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# BREAKFAST CLUB

Montana State College Agricultural Extension Service  
Bozeman

# BREAKFAST CLUB PROGRAM

## MINIMUM REQUIREMENTS

Prepare the following to be served and eaten  
at family breakfasts:

### Fruits—

- One dried fruit
- One fresh fruit
- One baked fruit
- One cooked fruit

Two cooked cereals

Three different breakfast dishes of eggs

Two different breakfast milk dishes

### Breads—

Toast—three times.

Biscuits—two times, or until a successful product is obtained.

Muffins—two times, or until a successful product is obtained.

Corn bread—(made of yellow cornmeal)—two times or until a successful product is obtained.

Set table correctly for family breakfast—six times.

Assist in preparing six breakfasts.

Plan, prepare and serve three breakfasts.

Attend club meetings regularly.

Keep food preparation record book, write a story and submit these through your local leader to the County Extension Agent.

## PROGRAM PHASES

Participate in the Health program.

Improve your food habits.

Assist other club members in serving a club breakfast to which the mothers or other guests are invited.

Develop foods judging and demonstration teams.

Exhibit some products if possible, at local, county and state fairs.

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# 4-H Breakfast Club

## PURPOSE

The Breakfast Club is planned to aid the member in:

Developing skill in the preparation of simple foods.

Planning, preparing, and serving breakfast combinations that are simple, well-balanced, wholesome and appetizing.

Developing good habits of work, personal cleanliness and cleanliness in surroundings.

Putting into practice good food habits, which are essential in maintaining health.

Developing better food practices to such an extent that the food habits of the club member's family will also be improved.

Demonstrating to the community better food practices and standards.

Becoming a good citizen and leader.

## THE HEALTH H

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

Wholesome, well-balanced, simple, and well-cooked food.

At least nine hours of sleep every night.

Sunshine and fresh air.

Freedom from worry.

Outdoor exercise.

Kindly and helpful attitude toward others.

## POSTURE

Good posture indicates good health and it also is a contributing factor in maintaining positive health. Posture can be tested by standing against the wall, with heels about four inches from the wall and hips, shoulders, and head touching the wall. One should be able to swing forward and keep this same position in walking.

Another test is made by holding a weighted string. An imaginary plumb line dropped from the side of the head should pass through the ear, the middle of the shoulder, the hip, knee and the ankle bone, if a person has correct standing posture.

Habits of sitting, standing and walking determine in a large degree, the position in which the body is held. Practice correct posture until it becomes a habit; remembering to "stand tall, sit tall, walk tall and think tall."

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Revised by Pauline Bunting, Assistant State Club Leader, and approved by Bessie E. McClelland, Extension Nutritionist.

## FOOD FOR HEALTH

We "eat to live" rather than "live to eat," although we should always enjoy the food we eat.

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

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

Meals should be regular.

Plain, nourishing, and easily digested foods should be eaten.

Tea, coffee, tobacco, too many sweets, or too many highly seasoned foods are not advisable in the meals of the growing boy or girl.

Foods of the right kind are needed for growth and development.

### WHAT FOOD DOES FOR THE BODY

1. Food builds and repairs tissues. Our bodies are wonderful machines that must be carefully built, and repaired when necessary. There are hard and soft tissues to be built and kept in running order. The soft tissues are the muscles, blood, and other body fluids. The hard tissues are the bones and teeth. Proteins and minerals are the building materials. The presence of the vitamins makes it possible for the body to convert these materials into living matter. These building materials and vitamins are found in milk, eggs, cheese, whole grains, fruits, vegetables, nuts, fish, and meat.
2. Food gives us energy. Just as an automobile needs gasoline to make it go, so do our bodies need fuel foods to provide energy for muscular activity. The foods which give energy are the starches, fats and sugars. Usually our bodies get a plentiful supply of these foods. If too much of this type of food is eaten, it is stored in the body as fat, and too much fat clogs up the machinery and is an extra load to carry around.
3. Food regulates the body. Just as an automobile needs water, oil, and grease if it is to run smoothly, so does the body need water, minerals, and vitamins. A good supply of such foods as vegetables, fruits, liver, whole grain products, sea foods,

milk and water will insure plenty of regulating materials, of which many people do not get a sufficient supply.

### **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 amount 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: vegetables, whole grain cereals, fruits, and fruit juices.

## BREAKFAST IS IMPORTANT

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

### Light

Fruit  
Toast  
Milk

### Medium

Fruit  
Cereal  
Toast  
Milk

### Heavy

Fruit  
Cereal  
Bacon or eggs  
Toast or muffins  
Cocoa

In planning your breakfast, make it balance with the other meals of the day. Meals should, of course, always be served attractively, because we are influenced by what we see. If the food is not attractive looking, those to whom it is served may not want to eat it. Remember to serve hot things hot, and cold things cold.

Breakfast should include some fruit.

### Suggested Menus:

- |                                                                    |                                                                                            |
|--------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| 1. Half grapefruit<br>Whole wheat toast<br>Cocoa                   | 2. Stewed figs<br>Scrambled eggs<br>Cornmeal muffins<br>Milk                               |
| 3. Baked apple<br>Cracked wheat cereal<br>Toast<br>Cocoa           | 4. Orange juice<br>Cornmeal mush with dates<br>and thin cream<br>Thin, crisp toast<br>Milk |
| 5. Cream of wheat with<br>raisins<br>Plain omelet<br>Toast<br>Milk | 6. Berries and cream<br>Poached egg on toast<br>Cocoa                                      |
| 7. Berries and cream<br>Creamed eggs on toast<br>Cocoa             | 8. Baked apple<br>Cream toast<br>Milk                                                      |

- |                                                                                                        |                                                                     |
|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|
| 9. Sliced oranges<br>Prepared cereal<br>Creamed dried beef on<br>toast<br>Postum made with milk        | 10. Stewed prunes<br>Soft cooked eggs<br>Whole wheat bread<br>Cocoa |
| 11. Berries<br>Puffy omelet<br>Milk                                                                    | 12. Stewed pears<br>Scrambled eggs<br>Whole wheat toast<br>Milk     |
| 13. Sliced oranges<br>Bacon muffins<br>Cocoa                                                           | 14. Stewed prunes<br>Whole wheat toast<br>Milk                      |
| 15. Baked apple with raisin<br>center<br>Baking powder biscuits—<br>Honey<br>Soft cooked eggs<br>Cocoa | 16. Stewed apricots<br>Bran muffins<br>Cocoa                        |

## FOOD PREPARATION ESSENTIALS

### THE KITCHEN

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

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

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

### CLEANLINESS

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

Wear clean, washable garments in the kitchen and keep hair confined by a hairnet, pins or a band. Always wash hands before beginning any food preparation. If it is necessary to handle the hair or use a handkerchief, wash the hands again. Rings should never be worn while preparing food.

**Do not use the stirring spoon for tasting foods.**

## DISH WASHING

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

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

Prepare two pans. The dishpan should be half full of hot soapy water, and the rinsing pan at left of dishpan half full of clean, scalding water. Wash glassware first and silverware second. Rinse in scalding water, drain, and dry with a clean dish towel. Flat pieces such as saucers and plates, can be scalded and left in the drainer to dry. After washing glassware, silver, and china, then wash the cooking utensils. Scour cooking utensils if necessary. Do not fail to change the water as many times as needed.

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

## MEASUREMENTS AND ABBREVIATIONS

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

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

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

Table of Abbreviations

|          |            |
|----------|------------|
| t .....  | teaspoon   |
| T .....  | tablespoon |
| c .....  | cup        |
| pt. .... | pint       |
| lb. .... | pound      |
| oz. .... | ounce      |
| hr. .... | hour       |

Table of Measurements

|             |        |
|-------------|--------|
| 3 t .....   | 1 T    |
| 16 T .....  | 1 c    |
| 2 c .....   | 1 pt.  |
| 2 pts. .... | 1 qt.  |
| 4 qts. .... | 1 gal. |
| 8 qts. .... | 1 peck |

All measurements should be level. Half a spoonful is a spoonful leveled off and divided lengthwise. For a quarter of a spoonful, divide the half spoonful crosswise.

### 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    |
|                          | <hr/> |
|                          | 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.

# Breakfast Dishes and Their Preparation

## PROGRAM I

### FRUIT

#### Business Meeting

- I. Roll Call—One reason why fruit should be served every day.
- II. Remainder of business meeting to be conducted as suggested in secretary book, or leader's guide.

#### Work Program

- I. Discussion—The points given under this heading should be studied before the meeting by every member.

“Some fruit every day is better than beauty clay.”

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

Fruits are very important to our bodies because of:

Vitamins, which promote health and growth.

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

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

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

Always wash raw fruit before eating it. Eat only sound, ripe fruit. Bananas are ripe when brown spots appear on the skin. Keep fruit in a cool place. Use seasonal fruits, they are less expensive.

- II. Demonstration—prepare two or more fruit dishes, at least one of which is cooked. Fresh fruits are even better than cooked fruits, but one must know how to prepare cooked fruit dishes for use in seasons when fresh fruits are not available. The following recipes or any good recipes

found in cook-books or magazines may be used in club demonstrations or at home.

- III. Home Problem—Prepare at least one dried fruit, one fresh fruit, one baked fruit, and one cooked fruit.

Write the date prepared and the names of these dishes in your Food Preparation record book.

### STANDARDS FOR FRUIT DISHES

Standards by which you may judge the quality of the foods prepared are given below.

Apple Sauce—Color depends on kind of apple and method of cooking. Smooth and thick.

Baked Apples—Good shape, glossy, pulp soft, moist, no core; syrup thick.

Rhubarb—Pieces soft, whole as possible; juice thick; color—rosy or pale green; tender; sweetened to taste.

Stewed Prunes—Tender, unbroken, plump; pit loose; juice syrupy, clear.

### RECIPES

#### Fresh Raw Fruits

Serve fruits as attractively as possible. Chill them before serving. Here are some suggestions for serving fruits:

#### Oranges

- Orange juice (chilled)
- Sliced oranges
- Orange halves (with sections separated)
- Orange sections arranged attractively on plate
- Orange chips (slices quartered with peeling left on)

#### Grapefruit

- Grapefruit juice
- Grapefruit halves (sections separated)
- Grapefruit sections

#### Strawberries

- With cream
- With stems and powdered sugar
- With cereals

#### Bananas

- Sliced with cream
- With cereal

#### Cantaloup

- Plain chilled
- With orange and grapefruit sections

#### Peaches

- Plain
- Sliced with cream

### **Fruit Cup**

A mixture of fruit may be chilled and served with just enough juice to moisten. A few grains of salt improves the flavor. Add lemon juice if mixture lacks flavor. Fruits may all be fresh, cooked, or a combination of both.

Some suggested combinations—

Apple, pineapple and orange

Banana, orange and apple

Apple, pear and cherries

Canned peaches, pears and red raspberries

### **Vegetable Juices**

Chilled tomato juice is an excellent breakfast appetizer. It is refreshing and contains valuable minerals, acids, and vitamins. Chilled sauerkraut juice is also very good as it too contains acids, minerals, and vitamins. Many people like a mixture of chilled tomato juice and sauerkraut juice.

### **Cooking Fresh Fruits**

Wash fruits carefully. Cook until tender in as little water as possible. Sugar, if added, should be added during the latter part of the cooking so that the fruit will retain as nearly as possible its original flavor. If it is desirable to retain the shape of the fruit, make a syrup of sugar and water and add the fruit to the syrup. One-half cup sugar to one cup water are the usual proportions.

### **Apple Sauce**

Pare, quarter and core apples. Place in a sauce pan, sprinkle with sugar and just enough water to prevent the apples from burning. Cook slowly until tender and either crush to a pulp or press through a sieve. Cinnamon, nutmeg or lemon juice is sometimes used for flavoring. Brown sugar may replace white sugar.

### **Baked Apples**

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

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

### Baked Pears

Pare, cut in half and core pears. Place in a buttered, shallow baking dish. Sprinkle sugar over them, add just enough boiling water to prevent pears from burning, and some small pieces of butter. Bake until the pears are soft, basting occasionally with the hot syrup.

### Cooking Dried Fruits

Dried fruits should be washed thoroughly and allowed to soak in cold water for several hours. Then cook the fruit in the same water in which it has been soaked. Sugar may be added in the proportion of  $\frac{1}{4}$  cup of sugar to a pound of fruit. Let the fruit cook until tender before adding the sugar. Prunes, dried peaches, apricots, apples, pears, etc., are cooked in this manner.

## PROGRAM II

# CEREALS

### Business Meeting

- I. Roll Call: Give a good breakfast menu.

### Work Program

I. Discussion—Cereals are the seeds of grass-like plants known as grains, such as wheat, oats, corn, rye, barley, buckwheat, rice, etc. These, when properly handled, constitute our cheapest form of heat and energy foods.

The grains are made into:

1. Flours, from which bread, crackers, cake, etc., are made.
2. Meals, such as corn meal, from which mush, breads, etc., are made.
3. Breakfast foods; these are:

Prepared—puffed and flaked grains of all kinds; or

Require cooking—as,

Steamed and rolled oats, barley.

Ground or cracked, as cracked wheat, graham flour, cornmeal, oatmeal, etc.

Polished grain, rice is the only example here.

Whole grain cereals are valuable foods. You have all seen a kernel of grain and have noticed that the inside is soft and starchy and is covered by a layer of bran coating. When the outer layer and germ is milled off, as it is in making the white flour, much of the valuable part of the kernel is gone. Most of the minerals, vitamins, and the regulating substances are in the outer layers and the germ. Therefore, as many whole cereals as possible should be eaten.

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

Cereals should be cooked thoroughly and slowly to soften the cellulose, burst the starch grains making the starch more available, and develop the nutty flavor. Fine cereals are cooked thick enough to chew and free from lumps; coarse cereals are also thick enough to chew, with flakes separate.

Cereals should be added to the boiling salted water so gradually that boiling does not stop. This is an important point in avoiding a sticky, gummy quality. Constant stirring develops "stickiness" but finely granulated cereals must be stirred to insure smoothness. Allow to boil five minutes over direct heat until the cereal is thickened. Cover and cook without stirring in a double boiler from fifteen minutes to two hours, according to the cereal. A longer period of cooking will often improve the flavor.

To save time and fuel soak coarse granular cereals over night in required amount of water. Cereals cooked in a double boiler should be prepared the evening before they are eaten.

Four tablespoons of cold water poured over the cereal will prevent a crust from forming.

Children should have little or no sugar on cereal. Their appetites are too quickly satisfied with the sugar and they do not eat enough cereal. A very small amount of sugar added during the cooking process will make the cereal taste quite sweet. Cut-up figs, dates, washed raisins or cooked prunes may be stirred lightly into a cereal shortly before it is served.

Milk may be substituted for all or part of the water. Proceed as with water, cooking the cereal over direct heat only long enough to thicken it before placing it over water in the lower part of the double boiler.

II. Demonstration—(It may be well at this meeting to have the demonstration precede the discussion, or even the business meeting, since cereals will require long cooking).

Prepare two cereals, one of which may be cooked in milk or fruit added to the cereal. A time table for cooking cereals, with a standard recipe and suggested variations is given below.

III. Home Problems—Prepare at least two cooked cereals.

### STANDARDS FOR CEREALS

In judging the products consider (1) the consistency of the cereal should be just thick enough to hold its shape when taken up by a spoon, (2) the texture will show that the cellulose has been softened but the particles will hold their shape—not pasty, and (3) the flavor will be the natural, nutty flavor of the grain, with no raw taste.

## RECIPES

### General Method for Cooking Cereals

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

### Time Table for Cereals

|                                      |                 |                      |
|--------------------------------------|-----------------|----------------------|
| 1 c rolled oats .....                | 2 c water.....  | Cook 1 hour          |
| 1 c oatmeal .....                    | 4 c water.....  | Cook 2 to 3 hours    |
| 1 c whole wheat (soaked) .....       | 2 c water.....  | Cook 6 to 8 hours    |
| 1 c rice (brown rice) .....          | 4 c water.....  | Cook 1 hour          |
| 1 c cornmeal .....                   | 3½ c water..... | Cook 1 hour          |
| 1 c granular wheat .....             | 4 c water.....  | Cook 2 to 3 hours    |
| 1 c hominy .....                     | 6 c water.....  | Cook 2 to 3 hours    |
| 1 c quick cereals—(see package)..... |                 | Cook 5 to 30 minutes |

### Cereal Variations

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

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

Serve cereal with fresh fruits.

Add raisins or chopped dates to cereal during the last few minutes of cooking.

Serve a small baked apple in center of bowl of cereal.

Serve cooked dried fruits with the cereal.

## PROGRAM III

### MILK

#### Business Meeting

- I. Roll Call—Name three ways you like to take milk.

#### Work Program

I. Discussion—Milk is the nearest perfect food that we have. Milk contains two minerals, called calcium and phosphorus, which are necessary in building bones and teeth. If children are not given enough milk or other foods containing these minerals it is very likely that they will have soft teeth which decay easily and bones which are not well developed and strong. Milk supplies energy, builds muscle and bones, and promotes growth. Every growing boy and girl should have at least one quart of milk a day. This may be taken in the form of beverages, soups, or creamed dishes.

Care of Milk—Secure milk that comes from clean healthy cows kept in clean stables. Clean, healthy milkers and sterilized utensils are necessary.

Cool milk as soon as possible and keep cold so that bacteria will not develop.

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

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

Milk Beverages—Cocoa and chocolate carry the same stimulating ingredients as do tea and coffee. For that reason they should not be given to children except in weak mixtures. It is better to keep children satisfied with the bland flavor of plain milk than to cultivate a taste for the more flavorful beverages.

- II. Demonstration—Prepare two milk dishes.

It is now time that your club be planning for a demonstration team. At this program each member might prepare a milk dish, or two girls might work together in preparing several milk dishes.

Recipes for cocoa, for cocoa and chocolate syrup, for postum, egg nog, white sauce, creamed eggs and creamed toast are furnished.

III. Home Problem—Prepare at least two different breakfast milk dishes and list in record book.

### STANDARDS FOR MILK DISHES

Good cocoa will be light brown, foamy, not too sweet, no skin, without a raw taste, and well blended.

White sauce should be smooth, well cooked, and the flavor, consistency and temperature suited to the use.

### RECIPES

#### Cocoa

|                      |           |
|----------------------|-----------|
| 4 c milk             | 1 c water |
| 3 T cocoa            | 3 T sugar |
| $\frac{1}{8}$ t salt |           |

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

#### Cocoa and Chocolate Syrup

Heat desired amount of milk in double boiler till scalding hot. Add 1 to 2 T cocoa or chocolate syrup for each cup of hot milk and stir till thoroughly dissolved. Beat with Dover beater till the surface is foamy. Serve at once.

#### Cocoa Syrup

|                        |             |
|------------------------|-------------|
| $1\frac{3}{4}$ c cocoa | 3 c water   |
| $3\frac{1}{2}$ c sugar | 2 t vanilla |
| $\frac{1}{4}$ t salt   |             |

Combine cocoa and water gradually, keeping the mixture smooth and thin. Add sugar and cook over direct heat for 5 minutes. Add vanilla. Cool and store in a cold place to use as needed. This makes a large quantity.

#### Chocolate Syrup

Substitute  $\frac{1}{2}$  lb. (1 whole cake) of shaved chocolate for cocoa in recipe for cocoa syrup. Combine and cook as directed for cocoa.

**Chocolate Milk Shake**

Add chocolate or cocoa syrup to cold milk—1 to 2 T to each cup chilled milk. Shake in a fruit jar till well mixed and foamy. Serve in tall glasses with straws. A small scoop of ice cream may be added and shaken into mixture or put into the serving glass and milk mixture poured over.

**Postum Made With Milk**

5½ c milk  
3 T Instant Postum

½ c boiling water

Scald milk in double boiler. Put postum in small sauce pan. Pour boiling water over and stir until dissolved. Add to scalded milk. Serve hot. Makes six servings.

**Egg Nog**

1 c milk  
1 egg  
1 t sugar

Few drops vanilla  
Few grains salt

Beat egg, add sugar and salt. Add milk and flavoring. Serve cold. These ingredients may be measured into a pint fruit jar and mixed by shaking. This makes a smooth frothy mixture.

**White Sauce Proportions**

|        | Milk | Flour | Butter | Salt |
|--------|------|-------|--------|------|
| Thin   | 1 c  | 1 T   | 1 T    | ¼ t  |
| Medium | 1 c  | 2 T   | 2 T    | ¼ t  |
| Thick  | 1 c  | 3—4 T | 3 T    | ¼ t  |

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

**Creamed Eggs**

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

Remove cooked eggs from the shells and slice or cut halves

lengthwise. Place on toast and pour white sauce over them. Serve hot. Diced ham or dried beef may be added for variety.

### **Creamed Toast**

Cut bread into inch cubes and toast thoroughly. Heat milk and season with salt and pepper and butter as preferred. Serve toast in cereal dish with hot milk in pitcher to be poured on as desired.

## PROGRAM IV

### EGGS

#### Business Meeting

- I. Roll Call—Name three ways eggs are used in your home.

#### Work Program

I. Discussion—Eggs are a valuable body building food and are easily digested if properly prepared. They contain valuable minerals. The yolk is especially high in iron which is very necessary to nourish the blood. They contain vitamins which are needed to promote growth and to maintain health. Eggs should be included in some form in each day's meal plan.

Care of Eggs—In Montana there are four grades of eggs on the market—specials, extras, standards, and trades. The two top grades are used for table eggs, such as poached and soft cooked. Standards and trades are an inferior quality and can be used in baking and cooking where the appearance and flavor of the egg is not an item.

Wash eggs just before using.

Keep eggs in a cool place.

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

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

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

The water in which eggs are cooked should be kept at a low temperature, therefore, we use the word "cooked" rather than "boiled" when referring to egg cookery.

In dishes like scrambled eggs or custards the food may curdle or become watery if the egg is cooked too long or at too high temperature. Hard cooked eggs take longer but digest as completely as soft cooked eggs, if cooked at a low temperature.

After eggs have been hard cooked, one often finds a dark substance between the yolk and the white. This is due to the natural sulphur in the egg and should cause no alarm.

## II. Demonstration—Prepare two egg dishes.

It may be interesting to compare the results of boiling one egg for 20 minutes and cooking another for 30 minutes below the boiling point.

Before serving the dishes prepared, score them on appearance and texture.

## III. Home Problem—Prepare three different breakfast dishes of eggs.

Soft-cooked Eggs—Shell unbroken while cooking; white tender and jelly-like, yolk soft, unbroken.

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

Poached Eggs—Yolk whole, covered with firm film, white firm and jelly-like.

Scrambled Eggs—Hot, smooth, creamy.

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

Creamed Eggs—White firm and tender, yolk mealy, cut evenly, sauce consistency of thick cream.

Fried—White tender, white coating over yolk, nearly round, slightly browned on bottom.

## RECIPES

### Cooked Eggs

Have ready a saucepan containing boiling water. Carefully put in the number of eggs desired. Cover pan and remove to back of stove, where water will not boil, or keep the pan over a very low flame. Allow from six to eight minutes for soft cooked eggs but do not let the water boil. For hard cooked eggs let stand on back of stove for 30 to 40 minutes. Then plunge into cold water so that the shells may be removed easily.

### Poached Eggs

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

### Baked Eggs

Use individual baking dishes, or one larger dish, and melt one teaspoon of butter for each egg. Break the eggs into the dishes. Sprinkle with salt and pepper and place a small piece of butter on each. Bake in a moderate oven until the eggs are set, but not hard. Serve in the baking dishes.

### Scrambled Eggs

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

### Eggs a la Goldenrod

1½ c medium white sauce

3 or 4 hard cooked eggs

6 pieces toast

Separate yolks and whites of cooked eggs and chop whites. Add the chopped whites to white sauce and pour over toast. Press yolks through a strainer or crush with a fork and sprinkle over top. Garnish with parsley and paprika and serve hot.

### Plain Omelet

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

### Puffy Omelet

4 eggs

4 T milk

salt

butter

Beat the egg whites until stiff. Beat the yolks until thick and lemon colored. Add liquid and salt. Cut and fold together yolks and stiffly beaten whites. Melt enough butter in an omelet pan or heavy skillet to grease the bottom and sides of the pan. When the pan is hot turn the egg mixture into the pan and cook over a slow fire until it is puffy and light brown underneath. Then it may be placed in a slow oven until the top is dry. To test whether the omelet is done slip a spatula or knife carefully into the omelet. If it comes out clean the omelet is done. The success of an omelet lies in baking at a low tem-

perature and with even heat. Loosen the edges of the omelet, slip a spatula or flexible knife under the side next to the handle of the pan. Fold one-half over the other and press lightly to make it stay in place. Slip onto the hot plate and serve at once.

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

### **Yum-Yum Eggs**

Beat 6 eggs, add a little milk and seasoning. Cook in double boiler without stirring.

## PROGRAM V

### QUICK BREADS

#### Business Meeting

I. Roll Call—One way I have improved my food habits as a result of the Food Habits Score Card.

#### Work Program

1. Discussion—Quick breads are flour mixtures in which some leavening agent other than yeast is used. They can be mixed and baked in a short time. Leavening agents used in quick breads are baking powder and soda. Sometimes neither baking powder nor soda is used as in the case of popovers which are leavened by the action of steam. Soda is always used with sour milk, buttermilk, or molasses. In using soda be careful to use just the right amount as too much soda gives a very disagreeable flavor to the product. Always mix and sift soda with dry ingredients to avoid any loss of gas formed by the soda coming in contact with sour milk.

There are three types of baking powder, all containing baking soda and an acid which reacts in liquid and heat to form carbon dioxide—the gas which makes the batter rise. They are named according to the acid:

(1) Tartrate—Royal, Schilling and Monarch are some of the well-known brands—generally two teaspoons to be used to one cup flour.

(2) Phosphate—Rumford's, Dr. Price's and Davis' Phosphate are well known brands—two teaspoons to be used to one cup flour.

(3) S. A. S. Phosphate or combination—Calumet and K. C. are well-known brands—one and one-half teaspoons to one cup flour.

There are three kinds of white flour; bread flour made from hard wheat, pastry flour made from soft wheat, and general or all-purpose which is a combination of both hard and soft wheat. Good quick breads can be made from both the soft wheat and the all-purpose flours. Bread flour is suitable only for bread and products made with yeast. Soft wheat flour can be purchased in bulk in some stores.

II. Demonstration—If possible, plan two meetings for this lesson demonstrating the making of muffins at one time and the making of biscuits at another meeting. Judge your products by the score card given below.

III. Home Problem—Prepare toast at least three times; biscuits, muffins, and yellow cornbread each at least two times.

### STANDARDS FOR QUICK BREADS

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

Score Card

|                     |     | 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. Shape—Symmetrical and uniform. Muffins should have pebbly surface, without knobs or peaks. Biscuits should have vertical sides and level tops.
- B. Size—Muffins should be baked in tins 2 inches in diameter by  $1\frac{1}{2}$  inches deep. Biscuits should be twice the size of unbaked dough; small.
- C. Crust—Golden brown, of even depth, not floury nor glossy.

#### 2. Crumb—30

- A. Lightness—Light in weight for size. Crumb should show even air spaces, not long tunnels. Biscuits should be flaky.

- B. Tenderness—Should tear apart easily without crumbling.
  - C. Moisture—Not dry and crumbly, not damp and soggy.
3. Flavor—45.
- A. Good balance. Not too salty or sweet. No distinct fat flavor.

### How To Proceed With Judging Foods

1. Have copies of the score card made and a pencil for each member.
2. Have four plates of the same kind of muffins. Label them A-B-C-D.
3. Leader should score the muffins, placing them first, second, third, fourth.
4. Each club girl then scores the muffins.
5. Compare girls' placing with leader's. Discuss.

### RECIPES

#### General Method of Mixing Muffins

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

**Plain Muffins**

|                          |                            |
|--------------------------|----------------------------|
| 2 c soft wheat flour, or | 3 t tartrate or phosphate, |
| 1¾ c all-purpose flour   | or 2¼ t S. A. S. or com-   |
| 2 T sugar                | bination baking powder     |
| 1 egg                    | ½ t salt                   |
| 3 T melted fat           | 1 c milk                   |

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

**Date Muffins**

Use plain muffin recipe, adding ¼ lb. chopped dates to batter.

**Bacon Muffins**

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

**Graham Muffins**

Use ⅞ c flour and 1¼ c graham flour for flour in plain muffin recipe.

**Corn Meal Muffins**

Use ⅞ c cornmeal (or corn-bread crumbs) and 1 c flour for flour in plain muffin recipe.

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

Use 3 t baking powder  
Use ½ t soda

**Bran Muffins**

|                   |                 |
|-------------------|-----------------|
| 1 c flour         | 1 c bran        |
| ½ t salt          | 1 c milk        |
| 4 t baking powder | 1 egg           |
| 4 T fat           | 3 T brown sugar |

Mix and sift the flour, salt, sugar and baking powder. Stir in the bran. Beat the egg, add milk and melted fat. Add the wet ingredients to the dry ones. Bake in a hot oven about twenty minutes.

**Baking Powder Biscuits**

|                                                                                              |          |         |
|----------------------------------------------------------------------------------------------|----------|---------|
| 2 c soft wheat flour (Use 2 T less flour per cup if all-purpose or hard wheat flour is used) |          |         |
| 4 t tartrate or phosphate baking powder, or 2½ S. A. S. or combination                       |          |         |
| ¾ c milk                                                                                     | 1 t salt | 4 T fat |

Measure and sift together dry ingredients three times. Combine the sifted dry ingredients and the fat by rubbing them together be-

tween fingers and thumb. To do this pick up a portion of the fat and flour, rub it lightly, then drop and pick up another portion, etc. Continue this process until mixture has the consistency of coarse cornmeal. One of the wire pastry blenders may be used. Turn the milk at once into the fat-flour mixture. Stir vigorously until it thickens. Turn onto a lightly floured board and quickly knead it a few seconds.

Shape the dough into a ball. Pat it with the hand or rolling pin to about  $\frac{1}{2}$  inch thickness.

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

Above recipe makes 20 biscuits about 2 inches in diameter.

If biscuits with crusty sides are desired place them  $\frac{1}{2}$  inch or more apart on the baking dish.

For variety use as the foundation for such dishes as shortcakes, meat pies, and hot sandwiches.

### Orange Biscuit

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

### Nut Biscuit

Add 1 T sugar to original biscuit recipe, adding to dry ingredients  $\frac{1}{2}$  c chopped nuts. Put a piece of nut on each biscuit when ready to bake.

### Cinnamon Rolls

Roll out dough mixture to  $\frac{1}{4}$  inch thickness. Spread with a mixture of melted butter, brown sugar, and cinnamon. Roll up like a jelly roll and slice in  $\frac{1}{2}$  inch slices. Bake in a hot oven.

### Waffles

2 c flour  
2 eggs  
 $\frac{1}{2}$  t salt

3 t baking powder  
 $1\frac{1}{2}$  c milk  
5 T melted butter

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

### Sweet Milk Griddle Cakes

3 c flour  
 $4\frac{1}{2}$  t baking powder  
1 t salt  
 $\frac{1}{4}$  c sugar

2 c milk  
2 T melted butter  
1 egg

Mix and sift dry ingredients; beat egg, add milk and pour slowly on flour mixture. Beat thoroughly and add butter. Drop by spoonfuls

on a greased hot griddle, cook on one side. When puffed full of bubbles and cooked on edges, turn and cook other side.

### Sour Milk Griddle Cakes

Use recipe for sweet milk, substituting thick sour milk for sweet and using 1 t soda instead of baking powder.

### Corn Griddle Cakes

|                    |           |
|--------------------|-----------|
| 1½ c boiling water | 1¼ c milk |
| 4½ t baking powder | 1 egg     |
| 2 T melted butter  | 1½ t salt |
| ½ c cornmeal       | 2 c flour |
| 1/3 c sugar        |           |

Add meal to boiling water and boil five minutes; turn into bowl, add milk and remaining dry ingredients mixed and sifted, then the egg well beaten, and butter. Cook same as other griddle cakes.

### Gingerbread

|                   |                       |
|-------------------|-----------------------|
| ¼ c fat           | 1¼ c soft wheat flour |
| ¼ c sugar         | 1/3 t soda            |
| 1 egg             | ½ t ginger            |
| 1/3 c molasses    | ½ t cloves            |
| ½ c boiling water | ½ t cinnamon          |
| ¼ t salt          |                       |

Grease an 8 inch square loaf tin and line bottom with waxed paper. Sift flour and measure out 1¼ c. Add salt and soda to flour and sift together twice. Cream fat and sugar thoroughly. Add egg yolk and molasses to fat-sugar mixture and beat thoroughly. Pour boiling water over spices. Add flour and water alternately to fat-sugar-egg-molasses mixture, beginning and ending with flour. Add beaten egg white. (Beat egg till stiff enough to hold up in peaks but not dry.) Turn batter into prepared pan and bake 30 minutes in a moderate oven (375°F.) This recipe was developed in Experimental Cookery Class—Montana State College.

## PROGRAM VI

# SERVING THE BREAKFAST

### Business Meeting

1. Roll Call—One question concerning table etiquette of which I am not sure.

### Work Program

#### I. Discussion

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

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

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

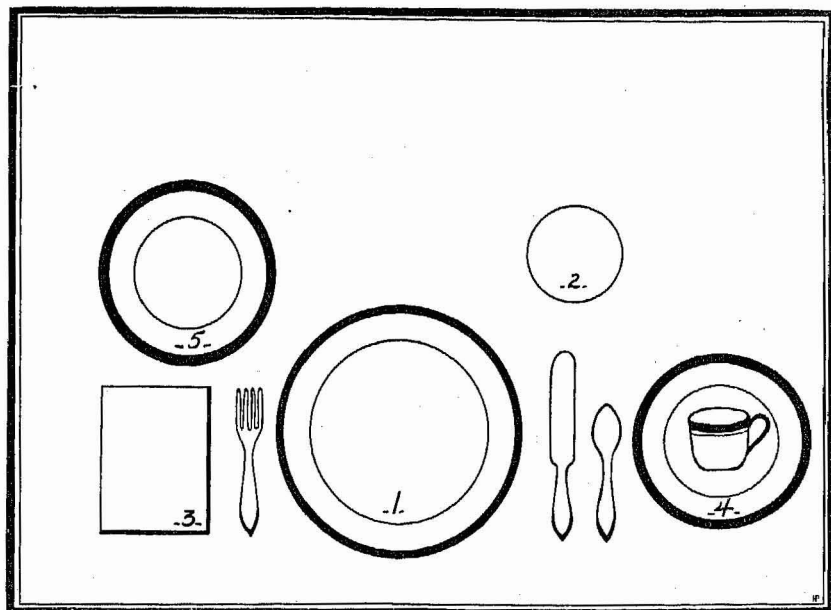
**Covering For the Table**—What shall the table covering be? The most attractive is, of course, the linen tablecloth, but it is expensive. Unbleached muslin with bands or applique harmonizing with color scheme of the room make attractive and inexpensive breakfast cloths. Oilcloth is often used because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

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

**Setting The Table**—Next to consider is the actual setting of the table—or the laying of the cover. The “cover” includes the silver, china, and glass needed for each person. Twenty-six inches should be allowed for each cover so that each person will be comfortable. All silver is placed about an inch from the edge of the table so that it will not be accidentally knocked off when people sit down at the table.

1. Knives, forks, and spoons are placed in the order of their use, from the outside toward the plate.
2. Knives and spoons are placed at the right of the plate.
3. Forks are placed at the left of the plate except when no knife is used in which case the fork is placed at the right.
4. The cutting edge of the knife is turned toward the plate.
5. Forks are placed with tines up and spoons with bowls up.
6. The glass is placed at the tip of the knife.
7. The bread and butter plate, if used, is placed at the tip of the fork and a little to the left.

#### A Cover For Breakfast



1 Plate; 2 Water glass; 3 Napkin; 4 Cup and saucer;  
5 Bread and butter plate.

8. The butter spreader is laid across the edge of the bread and butter plate with the handle toward the right.
9. Napkin is placed at the left of the fork, one inch from edge of table, with the open corner next to the handle of the fork.
10. Serving silver is arranged on the table ready for use. It is not placed in the dish of food before it is brought to the table. All pieces of serving silver should be parallel to the silver at the cover.
11. Chairs are placed so that the front edge of each chair touches or is just below the edge of the tablecloth.

### Rules For Serving

1. Table should be set with all necessary linen, china, and silver.
2. Glasses should be filled three-quarters full just before the meal is served.
3. Plates of bread, butter, and jelly may be on table before family is seated.
4. Dishes should be placed and removed and food passed or offered from the left, server using her left hand.
5. The beverage is the exception to the above rule, and is always placed at the right. In placing cups, have handles to the right.
6. In refilling glasses the waitress may move them to the outer edge of the table if necessary. They should not be picked up and held in air when refilling. Handle by the lower part of the glass and never the top.
7. In clearing the table between courses remove the food first, then soiled dishes along with the used silverware, then any clean dishes, and unused silver. A plate and folded napkin may be used for crumbing the table.
8. The water glasses and dishes used at last of the meal are not removed until after family or guests have left the table.
9. It is not permissible to stack or scrape dishes at the table.

**Table Courtesies**—Rules of etiquette are followed simply to make life more pleasant. If you are ever in doubt as to what is the right thing to do, just consider those around you. That which would be more considerate of the other people is usually the right thing to do.

Do not have "company manners." Practice good manners at every family meal until they become a part of you. Then you will never

experience that uncomfortable self-consciousness and awkwardness that results when good manners are attempted only when there are guests.

Some of the common rules are:

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

19. If an accident occurs, ask to be pardoned. Remedy the difficulty as quickly as possible, and then make no more comments concerning it.
20. Never criticise the manners of older people. Customs change and what may seem curious now may have been good in former days.

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

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 own town or community.

Humorous incidents from your day's experience.

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

II. **Demonstration**—A very simple meal should be served. Several members may take part. One or more may show how the table should be set, one girl may be hostess, another host, another guest of honor, and another a waitress. The food may be largely prepared before the meeting.

III. **Home Problem**—Set the table correctly for family breakfasts at least six times.

## PROGRAM VII

# GUEST BREAKFAST

### Business Meeting

#### I. Roll Call.

### Work Program

Plan the menu. Suggestions for planning breakfast will be found on pages 6 and 7.

Make out a plan of work. Assign duties to each girl and the time each task is to be done. List the things that can be done before to save time and energy and still have hot things hot, and cold foods cold. List the food supplies needed and how they are to be secured.

List the utensils needed in preparing the food.

Plan for silver, dishes and linen.

Plan for the serving of the meal.

Plan for clearing the table, washing the dishes and putting the kitchen in order.

Make your guests comfortable and welcome, remembering the practices suggested in program six.

Plan for music, team demonstration or other entertainment desired.

## 4-H Foods Demonstrations

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

If the regular demonstrations are given at club meetings the public demonstration will not be difficult.

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

Setting an attractive breakfast table.

Attractive ways of preparing and serving fruits for breakfast.

Muffins and variations of the recipe.

The correct cooking of breakfast egg dishes.

Dishwashing done right.

Keeping our weight right.

The Health "H."

Serving a well-planned breakfast.

Why eat breakfast?

Attractive ways of using milk.

Baking powder biscuits and variations.

Additional information on 4-H Demonstrations is found in the Montana Extension Service bulletin No. 170 "Demonstrations," and suggested outlines for several foods demonstrations are available from the county extension agent.

### 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.

For the 4-H Breakfast Club one may exhibit:

6 baking powder biscuits

6 plain muffins

6 whole grain muffins.

Three well-balanced breakfast menus, written neatly or typed on cardboard or paper.

A poster (22x18") teaching some essential health rule.

"Everyday Foods," (Revised Edition) by Harris & Lacey or another good foods textbook will be a helpful reference. It might be secured at a high school or county library.

### CLEAN

The simple word, Clean,  
Has such a lovely sound.  
Clean, like pasture winds,  
Clean, like the ploughed ground,  
Clean, like high white cliffs,  
And streams that I have seen,  
Take a breath, and say the word  
Clean.

Isn't it clear with color?  
Isn't it bright with hope?  
Doesn't it almost have the smell  
Of water and of soap?  
If men would say it often,  
If women would say it too,  
I think the whole wide world would be  
A cleaner place, don't you?

Grace Noll Crowell.