</tr>
<tr>
<td>Finish—Cakes should have light, evenly browned crust. Tender, thin, and somewhat crisp.</td>
</tr>
<tr>
<td><strong>Crumb—25</strong></td>
</tr>
<tr>
<td>Lightness—Light in weight in proportion to ingredients used.</td>
</tr>
<tr>
<td>Texture—Tender, fine, even grain.</td>
</tr>
<tr>
<td>Moisture—Slightly moist, elastic when pressed lightly with finger.</td>
</tr>
<tr>
<td>Color—Color should be characteristic of its kind. If a chocolate cake, it should have a rich brown color, etc.</td>
</tr>
<tr>
<td><strong>Flavor—35</strong></td>
</tr>
<tr>
<td>Agreeable. No taste of baking powder or soda; not too highly flavored.</td>
</tr>
<tr>
<td><strong>Icing or Filling—25</strong></td>
</tr>
<tr>
<td>Consistency to spread and cut without cracking; smooth, about ¼ inch thick; light and fluffy; flavor well blended and suited to that of cake.</td>
</tr>
</tbody>
</table>
Recipes

White Cake

\[
\begin{align*}
\frac{1}{2} \text{ c butter} & \quad 1 \text{ c milk} \\
1 \text{ c sugar} & \quad 4 \text{ egg whites} \\
3 \text{ t baking powder} & \quad 1 \text{ t flavoring} \\
2 \text{ c pastry flour} & \\
\end{align*}
\]
Mix according to standard cake recipe. (See Dinner Club Bulletin).

Sponge Cake

\[
\begin{align*}
4 \text{ egg yolks} & \quad \text{Grated rind } \frac{1}{2} \text{ lemon} \\
1 \text{ c sugar} & \quad 4 \text{ egg whites} \\
1 \text{ t lemon juice} & \quad \frac{1}{2} \text{ t salt} \\
1 \text{ c flour} & \\
\end{align*}
\]
Beat yolks until thick, add sugar, and continue beating. Add flavoring. Beat mixture well. Add salt to egg whites and beat till whites are stiff. Sift flour several times. Sift part of flour and sugar into yolk mixture, then add some of the egg whites. Repeat till all dry ingredients and egg whites have been added. Mix by cutting and folding. Turn at once into an unoiled pan. Bake for 50 to 60 minutes in moderate oven 325° F. On removing from oven invert cake pan on wire rack and allow the cake to remain till cool.

Yellow Angel Food

Beat 2 whole eggs and 10 egg yolks thoroughly. Add 1 c sugar, small amount at a time, and beat between each addition. Add 6 T cold water, 1 t vanilla, and beat again. Fold in one cup flour mixed with 1 t baking powder. Bake in a slow oven.

Apple Sauce Cake

\[
\begin{align*}
\frac{1}{2} \text{ c butter} & \quad \frac{1}{2} \text{ t salt} \\
\frac{1}{4} \text{ c sugar} & \quad 1 \frac{1}{2} \text{ t cinnamon} \\
\frac{1}{4} \text{ c syrup or molasses} & \quad \frac{1}{4} \text{ t grated nutmeg} \\
1 \text{ c chopped raisins} & \quad 1 \text{ t soda} \\
\frac{1}{4} \text{ c nuts} & \quad 2 \text{ c flour} \\
1 \text{ c thick, unsweetened apple sauce} & \\
\end{align*}
\]
Cream fat and sugar; add syrup, raisins (mixed with some of the flour) and nuts. Mix and sift flour, salt, and spices. Add soda to apple sauce and stir into first mixture. Add quickly the dry ingredients. Bake in a moderate oven about 45 minutes.

Foundation Cake

\[
\begin{align*}
\frac{1}{4} \text{ c butter} & \quad \frac{1}{4} \text{ t salt} \\
1 \text{ c sugar} & \quad 2 \text{ t baking powder} \\
2 \text{ eggs} & \quad \frac{1}{4} \text{ c milk} \\
1 \frac{1}{4} \text{ c flour, plus 1 T} & \quad \frac{1}{2} \text{ t vanilla} \\
\end{align*}
\]
Sift flour, measure, and sift with salt and baking powder. Cream butter and sugar thoroughly, add egg yolks, and beat till very light and fluffy. Combine vanilla with milk. Beat egg whites stiff but not dry. Add flour and milk alternately, a small portion at a time beginning and ending with
flour. Beat well after each addition of flour. Fold in egg whites, beat a few seconds. Turn into layer cake tins and place in very moderate oven (300° F) for 10 minutes. Increase heat to 375° F and bake 25 minutes longer. Place on rack to cool. Makes two good 8½ inch layers.

**Devils’ Food Cake**

- 2 t baking powder
- 1 c milk
- 2 sq. bitter chocolate
- 1 t vanilla

Combine dry ingredients with flour which was measured after sifting once. Sift together three times. Combine milk and vanilla. Put chocolate to melt over warm (not hot) water. Cream butter and sugar together very thoroughly. Add egg yolks and beat till mixture seems very light and fluffy. Add chocolate which is melted but cool, and beat thoroughly. Add flour alternately with milk, beginning and ending with flour. Fold in egg whites which have been beaten stiff but not dry. Beat a few seconds. Turn into layer cake tins and bake 35 minutes in a very moderate oven (300° to 325° F). This makes two good 8½ or 9 inch layers.

**Sour Milk Devils’ Food**—Use above recipe substituting sour milk or buttermilk for the sweet milk and add ½ t soda to the dry ingredients and omit the baking powder. The sour milk Devils’ Food cake has the red appearance liked by many. If desired 3 squares of chocolate may be used for a stronger chocolate flavor.

**Angel Food Cake**

- 1½ c egg whites
- 1 t cream of tartar
- 1½ c granulated sugar
- 1 t flavoring

Beat egg whites till frothy. Add cream of tartar and continue beating till eggs will hold a point when beater is removed. Gradually fold in 1 c sugar which has been sifted twice. Fold in flavoring. Fold in remaining sugar and flour which has been sifted together with salt 3 times. Pour into dry ungreased pan. Place in slow oven (275° F). In a half hour increase heat to about 300° F. Bake about 1 hour longer or until toothpick inserted in center comes out clean. When done invert pan on a rack and leave till cold.

**Chocolate Angel Food**—Substitute ¼ c cocoa for ¼ c flour in above recipe. Sift with flour and proceed as above.

**Chocolate Sponge Cake**

- 6 eggs
- 1½ c sugar
- 2 sq. chocolate
- ½ c water
- ½ t cream of tartar

Beat egg yolks till thick and lemon colored. Cook sugar, water, and
chocolate to 238° F (or soft ball stage). Cool slightly and pour slowly over the egg whites which have been beaten with the cream of tartar until they will hold a peak. Add vanilla, beaten egg yolks and flour which has been sifted with the salt five times. Turn into an unoiled angel cake pan and bake 90 minutes or more in a slow oven (300° F) or until a toothpick inserted in center comes out clean.

**Sunshine Cake**

- 1 1/2 c egg whites
- Yolks of above eggs
- 1 t cream of tartar
- 1 t salt

Sift and measure flour and sugar and sift together five times. Beat egg yolks until thick and lemon colored. Beat egg whites until frothy, add salt and cream of tartar and beat until stiff and much drier than for angel food. Add the lemon extract and fold in the sugar flour mixture, using the cutting folding motion of angel cake. Then fold in beaten egg yolks. Turn into an angel cake tin and bake in a slow oven (300° F) for at least an hour or until a toothpick inserted in center comes out clean. Invert in pan and leave until cool.

**Seven Minute Icing**

- 1 unbeaten egg white
- 4 T cold water

Place all ingredients in top of double boiler over boiling water and beat with a Dover egg beater continuously, cooking 7 minutes. Add 1/2 t flavoring, and beat until thick enough to spread.

**Comfort Icing**

- 2 1/2 c sugar
- 1/2 c light corn syrup
- 1 1/2 t vanilla
- 1/2 c water
- 2 egg whites

Cook together sugar, syrup, and water, stirring until sugar is dissolved. Continue cooking without stirring until a temperature of 242 degrees Fahrenheit is reached. (The syrup then forms a soft ball in cold water). Remove from fire and pour one-third of syrup slowly over beaten egg whites, beating during this addition. Return remainder of syrup to fire and cook to 246 degrees Fahrenheit. (The syrup then forms a firm ball in cold water). Remove from fire and beat into mixture of egg white and syrup. Continue beating until frosting is cool, when it will hold its shape and can be spread on a cake.

Comfort icing can be kept in a jar for use within a week.

**Chocolate Icing**

- 2 c sugar
- 2 sq. chocolate
- 2 T corn syrup
- 1 c milk or cream
- 2 T butter
- 1 t vanilla

Cook to soft ball stage. Add butter and vanilla. Cool thoroughly. Beat until creamy and of right consistency to spread.
1. Roll Call.

Work Program

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

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

Standard recipe for pie crust—

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flour</td>
<td>2 c</td>
</tr>
<tr>
<td>Fat</td>
<td>¾ c</td>
</tr>
<tr>
<td>Salt</td>
<td>1 t</td>
</tr>
<tr>
<td>Water</td>
<td>(about 2 or 3 tablespoons)</td>
</tr>
</tbody>
</table>

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

II. Demonstration—Prepare pie crust and a filling.

III. Home Problems—Prepare and serve at least one single crust pie and one double crust pie.
### Standards For Pies

#### Score Card

<table>
<thead>
<tr>
<th></th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Appearance</strong></td>
<td></td>
<td></td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Size convenient for serving, deep rather than shallow, crust blistered, not smooth, meringue pebbly. Color golden brown.</td>
<td></td>
<td></td>
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<tr>
<td><strong>Quality</strong></td>
<td></td>
<td></td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Crust tender an crisp, Filling just stiff enough, smooth. Meringue light, fluffy, holds shape.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Flavor</strong></td>
<td></td>
<td></td>
<td>45</td>
<td></td>
</tr>
<tr>
<td>Crust well balanced. Filling well cooked. Meringue delicate, slightly caramel flavor.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Score</strong></td>
<td></td>
<td></td>
<td>100</td>
<td></td>
</tr>
</tbody>
</table>

### Recipes

#### Hot Water Pastry

- 1 1/2 c flour
- 1/2 t baking powder
- 1/4 c boiling water
- 1/2 c lard
- 1/4 t salt

To the boiling water and fat in the mixing bowl, add the salt and stir until the fat is all melted and the liquid has an oily appearance. When the mixture is barely hot, add the flour all at once and stir vigorously until the mixture forms a smooth large ball in the spoon and leaves the bowl clean. Spread in a half-inch layer on oiled paper to chill. When thoroughly chilled, roll out thin as for any other pie crust. Bake in a hot oven, 35 to 40 minutes for one and two crust pies.

#### Plain Pie Crust

- 1 1/2 cups sifted soft wheat flour
- 1 t salt
- 5 or 6 T fat
- About 2 1/2 T water

Mix the flour and salt and work in the fat with the tips of the fingers or a fork or biscuit cutter. When the flour and fat are "grainy" add the
water slowly, and use no more than absolutely necessary to make a stiff
dough. On a lightly floured board roll out a little more than half the
dough into a thin sheet large enough to line the pan. Pat the sheet of
dough very lightly into the pan so there will be no air bubbles underneath.
Put in the pie filling, and moisten the rim of the dough. Roll out the dough
for the upper crust, allowing about a half inch extra, around the edge. Fold
the sheet of dough in half, make a few slashes through both thicknesses
near the center, lift onto the pie, and spread out over the filling. Press
lightly around the edge of the pan and if the filling is juicy allow enough
dough to fold under well. Lift the pan up and trim off the surplus dough,
holding the knife slantwise underneath the pan. With the tines of the
fork, press the rim lightly down to the pan, and the pie is ready to bake.

If the undercrust is to be baked before the filling is added, as with
berries and other juicy fruits and custard mixtures, line the pan with the
dough as directed. In cutting off the surplus dough leave a generous turn-
over around the rim, prick the dough every two or three inches over its
entire surface. Place in a hot oven (400°F) for 10 minutes,
or until the crust is delicately browned. Or instead of pricking the dough,
put another slightly smaller pie pan on top of the dough after it is fitted
into the pan, and remove after it has been in the oven for 5 minutes, so that
the pastry will brown delicately. If the pie is to have an upper crust, moisten
the rim of the baked lower crust before adding the top sheet of dough, and
tuck it well over the edge.

Graham Cracker or Zweibach Pie

| 18 finely crushed graham crackers or Zweibach (about 1 1/3 c) | 1/2 c butter, softened |
| 1/2 c sugar | 1/2 t cinnamon |

Mix ingredients together and reserve 1/2 cup. Press remaining ingre-
dients into a deep pie tin. Place in a hot oven (400°F) for 10 minutes.
Remove from oven. Smooth out blisters. Add filling.

Apple Meringue Filling

| 4 large, tart apples | 3 egg yolks |
| 3/4 c sugar | 3 egg whites |
| 3 T cornstarch | 6 T powdered sugar |
| 1/2 lemon |

Pare, core, and slice apples, and cook with small amount of water to
make a smooth sauce. Add sugar and cornstarch and cook until smooth and
thick. Then add beaten egg yolks and grated lemon rind and juice. Cook
until egg has thickened mixture. Pour into graham cracked crust. Cover
with meringue made with 3 egg whites and 6 T powdered sugar. Sprinkle
with remainder of crust mixture and brown slowly in a slow oven. (About
1/2 hour at 275°F).
Sour Cream Filling

1 c sour cream
\( \frac{1}{2} \) c chopped raisins
\( \frac{1}{2} \) t cinnamon
\( \frac{1}{4} \) t cloves

Mix together and pour into an uncooked pastry shell and bake in a slow oven.

Lemon Pie Filling

\( \frac{3}{4} \) c sugar
4 T flour
\( \frac{1}{2} \) t salt
2 egg yolks
1 t butter

Mix flour, sugar, and salt in top of double boiler. Add boiling water and bring mixture to a boil, stirring constantly. Pour hot mixture over beaten egg yolks, and return to double boiler and cook 10 minutes. Remove from fire and add lemon juice and rind and fold in beaten whites. Pour into a baked pie shell. Cover with meringue.

Plain Meringue

2 egg whites
2-4 T sugar
\( \frac{1}{2} \) t salt
\( \frac{3}{4} \) t flavoring

Beat egg whites until they are foamy. Sprinkle sugar and salt over the surface and add the flavoring. Continue beating until mixture holds a point. Spread roughly over the top and brown lightly in a slow oven.

Apple Crisp

Butter a deep pie tin and cover with sliced apples (about 5). Over this sprinkle crumbs made from \( \frac{3}{4} \) c flour, \( \frac{3}{4} \) c brown sugar, and a scant \( \frac{1}{2} \) c butter. Bake in a moderately hot oven, 25 to 30 minutes, or until apples are done and top is crisp and brown. Serve hot with plain or whipped cream. This is also very good served cold with ice cream.

Apple Pie

Blend 1 c sugar and 2 T flour. Place \( \frac{3}{4} \) the mixture over the top of an unbaked pie crust. Fill the shell slightly heaping with pared and sliced tart apples. Pour over the apples the remaining sugar and flour mixture. Sprinkle \( \frac{1}{2} \) t cinnamon over top. Dot with bits of butter. If apples are very dry, add 3 T water. Wet the edges of the crust, and adjust top crust. Bake in a hot oven 15 to 20 minutes. Then reduce temperature for 25 minutes or until apples are tender.

Berry Pie

3 c fresh berries (raspberries, blueberries, etc.)
\( \frac{1}{3}-\frac{1}{2} \) c sugar
\( \frac{1}{4} \) t salt
1 T cornstarch
1 T butter
(1 T lemon juice for blueberry pie)

Blend sugar, cornstarch, and salt. Pour over berries and stir until well coated. Pour into an unbaked crust. Dot with butter. Adjust top crust and bake in a hot oven 15 minutes. Then reduce oven temperature for 20 minutes.
I. Discussion—The different types of frozen desserts present a wide variation in food value. Water ices are nothing more than frozen beverages; ice creams are substantial food, and rich ice creams and mousses are highly concentrated foods. For frequent use on the family menus, sherbets, ices and plain or fruit ice creams are preferable. They serve to introduce milk and fruit juices into the diet.

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

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

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

Types of Frozen Desserts

**Ices—**

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

**Ice Creams—**

Philadelphia—cream flavored and sweetened.
French—a cooked custard foundation with sweetened and flavored cream added.
Fruit Ice Creams—crushed fruit pulp or fruit juice sweetened and added to a Philadelphia or French foundation.
Frozen Pudding—a rich custard foundation highly flavored with cream, nuts, fruits, or confections added.
Mousses—
Mousse—cream whipped, sweetened, flavored and frozen without stirring. Gelatin or egg white is sometimes added or a custard foundation is used.

Parfait—practically the same as mousse. It is served in tall glasses with heavy syrups and whipped cream folded in.

“Marlows” is a mousse in which marshmallows are used as a stiffening agent.

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

Factors That Influence the Quality of Frozen Desserts

Flavor—
Frozen mixtures are usually made sweeter than other mixtures, as the intense cold makes them taste less sweet.

Salt added in small quantities helps to develop the flavor.

“Ripening” is important if one wishes the very best flavor.

Letting the frozen mixture stand for some time results in a better blending of the ingredients. It is desirable to let all frozen desserts ripen at least two hours.

The amount and quality of flavoring extracts is very apparent in the finished product. Allowance must be made for the fact that some of the flavor “freezes out.” The flavor should be delicately suggested—not too pronounced.

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

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

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

Freezing Time—

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

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

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

Desserts Frozen Without Stirring

Molds with tight covers are necessary. Lacking these, baking powder cans will serve the purpose. After the molds are filled with mixtures to be frozen, muslin or cheese cloth dipped in melted paraffin should be drawn across the top before putting on the lid. This makes a seal and prevents ice water getting into the mixture. The filled molds should be packed in a 1 to 3 salt and ice mixture for several hours. Repacking may be necessary from time to time.

Mousses and frappes may be successfully frozen in an ordinary freezer without using a dasher. Pack as above.

Any frozen dessert may be made in an automatic refrigerator. The "richer" the mixture the smoother the finished product will be. Stirring during the freezing process helps produce a smoother texture in desserts frozen in an automatic refrigerator.

General Directions for Making Frozen Desserts

1. Prepare mixture to be frozen and chill.

2. Use crushed or finely chopped ice and rock salt.

3. Have freezer can, cover and dasher, lid and crank in bucket of freezer before adding ice.

4. Use the correct proportion of ice and salt. Experiment has proved that the best proportion for freezing mixtures to be stirred is 1 part salt to 8 parts ice (by volume); for frappes, mousses or mixtures frozen without stirring use 1 part salt to 3 parts ice. Equal parts will hasten freezing, but are wasteful of salt.
5. Fill freezer only two-thirds full.

6. Adjust freezer can, dasher, lid, and crank in bucket of freezer before adding ice.

7. Fill freezer bucket one-third full of ice before adding any salt.

8. Be sure the ice and salt mixture in the freezer bucket comes above the level of the mixture in the freezer can.

9. The upper drain should be open so that salt water cannot enter the freezer can. However, never draw off more salt water till the mixture is frozen, for salt water is what affects freezing.

10. Turn freezer crank steadily and rather slowly till mixture stiffens then turn rapidly as possible until it is very difficult to turn. If finished product is to be at its best, turning must be continuous.

11. When mixture is very stiff, drain water from bottom of bucket, remove crank, wipe top of can to remove salt, and take off cover.

12. Remove dasher and pack cream down as tightly in can as possible. Cover top of can with waxed paper. Put on cover making sure cork is in place.

13. Pack in 1:4 salt and ice mixture and let ripen for at least an hour. A one to eight mixture will be satisfactory if there is a long time for ripening. Cover during ripening with old newspapers and old blankets.

14. Frozen desserts are much easier to handle at serving time if the entire contents of the can are removed at once. To do this, remove freezer can from bucket, wipe carefully, and let stand about a minute in a vessel of cool water. Remove lid, run knife around edge of cream, invert on serving dish, and frozen mixture will slip out. If there is any difficulty, a cloth rung out of hot water passed over outside of can will aid in loosening mixture. (Of course, this is only practical when all is to be served immediately). These directions apply to the unmelting of mousses.

15. When using a vacuum freezer always follow carefully the manufacturer’s directions for packing and freezing.

II. Demonstration—Prepare one or more frozen desserts.

III. Home Problems—Prepare and serve at least one ice cream with custard foundation, one sherbet and one frozen pudding.
4-H DINNER CLUB

Recipes

Vanilla Ice Cream

\[
\begin{align*}
1 \frac{1}{2} \text{ c sugar} & & 1 \text{ qt. milk} \\
\frac{3}{4} \text{ t salt} & & 2 \text{ c heavy cream} \\
2 \text{ T flour} & & 2 \text{ T vanilla} \\
2 \text{ eggs} & \\
\end{align*}
\]

Mix together flour, salt, sugar, and beaten eggs. Slowly add milk which has been scalded. Cook in double boiler, stirring constantly, until slightly thickened. Remove from fire, strain, and cool. Add cream and vanilla and freeze.

Variations for Plain Ice Cream

(Using standard recipe)

Apricots or Peach Ice Cream—2 c mashed, fresh, canned, or cooked dried apricots. Add to cream just before freezing.

Banana Ice Cream—Add 3 medium sized mashed ripe bananas, 2 T lemon juice, and \(\frac{1}{2}\) T grated lemon rind to the cream.

Chocolate Ice Cream—Make a paste of 6 T cocoa, add \(\frac{1}{2}\) c water, and heat. Cool and beat into sweetened cream or custard.

Macaroon Ice Cream—Add \(\frac{1}{2}\) c rolled dried macaroons to the cream.

Peppermint Ice Cream

\[
\begin{align*}
1 \frac{1}{2} \text{ pt. thin cream} & & \text{Green coloring—very small amount} \\
\frac{3}{4} \text{ pt. heavy cream} & & \frac{1}{4} \text{ lb. peppermint stick candy} \\
\frac{1}{2} \text{ c sugar} & & \text{crushed, and dissolved in} \\
\frac{1}{4} \text{ t salt} & & \text{cream} \\
\end{align*}
\]

Dissolve sugar in thin cream in double boiler. Cool, add flavoring, and heavy whipped cream and freeze.

Lemon Ice

\[
\begin{align*}
4 \text{ c water} & & \frac{1}{4} \text{ c lemon juice} \\
2 \text{ c sugar} & \\
\end{align*}
\]

Boil water and sugar together five minutes. Cool, add lemon juice, strain and freeze.

Cranberry Ice

\[
\begin{align*}
1 \text{ qt. berries} & & 2\frac{1}{2} \text{ c sugar} \\
2 \text{ c water} & & \text{Juice of 2 lemons} \\
\end{align*}
\]

Cook cranberries and water 5 minutes. Put through sieve. Add sugar and lemon juice. When sugar is dissolved, freeze.
“Three of a Kind”

3 oranges
3 lemons
3 bananas
3 c sugar

Cook sugar, salt, and water 5 minutes. Add juice of lemons and oranges and bananas which have been put through a sieve or ricer. Freeze to a mush. Add stiffly beaten egg whites and finish freezing.

Pineapple Milk Sherbet

2 1/2 c milk
1 c sugar
1 No. 2 can crushed pineapple

Add sugar, salt, and lemon juice to pineapple. Stir thoroughly and chill. Add to chilled milk and freeze.

Plain Mousse

1 c double cream
1 c rich milk or thin cream
1 t gelatin
8 T sugar

Soak gelatin until soft in a little of the milk. Heat the remainder and pour over gelatin. Add sugar and stir until dissolved. Chill. Whip the double cream. When the mixture containing the gelatin has thickened slightly, beat it to incorporate air. Add vanilla and fold in the whipped cream and well beaten egg whites.

Prune or Apricot Mousse

1 c heavy cream
1 c prune or apricot pulp
Sugar to taste

To make 1 c prune pulp: cook 1/4 lb. dried prunes with a little lemon peel in 1 1/2 c water until soft. Rub through a strainer and add 4 T sugar and 2 T lemon juice.

For 1 c apricot pulp: cook 1/4 lb. dried, soaked apricots in 1 1/2 to 2 c water. Rub through strainer, and add enough sugar to fill the cup.

Mix as plain mousse.
I. Discussion—Candy is a fuel food. It has a tendency to dull the appetite and should be eaten after a meal rather than just before a meal. Some candies are soft and creamy, others are “chewy” or waxy. Both kinds should feel very smooth to the tongue and contain no large crystals. The following rules will help you to make soft, fine grained candy.

Use recipes that include small quantities of corn syrup or cream of tartar.

Fudge, fondant and similar candies should be stirred only until the sugar is dissolved. Do not stir while it boils. Waxy candies such as caramels must be stirred constantly during the latter part of the cooking process.

Cool candy until the pan feels just warm to the hand, before you begin to beat it.

Beat creamy candy such as fudge until it is quite thick and creamy and is no longer shiny and sticky. The candy should then be poured out immediately.

Never scrape candy from the kettle but use only what will pour out.

How to tell when candy is done—

The surest method is to use a thermometer, but the following tests are fairly satisfactory. Use a small bowl freshly filled with cold water for each sample. Remove kettle from fire while making test. Pour about half a teaspoon of the hot mixture into the bowl of cold water. Let cool and then pick up in the fingers to judge its consistency.

1. Soft ball stage is reached when the candy makes a very soft mass that flattens out upon your fingers but does not ooze between them. This is just right for fondant or fudge.

2. Hard ball stage is indicated when the test piece holds its shape when rolled into a ball with the fingers, but is soft enough to be easily worked.

3. Hard thread stage, used for caramels, is shown by the sirup separating into threads when it strikes the cold water. These should be hard but not brittle.
II. Demonstration—Make one or more kinds of confection.

III. Home Problem—Prepare and serve two varieties of confection.

Standards for Candy

Fondant, fudge and similar candies should be so fine in texture that the grain cannot be felt by the tongue. They should be soft and creamy but not sticky.

Color and size of pieces should be dainty and flavor should be delicate.

Caramels should be firm and waxy and neither sticky nor hard.

Recipes

Fondant

3 c sugar
1½ c boiling water
¾ t cream of tartar or 2 T white corn sirup

Mix cream of tartar with sugar (or add sirup), and add hot water. Stir until sugar is dissolved, but do not stir while the candy cooks. Boil vigorously until soft ball stage is reached. Remove from fire and let stand until all bubbles disappear, then pour into a warm platter. Do not scrape kettle. Cool until platter can be held comfortably on the hand, then beat until the candy is white and firm enough to handle. Work it with the hands until it is free from lumps. Place in a jar, cover with damp cloth and jar lid. Let it stand at least 24 hours before using. When ready to use, a few drops of flavoring may be worked into it and also coloring, if desired. It may be worked into balls, rolled in chopped nuts or coconut, dipped in chocolate or stuffed into dates.

Mints

Dainty after-dinner mints may be made by melting a small quantity of fondant in a double boiler and flavoring with a few drops of oil of peppermint or wintergreen. Color may be added, if desired. Remove from fire and drop by half teaspoonsful onto oiled paper.

Fudge

1 or 2 squares bitter chocolate
2 c sugar
2 t corn sirup
1 c thin cream
¼ t salt
½ t vanilla
Nuts, if desired

Grate or cut chocolate fine and place in cooking pan. When melted add
sirup, salt, sugar and cream. Stir as it heats until thoroughly mixed and sugar is dissolved. Cook until soft ball stage is reached. Stir only if necessary to keep candy from sticking. Remove from fire and cool until bottom of pan feels comfortable to the hand, then beat until it becomes soft and creamy and no longer looks shiny and sticky. Add vanilla quickly, and nut meats. Turn into oiled pan to cool.

Pan should be oiled and nuts chopped, if they are to be used, while candy cooks and cools.

**Caramels**

- 1 c sugar
- 1 c corn sirup
- 1 c thin cream
- ¼ c (4 T) butter
- 1 c nut meats if desired

Mix all ingredients except nuts. Cook until hard threads form when a test is dropped into cold water. This candy must be stirred while it cooks and when nearly done it requires constant stirring. When done add chopped nuts and pour into oiled pan to cool.

To make chocolate caramels add one square of bitter chocolate to the mixture before cooking it.
Business Meeting
I. Roll Call.

Work Program
I. Discussion—Fashions in table service change as they do in dress, but the underlying conventional rules of good taste always remain the same.

How happy it makes everyone to sit down to an attractively set table, and to be served correctly, but with ease. The best food in the world will not be appetizing unless it is served attractively. A well set table does not require fine linens and expensive silver and china, but it does require an interest in the appearance of the table and the serving of the food, so that every detail will be as perfect as possible. This should mean every meal in the day, and every day in the year. The glassware, silver, and china must be clean and sparkling, and the table linen immaculately clean.

A Cover For Dinner

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

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

2. 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. Candies, fruit, etc., can sometimes be used.

5. All 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, placing it according to its use (rule 5).

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. If the bread and butter plate is not used the salad plate is placed here.

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

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. Such foods passed at the table should go to the right.

4. Plates should be placed and removed and food passed or offered from the left, waitress using her left hand to place plates before guests.

5. The beverage is the exception to the above rule, and is always placed at the right. In placing cups, have handles to the right.

6. In refilling glasses the waitress may move them to the outer edge of the table if necessary. Handle by lower part of the glass and never the top.

7. In clearing the table, remove food first, then soiled dishes and silverware, then clean dishes, and then glassware. If the table needs crumbing, a plate and folded napkin may be used.

Types of Service

Three types of service are usually recognized:

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

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

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

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

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

Some of the common rules are:

1. Be neat and clean in personal appearance.
2. Be prompt at meals.
3. Stand at the left of your chair until mother or hostess is seated. Boys and men remain standing until women and girls are seated.
4. Do not begin to eat until all are served. (This rule applies only when a small number are being served. Observe the hostess. She will give the signal).
5. Do not leave table until hostess rises to leave.
6. Sit naturally with good posture.
7. Keep hands in the lap when not eating. Do not rest elbows on the table.
8. Napkins should be placed across the lap at beginning of meal, unfolding them under the table. Never shake your napkin open. At the close of the meal, the napkin should be folded if you intend to use it again. If you are a guest at only one meal, leave napkin loosely folded at left of plate.
9. Knives are used only for cutting and spreading butter. After using it should be laid across the plate, never propped against side of plate.
10. Do not load fork with food. When not in use the fork should be placed on the plate beside the knife, with tines up.
12. Bread should be broken in small pieces before eating. Do not butter a whole slice of bread at a time.
13. Do not blow on foods to cool them.
14. Keep the mouth closed while chewing.
15. Do not talk while you have food in your mouth.

16. Always use "please" and "thank you."

17. Never use toothpicks at the table or in the presence of others.

18. Do not make any comments on the dislikes of certain foods.

19. If an accident occurs ask to be pardoned. Remedy the difficulty as quickly as possible, and then make no more comments concerning it.

20. Never criticize the manners of older people. Customs change, and what may seem curious now, may have been good in former times.

Table Conversation

Help 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:

- Interesting things heard over the radio.
- New Automobiles.
- Games and sports.
- Topics of the day—new inventions, discoveries, political events, etc.
- Books you have read.
- Camps and vacations.
- Present day styles.
- Good plays you have seen or heard about.
- New developments in your town and community.
- Humorous incidents from your days' experience.

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

II. Demonstration—Serve a simple dinner, assigning some work to all members. The food may be largely prepared before the meeting, in order to emphasize the serving rather than the preparation.

III. Home Problem—Set table for, prepare and serve at least five family dinners. Assist at least five more times.
4-H FOOD DEMONSTRATIONS

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

If the regular demonstrations are given at club meetings as a part of each meeting program, the public demonstration will not be difficult. Here are some suggested topics that relate to your dinner project.

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

The bulletin "Demonstrations and Home Economics Judging" and some suggested outlines for foods demonstrations are available from the County Extension Agent.
Exhibits

All club members should exhibit at community, county or state fairs. Exhibits interest other people in 4-H work, as an educational movement.

By comparing one’s work with the products of others, one can improve the quality of her own work.

Premium lists usually provide for the following to be exhibited by dinner club members—

- Loaf—whole wheat bread
- Loaf—white bread
- Sponge cake (not frosted)
- Layer butter cake (cooked frosting)
- Two crust pie
- Three well-balanced dinner menus

"Physical health is the greatest stimulus to straight thinking and well balanced meals are essential to the development of physical health."