



LUNCHEON CLUB

Montana State College Agricultural Extension Service

Bozeman

4-H LUNCHEON CLUB PROGRAM

Minimum Preparation Requirements

1. Prepare and serve the following dishes at family luncheons or suppers:

Cheese and Egg dishes—

Four main dishes using cheese or eggs

Milk Dishes—

One milk soup

One vegetable served in white sauce

One milk drink

Two simple milk desserts

Three inexpensive cuts of meat

Vegetables—

Four cooked vegetables

Two vegetable salads

Fruit—

Two fruit salads

Two fruit desserts

Bread—

Two kinds of yeast rolls, or until a good product is obtained

One other kind of bread stuff

One rolled and one dropped cookie

2. Set family table six times for lunch or supper
3. Assist with lunch or supper at least 12 times; or pack a school lunch for self, if one must be carried, at least 12 times.
4. Prepare and serve lunch or supper three times
5. Assist other club members in serving at least one club luncheon or supper, inviting friends and parents

Other Phases Studied

Food habits

Health habits

Personal appearance

Table courtesies and conversation

Foods judging

Foods demonstrations

Foods exhibits

Records Required

Keep food preparation record book, write a story, and submit these, with health summary sheet, through your local leader to the county extension agent.

Luncheon or Supper Club

Revised by

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Introduction

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

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

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

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

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

Weight And Health

Use the Measuring Scale, which the leader may secure from the County Extension Agent, to learn the normal weight, also the underweight and overweight figures, for the height, age and type of each member. The summary sheet at the back of the health bulletin calls for the weight record.

Suggestions For Underweight Club Members

Practice good food habits, eating plenty of vegetables, fruit and milk.

Perhaps you are not eating enough to meet your body requirements. Slender persons need a more highly nutritious and concentrated diet than do stocky persons.

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 can often 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, milk and bulky foods.

Get brisk, stimulating exercise.

If exercise produces a greater appetite, it will be necessary to practice will power to control the appetite.

How To Avoid Constipation

Drink water freely. (Two glasses hot water on rising in morning).

Cultivate good posture and deep breathing.

Get plenty of sleep and rest.

Avoid worry, anger, or strong emotion of any kind.

Eat an abundance of foods rich in cellulose and mineral matter; cabbage, celery, greens, baked potato (eaten with skins), oranges, rolled oats, bran, etc.

PLANNING THE LUNCHEON OR SUPPER

The most substantial meal of the day, dinner, is usually served at noon on the farm. The evening meal, or supper, is a lighter meal. Luncheon may be served at noon, and dinner in the evening, if it better suits the conditions in the home. Practically the same foods are served for luncheons as for suppers. In planning the day's menus, the breakfast and dinner should be planned first, then the lunch or supper, because many left-overs from the dinner can be dressed up attractively for supper dishes. At least one hot dish is necessary at every meal, no matter whether the day is warm or cold.

Plan and prepare simple foods with skill and serve them attractively. Do not make the mistake of trying to serve such unusual things that you combine foods which do not belong together.

A Measuring Stick For Your Meals

For Grown Ups

Grown-ups' Daily Meals Should Contain:

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

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

For Children Over Two

Children's Daily Meals Should Contain:

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

GUIDE FOR MEAL PLANNING

Growth And Protective Foods Which Help Prevent Nervous Disorders, Scurvy, Rickets And Infections					Body Building And Regulating Foods Muscle, Bone, Teeth					Energy Giving Food	
Vitamin A	Vitamins B ₁ or F	Vitamin C	Vitamin D	Vitamin B ₂ or G	Protein	Lime or Calcium	Phosphorus	Iron	Bulk	Starch and Sugar	Fats
Whole milk	Milk	Oranges	Cod liver	Milk	Milk	Milk	Milk	Liver	Greens	Starch:—	Butter
Cream	Whole cereals	Grapefruit	oil	Fresh lean	Eggs	Cheese	Cheese	Egg yolk	Cabbage	Macaroni	Cream
Butter	Greens	Lemons	oil	meat	Cheese	Butter-milk	Eggs	Red meat	Celery	Rice	Cheese
Cheese	Cabbage	Tomatoes*	Haliver oil	Poultry	Meat	Dried	Meat—lean	Dried beans	Asparagus	Tapioca	Lard
Egg yolk	Carrots	Cabbage (raw)	Salmon	Liver	Fish	peas and beans	Fish	Peas	Onions	Cornstarch	Bacon
Liver	Celery	Carrots (raw)	Clams	Egg	Dried	beans	Liver	Whole cereals	Prunes	Flour	Salad
Cod and halibut liver oil	Lettuce	Carrots (raw)	Egg yolk	Green leafy	peas	Cereals	Broccoli	Molasses	Dates	Cereals	oils
Carrots	Dried peas and beans	Cucumbers	Irradiated foods	vegetables	Nuts	flower	beans	Prunes	Raisins	Bread	Chocolate
Green lettuce	Brains	Green peas*	Tomatoes	Yeast	Spinach	Collards	Whole cereals	Dates	Bran	Crackers	Salt Pork
Spinach	Heart	Turnips	Yeast	Salmon	Greens	Spinach	Brown rice	Figs	Apples	Potatoes	Peanut butter
Greens	Liver	Collards	Salmon	Haddock	Molasses	Greens	Oysters	Raisins	Turnips	Sugar:—	All animal and vegetable fats and oils
Green peas and beans	Nuts	Strawberries*	Oysters	Wheat germ	Oysters	Figs	Nuts	Potatoes	Baked potato with skin	Honey	
Yellow corn	Egg yolk	Peaches*	Wheat	Bananas	Figs	Dates	Figs	Greens	Water	Sugars	
Sweet potatoes	Yeast	Pineapple*	Bananas	Carrots	Dates	Prunes	Prunes			Preserves	
Asparagus	Parsnips	Raspberries*	Beets	Turnips	Currants	Olives	Olives			Jellies	
Squash	Potatoes	berries*	Cow peas	Cow peas	dried	Shrimp	Shrimp			Dried fruits	
Brussels sprouts	Turnips	Bananas	Onions	Onions	Olives					Cake	
Broccoli	Collards	Peppers, green and red, raw	Citrus fruits	Citrus fruits						Cookies	
Collards	Cherries	Apples	Potato	Potato						Candy	
Rutabagas	Grapefruit	Lemons									
Oranges	Lemons	Lime juice									
Bananas	Pineapple	Grapes									
Cantaloupe	Prunes	Pears									
Peaches	Dates	Watermelon									
Pineapple	Apples										
Prunes	Bananas										
	Cantaloupe										

* Fresh or

Other Points In Planning Meals

Use farm and home products.

Plain, well-cooked meals, well served, always appeal to a normal appetite.

Secure variety by pleasing combinations and by different methods of cooking.

Cook foods other ways than fried as often as possible.

Serve pie and other rich desserts only occasionally, and then with a light meal.

Plan for a variety in texture by having in each meal some crisp or hard food.

A pleasing combination of flavors is important.

Serve some fresh, raw, or crisp food in every meal.

Never serve more than one meat, dessert, or salad in the same meal.

Types of Luncheons or Suppers—

Light	Medium	Heavy
Main dish	Main dish	Soup or appetizer
Bread and butter	Vegetable	Main dish
Beverage	Bread and butter	Vegetable
Salad or dessert	Beverage	Bread and butter
	Salad or dessert	Salad
		Dessert
		Beverage

Main Dish—The main dish may be meat either hot or cold, provided meat was not served at dinner. Meat substitutes, as cheese fondue, baked beans, eggs, or a scalloped dish, dishes combining a small amount of meat with other foods such as hash, stuffed peppers, chowder, cream soups in cold weather, and salads in hot weather, may be used as the main dish. Left overs can be used to good advantage by combining them with some other food in making a main dish.

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

Well-Balanced Lunch or Supper Combinations

Cream of tomato soup—crackers
 Vegetable salad—graham rolls
 Fruit blanc mange—butter
 Tea
 Baked beans—brown bread
 Tomato and lettuce salad—prune whip
 Milk
 Macaroni and cheese loaf
 Cole slaw—whole wheat bread
 Apple delight—cocoa
 Codfish balls—baked potatoes
 Molded vegetable salad
 Parker house rolls
 Custard
 Stew with vegetables
 Whole wheat bread
 Celery curls—gingerbread
 Coffee
 Vegetable chowder—head lettuce
 Whole wheat bread—milk
 Cherry pudding
 Ham omelet—celery
 Graham rolls—milk
 Fruit sherbet

Swiss steak—scalloped onions
 Whole wheat bread—tomato salad
 Stewed fruit—cookies
 Milk
 Toasted cheese and bacon sandwiches
 Creamed spinach—fruit cup
 Cocoa
 Cottage cheese salad—nut bread
 Tomatoes
 Fruit sherbet
 Italian Savory—vegetable salad
 Rolls—floating island
 Coffee
 Meat loaf—scalloped potatoes
 Carrots—fruit cup
 Milk
 Pea puree—crackers
 Potato cheese puffs—crisp bacon
 Cabbage-pineapple salad—nut bread
 Tea
 Cheese fondue—whole wheat toast and jam
 Cole slaw
 Hot chocolate

Judging

In order to judge the quality of the foods prepared, some information will be given in each program to help the club members know the standards of well-prepared food products. The following simple score card may be used to help one decide how good the products are.

Score Card

General appearance	20
Texture	35
Flavor	45

 100

Under general appearance, consider whether the dish looks appetizing and is of good color. Under texture, consider whether the mixture is free from lumps, of the right consistency, even in texture, fine grained. Under flavor, whether palatable, neither too sweet, too salty, no "off" flavor such as rancid fat or too-old eggs would give.

Become familiar with the score cards, then use the judging contest card for judging rolls, cookies or other baked products. This will prepare members for participation in judging contests. See bulletin—Home Economics Judging in Montana 4-H Clubs.

Luncheon Dishes And Their Preparation

PROGRAM I

EGGS AND CHEESE

Business Meeting

- I. Roll Call—One essential of a well-arranged kitchen.
- II. Remainder of business meeting to be conducted as suggested in secretary book, or leader's guide.

Work Program

- I. Discussion—The material under this heading should be studied before each meeting by every member.

Eggs and cheese are important foods that build body tissue. The vitamins contained in the egg yolk help to protect against disease. Egg yolk and cheese also contain iron and phosphorus used in building blood, bone, and teeth, and regulating body processes. In order for a girl to have rosy cheeks, she must eat foods which build red blood cells.

Because these are protein foods they should be cooked at low temperature. High heat toughens the protein and makes it harder to digest. Keep in mind when cooking any mixture containing eggs and cheese that it must be cooked at a moderate temperature.

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

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

- II. Demonstration—Prepare two dishes using cheese and eggs. The recipes given in this bulletin, or any good recipes found in magazines or cookbooks may be used in demonstrations or home problems.
- III. Home Problems—Prepare and serve at a family lunch or supper at least four main dishes, using cheese and eggs. Keep record in Food Preparation record book.

Standards For Milk And Egg Dishes

Custard—Tender, holds shape, not watery, delicate flavor.

Salad Dressing—Seasonings varied according to the use—not sweet for meats, omit mustard for fruits.

Hard-cooked eggs—White firm and tender, yolk crumbly-dry.

Cottage cheese—Curd soft, tender, free from whey but not too dry; flavor mild, not too sour.

Cheese cooked in—Completely melted or a soft creamy mass, never tough, stringy or rubbery.

Omelet—Delicate brown color on surface, creamy throughout, tender, light and fluffy, well-rolled or folded.

White sauce—Smooth, well cooked, flavor, consistency and temperature suited to use.

Recipes

Ham Omelet

4 T water
4 eggs

Salt
Butter

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

Variations. Cheese or parsley might be used in place of the ham.

Jelly or jam may be spread over the omelet just before folding.

Chopped green peppers may be used in place of the ham, or with it.

Custard—Foundation Recipe

2 c milk
2 eggs (or four yolks)
¼ c sugar

½ t salt
½ t vanilla

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

Ginger Pudding—Serve soft custard over gingerbread.

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

Caramel—Caramelize ½ c sugar and add scalded milk to it. Make a plain custard, omitting any other sweetening.

Deviled Eggs

4 T cooked salad dressing or mayonnaise	4 hard cooked eggs (cold) $\frac{3}{4}$ t salt
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Remove shell, cut lengthwise, and remove yolks. Mix yolks, salad dressing, and salt to a paste. Fill egg whites with mixture. Let the filling be put in loosely and do not pat down smoothly. Instead of salad dressing a paste made by adding 1 t vinegar, $\frac{1}{4}$ t mustard, and melted butter may be used. Chopped olives or chopped ham may be added to the filling for variation.

Mayonnaise Dressing

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

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

Cooked Dressing

1 t mustard	2 eggs
1 t salt	$\frac{1}{2}$ c water
2 t sugar	$\frac{1}{2}$ c vinegar
4 t flour	$\frac{1}{4}$ c butter

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

Quick Mayonnaise

1 egg	$\frac{1}{4}$ c lemon juice
2 t sugar	$\frac{3}{4}$ to 1 c oil
1 t salt	1 c water
$\frac{1}{2}$ t mustard	$\frac{1}{3}$ c flour
$\frac{1}{8}$ t paprika	

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

Cheese Fondue

1 c milk	1 c soft bread crumbs
$\frac{1}{2}$ lb. grated cheese	3 eggs
1 t salt	1 T butter

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

Macaroni and Cheese Loaf

1 c cooked macaroni	1 c grated cheese
$\frac{1}{2}$ c melted butter	1 c top milk
1 T chopped parsley	3 eggs, beaten
1 t salt	Pimento
1 c bread crumbs	Pepper

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

Baked Rice and Cheese

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

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

Potato Cheese Puffs

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

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

Toasted Cheese and Bacon Sandwich

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

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

Cheese Straws

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

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

Cottage Cheese

Pour boiling water into clabbered milk, $\frac{1}{3}$ to $\frac{1}{2}$ as much water as milk and allow to stand in warm place until curd separates from whey. (The whey can be used in making lemonade and sherbets.)

Cottage Cheese Loaf

Into one pound cottage cheese mix 1 t salt, 1 T chopped pimento, $\frac{1}{4}$ c chopped nuts. Add enough cream to handle. Mold into a loaf, and put on a bed of crisp lettuce leaves. Garnish top with strips of pimento and nuts. Serve in slices.

Cottage Cheese Salads

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

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

PROGRAM II

MILK

Business Meeting

- I. Roll Call—One reason we should use a quart of milk a day.

Work Program

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

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

Milk Contains:

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

Milk is especially valuable in building bone and teeth because it contains a large amount of calcium and phosphorus. A quart of milk a day should be used by each growing child and a pint of milk a day for each adult.

- II. Demonstration—Prepare two milk dishes.

- III. Home Problem—Prepare and serve one milk soup, one vegetable served in white sauce, one milk drink and one simple milk dessert.

Recipes

Cream of Tomato Soup

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

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

Oyster Stew

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

Pea Puree

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

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

Buttermilk Salad Dressing

1 t brown sugar	1 t mustard (prepared)
$\frac{1}{4}$ t paprika	$\frac{1}{2}$ to 1 c buttermilk
1 t salt	1 T vinegar
Few grains cayenne	

Mix all ingredients together and beat vigorously. Pour over crisp, shredded cabbage. Sprinkle with grated cheese. Garnish with rings of green pepper, or celery tips.

Italian Savory

2 c freshly cooked or canned spinach	Crumbs
2 c medium white sauce (or thick)	$\frac{1}{2}$ c grated cheese
	3 hard cooked eggs

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

Plain Junket

1 qt. milk	
1½ to 2 junket tablets	⅔ c sugar
¼ t salt	1 t vanilla

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

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

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

Egg Nog

1 egg	¾ c cold milk
¾ T sugar	Few grains salt
Flavoring	

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

Milk Shakes

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

Chocolate Milk Shake	2 T chocolate paste	1 c milk
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Chocolate Paste for Milk Drinks

To make chocolate paste, melt 3 squares grated chocolate over hot water, and ⅔ c sugar, ¼ t salt, and ½ c hot water. Cook to a smooth, creamy consistency, and add ⅛ t vanilla. This will keep for some time. It is handy to make in quantity and keep on hand to use in preparing milk drinks.

Blanc Mange

3 T cornstarch	1½ c scalded milk
2 - 4 T sugar	½ t vanilla
½ c cold milk	Salt (pinch)

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

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

Melted chocolate may be added when the cornstarch mixture is added to the scalded milk. 3 T more sugar will have to be added if chocolate is used.

Milk Sherbet (Foundation recipe)

4 c milk	Juice 2 lemons	1¼ c sugar
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Mix juice and sugar, stirring constantly while adding milk. If added too rapidly mixture will have a curdled appearance, but will "freeze out" smooth. Pack and freeze.

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

Plain Ice Cream (Philadelphia)

1 qt. thin cream	1½ T vanilla	¾ c sugar
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Mix ingredients and freeze. (8 parts ice to 1 part salt).

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

PROGRAM III

MEAT AND FISH

Business Meeting

- I. Roll Call—One rule of table etiquette.

Work Program

I. Discussion—Meat and fish, like eggs, milk and cheese, belong to the muscle building class of foods and are necessary for good growth and development.

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

In the luncheon club, you are required to learn how to prepare inexpensive cuts of meat in palatable and attractive ways. More will be learned about meat in the dinner club.

Three methods are used in cooking meats.

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

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

- II. Demonstration—Prepare one or two meat dishes.
- III. Home Problem—Prepare and serve three inexpensive cuts of meat.

Standards For Meat Dishes

Meat should be tender, juicy and have characteristic color and flavor.

Recipes

Beef Stew

2 lbs. shoulder round of beef	Chopped parsley
1 T chopped onion	1 t ginger
1 c tomatoes	1 t celery salt
bay leaf	Salt and pepper
$\frac{1}{2}$ t cloves	$\frac{1}{2}$ c flour
Few peppercorns	

Wipe meat with damp cloth; cut in $1\frac{1}{2}$ inch cubes. Sprinkle with salt, pepper, dredge with flour. Brown meat well, in fat of meat, rinse frying pan with $\frac{1}{2}$ c boiling water, and pour over meat in covered kettle. Add tomatoes, seasoning, and enough boiling water to cover meat. Note: Diced carrots potatoes, celery, 1 c each, may be added during last hour of cooking stew. Simmer three hours, or until meat is tender. Serve with dumplings.

Pot Roast With Brown Gravy

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

Swiss Steak

2 lbs. round steak (1 inch thick)	$\frac{1}{2}$ c flour
1 pint tomatoes	1 t chopped onion
Suet or drippings	Salt and pepper

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

Meat Loaf

$1\frac{1}{2}$ c ground beef (raw)	$\frac{3}{4}$ c bread crumbs or
$1\frac{1}{2}$ c ground pork (raw)	1 medium sized raw potato
2 t salt	1 egg
$\frac{1}{2}$ onion	2 slices bacon

Grind meat, potato (if used) and onion. Mix with egg slightly beaten. Add salt. Shape into loaf. Put into greased pan; place slices of bacon over top and bake in hot oven for a few minutes. Lower heat and continue baking about $\frac{3}{4}$ hour. Add $\frac{1}{2}$ to 1 c hot water, depending upon size of pan.

Meat Croquettes

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

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

Codfish Pie

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

Scalloped Oysters

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

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

Salmon Loaf

1 lb. salmon	½ t salt
1 c soft bread crumbs	1 t onion juice
1 or 2 eggs	1 T chopped parsley
½ c milk	1 T lemon juice

Remove skin and bones from fish. Beat eggs, add seasoning, milk and crumbs. Combine with fish and mold in a bread loaf pan. (If mixture is too moist more crumbs may be needed). Bake in moderate oven 1 hour. Garnish with parsley, or serve with 1 c medium white sauce containing chopped parsley or chopped hard-cooked egg.

PROGRAM IV

VEGETABLES

Business Meeting

- I. Roll Call—Name a food which will help make one's complexion attractive.

Work Program

- I. Discussion—Why Should We Eat Vegetables?

They stimulate appetite.

They are one of nature's best tonics.

They give us strength and energy.

Their minerals help build bones, teeth, and blood.

They furnish vitamins which are necessary for growth and health.

Their bulk and roughage act as a laxative to help prevent constipation.

Their pleasing colors and flavors add attractiveness and variety to our meals.

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

Preparation of Vegetables for Cooking—

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

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

- II. Demonstration—Prepare two or more vegetables. Before serving the dishes prepared, score them on appearance and texture.
- III. Home Problem—Prepare and serve six vegetable dishes, four cooked and two vegetable salads, and list in record book.

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.

Recipes

General Rules for Cooking Vegetables

1. Strong flavored vegetables—onions, cabbage, cauliflower, turnips, brussels sprouts.

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

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

2. Yellow Vegetables—carrots, sweet potatoes, corn, squash, wax beans. Use covered kettle with little water, or use a steamer, waterless cooker, or pressure cooker, or bake in the oven. These vegetables discolor only when over-cooked or scorched.

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

“Carefully we cook our greens
To save their healthy vitamins.”

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

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

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

5. Other Vegetables—

Beets—may be boiled, steamed, baked or pressure cooked. 45 to 60 minutes required for boiling.

Red Cabbage—cook as other cabbage, adding vinegar, lemon juice, or apples to prevent discoloration.

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

Boiled Cabbage

Cut a small head into four parts, cutting down through the stalk. Remove as much of this stalk or core as possible. Shred or chop fine. Place cabbage in a large amount of rapidly boiling water. Add $\frac{1}{2}$ t salt and cook uncovered until tender, 10 to 20 minutes. Season with butter, salt, and pepper, or it may be served with a white sauce.

Delmonico Cabbage

3 c shredded cabbage
1 t salt

$1\frac{1}{2}$ c medium white sauce
 $\frac{1}{2}$ c grated cheese

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

Buttered Beets

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

Harvard Beets

12 medium size beets
3 to 4 T butter
2 T flour
 $\frac{1}{2}$ c water

$\frac{1}{4}$ c vinegar
 $\frac{1}{4}$ c cream
1 to 2 T sugar
 $\frac{1}{2}$ t salt
Pinch of cloves

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

Buttered Spinach

2 lbs. spinach

3 T butter

Salt and pepper

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

Boston Baked Beans

1 pint navy beans

2 t salt

cold water

1 T molasses, or more

 $\frac{1}{4}$ lb. salt pork, or less

3 T sugar

 $\frac{1}{2}$ c tomato

Pick over and wash the beans. Soak overnight in cold water and cook slowly in the same water until the skins begin to burst. Scald and scrape rind of the pork. Place $\frac{1}{4}$ inch slice of pork in the bottom of the bean pot. Put the beans in the pot and bury the pork in them. Mix the seasoning with 1 c boiling water and pour over the beans. Add enough more boiling water to cover them. Cover the bean pot. Bake in moderate oven until done. (Six to eight hours). Uncover the pot during the last half hour to brown.

Creamed Vegetables

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

	Milk	Butter	Flour	Salt
Thin	1 c	1 T	1 T	$\frac{1}{4}$ t
Medium	1 c	2 T	2 T	$\frac{1}{4}$ t
Thick	1 c	3 T	3 T	$\frac{1}{4}$ t

Melt the butter, add the flour and salt and stir well. When thoroughly mixed, add the milk and stir constantly until thickened. Cook well to insure thorough cooking of the starch in the flour. Be sure your white sauce has no lumps in it.

Scalloped Onions

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

Creamed Celery

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

Vegetable Chowder

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

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

Vegetable Salad Combinations

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

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

Perfection Salad

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

(Diced olives or cucumbers added is a pleasing variation)

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

Tomato Salad

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

Cole Slaw

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

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

PROGRAM V

FRUIT

Business Meeting

- I. Roll Call—Name one essential of good health, or one good health habit.

Work Program

- I. Discussion—The very word “fruit” suggests something refreshing. Fruit is perhaps the most appetizing of our foods. It is essential in promoting good health.

Fruits are rich in minerals and vitamins—those food constituents which help make clear complexions, rosy cheeks and bright eyes. Many fruits such as figs, prunes, and apples have laxative qualities which keep the system in good order. The acids in fruits stimulate appetite, and the flavor of fruits adds interest to other foods. Fruits should be eaten at least twice a day. One raw fruit should be eaten each day, and the other may be a cooked fruit.

- II. Demonstration—Prepare two fruit dishes, one of which is cooked. Fresh fruits are even better than cooked, but one must know how to prepare cooked fruit dishes for use in season when fresh fruits are not available.
- III. Home Problem—Prepare and serve four fruit dishes—two fruit salads and two fruit desserts.

Recipes

Fruit Salad Combinations

Pineapple, celery, grated cheese.

Apple, celery, nut.

Prunes, stuffed with nuts and raisins.

Grapefruit, lettuce, and celery—mayonnaise dressing.

Grapefruit, orange, pineapple—mayonnaise dressing.

Apples, dates, celery, lemon juice—mayonnaise.

White grapes, apples, marshmallows, pineapple—cooked dressing.

Prunes, apricots, raisins, lemon juice, dressing.

Slices of orange and slices of onion—mayonnaise.

Banana quartered and rolled in chopped nuts. Serve on lettuce.

If you have fresh or dried fruits, you can make any number of attractive salads. Remember, they must be attractively arranged on lettuce leaves, cold, and not watery. Do not add dressing until ready to be served. Have “heaped up” appearance and serve in a bowl or on individual plates.

Butterscotch Apples

5 apples

$\frac{3}{4}$ c brown sugar

$\frac{1}{8}$ t salt

$\frac{1}{2}$ c water

$1\frac{1}{2}$ t cornstarch

1 T butter

$\frac{3}{4}$ c milk

$\frac{1}{2}$ t vanilla

Wash and pare apples. Remove core and cut each apple into 6 or 8 sections. Make a syrup of the sugar and water. When boiling, put the

apples in and cook gently in a covered pan until they are tender. Lift apples out and place in a serving bowl. Mix the cornstarch with a little of the milk until it is smooth. Add it and the rest of the milk to the syrup. Stir, and cook until cornstarch taste is gone. Remove from fire and add butter, salt, and vanilla. Pour around apples and serve hot or cold.

Baked Apples and Marshmallows

8 apples	Brown sugar syrup
$\frac{1}{2}$ c marshmallows cut in quarters	$\frac{1}{2}$ c water
1 c brown sugar	1 c sugar

Wash apples. Cut in quarters. Put in baking dish. Add sugar and about 1 c boiling water. Bake until tender, basting with the syrup. Just before serving, put marshmallows on top and brown.

Apple Crisp

Butter a deep pie tin and cover with sliced apples (about 5 apples). Over this sprinkle crumbs made from $\frac{3}{4}$ c flour, $\frac{3}{4}$ c brown sugar, and 1 scant half-cup butter. Bake in a moderately hot oven 25 to 35 minutes or until apples are done and top is crisp and brown. (The longer it is baked the better it becomes). Serve hot or cold with plain or whipped cream. Very good served cold with ice cream.

Cherry Pudding

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

1 T butter (scant)	$\frac{1}{2}$ c milk
$\frac{1}{2}$ c sugar	1 c flour
1 t baking powder	$\frac{1}{2}$ t salt

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

Peach Bavarian Cream

1 pkg. orange or lemon jello	1 c boiling water
1 c peach juice	$\frac{1}{2}$ c heavy cream
1 c crushed, sweetened peaches	

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

Orange and Banana Sherbet

$\frac{1}{2}$ c sugar	1 c orange juice
$\frac{1}{2}$ c water	Juice of one lemon
3 bananas	

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

PROGRAM VI**BREAD****Business Meeting**

- I. Roll Call—How I have improved my food habits as a result of keeping the Food Habits Score Card.

Work Program

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

Refined flours, in which only the starchy part is used, are lacking in many growth promoting qualities. "Enriched" flour has nearly the same value as the whole-wheat flour, through the addition of vitamin and mineral concentrates. One can be sure of getting this flour, or bread, only by reading the labels. Flour is also "enriched" by a modification of the milling process so as to retain a larger amount of the grain, particularly those parts richest in vitamins and minerals.

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

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

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

- II. Demonstration—Have dough prepared and make rolls or demonstrate a quick bread loaf.

- III. Home Problem—Make two kinds of yeast rolls and one other kind of bread.

Standards For Bread**Score Card for Rolls**

		A	B	C	D
1. Appearance	25				
Size	9				
Shape	8				
Crust	8				
2. Crumb	30				
Color	5				
Lightness	10				
Texture	10				
Moisture	5				
3. Flavor	45				
TOTAL SCORE.....	100				

1. Appearance—25
 - A. Size—Small, giving good proportion of crust to crumb.
 - B. Shape—Symmetrical and uniform.
 - C. Crust—Golden brown, crisp, tender.
2. Crumb—30
 - A. Lightness—Even air cells, light in weight for size.
 - B. Tenderness—Should tear apart easily, flaky, elastic.
 - C. Moisture—Not damp nor soggy, not dry and crumbly.
3. Flavor—45
 - A. Similar to bread. Addition of eggs, sugar, butter, etc., must be taken into consideration when judging rolls.

Recipes

Parker House Rolls

1 cake compressed yeast	2 - 6 T sugar
$\frac{1}{4}$ c lukewarm water	4 T shortening
$1\frac{3}{4}$ 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 $\frac{1}{2}$ inch thickness. Cut with biscuit cutter, first dipped in flour. Shape. Dip the handle of a case knife into flour and with it make a crease through the middle of each piece. Brush over one-half of each piece with melted butter, fold, and press edges together. Place in a greased pan one inch apart. Cover, let rise. Bake in a hot oven 12 to 15 minutes.

Bread Sticks

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

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

Clover Leaf Rolls

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

Whole Wheat Yeast Rolls

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

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

Graham or Whole Wheat Drop Biscuits

1 c white flour	2½ T fat
1 c graham or whole wheat	¾ - 1 c milk
4 t baking powder	¾ t salt

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

Nut Bread

1 egg beaten	½ c coarsely cut nut meats
1 c milk	½ t salt
2 c flour	⅓ c sugar
3 t baking powder	2 T butter

Sift flour, salt, baking powder and sugar together. Add milk to well beaten egg. Add flour and mix well. Add nuts and melted butter. Pour into well greased loaf tin and let stand 20 minutes. Bake one hour at 350° F.

Date and Nut Bread

2 c flour	1 egg, well beaten
1 t baking powder	2 T melted butter
½ t soda	½ c milk
¼ t salt	½ c walnuts, finely broken
½ c brown sugar	1 c chopped dates

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

Boston Brown Bread

1 c white flour	¾ t soda
1 c granulated corn meal	1 t salt
1 c graham flour	¾ c molasses
2 c sour milk or 1¼ c sweet milk	

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

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

PROGRAM VII

COOKIES

Business Meeting

I. Roll Call—Describe a suitable centerpiece for the luncheon table.

Work Program

I. Discussion—Cookies are a useful type of dessert. They may be served alone for dessert, with fruit or ices, for school and picnic lunches and party refreshments. Most cookies can be kept for several days without losing their freshness or flavor. Plain cookies can be varied by addition of nuts, dried or candied fruit, cocoanut, sugar sprinkled on top. Rolled cookies may be cut with fancy cutters.

Cookies to be served with other desserts should be simple, plain and dainty; those to be used alone can be more elaborate, containing nuts and fruit.

II. Demonstration—Prepare one or more kinds of cookies.

III. Home Problem—Make at least one rolled cookie and one drop cookie.

Standards For Cookies

Rolled cookies should be crisp, tender and a golden brown color. The cracked finish of the commercial cookie may be obtained by rolling the dough to $\frac{3}{8}$ inch thickness and cutting with a $2\frac{1}{8}$ inch cutter, which is thicker and smaller than ordinarily cut, but they spread out to make a good sized cookie.

Cookie Score Card

	A	B	C	D
1. Appearance 20				
2. Texture 30				
3. Flavor 50				
TOTAL SCORE.....100				

1. Appearance—20

A. Uniform size and shape and well browned.

2. Texture—30

A. Light, crisp, tender, even grained.

3. Flavor—50

A. No taste of baking powder or soda, not too highly flavored.

Recipes

Plain Rolled Cookie

1 c sugar	2 c and 2 T all-purpose flour
$\frac{1}{2}$ c butter	or 2 c and $\frac{1}{2}$ c pastry flour
2 eggs	2 t baking powder
1 T milk	$\frac{1}{4}$ t salt
1 t vanilla	

Cream fat and sugar thoroughly. Add beaten eggs and mix thoroughly. Sift dry ingredients, add $\frac{1}{3}$ to egg-fat-sugar mixture and beat. Add milk and stir, then rest of flour mixture. Chill dough for about 30 minutes. Roll to $\frac{3}{8}$ inch thickness and cut with a $2\frac{1}{8}$ inch cutter. Bake on cookie sheet in a hot oven, about 425° F for 10 minutes. (Montana Experiment Station recipe).

Chocolate Drop Cookie

1 c brown sugar	$\frac{1}{2}$ t soda
$\frac{1}{2}$ cup butter	2 squares melted chocolate
1 egg	$1\frac{1}{2}$ c flour
$\frac{1}{2}$ c sour milk	1 c chopped walnuts

Cream butter, add sugar and cream again. Add egg beaten slightly. Add flour and soda sifted together. Add melted chocolate and nuts. Drop from a teaspoon on a greased pan and bake in a hot oven.

Oatmeal Cookies

$\frac{1}{2}$ c sugar	1 t cloves
$\frac{1}{2}$ c molasses	1 t soda
$\frac{3}{4}$ c fat	2 c flour
2 eggs	1 c chopped raisins
$\frac{1}{4}$ c sweet milk	1 c chopped nuts
2 t cinnamon	2 c oatmeal

Mix ingredients in the order given. Melt the fat before adding it and sift the soda and spices with the flour. Drop from teaspoon on greased pans and bake in a moderate oven.

Brownies

2 eggs	2 squares melted chocolate
$\frac{3}{4}$ c sugar	1 c nut meats
$\frac{1}{2}$ c flour	1 t vanilla
1 scant t baking powder	$\frac{1}{4}$ c butter

Beat eggs, add sugar gradually and continue to beat, adding chocolate and butter together, then flour, nuts and vanilla. Spread $\frac{1}{4}$ inch thick in pan. Bake 20 minutes in moderately hot oven. Cut in squares while warm.

PROGRAM VIII

SERVING THE LUNCH OR SUPPER

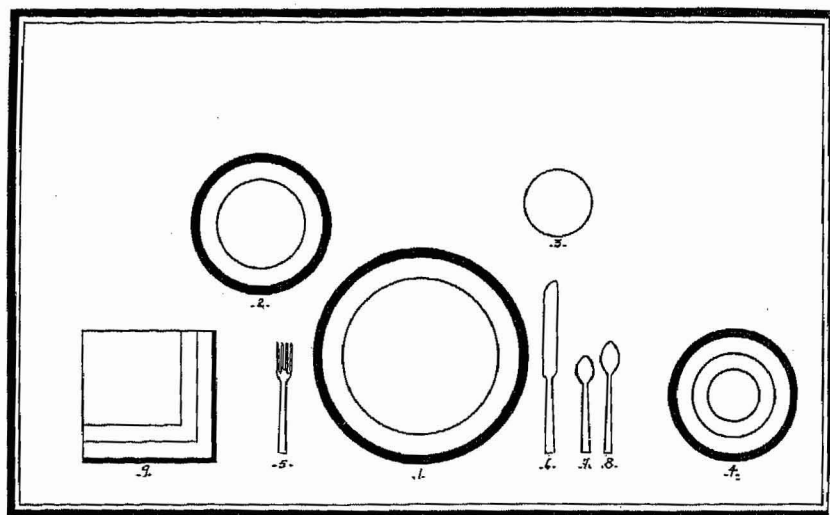
Business Meeting

- I. Roll Call—Give a menu of a well balanced supper or luncheon.

Work Program

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

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



A Cover for Lunch or Supper

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

Preparation of Dining Room and Table

1. The dining room should be well aired, clean, and cheerful for every meal.
2. Lay silence cloth on table. It may be made of any heavy, white material, as cotton flannel or a heavy blanket. It must fit the table.
3. The tablecloth should be placed with the fold exactly in the center of the table, and should fall about 10 inches over the edge of the table.
4. A centerpiece adds to the attractiveness of the table. If you can't have fresh flowers, a small plant, or some dainty artificial flowers can be used. Candles, fruit, etc., can sometimes be used.
5. Always place the knife and fork next to the plate on the right and left sides respectively. All other silverware is placed in the order of its use, from the outside toward the plate.
6. Knives and spoons are placed at the right of the plate.
7. Forks are placed at the left of the plate. A salad fork is not necessary if the salad is served as a part of the main course. If served as a separate course, it will be necessary to use a salad fork.
8. The cutting edge of the knife is turned toward the plate.
9. Forks are placed with tines up and spoons with bowls up.
10. The glass is placed at the tip of the knife.
11. The bread and butter plate, if used, is placed at the tip of the fork and a little to the left. Instead of the bread and butter plate, the salad plate may be placed there or this plate may serve as a combination salad and bread and butter plate.
12. The butter spreader is laid across the edge of the bread and butter plate with the handle toward the 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 always go in the same direction.
4. Plates should be placed and removed and food passed or offered

from the left, waitress using her left hand to place plates before guests.

5. The beverage is the exception to the above rule, and is always placed at the right. In placing cups, have handles to the right.
6. In refilling glasses the waitress may move them to the outer edge of the table if necessary. Handle by lower part of the glass and never the top.
7. The mother, or hostess, is always served first, then the guests, then the other family members, serving the father, or host last.
8. In clearing the table, remove main dishes first, then soiled dishes and silverware, then clean dishes, and then glassware. A plate and folded napkin may be used for crumbing the table.
9. Table should be completely cleared before dessert is served.

Types of Service

Three types of service are usually recognized:

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

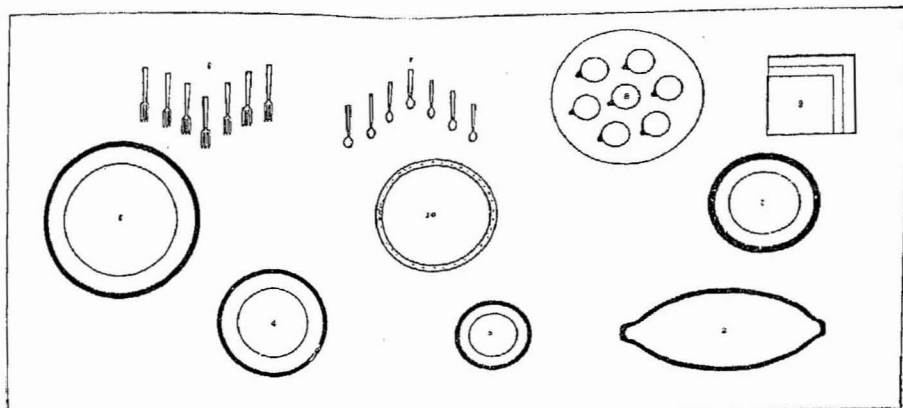
The Russian service is used for formal occasions. Most homes have no use for this service except, perhaps, at times of special parties where outside help is secured. In this service all food is served from the kitchen. The host and hostess take no part in the service. The food may be served in individual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

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

The Buffet Supper

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

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



Suggested Arrangement for Buffet Supper

- | | |
|--------------|-----------------|
| 1. Plates | 6. Forks |
| 2. Main dish | 7. Spoons |
| 3. Jelly | 8. Beverage |
| 4. Rolls | 9. Napkins |
| 5. Salad | 10. Centerpiece |

TABLE COURTESIES

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

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

Some of the common rules are:

1. Be neat and clean in personal appearance.
2. Be prompt at meals.
3. Stand at the left of your chair until mother or hostess is seated. Boys and men remain standing until women and girls are seated.
4. Do not begin to eat until all are served. (This rule applies only when a small number are being served. Observe the hostess. She will give the signal).
5. Do not leave table until hostess rises to leave.
6. Sit naturally with good posture.
7. Keep hands in the lap when not eating. Do not rest elbows on the table.
8. Napkins should be placed across the lap at beginning of meal,

unfolding them under the table. Never shake your napkin open. At the close of the meal, the napkin should be folded if you intend to use it again. If you are a guest at only one meal, leave napkin loosely folded at left of plate.

9. Knives are used only for cutting and spreading butter. After using it should be laid across the plate, never propped against side of plate.
10. Do not load fork with food. When not in use the fork should be placed on the plate beside the knife, with tines up.
11. Never leave a spoon in the cup. Lay it on the saucer.
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 conversations on subjects as:

Interesting things heard over the radio.

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 or community.

Humorous incidents from your days experience.

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

- II. Demonstration—A simple luncheon or supper should be served. Several members may take part. One or more may demonstrate how the table should be set, one may be hostess, another host, another guest of honor, and another waitress. The food may be largely prepared before the meeting, in order to emphasize the serving rather than the preparation of the food.
- III. Home Problem—Set the family table six times for lunch or supper. Prepare and serve lunch or supper three times.

PROGRAM IX

PICNIC AND SCHOOL LUNCHES

Business Meeting

- I. Roll Call—One change in food habits my family has made as a result of my 4-H Foods work.

Work Program

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

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

School lunches must be well packed. No one feels like eating when they open a lunch basket and find butter on the cake, the sandwiches crushed, and odor of orange permeating the entire lunch.

Wrap each article in oiled paper and pack into a well ventilated pail or basket. If a pail is used, punch some holes in it to allow for ventilation. Scald pails out each evening and air them during the night. Nothing is more disagreeable than the concentrated odors of food within an unventilated receptacle.

The Right Kind

Whole wheat bread sandwiches
(meat and salad dressing filling)

Celery

Orange

Filled cookies

Milk

Egg and cottage cheese sandwiches

Cocoa (thermos bottle)

Apple

Dates

Nut bread sandwiches

Vegetable salad (carried in a glass)

Figs

Milk

The Wrong Kind

Bread and jelly sandwiches

Frosted cake

Doughnuts

Bread and butter sandwiches

Cookies

Pie

Meat sandwich

Pickle

Cake

Every school should have a hot lunch. A cup of hot cocoa or a bowl of hot soup served with these cold lunches would improve the health of the

school children, make school more interesting, raise standards of work, and teach good meal and food habits.

- II. Demonstration—Pack a lunch for school or picnic. Some of the foods may be prepared before the meeting.
- III. Home Problem—Pack a school lunch, if one must be carried, at least 12 times.

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.

Regular demonstrations at club meetings are preparatory to the public and contest demonstrations.

Suggested topics related to the luncheon project follow:

- An egg a day
- Milk soups and beverages
- Milk desserts
- Making and serving cottage cheese
- Creamed and scalloped vegetable dishes
- Fruit and vegetable salads
- Cooking vegetables
- Preparing inexpensive cuts of meat
- Making yeast rolls
- Setting the luncheon or supper table
- Serving the luncheon or supper
- Packing a school lunch

EXHIBITS

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

By comparing one's work with the work done by others one can improve the quality of her own work.

Premium lists usually provide for luncheon club members to exhibit the following:

- 6 whole wheat rolls
- 6 parkerhouse rolls
- Loaf nut bread (not yeast)
- 6 drop cookies
- 6 rolled cookies
- 1 pint mayonnaise dressing
- 1 pint cooked salad dressing

Three well balanced luncheon or supper menus,
written neatly on cardboard or paper.