

VIRGINIA

Narrative Report, 1922 - 23.

State Food Specialist

Lula V. Walker.

Not indexed.

**ANNUAL-REPORT**

OF

**EULA V. WALSH  
STATE FOOD SPECIALIST  
BLACKSBURG, VIRGINIA.**

December 1st., 1922 - December 1st., 1923.

(Project 4)

**Annual Report of the Specialist in Foods and Nutrition**

**To the Director:**

**The Annual Report, as prescribed by the outline for 1923  
for Annual Report of Subject matter, together with copies of such sub-  
ject matter and methods as requested is submitted herewith.**

I.  
Changes in Extension Organization

There have been no changes in the State Extension Organization as it relates to the subject matter of the Home Economics Specialists. There are two Home Economics Specialists; one of whom has entire charge of clothing; the other has entire charge of foods and nutrition. Each of these specialists is working in her special topic with both Girls' and Women's Clubs; with white people and with colored people.

II.  
Relations of Department of Food and Nutrition

There has been no planned relation of the work between the Department of Foods and Nutrition in the Extension Division and the work of the allied subjects in the Experimental or Teaching Department of the College. The heads of these departments desire to relate the work, but have not planned or worked it out. The relation has been discussed by the various heads of these departments, and it is suggested that special conferences be held between these heads and the question of relation worked on.

There is a wonderful possibility offered to relate the projects of Foods and Nutrition in the Extension Division to those projects which are carried on in the allied fields in the teaching department of the college and the Experimental Division: e.g. The use of milk as a food and its use in the preparation of foods is most closely allied to the projects in milk in both the Dairy Department and Experiment Station. These departments are working now on a project to find out the effect the food fed to the cow has on the development of the calf.

The result of these experiments may influence the teachings of the Food and Nutrition Department of Extension.

Equally great opportunities are offered to relate the Department of foods and nutrition to the other departments, e.g. those in vegetables and fruits, grains, poultry, meats, etc.

Unfortunately - at present, we have Home Economics only in the Extension Division - no department in the College. That Department will be the next one developed in the College, tho, so the future looks promising.

III.

A.

The problems which the Food Specialist meets are:

Problems of  
Food Special-  
ist with Farm  
Women.

1. To bring the farm women, agents, and leaders to a realization of the fundamental importance of foods and nutrition. Many are inclined to minimize the importance of foods and their effect on the body and to stress the money making projects.

To train the country woman's point of view in reference to foods - to make her realize that:

- (1) The health and life of family depend on proper selection of foods to fit the needs of family. That merely satisfying hunger - "to fill them up", as one woman expressed it - is not the business of the woman in charge of the family or any group of women. To merely "fill them up" is criminal.
- (2) The health and well being; the happiness and efficiency of the family depend upon the preparation of the food. No farm woman is willing to accept from a manufacturer any conglomerate

mass of materials that he may compound and call the mass an automobile, for instance.

So they must be instructed:

- (a) in food values  
in composition of foods and their purpose in the body.
- (b) how to use this knowledge of food values in the selection and preparation of foods to fit the needs of the family.
- (c) to have standards in the foods served which they are endeavoring to meet.

Problems of  
Food Specialist  
with Co. H.D.  
Agents.

2. To overcome the difficulties which a County Home Demonstration Agent meets in giving a food demonstration. To give a food demonstration requires more mental and physical work than any other Home Economics project. It necessitates:

- (1) a suitable place
- (2) suitable preparation of:
  - (a) food materials
  - (b) facts, theories, experiments to present to group.
- (3) the use of various pieces of equipment for the preparation, cooking, and serving of the foods demonstrated

Foods are more difficult to follow up and check up on than any other Home Economics project.

The foregoing problems determined the work in foods. It was decided to systematically train the women - to give one food topic - to require a record to be kept.

Ultimate  
State  
Goals.

2.

Ultimate State Goal:

- To have the family meals show an intelligent knowledge of food values.
- To have the foods served properly cooked.
- To have foods served properly served.
- To have the farm families represent specimens of right feeding.
- To have the children show evidences of right feeding in their appearance.
- To have farm men and farm women no longer old before their time; no longer with yabby colored skin.
- To have each County Home Demonstration Agent provided with a set of equipment to give food demonstrations.
- To have each County Home Demonstration Agent a Home Economics graduate in Foods and Nutrition.
- To have a County Home Demonstration Agent in every county in Virginia, or to have a woman who has majored in Foods and Nutrition to be responsible for the Food and Nutrition work in three small counties or two large counties.
- To have every community in a county doing Food work.
- To have the women of Virginia aroused to an active sense of their responsibility in feeding a family.

1923 Goals for  
Cooking Clubs.

The State Goal for 1923

1. Cooking clubs

To have first year cooking club girls be able to select the foods suitable for breakfast for any age from three years to adult age.

To have first year cooking club girls able to prepare and serve a breakfast.

To have second year cooking club girls able to select foods for a supper that would be suitable to serve during any month from October to April inclusive.

To have second year cooking club girls able to prepare and serve such a supper.

Bread Clubs.

2. Bread clubs

To have bread club girls able to make baking powder and soda biscuits and cornmeal muffins.

To have bread club girls able to judge biscuits.

Canning Clubs.

3. Canning clubs

To have canning club girls able to meet requirements set up in matter of quantity of work done and in exhibit.

Women's Clubs

4. Women's clubs

To have women study the uses of green vegetables and fruits in the diet and keep record of vegetables served each day for five or six months.

Methods  
used in  
Cooking  
Clubs.

1. The method of teaching the cooking club girls is by use of cooking club Bulletin. (Bulletin enclosed)

Bread Clubs.

Canning Clubs.

Women's Clubs  
Unit Piece of  
Work for Women.

Bulletin of  
Recipes.

2. The method of teaching the Bread Club members enclosed.

3. The canning clubs have had no methods outlined by Specialist. The subject matter used was that found in Bulletin No. 17 and Farmers' Bulletin No. 855. The bulletin for Canning clubs has been written jointly by State Girls' Club Agent and Food Specialist and is ready for printing. This will be distributed when canning clubs begin work in their project

4. An organized piece of food work for the women was presented to the County Home Demonstration Agents at Annual Meeting in January, 1923. Two districts accepted it as a piece of food work to be done by the district. "The Uses of Green Vegetables and Fruits in the Diet" was selected as the piece of food work desired. The Food Specialist worked out a number of demonstrations on Uses of Vegetables and Fruits in the Diet, and each County Home Demonstration Agent in the two districts was sent a copy. (Copy enclosed)

The Food Specialist compiled in bulletin form the recipes used in the unit piece of work for women. These bulletins were distributed to the women taking the demonstrations. (Bulletin enclosed)

The method of organizing and conducting the food work for women was worked out jointly by the two District Agents and the Food Specialist.

Groups of women were selected from three different communities in a county. Each group was to take four demon-

strations; the Food Specialist to give the first and last demonstrations, and the County Home Demonstration Agent to give the two other demonstrations. Each woman was to keep a record of vegetables used by her during each month from first demonstration to last demonstration. The woman who attended the four demonstrations and kept all the record cards are to be given a certificate stating the work done.

Contest in  
Mam Making.

5. In addition to the Unit Piece of Work for Women, a contest in Mam Making was put on in one district. The plans for organizing and conducting the contest were worked out at the District meeting, with the County Home Demonstration Agents, the District Agent, and the Food Specialist. This contest was to last one week - the last week in October.

Prizes were offered in each county and two district prizes offered.

Record of Meals.

The card for the Record of Meals was worked out by Food Specialist, also the Mam Score Card with the points to consider in Planning Meals. These two cards were given to contestants, and then returned to Food Specialist for judging thru the County Home Demonstration Agent. [Copies enclosed]

Negro Work.

6. The negro work was not organized the same way as the white work. The negro cooking clubs just started to use the Cooking Bulletin after they received them and had them explained to them at their Annual Meeting in February.

Their Bread Clubs ran in 1923 from March to June. The literature for the Bread Club work was not ready in time for them

to use it.

The food work for their women's clubs was not as definitely outlined and organized as that for the white agents, owing to lateness of their annual meeting (in February) and the field work of the Food Specialist.

The negroes desired their women to have Bread work. The Food Specialist worked out for them a demonstration on light bread, which she sent to each negro agent. (Copy enclosed)

The Food Specialist visited five of the seven negro agents and gave demonstrations in quick breads and variations of quick breads to both women and girls.

The County Home Demonstration Agent was indispensable to the Food Specialist in the Unit Piece of Work for Women. She selected the women; arranged for ragging; distributed and collected the Vegetable Record Cards, Menu Cards, and Menu Score Cards; wrote articles on the piece of work for local papers; and gave the Jingles in the schools. (In connection with the Unit Piece of Work for Women, and for the purpose of stimulating interest among the school children, the Food Specialist wrote some Vegetable Jingles. These were used in different ways by several Agents. They were later set to music by a music teacher and presented in the form of a pageant at State Short Courses.) (Copy enclosed).

The Girls' Club Agent and Food Specialist work very closely. Nothing is ever done in club work in Food projects by either which is not discussed beforehand. Results and records are

Support given by Co. H.D. Agents.

D-

Support given by Girls' Club Agent.

watched and the subject matter selected in accordance.

Results.     **B.** The results secured:

The Food Specialist spent 161 days in the field and 106 days in the office. (This is exclusive of Sundays and holidays)

She visited 69 Home Demonstration Agents. This means that she visited some Agents more than once. The number also includes 6 negro agents visited.

5 Counties were not visited at all. One district in the state did not accept the Unit Piece of Work for Women. Of the 5 counties not visited, 2 made no request and had no organized piece of food work. In both of these counties the Home Demonstration Agent was changed during the year. 2 of the 5 counties made requests for visit from Food Specialist, but her itinerary prevented her going. One of the 5 counties had no Demonstration Agent when Food Work was started.

Specialist attended 12 committee meetings; gave 106 talks to schools, groups of women and girls; and gave 101 demonstrations, which included the 53 demonstrations given in the Uses of Vegetables and Fruits in the Diet which composed the Unit Piece of Work for women. (A food demonstration is here used to represent an entire demonstration which occupies from one to two hours; during which time there are sometimes as many as ten different food dishes prepared. e.g. In one salad demonstration the Food Specialist prepares from eight to ten different kinds of salads)

The remaining 48 demonstrations included those on School lunches,

breads and biscuits, milk, pressure cooker, and demonstrations of ways and means of improving the kitchen. 3990 people attended these meetings during the year. 1160 of the 3990 attended the demonstrations on the Unit Piece of Work. The remaining number were present at the other listed demonstrations and talks given.

588 letters were dictated or written by specialist. These were in response to requests from Home Demonstration Agents and women and girls for subject matter of general information in reference to foods.

8 circular letters were written and 165 copies of these were sent out.

2000 Cooking Bulletins have been issued and a revised edition is in printing.

7000 Bulletins on recipes for Unit Piece of Work have been issued. This bulletin which is a compilation of tried recipes, is very eagerly sought by the women. The distribution was limited at first to those women who were engaged in the Unit Piece of Work.

As stated elsewhere in this report, women's work has been emphasized this year. 65 groups of women have been met.

10 Girls' clubs have been visited.

180 conferences were held, including those with President, Director, State Agent, State Girls' Club Agent and other Specialists, County Home Demonstration Agents, and others.

5198 miles travelled by auto and 10,877 miles travelled by rail.

182 women have kept the Vegetable Record Cards. The records show that the women are serving from 30 vegetables a month to 264 a month.

68 women have entered the Menu Making Contest.

**Results of Kitchen Improvement Contest:**

Contest was carried on in four adjoining counties. The contestants were limited to 25 in each county. The responsibility of securing contestants was left to the County Advisory Boards. No advertising was done. The Advisory Boards were slow in their work, so the 25 contestants were not entered.

Sussex had 10 contestants to finish.

Diswiddie had 22 contestants to finish.

Prince George County had 15 contestants to finish.

Brunswick had 11 to finish.

**TOTAL to finish - 58**

Kitchens were improved in the following ways:

1. Rearrangement of furniture and utensils	19
2. Walls painted, alabastined, washed, etc.	54
3. Floors oiled, varnished, new linoleum	35
4. Woodwork painted or varnished	29
5. Lights:	

changed to better position	
added power	
light raised higher	
reflectors	
extra windows or doors	
glass put in doors	36

6. Ventilations:	10
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7. Furniture:	
painted or varnished new furniture made old furniture remodelled	51
8. Utensils:	
hung separately new containers eliminated extras	37
9. Sanitation and cleanliness:	
screamed windows, doors or porches protection of walls	22
10. Storage:	
shelves put up in kitchen or pantry pantry arranged as workshop milk pantries	8
11. Water supply and disposal:	
new systems new sinks	14
12. New additions:	
new pantries new porches	12
13. Extras:	
provision to prevent noise mame pads and pencils	14

The cost of improvement of the kitchens ranged from \$.96 to \$125.00. The terms of contest were greatest improvement for least cost. The Improvement Contest has been a great success.

Conclusions drawn.

It should, in the opinion of Food Specialist, be continued, but the other type of contest suggested in Plans for Kitchen Contest by Specialist should be put on - The Competitive Contest.

The Competitive Contest has many advantages. It enables a

Goals approached.

standard for Kitchens to be set up. The Improvement Contest puts a premium on low cost which inevitably means a poor job, for "good" stoves, carpentry, painting, etc. have their price. The Food Specialist believes that the first goal set up for 1923 has been approximately reached. i.e. That the 1800 women who have attended demonstrations on the Uses of Vegetables and Fruits in the Diet, must - of necessity - have improved to a certain degree in selecting, preparing and serving vegetables and fruits. No definite goal could be set for 1923, as the piece of work was entirely new, but for 1924 we can set a goal and reach it; for instance, determine to reach at least 5,000 women. The second goal; to bring families to realize the value of certain foods. This goal we cannot estimate, and it is doubtful if we can ever estimate it in figures.

The third goal; to start a study of the food eating habits of the people. This has been started in reference to vegetables. Comparatively few women have kept the records, but we have 182 records. This will form a fair start. Next year - 1924 - we can so make over forms that the women will keep them. Let us hope that these 182 have formed a habit of keeping records. While the results secured in the Food work are more or less intangible, yet, on the whole, they are very encouraging. Most of the work for 1923 was with women. It is hard to get women to make reports and the type of work was new. The plan of having Specialist start the work was a mistake, as it made some counties very late starting. The drouth of early summer brought

dependency to all and prevented many women entering into a new piece of work. Then the rains came later in the summer. They brought on bumper crops rapidly. Labor was scarce and women and girls went into the fields to save tobacco and cotton. The Cooking Clubs are not a success. Why? The matter has been brought before the State Girls' Club Agent, the State Agent, and District Agents in joint meetings by the Food Specialist. A committee has been appointed to investigate the reasons and to suggest remedies.

Failures.

Probable reasons which suggest themselves to the Food Specialist are: (1) Overcrowded conditions in schools which prevent County Home Demonstration Agents holding their cooking club demonstrations in a schoolhouse. No other available place. (2) Lack of training in Food and Nutrition of County Home Demonstration Agents. (3) Amount of time and energy required in getting equipment for cooking clubs. (4) Amount of money necessary for materials to carry on a Cooking Club project. (5) Amount of preparation necessary to conduct a Cooking Club.

Reasons for failures.

IV. Miscellaneous and Emergency Work

Demonstrations given:

School Lunch. 4.

The Food Specialist responded to requests for special work. She visited four schools in one county and gave to the teachers, children, and parents assembled, demonstrations on the Packed School Lunch and on suitable dishes for a supplementary hot dish served at school. Gave same demonstration at a local Farmers' Institute.

Pressure Cooker. 2.

Gave three demonstrations on cooking meats and chicken in a

pressure cooker.

Breakfast. G. She gave one demonstration at a Leaders' Conference on how to conduct a Cooking Club Demonstration. (The preparation and serving of a breakfast for a child four years old)

Breads. E. Gave demonstrations on work of Bread Club at a district meeting of Agents.

Milk. E. Gave four demonstrations on breads to women; five demonstrations to negro women and girls; and gave one demonstration on milk.

Short Courses Attended. E. Attended three Short Courses and gave 15 demonstrations, which included the making and judging of biscuits, setting a table, table manners, making a bed, bathing a sick child in bed, preparing a tray for a sick child. Was responsible for the Food Work at State Short Course. (Outline enclosed)

Kitchen Improvement. G. Conducted a Kitchen Improvement Contest in four counties; awarded prizes.

Cooking Team. E. Coached a Cooking Club Team for Camp Vail.

Fairs. L. Helped arrange exhibits at State Fair and at Petersburg Fair. Judged foods at both these fairs.

Farmers' Institutes. J. The Food Specialist attended two Farmers' Institutes; one for the white people at Blacksburg, at which she gave a demonstration on salads. There were 150 present, including Home Demonstration Agents and Farm Women. The other Institute was the Farmers' Institute at Hampton for colored people. Food Specialist gave demonstration on kitchen conveniences.

St. H. E. Ass'n. E. Worked on State Home Economics Association. Worked and presided at State meeting.

V.  
Photographs.

A. Photographs taken of various demonstrations in field work were poor. Food Specialist has collected none. She did aim to collect photographs.

Subject Matter.

B. Copies of subject matter enclosed.

VI.

Outlook for 1924:

Comparison of opportunities for improvement for 1923 with 1924.

Any piece of work that is organized and definitely outlined and that has already been introduced, is bound to bring better results (all other factors being the same even) than a brand new piece of work. So the outlook for Food Work for 1924 is most promising.

The Cooking Club Bulletin was not received by the County Home Demonstration Agents until January when she attended the annual meeting. It was entirely new to her; she had to study how to use it. The same was true of the Cooking Club members.

The 1924 year has been started. A definite plan will be set on foot to increase Cooking Club work.

The Canning Clubs have been dependent on several bulletins for their information on Food Preservation. When it is time to start the canning project, the Bulletin on Food Preservation by the State Girls' Club Agent and Food Specialist will be ready for their use.

The Bread Club work has gone fairly well in so far as the making of the biscuits is concerned, but in 1923 a new method of judging was instituted. This was new to all - both County Home Demonstration Agents and Bread Club members. Consequently it was not thoroughly known.

In 1924 the comparative method of judging will not be new and so much better results will be possible.

In 1923 a new method of conducting Food Work with women was started. The Unit Piece of Work in Foods for Women was new - to County Home Demonstration Agents and to the women. In 1924 the Unit Piece of Work in Foods will be understood. It will be the first year of a five-year program in foods for women.

The method of follow up in foods was used prior to 1923. In 1924 the County Home Demonstration Agents and the women will have become somewhat acquainted to keeping records and making reports.

There may be some changes in the organization of the food projects, but these changes will be suggested and worked out by committees which have already been appointed. The committees will meet during the Annual Meeting in January and work on (1) Committee work for girls, (2) Committee Food work for women.

Prior to the meeting, the Food Specialist will write the committees some prominent points which she thinks needs consideration.

VII.  
Requests.

A. Personal visits which give opportunity for conferences and discussions with the members of the Office in Washington, are most helpful. It is many times almost impossible to formulate your problems in writing. A personal discussion is inspiring and most valuable.

B. The Food Specialist needs help many times on facts in Foods and Nutrition which can only be gained thru experiments and research. Such a "court of appeals" in the Washington office would clear up many a problem.

C. To know what methods have been successful elsewhere makes us

were discriminating. To know what others are doing makes me a more intelligent member of the Extension Division. The Food Specialist has often felt handicapped by not knowing what Food Specialists in other states are doing, so the Food Specialist for Virginia will be most grateful for any of the three lines of assistance from the Washington Office.

Signed

Lula H. Winkler

Va. A. & M. College  
and Polytechnic Institute,  
and U. S. Department of  
Agriculture, Cooperating.

COOPERATIVE EXTENSION WORK  
In  
AGRICULTURE AND HOME ECONOMICS  
State of Virginia.

EXTENSION SERVICE.

DIRECTIONS FOR MAKING BISCUITS AND MUFFINS  
FOR  
BREAD CLUB MEMBERS.

Soda Biscuits.

2 cups flour )  
1 tsp. salt ( Mix and sift.  
1 tsp. baking powder )  
1/3 tsp. soda (

Cut into flour mixture, 2 tbsp. fat  
Add gradually 2/3-cup sour milk.

Method of  
Mixing.

Add the milk until the mixture forms a dough which will leave the sides of the bowl clean. It may be that not quite 2/3 cup of milk will be necessary or that a little bit more milk may be required. This difference in the quantity of milk needed is due to the different kinds of flours.

Baking Powder Biscuits.

2 cups flour )  
4 tsp. baking powder ( Mix and sift.  
1 tsp. salt (

Cut into flour mixture, 2 tbsp. fat.  
Add gradually 2/3 cup sweet milk or  
cold water.

Method of  
Mixing.

Add liquid gradually until a dough is formed which can be handled without sticking.

Cooking.

Roll the dough to an even thickness on a floured board, using a floured rolling pin. Cut in small round biscuit from 1 1/2 to 2 inches in diameter.

Place on a baking sheet or in a biscuit pan so as not to touch each other. Bake in a hot oven (3 minute) 12 to 15 minutes, or until a golden brown in color.

Suggestions for Making Biscuits.

In order to make good biscuits, four points must be carefully observed:

1. Measure carefully and accurately.
2. Have fat, cold and firm, and liquid cold.
3. Handle very lightly with tips of fingers and just as little as possible.
4. Bake immediately and quickly in hot oven.

Ingredients.

- Flour.** Great care must be exercised in measuring all ingredients. Flour should be sifted once. A measuring cup should be used which holds just  $\frac{1}{2}$  pint.
- Do not shake or pat cup while measuring.
- Leavening Agent.** Baking powder is used in making one kind of biscuit and soda and sour milk for another.
- Test baking powder before using. This can be done by mixing  $\frac{1}{2}$  teaspoon baking powder with 2 tablespoons cold water. Watch closely for the amount of gas formed. If the bubbles of gas are large and break quickly, discard this powder. The powder which forms almost very small bubbles of gas when tested can be depended upon.
- Extreme care is absolutely necessary when measuring soda. All lumps should be washed so that the soda is soft and smooth when measured. One-half teaspoon of soda is allowed for every cup of sour milk used. Never add the least bit more than recipe calls for. Proportion the soda to the acidity of the milk. If the milk should not be sour (fresh buttermilk for instance) cut down the amount of soda used, that is, measure a little less than  $\frac{1}{2}$  teaspoon of soda to 1 cup of this milk.
- Milk.** Care should be taken that neither too sour nor too old buttermilk is used, for such milk will give a sour taste to biscuit. Usually buttermilk about one day old, or sour sweet milk which is one day old, will have about the right degree of acidity. Much better biscuits may be made by using sour milk and soda, with the addition of a small amount of baking powder.
- Fats.** Fats may be of different kinds - butter, lard, crisco, snow-drift, etc., but they should be sweet, pure fats. They must be cold and firm when used.
- Methods of Mixing.** All measurements must be level.
- Flours must be sifted once before measuring.
- All dry ingredients are sifted together in order to get the soda, baking powder and salt evenly distributed throughout the flour. The fat is cut into the flour mixture. This may be done by chopping fat in the flour with a knife and fork, two knives, or a fork. The fingers should not be used as they are liable to be warm and will melt the fat.
- The liquid, (water, sweet milk or sour milk) is added slowly and mixed in gradually. Flours differ greatly in their ability to absorb liquid, so the measure of liquid designated is only approximate.

**Rolling And Shaping.** When the dough is put on the board it required but a few touches of the fingers to make it into a smooth mass. Use the finger tips and handle quickly and lightly. The more deftly and lightly it is handled the better the biscuit. Observe the same principle when using rolling pin. Give short, quick, light strokes. Roll to an even thickness. To get an even thickness, roll dough in an embroidery hoop. This will be helpful in making biscuits for exhibit. Use just enough flour to prevent dough sticking to board, rolling pin or cutter. Cut biscuits into shape desired. For exhibit, use a circular cutter. This should never be larger than  $2\frac{1}{2}$  inches in diameter. Large biscuits are not likely to be evenly baked.

**Baking.** A baking sheet is best for biscuits. If pan is used it should be shallow. If a deep pan is the only one available, a more evenly baked biscuit is secured by baking biscuits on the bottom of pan. Turn pan upside down and use outside of bottom. No flour or fat is necessary to prevent biscuits from sticking to pan.

**Oven.** The oven should be hot - a three minute oven if only a few biscuits are put into oven at a time, or a two minute oven when many are put in. Heavy white writing paper browns the desired shade in two minutes or three minutes - this is the test for a two or three minute oven.

Biscuits should be baked as soon as made. If, for any reason, this is impossible they should be kept in the coolest place available until baked. Biscuits require 12 to 15 minutes to bake. They should puff up and brown slowly. They should be put into the part of oven where they will get the most even heat.

If a coal or wood stove oven is used, place on bottom of oven until they are risen to maximum height, and are brown on bottom, then place on shelf or rack to brown tops. The pan should be turned around during baking, for the side next to fire box gives greater heat.

Ovens to oil stoves will have more even heat on center of shelf. No stove which is not plain can be expected to bake biscuits. Be sure there is no soot or ashes on top of or underneath oven. These substances are poor conductors of heat and prevent the oven getting hot. The wicks of oil stoves should be rubbed off with a cloth to remove charred particles. Be sure to get wick rubbed evenly.

What is a good biscuit? Refer to score card for biscuit.

Corn Meal Muffins.

2 cups corn meal	1 egg.
1 tsp. salt	1 tbs. fat.
1/2 tsp. soda	1 1/2 cups sour milk.

- Method of Mixing.** Mix and sift corn meal, soda and salt. Add egg which has been well beaten. Add milk gradually. Add melted fat.
- Corn Meal.** Corn meal must be sifted once. Much bran in the corn meal will absorb the moisture and make the muffin dry. If bran is left in, extra milk must be added. It is very desirable to have bran in the muffins, but in order that Bread Club Members may have a uniform product the corn meal is sifted once.
- Milk.** When extra sour milk is added, a proportionate amount of soda should be added. However, it is better to add sweet milk or water, rather than extra sour milk. Milk must be sour enough to balance the soda, otherwise the muffins may have the odor and taste of the soda which is not neutralized. If too much soda is used, the muffins may also show a yellowish color which is caused by the soda.
- Batter.** The batter must be thin enough to pour from the spoon. The finished muffin must be neither dry nor soggy, but moist enough to crumble. Corn meal absorbs a large amount of moisture, so this must be taken into consideration when measuring the liquid.
- Pans.** Muffin pans may be of iron or tin. Iron pans bake a better product. Have pans well greased and sizzling hot. Pour the batter into the wells of the pan until they are three-fourths full. Bake in a three minute oven for 30 minutes.

Score Card For Muffins.

"Although the characteristics of muffins are different from those of hot biscuits, the points to be scored are practically identical. The same score card may, therefore, be used for both, with one difference. Under texture for biscuits there are the terms "tenderness, flakiness, and grain"; under texture for muffins use the terms "tenderness, crumbliness, and grain." -- Miss Westling.

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
State of Virginia.

Va. A & M College  
& Polytechnic Institute  
A U.C. Dept. Agriculture,  
Cooperating.

EXTENSION SERVICE

REQUIREMENTS FOR COOPERATING BREAD CLUB DEMONSTRATIONS

For  
1923.

OBJECT

- a. To teach members how to make good bread
- b. To teach members how to know good bread

TIME

June 1st to September 1st

WORK

Members are required to make biscuits twice each week and corn meal muffins twice each week- June 1st to September 1st.

SUGGESTIONS FOR STARTING MEMBERS

Demonstration should be given by each agent in order that each club member may start to making bread according to directions. It is advisable for the agent to give each club a demonstration in making and baking bread prior to June 1. This will put every member on the same basis to start out.

1923

Both first and second year members will do first year work this year because of change in requirements.

DEMONSTRATION BY MEMBERS

At the first meeting in June, if possible, have the members either one or all make bread, the agent supervising. In this way they will more quickly learn the process.

TEACHING USE OF SCORE CARD

At the second meeting each member should bring a sample of her baking- the agent will then give a demonstration in judging bread, using the score card. Each member should have a card in her hand, and follow the agent as she judges. Later practice judging.

COMPARATIVE JUDGING

At the next meeting the members should again bring samples of their baking and should judge their own bread using the judging card but not referring to the score card while judging.

PRACTICE IN JUDGING BY MEMBERS

Each member should always bring a sample of bread to every meeting. This will not only give the best opportunity for the members to learn to become good judges of bread but the comparison with other members will also increase their desire to want to excel. This gives the agent a splendid opportunity to watch the work of the girls and to help them individually by criticizing their products.

OBJECT OF JUDGING

Judging is to be taught in order to learn to make better bread makers and not for the sake of entering a judging contest. The judging contests are merely a means to an end and not an end in themselves.

No club member should be allowed to enter a judging contest who has not had at least two months training in judging.

RECIPES

Recipes for soda and baking powder biscuits and corn meal muffins will be sent upon request.

STORIES

Stories should be written according to outline which will be sent out later.

REPORTS

The weekly report cards should be kept on file in the agent's office. These cards take the place of a record book. Forms for reporting the information contained in these report cards will be supplied upon request. These forms should reach the club department by not later than November 1.

LITERATURE

CLUB MEMBERS ONLY

1. Requirement card for first year members No. E-135. (This is to be used by both first and second year members this year).
2. Weekly report card, No. E-142.  
Be sure to stamp your name and address on these before sending to members.
3. Score card for biscuits, No. E-147.
4. Recipes and directions for making biscuits and corn meal muffins. Mimeograph Cir. No. 4397.
5. Judging card, No. E-205.
6. Outline for story.

AGENTS ONLY

1. 1923 regulations for Bread Contests. Mimoo. Cir. No. 4400.
2. Form for reporting results of each member's work.
3. Comparative Judging. Mimoo. Cir. 44340.

NEAR JUDGING CONTESTS

**COMMUNITY  
CONTEST**

Judging Contest - (Individual)

Each member must judge both biscuits and corn muffins. Soda and baking powder biscuits will be judged in separate classes.

Bread Contest

Each member must enter the following:

- 4 soda biscuits
- 4 baking powder biscuits
- 4 corn meal muffins

Before entering either of the above contests, each contestant shall have made corn meal muffins not less than 8 times, soda biscuits (either baking powder or soda) not less than 8 times.

**COUNTY  
CONTEST**

Judging Contest - (Individual and Team)

Only the successful contestants in the local club judging contest may compete.

Each member must judge biscuits. Soda and baking powder biscuits will be judged in separate classes.

Bread Contest

Each member must enter the following:

- 4 soda biscuits
- 4 baking powder biscuits

Before entering the above contests each contestant shall have made corn meal muffins not less than 10 times and biscuits (either baking powder or soda) not less than 10 times.

**DISTRICT  
CONTEST**

Judging Contest

The team (3 members) making the highest score in the county contest will represent the county in a district contest. Only one team from a county will be allowed to enter the district contest.

Each team will be required to judge biscuits. Soda and baking powder biscuits will be judged in separate classes.

Bread Contest

Every member of each team must enter the following:

- 4 soda biscuits
- 4 baking powder biscuits

**STATEMENT  
BY AGENT**

Before entering the above contest each contestant shall have made coya meal soufflé not less than 12 times and biscuits (either soda or baking powder) not less than 12 times, and shall have sent to the Home Demonstration agent one report card for each week's work up to the date of this contest.

**TIME AND  
PLACE OF  
DISTRICT  
CONTEST**

Each district agent will be responsible for arranging and holding the contest in her district. Where it is not convenient for all of the county teams in one district to come together at the same place and time, two contests may be held so that all county teams may have a chance to compete for the championship of the district.

These contests must be held prior to October 1. Only the best county team from each district will be allowed to enter the contest to determine the State Champion Team.

**STATE  
CONTEST**

The State contest will be held at the State Fair, Richmond, Virginia, during the week of October 1 to 6. Exact date of contest will be announced later.

**\$75.00  
PRIZE**

The prize for the best team in this contest will be \$75.00, given by the State Fair Association, to be used by the team for a trip to the State Short Course at Blacksburg the following year.

**INELIGIBLE**

First prize winning teams in any previous State bread judging contests will not be allowed to enter this contest.

**FULLER INFORMATION CONCERNING THE DISTRICT CONTESTS WILL BE GIVEN  
LATER.**

## BREAD DEMONSTRATION

The light bread demonstration will consist of two parts.

1. Using compressed yeast
2. Using dry yeast

### Part I

Making light bread with Fleischmann's yeast.

#### I. INGREDIENTS

- 1 C. lukewarm liquid
- 1 tbsp. sugar
- 1 tsp. salt                    Mix
- 1 tbsp. shortening - Dissolve  
add
- 1/4 - 1/2 cake yeast softened in 1/4 C. water  
add
- 3 - 4 C. sifted flour

Knead till smooth and elastic

Rise at 80° until double in bulk

Knead - mold - let rise

Bake - 30 mins. - 400° - 375° (Flour browns 5 mins.)

#### How to Bake Bread to Bake

- I. Temperature of oven discussed -
  1. When dough fully risen 400° - 425°
  2. When dough not fully risen 350° - 375°
  3. When bread has risen in oven 400° - 425°.
- II. Reasons for above Temperatures.
- III. Tests for temperatures. -
  - Thermometer
  - Hand
  - Flour
  - Paper
- IV. Time of Baking -
  - 30 mins. for whole baking
  - Begin to brown in 15 mins.
  - Oven kept - 375°
- V. Spacing of pans in oven  
Discussion of single pans - vs. double pans.
- VI. Tests for doneness -
  1. Shrinks from pan
  2. Rebounds when pressed
  3. Gives forth a ringing sound.
  4. Needle comes out clean

- VII. Care after baking -  
 Ways to cool -
1. wire rack
  2. crosswise over pan
  3. uncovered
  4. not in draft - but gradually
- VIII. Place for keeping -
1. tin box - vented
  2. stone crock
  3. aluminum box
  4. not wrapped in cloth
- IX. Cleanliness -
1. In all processes
  2. In all handling
  3. In all keeping
  4. In receptacles

#### **Roll Dough Ready to Roll**

- I. Necessity for rolling -
1. To get the desired shape
  2. To get rid of large gas bubbles
  3. To get uniform leaves or roll
- II. Ways of Rolling -
1. Shaping to fit pan - across side down
  2. Shaping into rectangle - folding similar to puff paste.
- III. Rolls -  
 Various shapes and sizes
- IV. Pans -
- Kinds -
- Shape
- Size
- Material
- V. Preparation of pan -
- Greasing -
- Quantity
- Method

#### **Roll Dough**

- I. Methods for making -
1. Straight dough
  2. Sponge
- II. Explanation of differences -
1. In reference to materials -
    - a. Flour (half as much as first)
    - b. Liquid - all
    - c. Yeast -
      - all - (less than straight) dry or compressed
      - all - all
      - more - all

2. The Result -

Sponge gives greater value  
Gives better texture  
Gives better flavor

III. Methods of Mixing -

1. Advantages and disadvantages -  
of liquid mass  
of flour

IV. Materials -

1. Flours -

- (a) hard or soft wheat flours  
(b) tests for soft wheat flours.

2. Yeasts -

- (a) compressed -  
freshness  
(b) liquid  
(c) dry  
(d) ferment

3. Liquid -

- (a) Milk  
(b) Sugar  
(c) Potato Water  
(d) Ferment

4. Salt

5. Sugar

6. Shortening

V. Temperature -

Flour 75°

Room "

Water "

Dough 80° - 75° too slow -  
90° develops other bacteria

VI. Kneading -

Tough - light or hard

Thoroughly

Sufficiently -

When dough leaves board without sticking after 1 min.  
standing.

Soft Dough

VII. Rising -

Place - clean (oven  
water bath  
fireless cooker

Temp. - - 80°

Time -

Compressed - double bulk

Dry - 75° - 10 hours.  
75° - 15 hours  
65° - 16 hours

## Make Yeast

### Compressed Yeast

Take -

1 c. liquid  
add  
1 tsp. salt  
1 tbsp. sugar  
1 tbsp. lard  
add  
1/4 yeast cake  
dissolved in liquid  
1/4 c. mashed potato (if desired)  
add  
2 - 4 c. sifted flour

Knead - 5 - 10 mins.  
Let rise - double (1 - 2 hours.)  
Knead  
Let rise - double 1 - 1 1/2 hours.  
Knead  
Shape - let rise - 1 hour.  
Bake

### Wet Yeast

Make a ferment

1 cake magic yeast  
add to  
1 mashed boiled potato  
1 tbsp. sugar  
1 tsp. salt (Temp. 80°)  
1 qt. potato water

Let stand for 24 hours -

Take -

1 c. ferment  
1 tbsp. sugar  
3/4 tsp. salt  
1 tbsp. lard  
add  
4 c. flour

Knead	5 mins.
Let rise	45 mins.
Knead	2 mins.
Let rise	15 mins.
Roll	
Let rise - double	
Bake	45 mins.

### How to Make Dry Yeast

Difference in manufacturing between -  
Compressed  
Dry  
Yeast

1. Compressed can be used -
  - a. to make a sponge
  - b. to make straight dough
  
2. Dry Yeast -
  - a. Make sponge -  
(Yeast cake soaked in lukewarm water - 20 mins.)  
1 cake - qt. flour - 1 pt. water
  - b. Make straight dough (overnight)
  - c. Make Quick Method
  - d. Use ferment
  - e. Make ferment overnight
  - f. Use in A. K.

### To Make Ferment

Wash 1 medium boiled potato.  
Add it to water in which cooked (1 qt.)  
Add 1 tbsp. sugar  
Add 1 tsp. salt  
Cool to lukewarm - Add 1 cake Magic  
Yeast (broken)  
Let stand in warm place - 12 hours @ 80° F



SEASIDE SHORT COURSE

July 30 - August 4

1923.

COURSE  
IN  
FOODS AND NUTRITION

In Charge

of

Lula V. Walker  
State Food Specialist

Martha Dimondie  
C.H.R., Jr.

Assisted by

Eleanor Marlin  
Cornelia Chappell

Marian Lawrence  
Katharine Hagsdale

Mabel Massey

Clubs represented

Cooking Clubs

Calmng Clubs

Bread Clubs

Students

150 (estimated) girls

2 groups - divided according to age

Group No. 1 - 12 - 13 - 14 years

Group No. 2 - 15 - 16 - 17 - 18 years.

Instructors - 2

Assistants - 5

Chaperons

Room - 30 and 37 Science Hall.

Days for work

Tuesday, July 31st.

Wednesday, Aug. 1st.

Thursday, Aug. 2nd.

Friday, Aug. 3rd.

Hours for work

8:15 - 12 A.M.

PROGRAM

for

FOODS AND NUTRITION

Tuesday A.M.

10 - 11 - Conferences with assistants.

Explanation of work

11 - 12 - Division of children into groups  
Enroll children  
Explain requirements  
Sitting in assigned seats  
Keeping notes books  
Helping

Tuesday P.M.

Demonstration Team work

Wednesday A.M.

8:15 - 9:15 - Instructions

9:15 - 9:50 - Recess

9:50 - 10:30 - Notes - Drilling

10:30 - 12 - Weighing - Measuring

Thursday A.M.

8:15 to 9 - Instruction

9:00 - 9:50 - Drill

9:50 - 10 - Reading Play

10 : 10:50 - Assign parts

10:50 - 11:00 - To Miss Oliver

11:00 - 12:00 - Rehearsing Play

Friday

8:15 o 9:15 - Instruction

9:15 - 10:15 - Drill and notes

10:15 - 10:30 Recess

10:50 - 12:00 - Rehearsing the plays.

**Tuesday A.M.**

11:00 - 12:00 A.M.

Roll children - keep daily roll

(Chart room & Occupants)

Distribute cards with pencils

Collect cards with pencils

Arrange them according to age

Miss Dimiddie - younger  
Miss Walker - older

Help children with note books - Draw diagram of 1 cover  
List manners.

Help drill children in play

Help costume children

Request - Miss Massey to get supplies for 100 cal. portions  
and for table setting.

## TABLE SETTING

### I. The linens:

Padding - purpose - kinds  
Cloth  
Doilies  
Runners - varieties of - when used  
Napkins - kind - use of  
Marking of linen - place - ways

### IX. Use of tray

### X. Removal of urinals

### XI. Use of finger bowls

### XII. Order of seating and serving guests.

### II. The "Cover"

(China  
(Glassware  
(Silver  
space 22 inches  
Amount of -  
depends on:  
Occasion  
Style of serving

### III. China and glassware

Kind (quality)  
(decoration)  
Pieces (number)  
Location on table

### IV. Silver

Kind (quality)  
(decoration)  
Pieces (number)  
Location on table

### V. Table decorations

Holders )  
Flowers ( )  
Arrangement

### VI. Table accessories

Cards

### VII. Ways of serving

Family style  
Compromise  
Russian

### VIII. Methods of serving

With maid - without maid  
With unlimited table equipment - limited.

## "HOW TO EAT"

### (Table Manners)

"Eat at your table as at the table of a king".

#### Purpose of table service:

To make eating attractive, comfortable and convenient.

#### Purpose of table manners:

To make people happy and comfortable while eating.

#### Need of making courtesy a daily habit:

Courtesy is a part of a person - it cannot be put on and off like an article of clothing. It must be taught and practiced continuously. "Good manners is the only key that will open the door to social success and often times fits the door of success in business as well".

"Good manners" are not limited to the possessors of money. The poorest person may be the possessor of the best manners.

"Good manners" means to be gentle, kind, calm and patient. It teaches you how to be grateful and well poised. It encourages self-confidence. It prevents mistakes and lessens the chance of embarrassment and awkwardness. It allows no barriers between rich and poor. "Culture makes the whole world kin".

#### What Etiquette will do for you:

It will make you dignified; will make you a leader, rather than a follower; will attract people to you; will make you respect yourself and will help to bring true happiness.

#### Various names:

Courtesy, good form, etiquette, manners.

## POINTS TO BE OBSERVED

### I. Before the meal

1. Be on time at meals
2. Women and girls should precede men and boys to dining room
3. Men assist women to be seated
4. Guests enter dining room first
5. Honor seat for man guest at right of hostess. Honor seat for woman at right of host.
6. All guests should be assigned seats at table
7. All remain standing until mother or hostess gives signal by sitting down
8. No one begins eating until all are served

### II. During the meal

1. Sit erect; no slumping
2. Elbows should not rest on table
3. Silver should not be played with
4. Knife and fork are passed with plate
5. Spoons rest in saucer; never remains in cup or glass after the beverage has been sweetened. Spoons with desserts are placed on saucer after eating.
6. Knives and forks always on plate when not in use - not resting on edge of plate with handle on the table.
7. Knives are always placed with edge toward person. Forks with tines up.
8. Watch what others need.
9. Serve the dish in front of you
10. Pay attention and pass plates, dishes, etc.
11. Never reach across the table in front of anyone
12. Keep elbows close at side
13. Chew with mouth shut and without noise
14. Never put food into mouth with knife
15. Eat all on plate
16. Hold fork in right hand like a pen is held in writing
17. Handle of fork should be against palm of left hand with tines pointing down when it is being used to cut with.
18. Pleasant conversations should be held at table during meal time
19. There should be no confusion, haste, nor awkward pauses during the meal
20. Avoid jumping up and down from table to replenish dishes. If there is no servant assign this duty to one member of the family

### III. At end of meal

- 21.
1. Place knife with edge toward person and beside it (on the inside) lay the fork with tines up across the plate.
  2. Place napkin folded in ring and lay on left hand side of plate. If a guest, place it as it is unfolded beside left side of plate. Never let it get into finger bowl or coffee or plate.

## PLANNING A MEAL

Menu decided

Invitations. (10 days ahead) - Addressed to husband and wife - Response must be sent.

Hostess invited congenial people to dinner to please tastes of the guests.

Use of name cards. Lights soft - not glaring. Decorations not to hide opposite neighbor.

#### ORDER OF SERVICE

##### First course

Oysters  
Cabbage  
Fruit cocktail  
Grapefruit

##### Second course

Soup (in individual plates)

##### Third course

Entree (small)

##### Fourth course

Meat, vegetables

##### Fifth course

Salad

##### Sixth course

Dessert

##### Seventh course

Coffee  
Finger bowls

#### HOW TO SERVE

Cocktails - with fork

Oysters - seasoned by individual with fork - (eaten whole)

Fruit - spoon

Soups - soup spoon, table spoon, or dessert spoon - Never blow soup; never suck soup; drink from side of spoon; dip away from person; never tip plate.

Bouillon - bouillon spoon or drink from cup (one hand)

Meats - knife to cut with

Vegetables - served on individual plate, spoon laid beside dish on table; never in dish. Must be parallel to dish. Dishes are uncovered if steam on cover is likely to wet vegetables - for instance - mashed potatoes.

Lettuce -

Raw tomatoes - cut with fork - never use knife

Cucumbers -

Bread: rolls; etc - Serve to left and taken with fingers. It must never be speared with fork. Ask to have it passed if it is not in easy reach.

Water and beverages - Serve on right side. Held in right hand while drinking

#### FOODS THAT ARE EATEN WITH SPOONS

Grapefruit or Orange

Fruits served with cream

Boiled egg

Oatmeal & other breakfast cereal-soups, bouillons, coffee, etc. Desserts

#### FOODS THAT ARE EATEN WITH FORKS

Meats	Vegetables	Fish	Salads
Oysters & clams	Lobster	Ice	Macaroni
Lettuce	Cake; soft or wafers		

#### FOODS THAT ARE EATEN WITH FINGERS

Bread and cakes - not moist	Crackers
Corn on cob	French Artichokes
Lobster Claws; shrimp	Fruits; oranges, apples, grapes, peaches, plums
Celery, radishes, olives	
Bonbons	

#### DUTIES OF HOSTESS

After planning meal, table, etc:

##### 1. To make guests happy and comfortable

- a. pleasant conversation, general
- b. seating arranged to have old friends together
- c. music (soft)
- d. special programs
- e. knowledge of guests' appreciation
- f. do not prolong guests' departure

#### DUTIES OF GUESTS

Be on time      Bear one's share in conversation      Dress properly  
Leave when party breaks - Thank host & hostess for hospitality  
Bid one's partner good bye  
If necessary to leave soon - converse for 20 to 30 minutes, then leave quietly  
with apology.

**WEDNESDAY**

1. Have as many children as practical to set one cover.
2. Criticism by class.
3. Explain mistakes
4. Draw diagram of cover

fruit  
cereal  
main course

5. Write out explanation in form of letter to mothers telling what has been learned about table setting.
6. Reading of letters.
7. Practice girls in part of guest and waitress.
8. Practice girls in arranging flowers.

Weighting and measuring - Girls take off shoes and form line

In order of line - sec. 1 - sec. 2. Get height - Lawrence - Chappell

Get weight - Ragsdale - Marlin

Record on tags

Explanation of individual weight cards

Explanation of tags (health rules)

## WHAT THE BODY NEEDS

Foods that:

1. Gratify taste
2. Satisfy hunger
3. Form new tissues - nerves, muscular, bony, blood, skin
4. Repair wastes
5. Supply heat
6. Give power to work
7. Regulate the processes of the body, heart, lungs, etc.
8. Furnish protective power of body
9. Stimulate growth

## HOW TO KNOW FOODS AND THEIR VALUE

Know composition of foods

Know function of foods and function of each type of food.

## FOODS THAT ARE BUILDERS REMAINS OF:

Protein	Minerals	Vitamins
Lean meat	Vegetables	Water Soluble A <sup>1</sup>
Eggs	Fruits	Whole milk
Cheese	Whole Grains	Leafy Vegetables
Milk	Milk	Fats of such organs as liver
Fish	Eggs	"Water Soluble B"
Game	Cheese	
Poultry		Water Soluble B
Beans		Whole Milk
Eggs		Butter milk
Nuts		Vegetables
		Fruits
		Whole grains

## FOODS THAT SUPPLY HEAT AND GIVE POWER

Because of CARBOHYDRATE Content:

Starch	Sugar	Fat Content	Protein content
Cereals	Sugar	Lard	Lean meat
Breads	Candies	Butter	Eggs
Potatoes	Cakes	Cotton seed oil	Cheese
Tapioca	Syrup	Oliveoil	Milk
Cornstarch	Honey	Beef fat	Fish
	Fruits	Mutton fat	Game
		Cream	Poultry
		Casein	Beans
		Nuts	P
			Gas

FOODS THAT REGULATE THE BODY PROCESSES BECAUSE OF

Water content and Mineral content

Vegetables  
Fruits  
Milk  
Fruit juice  
Whole grains

FOODS THAT FURNISH BULK BECAUSE OF

Fiber content

Green leaved vegetables  
Roots and tubers  
Fruits.

NECESSARY MINERALS

Calcium

To build bone and teeth  
To aid in digestion  
To keep blood and fluids alkaline

from

Milk  
Cheese  
Egg yolk  
Beans - dried  
Almonds

Phosphorus

To build bone and teeth  
To be used to help build cells  
To aid body in using food

Egg yolk  
Milk  
Cheese  
Beans - dried  
Beef - all lean

Iron

To carry oxygen to blood cells  
To aid in digestion  
To aid in metabolism

Lean meat  
Egg yolk  
Spinach  
Prunes  
Whole grains

DRILL FOR THURSDAY A.M.

1. Recitation

Question and answers

What do fruits do for ~~the~~ body?  
What foods regulate body processes?  
What foods are absolutely necessary?  
What foods must be in daily diet?

2. Explain why foods do more than one piece of work in body

Get composition of milk

Make charts

### HOW TO BAREIFY THE BODY TEMPS

Know age, weight, height, work of individual

Know quantity of food necessary

Know value of food

#### FUEL TEMPS OF BODY

##### Sexuation considered

At rest	15 - 16 calories per pound per day
At light work	16 - 18 " " " " "
At moderate work	18 - 20 " " " " "
At severe work	20 - 23 " " " " "

##### Age considered

1 - 2 yrs. old	45 - 50 calories per pound per day
3 - 5 yrs. old	40 - 35 " " " " "
6 - 9 yrs. old	35 - 30 " " " " "
10-12 yrs. old	30 - 25 " " " " "
14-17 yrs. old	25 - 20 " " " " "
18 - 25	20 - 15 " " " " "

#### AMOUNTS OF FOOD EQUIVALENT IN FUEL VALUE TO ONE GLASS OF MILK - 125 calories

- 2 small eggs
- 1 large baked potato
- 2 glasses of buttermilk
- 1 very large baked apple
- 4-3/8 tablespoons apple sauce
- 5-1/2 tablespoons mashed potatoes
- 1/2 cup green pea pulp
- 2 small oranges
- 3/4 cup spinach pulp
- 3 large walnuts
- 2-1/2 slices white bread toast
- 2-1/2 slices whole wheat bread
- 4 stewed prunes with juice
- 1/2 medium lamb chop
- 2-1/4 cups carrot pulp
- 2oz/5 tbsp. baked custard
- 10 tablespoons cooked oatmeal
- 2-2/3 tbsp. cooked rice
- 3 tbsp. average cream
- 6 large dates
- 12 peanuts
- 4-1/2 graham crackers 3" square
- 1-1/2 slices white bread (home made)

## HOW TO CHOOSE A MEAL

Three rules given by Dr. E. V. McCollum

Every one should eat every day:

### I. One quart of milk or its equivalent in:

Cheese  
Cottage cheese  
Custards  
Ice Cream  
Sundae  
Soda  
Milk Toast  
Cream soups  
Creamed vegetables

### II. Two salads of fresh, raw uncooked vegetables or fruits:

- |   |                                    |
|---|------------------------------------|
| 1. Raw carrot salad                     | 8. Orange, apple, and banana salad |
| 2. Sliced oranges with shredded pimento | 9. Grape fruit and celery salad    |
| 3. Raw tomatoes, radishes, cucumbers    | 10. Salmon and orange salad        |
| 4. Plain head lettuce                   | 11. Raw cabbage or cold slaw       |
| 5. Tomato and egg salad                 | 12. Lettuce and raw onion salad    |
| 6. Pear salad                           | 13. Green onions                   |
| 7. Banana and grape fruit salad         | 14. Celery                         |

### III. One liberal serving of some cooked green leafy vegetables:

1. Spinach
2. Kale
3. Cabbage
4. Water cress
5. Turnip tops
6. Beet tops

### General rules to follow:

A good mixed diet containing large quantities of the protective foods, tissue building foods, energy producing foods, body regulating foods, and bulky foods.

## 100 Calorie Portion

## FOODS

Eggs  
 Lemons  
 Baking powder biscuit  
 Corn bread  
 Whole wheat bread  
 Saltines  
 Croutons  
 Muffins (cornmeal)  
 Muffins (egg)  
 French rolls  
 Cream toast  
 Doughnuts  
 Gingerbread  
 Berries  
 Lady fingers  
 Macaroons  
 Molasses cookies  
 Oatmeal cookies  
 Oat cake bars  
 Peanut cookies  
 Plain cookies  
 Chocolate fudge  
 Chocolate milk, sweetened  
 Oat syrup  
 Honey  
 Molasses  
 Sugar, white, granulated  
 Cornflakes  
 Cornmeal, cooked  
 Drippings  
 Macaroni, cooked  
 Oatmeal, cooked  
 Popcorn - popped  
     unpopped  
 Puffed corn  
 Puffed rice  
 Puffed wheat  
 Boiled custard  
 Butter  
 Cheese, American pale  
 Cottage cheese  
 Cream, thin (18% fat)  
     thick (40% fat)  
     Whipped  
 Milk, skim  
     top  
     whole  
 Olive oil  
 Eggs, raw  
     scrambled  
 Fresh apples  
 Apple sauce

## MEASURES

5/8 cup  
 2-3/8 cups  
 2 small biscuits  
 piece 2-1/2 x 1 in. x 1 in.  
 2 slices 2-1/2 x 2-3/4 x 1/8 in.  
 6 crackers  
 15 croutons 1/2 in. cubes  
 3/4 muffin  
 4/5 muffin  
 1 roll  
 2/3 slice toast and 1/8 cup sauce  
 1/2 doughnut  
 Five 1 in. x 2-3/4 x 2 in.  
 2-1/2 cookies 2 in. diam.  
 2 - 4 fingers  
 2 macaroons  
 2 cookies 2 in. diam.  
 3/4 cookie 2 in. diam.  
 1-3/4 cube  
 1-3/4 cookies 2 in. diam.  
 2 cookies 2-1/4 in. diam.  
 piece 1-1/2 x 1 x 3/4 in.  
 piece 2-1/4 x 1 x 1/8 in.  
 1-5/8 tbsp.  
 1 tbsp.  
 2-1/2 tbsp.  
 2 tbsp.  
 1-1/4 cups  
 2/3 cups  
 3 tbsp.  
 1 cup  
 1 cup  
 1-1/2 cups  
 1/8 cup  
 1-1/4 cups  
 1-1/3 cups  
 1-2/3 cups  
 1-2/3 cups  
 1/3 cup (scant)  
 1 tbsp. (scant)  
 1-1/8 cube  
 5-1/2 tbsp.  
 1/4 cup  
 1-1/2 tbsp/  
 2 tbsp.  
 1-1/8 cups  
 1/4 cup  
 5/8 cups  
 1 tbsp.  
 1-1/2 cups  
 1/4 cup  
 1 large  
 3/8 cup

Apples	1 large
Blackberries, fresh	1/2 cup
Cauliflower	1 melon 4-1/2 in. diam.
Blackberries, fresh	1 cup
Lemon juice	1-1/8 cup
Oranges	1 large
Peaches, fresh	3 medium
Pears, fresh	3 medium
Pineapples, fresh	3/4 large
Raisins	1/4 cup
Round steak, lean, pan broiled	Slice 4 in. x 3 in. x 1-1/2 in.
Coconut, prepared	1/2 cup
Peas	2 - 28 single unit
Peas butter	2-1/2 tsp.
Lima beans, fresh	1/2 cup
Beets	4 beets 2 in. diam.
Cabbage, shredded	5 cups
Carrots	4 - 3 round carrots
Corn on cob	2 ears 6 in. long
Cucumbers	2-1/2 cucumbers 7 in. long
Lettuces	2 large heads
Onions, raw	2 - 4 medium
Green peas	3/4 cup
Potatoes, sweet raw	1/2 medium
Potatoes, white, raw	1 medium
Tomatoes, fresh	2 - 3 medium

FRIDAY

Estimation of Fuel Needs

Distribute Height and Weight Tables

Estimation of Individual Requirement in calories

Selection of foods to meet requirement (all)

Explain 100 calorie portions.

Make menus from displayed foods

Write menus in books

14 years - Breakfast - 300 - 400 calories

15 years - Supper - 400 - 1000 "

10 years - " 300 - 500

CONTENTS  
MEMORANDUM IN SUMMARY

Task List

Introduction  
Measure materials for biscuits  
Give reasons  
Mix biscuits. Give reasons  
Cut biscuits. Give reasons  
Put biscuits in pan  
Put biscuits in oven. Explain  
Set table straight  
Put pan on for hours  
Prepare eggs - explain  
Cook eggs  
Take biscuits up  
Judge biscuits  
Conclusion

Second List

Read book  
Write on team-work by  
Loading her materials and  
keeping table straight.  
Test oven - explain tests  
Get fruit ready - explain  
Test pan - explain  
Cook hours  
Get cereal ready - explain  
Set table  
Conclusion

PREPARATION OF A BREAKFAST  
BY  
COOKING CLUB DEMONSTRATION TEAM  
(8 girls)

Team Girl

Introduction

We are the Demonstration Team from  
\_\_\_\_\_ County, Virginia.

My team mate is \_\_\_\_\_

I am \_\_\_\_\_

We are members of the \_\_\_\_\_

Cooking Club in \_\_\_\_\_ County,

Virginia. We are going to give a

demonstration on the preparation and  
cooking of a breakfast.

Menu Girl

Our menu is:

Fruit

Cereal

Eggs and bacon

Maple

Milk

For our breakfast we have selected  
these foods which we can get in our  
community; those that are seasonal;  
and those that are suitable for our  
family; and those that make a well  
balanced meal.

It is necessary before starting our demonstration to plan our preparation and cooking so that all our breakfast will be ready to serve at the proper time. In considering such food, we find it will require more time for the biscuits than any other portion of our menu, so we are going to get the biscuits ready first. (Measure 1 C. flour)  
The flour has been sifted once before. This is necessary because the flour may be lumpy, have splinters of wood from barrel in it.

It is also necessary in order to get an accurate measure. (Dip the flour into sifter).

Measures 1/2 tsp. salt.

Measures 2 tsp. of baking powder

Sifts the dry ingredients

In order to get the dry ingredients thoroughly mixed, they must be sifted. If they are not sifted together, there is a possibility of getting salt and baking powder in one section of the dough and none in others.

Put sifter in bowl.

Scrape the salt.

Open baking powder can and

put it where team water can get it.

Put salt back into place

Get salt in place

Measure the egg - 1 cup.

The fat used may be lard, Grisco, Butterfat,

chicken drippings, etc.

Pure fat can last in place

Whatever fat is selected must be cold and firm, because then the biscuits will

be careful that table is kept straight

be lighter, because the cold will cause

greater expansion when put in the hot

oven. Chop the fat into the flour, using

2 knives, a knife and fork, or a fork. Never

use the fingers, because the heat from the hands

will melt the fat and cause the biscuits to have

a close compact crumb, instead of a light spongy

Measure the milk

crumb. The fat should be chopped fine enough to

give the appearance of coarse meal.

The amount of milk differs with the kind of flour

used. Add milk to other ingredients a little at a

time until the mixture forms into a dough, which will

leave the sides of the bowl.

Care must be taken that too much milk is not added, for

then we will sometimes have too soft a dough and more

flour must be added, which will ruin the properties of

salt and baking powder wrong. Water could be used in-

stead of milk, but milk gives food value, and also makes

a biscuit keep better. Water is apt to make a dry biscuit.

In Virginia biscuits are made usually with sour milk or buttermilk.

Of course with either of these, soda must be used - 1/2

teaspoon of soda to 1 U. S. quart milk. Of course there is great danger

In using soda and sour milk, because we have no way of testing the acidity of the milk, but experience teaches us much, but not always enough to avoid mistakes.

Sour milk and soda make a biscuit lighter and spongier and not so dry as either sweet milk or water.

Please test the oven (to test-oven)

Place dough

Over to oven with piece of heavy white writing paper. There are several tests that can be used to test the oven. I am going to use the paper test. This piece of heavy white writing paper I will place on the rack in the center of the oven. If this paper turns a golden brown in 5 minutes, the oven is right temperature to bake the biscuits. (This time) The thermometer is the most accurate means of testing the oven. However, the thermometer is not practical for most rural homes for wood and coal-burned stoves. If we did use a thermometer, we would bake the biscuits when the thermometer registered between 400° and 425° F. Another test is known as the hand test. Put one hand in the center of the oven. Hold it there for 5 seconds. If the hand cannot bear to be held any longer than 5 seconds, it is a hot oven, and ready for the biscuits. However, this test is not very reliable because people differ as to

the amount of heat their hands can bear.

A test that yields in reliability with the paper test is the flour test. Spread thinly a small amount (maybe 1/2 tsp.) of flour in a tin cover. If it turns a golden brown in 5 min., it is ready for the biscuits.

Turn dough out of bowl on floured board.

The dough must be handled very lightly. Work

it just enough to get it all together. Using just the

tips of the fingers, and be careful to have no more flour

than is necessary to prevent dough sticking to board. (Flour

rolling pin. Roll why)

Roll lightly, being careful not to break gas bubbles - to about

1/8 inch in thickness. The biscuit will rise about twice its

height. The size of biscuits is, however, a matter of personal

taste. They must not be so thick and so large as to prevent the

middle getting thoroughly done by the time the outside is done.

Set a baking sheet ready. It is not neces-

sary to grease the pan for biscuits, as they

have flour and fat which will prevent their

sticking.

I am going to cut my biscuits about 1-1/8

inches in diameter, as this is a more popular

size with everybody. (Cut biscuits on baking

sheet).

Edge pan biscuits on baking sheet.

Do not let the biscuits touch each other, as we want them as  
crusty as possible.

(Cover the oven and take out paper)  
The paper has turned a golden brown.

in the three minutes which it has been in  
oven.

My team mate is ready to bake the biscuits.

Put biscuits in oven

I am going to put these biscuits in the center  
of the oven, as in the oil stove the heat should  
be evenly distributed in the oven.

As I have said before, we use wood in our cook stove.

It is necessary, therefore, to turn our pan around during  
the baking as the oven is hotter at the side near the fire  
box. (takes time) These biscuits should be baked in 12 to  
15 minutes. Get table straight.

I will now fix my fruit. I have selected  
cantaloupe because it is seasonal. Wash the  
fruit carefully. A brush is the best thing  
to use as it saves the hands and its bristles  
can reach into all the little deep rough  
places. It is absolutely essential to thor-  
oughly cleanse the outside of the fruit be-  
cause it is not clear just where it has been  
and who has handled it. Cut cantaloupe  
crosswise into 2 pieces. Carefully scrape  
out seeds, and membrane. Fill the center  
with crushed ice to make it more palatable  
and refreshing. Cut it to make it stand  
level on plate.

Put pan on the stove to heat for  
biscuits.

I will now cook the bacon. As you can see, the bacon has been very thinly sliced and it is cold. It must be cooked in a hot pan if we desire to have crisp sunny bacon. You may have noticed that my team mate put the pan over the flame to heat. I will test the pan to see if it is hot. To do this, sprinkle a few drops of water in pan. If the water takes a globular shape and dances over the pan like little balls, it is hot. (Put bacon in)

It is now time to prepare my eggs for scrambling. Be sure that the outside of egg is clean for the same reason that my team mate gave for having clean fruit. Break each egg in a saucer to be sure it is good. In the country where people have their own chickens, eggs are fresh, but even then one may get an egg that is not desirable. It is still more important to break eggs separately than they are bought from a store; either a country or a city store. Seasoning must be added; a sprinkle of pepper and about  $\frac{1}{4}$  tsp. salt. 2 tsp. of milk is also added as this will help to make a smoother product.

#### Scram up bacon.

Heat until light and well mixed. As I will use the pan in which the bacon has been cooked, for it is already greased, and the flavor of the bacon is also desirable. Just enough fat to prevent the eggs from sticking is all that is necessary. There is too much fat in this pan, so I will pour it into this cup. The extra fat can be used for various things. Pour the eggs into the pan. Eggs should

be cooked at a moderate temperature and stirred all the time.  
To keep the temperature moderate, hold the pan away from the  
flame.

Scrambled eggs should be creamy and smooth; not lumpy and tough.

High temperature will toughen them.

(Take eggs up and put on platter with bacon)

For the cereal to serve with this  
breakfast, we have chosen shredded wheat.  
If the ready to serve cereal is not spring  
and dry it must be put in the oven and  
made so.

It is very necessary that little points of economy be  
practiced in the home, such as getting all the egg out  
of the pan. (Put cold water in pan to make easy to wash)  
The cup of cold water will be on the stove, having been  
used to test pan for searing bacon.

Set table.

Take biscuits up.

The biscuits should be

round, square, rectangle, or any shape desired.

Never larger than 2 inches in diameter if cut in rounds or squares. If cut in  
rectangles, they may be cut 2 inches by 1-1/2 inches. Biscuits should be of even  
thickness, and the tops level.

The color is a golden brown, even in depth, over the top. The sides and bottoms  
should be evenly browned, slightly darker than the top.

Must be light, spongy and puffy. They should spring back to original shape when  
pressed by fingers.

The crust on biscuits must be of appreciable depth, not a tissue paper thickness.

Macarons must be tender and crisp; should break easily and crumble.  
The crust must be tender and flaky. The grains must be even throughout.  
The taste must be sweet and nutty. No odor of soda should be permitted.

Take all the breakfast on the table.

We have prepared and cooked a breakfast.  
In this demonstration we have shown how to  
combine foods in order to get a well balanced  
meal. A well balanced meal - a meal that  
etc.

#### Summary

It is necessary for proper nutrition that  
we have foods containing such substances  
that will make:

1. Our bodies grow and develop.
2. That will maintain health and prevent  
disease
3. That will give us power to do our work.

In this breakfast these substances are  
represented. Protein which makes our tissues  
grow is found in the milk, the eggs, the lean  
beef. Minerals which build our blood and bone  
mass is in the egg, the fruit, the milk, and  
the cereal. Vitamins which help to maintain  
health and protect from disease are found in  
the fruit, the butter, the milk, and the eggs.  
Fuel foods that give us power to work are  
found in the cereal, the biscuits, the butter,

222

the green, the sugar, and the fat bases.

Our demonstration is now finished.

If anybody desires to ask any questions

we will be glad to try to answer them.

We thank you.

A PARABLE

IN

TELEGRAPHIC LAND.

By

MISS ELLA V. WALTON

Made by Mrs. Wm. H. Dooly

Designed by Miss Ellen Oliver

SCENE - I

SCENE SETTING - A grassy slope with a background of trees, bushes, shrubs, or a ledge.

Group children dressed as fruits or flowers in front of the background. Arrange them in the form of two arcs with a central division.

Across the division place a screen of green vines and flowers.

Behind the screen have the musicians the vocalist and her accompanist.

In front of the screen in the space between the flowers and fruits, the farmer's boy will be lying asleep.

In front of the flowers and fruits arrange the children (dressed as vegetables) to form a vegetable garden.

Have Bunny behind the flowers - and carrots at his corner.

All are in place. Let them get places with no confusion, walking down from the dressing room to softly played music.

The flowers stand, with vegetables standing in front. (As the vegetables are arranged in rows as in a garden, there can be as many vegetables of a kind in each row as practical.)

VOICES

The farmer's boy slept under the hill  
He slept and slept and kept so still. (Singing) -GIB -  
He had a dream as wonderful and true  
If you watch right close he will show it to you.  
At first he thought he went out to see  
How much work in the garden he'd do  
And while he watched the ground  
A little brown rabbit came hopping around

Rabbit comes hopping around carrots across in front of vegetables to farmer's boy, where he squats.

The corner where carrots grow so free.



All the profits are to make things

CHORUS

Oh Friend Cabbage, don't you know (They Sing A BUNDLE  
You're such a King - to them) - 222  
The you are so strong on health  
That's not all there is to health  
Cabbage,

As cheese makes cabbage, it a steps forward and addresses her guide

CHORUS

who is rich and true,  
She's been giving more love than you  
Is not far behind in smiling  
Than she's in the bottle boiling

As Cabbage returns to her place, Cabbage steps forward, and sings herself.

CHORUS

Surely the water's too tight  
She's so good in root and top,  
She supplies more love than you do,  
And when comes to every job there,  
All the work of planting early  
Such a young lady as our glory.

Cabbage takes her turn to sing forward

CHORUS

She who lifts her head so early  
And presents to all who choose her  
Black and bean and tissue substance  
Which she gives in great abundance  
Black and bean and tissue substance  
Which she gives in great abundance.

VOICE

Look! the same one to the start (SING)  
Of these friends we often greet  
See our dear fat - Madame Best

Madame Best turns proudly forward and back again to place

Spinach next comes out to her special dance and notice, and sings:

SPINACH

Spinach on it  
And I'm good for little babies early food  
Cause I can give them vitamins  
And iron in winter time.

Spanish dance ball.

VOICES

But look who comes - Potate

Potato comes silently out to window and back

He's such a clumsy little fellow

Whomsoever

With little eyes all round

(Single bell)

And coat so very brown

- 200 -

But he can sure both growl and yell,  
Even stealing Jack Frost's breath as well

Jack Frost rushes thru whistling like the wind. All the garden shrubs  
and covers.

He keeps his starch in little curls  
Which must be boiled to wash their curls  
He claims that is nice and yellow

Tom comes out and back

And was eager to tempt a fellow.

He does not like the winter weather

So John puts him down

(Single bell)

Safe and sound

Into a house built under the ground

AN INTERMISSION, During which MISSO, (special).

ANNOUNCER comes out to Frank and slaps

Benny, Benny

Benny hops to call and listens

(Double, double)

- 200 -

some quite hard

For Miss British Growth near.

British comes out and past Benny and announces as they are talking to her.

In her new spring dress so red

That would turn a body's head.

British returns to place - Announcer returns to place.

MINNY

That way but

- 279 -

Danny jumps and begs to let her see some thread

MINNY (singing)

His she when I sew, sew, sew,  
His she when I sew, /  
His letters dear.

MYRON (singing)

Alas, alas! I am kept so close  
Alas, alas! I am kept so close - 280 -  
Underneath a glass the soldier I get a chance  
Underneath a glass the soldier I get a chance  
To pass the time of day  
To pass the time of day with faithful Danny, dear.

They dance together and Danny leads let her back to her place and returns to  
the father's bed.

VOICE

Come roll on in - Miss Sugar Pie

THAT appears with Leah

But hold tight you dear young Leah,  
For you can't give the children dear  
Even a little bit  
Of her three vite - 281 -

MINNY  
LEAH

Dear Leah Leah  
Why can't I be  
With dear Miss Sugar Pie,  
I bring proteins  
To balance vitamins  
Oh please do let me in. - 282 -

MINNY

Yes, let him come!

VOICE

Oh she is this tall young lady green  
That's strolling by just like a queen - 283 -  
She is the grand Miss Gumbler Green,  
She's proud, she's proud, Miss Gumbler Green.

Gumbler comes proudly out and

VOICE continues

And she sees not single with our crew.  
She is likely to eat tough  
If she stays long enough  
She's often seen with paper roll

is joined by Pepper, and together they dance on

The bus took a hitting tempo in his hand

Double doors forward and wings

WELL

Oh, no word  
I am late because I had to  
stop and greet everywhere  
Along the street  
All those who love my film red nose.  
I am glad every way you film and  
watch or see, in jobs or pictures  
babies, children, green eye too,  
For great dependence in my step.

Double back to place.

Double takes Forward Day

DOH stretches and wings - Comes forward - realizes.

--- MY BREAKFAST ---

--- ONE MINUTE ---

--- NIGHT ---

**Unit Piece of Work**

**for  
Women**

**on**

**Use of Green Vegetables and Fruits  
in the**

**Diet**

**February 26th, 1923**

**Lola V. Walker  
Food Specialist.**

### Introduction

This unit piece of work on the Use of Green Vegetables and Fruits in the Diet has been worked out for the use of the County Home Demonstration Agent in her work in foods with the Women of her County.

It is of necessity quite full; but it is not suggested that every dish for which a receipt is given be demonstrated.

The selection of those which best fit the needs of the woman, is left with County Home Demonstration Agent. It is intended that receipts for all the dishes named in the demonstrations be mimeographed, and be available for distribution at each meeting.

Questions or forms for the keeping of records follow each demonstration.

It is most desirable that records be kept; for through the records these studies eating habits of the state may be studied. Also through them some measure of the results of this piece of work is obtained.

All county agents are urged to make this piece of work the most attractive piece of food work they have ever done. It is suggested that there be some grand finale or "wind-up" to this.

By doing so, an steady attendance will be encouraged. If it is most important to have the same audience every time, if possible.

The children in schools can be listed to help in this Campaign.

## Domestication - Lecture

### I. Vegetable procurable in Winter

Fresh  
canned  
frozen

### II. Classification of Vegetables -

#### 1. According to flavor -

mild - potato  
strong - onion

#### 2. According to texture

succulent - celery  
dry - bean

#### 3. According to composition

lettuce - minerals  
potatoes - starch  
peas - protein

#### 4. According to part used for food

rhizome - white potatoes  
roots - beets  
bulbs - asparagus  
leaves - cabbage  
flowers - cauliflower  
fruit - corn

#### 5. According to food value

"nutritive value"  
essential

#### 6. According to method of cooking with milk or butter or eggs.

### III. Sources -

Market - foreign and domestic

Garden

### IV. Indications of quality -

appearance  
freshness  
flavor  
odor  
Freedom from dirt

### V. Selection -

1. Free available sources
2. In season - rather than out
3. Medium sized preferable to over grown
4. Short time - between gathering from garden and serving
5. Gathered after dew of morning and not in hot part of day.
6. In season rather than over phone.

### VI. Suitable combinations -

1. Starchy with succulent
2. Strong flavored with milk
3. Color

### In Season with Season

### VII. Desirable varieties -

1. Bunches
2. Small cherry pointed heads
3. Fine cutters
4. Wire baskets
5. Cauliflowers
6. Fava slices

7. Potato slices
8. Potato tubers.

VIII. Methods of Cooking Vegetables -

1. Soups and sauces -
  - infused
  - creamed
  - crushed
  - white sauce
2. Boiled
3. Stewed
4. Steamed
5. Scalloped
6. Baked
7. Dried
8. Scalloped
9. Stuffed
10. Fritters
11. Scuffles
12. Curried

IX. Use in the diet -

- At all meals -
- Breakfast
  - Lunch
  - Supper
  - Garnish

X. Care of Vegetables -

Keep cool, dry, well ventilated place

- |          |   |                          |
|----------|---|--------------------------|
| Beets    | } | Barrels, bins, in cellar |
| Carrots  |   |                          |
| Turnips  | } | Buried                   |
| Potatoes |   |                          |

Squash should be spread and carefully watched

Canned goods - empty from can as soon as opened

Keep in cool place, but where the contents will not freeze  
 Night helps to discolor

XI. Cooking Terms -

a la - according to, or in the style of

au gratin - with browned crumbs or of bread + sometimes cheese

bouquet of herbs - a sprig each of several kinds - as basil, parsley, thyme, savory.

Creole or West Indian - with tomatoes often, also, pepper, onions, and mushrooms

Fantaisies - Mixed vegetables

Macedoine - a medley or mixture of vegetables, often with meat

Meagre - without meat or vegetable soup

Frit tendere - a garnish of spring vegetables

Fines - material washed thru a strainer

Flour - Flour browned in butter

Souffle - a puff, something inflated or swollen, as by beaten whites of egg

### XII. Time Table for Cooking Vegetables

	Hours	Minutes
Potatoes . . . . .	.30	to .60
Sweet Potatoes . . . . .	.30	to .60
Asparagus . . . . .	.30	to .60
Peas . . . . .		
String Beans . . . . .	1	to 2
Lima and other shell beans . . . . .	1	to 2
Beets, young . . . . .	.45	
Beets, old . . . . .	2	to 4
Cabbage . . . . .	.30	to .60
Pumpkin . . . . .	.30	to .45
Onions . . . . .	.45	to .60
Parsnips . . . . .	.30	to .45
Squash . . . . .	.30	to .60
Green Corn . . . . .	.15	to .30
Cauliflower . . . . .	.30	to .45
Brussels Sprouts . . . . .	.15	to .30
Tomatoes, Stewed . . . . .	.15	to .30

#### Demonstration I Winter Vegetables

1. Creamed Celery
2. Buttered Pumpkin or Squash
3. Fried Potatoes
4. Soup of Lima Bean Soup
5. Stuffed Onions
6. Scalloped Cabbage
7. Baked Sweet Potatoes
8. Boston Baked Beans

The above illustrates different methods of cooking, not only the vegetable demonstrated, but the methods can be applied to other vegetables.

#### Order of Demonstration

Arranged according to length of time required for cooking

- I. Make ready the lima and navy beans. They should have been soaked overnight.
- II. Prepare the navy beans for Boston Baked Beans, and put in oven.
- III. Put washed limas on to boil, to be ready for soup
- IV. Prepare meats for baking and put in oven.
- V. Put fat on to melt
- VI. Prepare onions for boiling
- VII. Prepare cabbage  
celery - put on to boil  
Pumpkin
- VIII. Prepare white potatoes for French Fried
- IX. Make white sauce No. 2  
for soup  
for celery (creamed)  
for cabbage (scalloped)
- X. Prepare buttered crumbs
- XI. Take up onions, drain  
stuff - put in oven to brown
- XII. Drain cabbage -  
arrange in baking dish - put in oven to brown.

- XIII. Serve creamed celery
- XIV. Serve baked turnips
- XV. Pot and cream potatoes
- XVII. Serve Bean Soup
- XVIII. Serve Cabbage
- XIX. Serve onion
- XX. Serve Boston Baked Beans

#### Cream of Lima Bean Soup

- |                        |                      |
|------------------------|----------------------|
| 1 cup dried lima beans | 1 cup cream or milk  |
| 2 pints cold water     | 4 tablespoons butter |
| 2 slices onion         | 2 tablespoons flour  |
| 4 slices carrots       | 1 teaspoon salt      |
| 1/3 teaspoon pepper    |                      |

Soak beans over night; in the morning drain and add cold water; cook until soft, and rub through a sieve. Cut vegetables, in small cubes, and cook five minutes in half the butter; remove vegetables and cream, salt, and pepper, and stir into boiling soup. Add cream, wheat, strain and add remaining butter in small pieces.

#### Sabbath

There are four kinds of cabbage in the market,--dressed, sugar-leaf, curly, and purple; and some variety may be found throughout the year. The curly is best for boiling; dressed and purple for cole-slut. In buying select heavy cabbage.

#### Baked Cabbage

Take off outside leaves, cut in quarters, and remove tough stalk. Cook in cold water and cook in an uncovered vessel in boiling salted water, to which is added one-fourth teaspoon soda; this prevents disintegration after cooking. Cook from thirty minutes to one hour, drain, and serve; or chop, and season with butter, salt and pepper.

#### Macaroni and Cabbage

Cut one-half boiled cabbage in pieces; put in buttered baking-dish, sprinkle with salt and pepper, and add one cup White Sauce I. Mix cabbage with fork, that it may be well mixed with sauce, cover with buttered crumbs and bake until crumbs are brown.

#### Stuffed Onions

Put onions in cold water and remove skins while under water. Parboil ten minutes in boiling salted water to cover. Turn upside down to cool and remove part of centers. Fill cavities with equal parts of finely choiced cooked chicken, stale soft bread crumbs, and finely chopped onion which was removed. Season with salt and pepper, and moistened with cream or melted butter. Place in buttered shallow baking-pan, sprinkle with buttered crumbs, and bake in a moderate oven until onions are soft.

#### Washed Turnips

Wash and pare turnips, cut in slices or quarters, and cook in boiling salt water until soft. Drain, wash and season with butter, salt, and Pepper.

### Baked Potatoes

Select smooth, medium-sized potatoes. Wash, using a vegetable brush, and place in dripping-pan. Bake in hot oven forty minutes or until soft, remove from oven and serve at once. If allowed to stand, unless the skin is ruptured for escape of steam, they become soggy. Properly baked potatoes are more easily digested than potatoes cooked in any other way. They are better cooked in boiling water than baked in a slow oven.

### French Fried Potatoes

Wash and pare small potatoes, cut in eighth, lengthwise, and cook one hour in cold water. Take from water, dry between towels, and fry in deep fat. Drain on brown paper and sprinkle with salt.

Care must be taken that fat is not too hot, as potatoes must be cooked as well as browned.

### Boston Baked Beans

Pick over one quart pea beans, cover with cold water, and soak over night. In morning, drain, cover with fresh water, heat slowly (keeping water below boiling-point), and cook until skins will burst, which is best determined by taking a few beans on the tip of a spoon and blowing on them, when skins will burst if sufficiently cooked. Beans thus treated must, of course, be thrown away. Drain beans, throwing away-water and of course, not in sink. Soak pint of three-fourths pound fat salt pork, scrape, remove one-fourth inch sliced and put in bottom of bean-pot. Put through pint of remaining pork every one-half hour, making ends on each day. Put beans in pot and bury pork in beans, leaving pint exposed. Use one tablespoon salt, one tablespoon molasses, and three tablespoons sugar; add one cup boiling water, and pour over beans; then add enough boiling water to cover beans. Cover bean-pot in oven, and bake slowly six or eight hours, uncovering the last hour of cooking, that pint may become brown and crisp. Add water as needed. Many feel sure that by adding with seasonings one-half tablespoon mustard, the beans are more easily digested. If pork mixed with lean is preferred, use less salt.

The fine reputation which Boston Baked Beans have gained has been attributed to the earthen bean-pot with small top and bulging sides in which they are supposed to be cooked. Equally good beans have often been eaten where a fire-proof lead pail was substituted for the broken bean pot.

Yellow-eyed beans are very good when baked.

#### Materials

1 c. beans - navy  
1/2 c. beans - lima  
oil, pepper, sugar 1/4 c.  
molasses, 1 tbsp.  
mustard - 1/2 tsp.  
soda  
Milk - 1 qt.  
stale bread 1/3 loaf  
salt - pork 1/4 lb.  
Celery - 1 bunch  
Onions - 3  
Sweet potatoes - 2  
White potatoes - 2

#### Things Needed

#### Equipment

1 oil stove (3 burners)  
1 oven  
2 sinks (if possible)  
2 dish pans, 2 dish towels  
1 veg. brush - 1 stove  
1 grater (large)  
1 measuring cup  
2 wash plates  
2 qt. bowls - 2 1/2 tsp.  
2 tap. - 1 sharp knife  
1 nose knife  
1 baking sheet  
2 mustard cups.

Turnip - 2  
Veget oil - 1 pt.  
Cabbage - 1 small head

Subsidiary  
- - - - - 1 baking pan  
1 tea kettle  
6 newspapers (1st. size)  
1 heat pat.

**Investigation-Section**  
on  
**Vegetables that can be produced in Winter**

**Fill-in**

1. What winter garden vegetables are in common use on average table?
2. How many families use 20 varieties of vegetables?
3. How many families use 30 varieties of vegetables?
4. To what extent has the use of vegetables been increased during unit course?
5. How many women have increased variety of vegetables by adding 5 - 10  
new  
15 - 20 - 25 new ones (to them)?



- I. Parts of plant used for food
- II. Use of wild greens
- III. Use of cultivated
- IV. Winter vegetables
- V. Other vegetables
- VI. Flowering herbs
- VII. Seasoning
- VIII. Vegetables Products

1. Parts of plant used for food -

- Roots - Potatoes (white) Jerusalem  
beets, carrots, parsnips, radishes,  
Sweet, potatoes, celeriac, turnips
- Bulbs - Garlic, onions, shallots
- Stems - Asparagus, celery, chives
- Leaves - Broccoli sprouts, beet greens, cabbage,  
dandelion, lettuce, corral, spinach,  
water cress.
- Flowers - Cauliflower
- Fruit - Beans, corn, cucumbers, okra, egg plant,  
Peas, lentils, squash, tomatoes

II. Use of wild greens

- Dandelion - cut before flower  
bitter flavor
- Sour sorrel
- Hillweed -  
cut when 6 inches high before leaves  
unfold. Considered equal to asparagus
- Chicory - more bitter than dandelion
- Knive - related to chicory
- Cowslip - prepared like spinach
- Pope sprout - young shoots served like asparagus
- Purslane - cut before it blossoms resembles beet greens.
- Pigs wood
- Goosefoot
- Lamb quarter
- Shepherd's purse

Cultivated Greens

- III. Asparagus
- Spinach
- Beet tops
- Swiss Chard
- Carrot Tops
- Turnip tops - resemble kale
- Hop Sprouts - (Belgium)
- Burdock shoots (Japanese) parboiled, boiled - served warm or cold  
with salad dressing.
- Use
- Fennel - Used in Europe as salad or greens, leaves, cooked  
like spinach - stalks cooked like celery.

IV. Artichoke  
Cabbage  
Carrots  
Cauliflower  
Kohlrabi  
Onions  
Parsnips  
Potatoes, sweet, white  
Spinach  
Turnips  
Salsify

Other Vegetables

Lettuce (Cabbage  
{  
    cos  
    romaine)

Water cross  
Peas  
Cucumbers  
Beet  
Tomato  
String Beans  
Radishes  
French Artichokes  
Squash  
Pumpkin  
Marrow  
Melon  
Egg Plant  
Peppers  
Okra

Cabbage Tribe

White  
Red  
Purple  
Savoy  
Colesworts or collards  
Brussels or Scotch Kale  
Cauliflowers  
Broccoli  
Kohlrabi  
Brussels sprouts  
Yield  
Pak-choi (chinese, cabbage)

Onion Tribe

Yeast and onion  
Onions - (pickles)  
White skinned egg plant  
Greenish yellow  
Red  
Garlic  
Leek  
Shallot  
Scallion (spring onions)  
chive

Flavoring Herbs

- VI. Marjoram  
Sage  
Summer Savory  
Thyme  
Mint  
Parsley  
Dill  
Tarragon  
Sweet Basil

Seasonings

- VII. Pepper  
Red Pepper  
Mustard  
Cloves  
Fenugreek  
Vanilla  
Almonds  
Lemon  
Rice  
Orange  
Cayenne  
Cardamom  
Curry  
Bay Leaves  
Cocoa  
Capers  
Mustard  
Singer  
Cinnamon  
Rice  
Mustard  
Spice Seed

Vegetable Products

- Tea  
Coffee  
Chocolate  
Cocoa  
Sugar  
Olive Oil  
Fennel  
Cotton Seed  
Vinegar

### List of Variables

- |                  |                      |
|------------------|----------------------|
| 1. Asparagus     | 38. Marrow           |
| 2. Artichokes    | 39. Melon            |
| 3. Jerusalem     | 40. Lentils          |
| 4. Beets         | 41. Onions           |
| 5. Beet greens   | 42. Okra             |
| 6. Beans         | 43. Potatoes - white |
| 7. Burtch shoots | 44. Potatoes - sweet |
| 8. Carrots tops  | 45. Peppers          |
| 9. Chicory       | 46. Parsnips         |
| 10. Carrots      | 47. Pumpkin          |
| 11. Celery       | 48. Parslans         |
| 12. Celeriac     | 49. Peas             |
| 13. Chives       | 50. Radish           |
| 14. Cabbage      | 51. Orpouts          |
| 15. Cowslip      | 52. Brussels         |
| 16. Grass        | 53. Peas             |
| 17. Corn         | 54. Egg              |
| 18. Cauliflower  | 55. Horseradish      |
| 19. Cucumbers    | 56. Swiss Chard      |
| 20. Dandelion    | 57. Escalope         |
| 21. Egg plant    | 58. Salsify          |
| 22. Edive        | 59. Sting Beans      |
| 23. Garlic       | 60. Serral           |
| 24. Kohi-rabi    | 61. Squash           |
| 25. Kale         | 62. Slynch           |
| 26. Lettuce      | 63. Turnips          |
| 27. Leek         | 64. Turnips tops     |
| 28. Milkweed     | 65. Tomatoes         |
|                  | 66. Tea              |

**Question II**  
**General Ways of Cooking and**  
**Serving Common Vegetables.**

**I. Description of Vegetable Description**

VEGETABLE									
Name									
Description									
1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

II. Types of the above to be selected (refer to Vegetables listed)

III. Necessity for variety in methods of cooking

IV. Necessity for variety in methods of serving -

- In diet as a whole
- In each meal

V. Best Values of Vegetables as a whole -

- 1. Minerals
- 2. Milk
- 3. Vitamins

VI. Specific Descriptive Values -

1. In order of Mineral Values -

300	200	20
Celery	Celery	Cabbage
Turnips	Cumbers	Celery
Cabbage	Cabbage	Beans
Celery	Turnips	Potatoes
Cumbers	Onions	Turnips
Beans,		
Sweet potatoes	Beans	

3. Value of -

- Ca - 70% - 70 to 80%
- Ca - Essential material for bone structure
- 1.7 gms. of Ca - necessary per day.
- Pb - Essential to all tissues of the body
- 1.0 gms. of Pb - necessary per day.
- Fe - Essential for -

Respiratory substances

Hemoglobin

connected with the process of

oxidation

secretion

regeneration

development

25 - 12<sup>15</sup>

11.0 gms necessary per day.

In Vitamins Value - Taken from British and American  
Units.

Substance	British Units	U.S. Units	International Units
Retinol	1	1	100
Calciferol	1	1000	1000
Thiamine	100	100	1
Riboflavin	100	100	1000
Nicotinamide	100	100	100
Pantoic acid	10	100	10
Ascorbic acid	100	100	1
Inositol	100	100	1000
Choline	100	100	100
Leucine	10	100	100
Valine	10	100	10
Phenylalanine	100	100	1
Threonine	100	100	100
Alanine	100	100	100
Glutamic acid	100	100	100
Proline	100	100	100
Asparagine	100	100	100
Glutamine	100	100	100
Serine	100	100	100



6. Value of -

Vitamins to body -  
Stimulates growth  
Protects against certain -  
diseases  
Influences reproduction

VII. Effect of Cooking is -

1. It sets vegetable of protein and minerals.
2. It causes gain of water
3. It causes loss of water, not protein
4. It causes loss of much of mineral.

Efficiency of Fat in Vegetable

Is made up by adding fat in form of butter, oil, etc.

VIII. Digestibility -

Vegetables as a whole are not easily digested by stomach -  
Cabbage requires - 3 hours  
Cauliflower requires 2 1/2 hours.

Enteric flora vegetables hard to digest -

Causes gas produced  
Fermentation apt to occur when vegetables are eaten

IX. Absorption - is rather defective.

1. General conclusion -

Vegetables have a very low nutritive value - but are valuable.

1. For bulk
2. For mineral salts  
May help about alkaline  
Balance acidity of urine
3. For vitamins

X. Value in disease -

common  
scarcely  
proved

Demonstration II  
Cooking Different Vegetables in  
Various Ways

1. Stewed Onions
2. Stuffed Peppers
3. Stewed Cucumbers
4. Stewed Peas in Green-Beans
5. Peas in Vines
6. Potatoes - Doughnuts.

Order of Demonstration -

- I. Put plenty of water on to boil
- II. Bake over - boiling
- III. Peas in Vines } Contrast differences in ways of preparation  
Peas in Beans  
Peas in Doughnuts

- IV. Put potatoes on to boil for both Fishes and Doughnuts.  
Explain why boiling water is used.
- V. Put fat on to heat.
- VI. Explain different compositions of fat, also ways of testing.
- VII. Make White Sauce No. 2. for soups and pasty.
- VIII. Make Cornstarch
- VIII. Make Cream paste for Doughnuts
- IX. Put cornstarch on to boil
- X. Put paste on to heat + if paste are done  
If paste are fresh paste + use one word, put on to boil.
- X. Make potatoes + (give various types of potato methods with effects on potato)
- Make Duchess = put in oven
- Make doughnuts = fry.
- XI. Make pea titchles
- Put in oven
- XII. Make Fishes
- XIII. Serve -
1. Creamed Carrots
  2. Pars in Cornstarch
  3. Duchess Potatoes
  4. Doughnut potatoes
  5. Creamed onions
  6. Pea Titchles

### Salads

#### Simple Salads

Put small silver colored onions, and put half in boiling water + 1/2 vinegar. Drain, dry on cheese cloth, and put in hot frying pan, in which has been melted 1 tbsp. butter and 1 tsp. sugar. Brown, shaking the pan in order to keep evenly. Serve hot. Onions should be broken.

#### Buttered Potatoes

Bo two cups hot sliced potatoes add two tbsp. butter, one-half tsp. salt, and yolk of three eggs slightly beaten. Sprig, using pastry bag and tube, in form of baskets, spirals, cones, leaves, roses, etc. Cook over with butter and diluted with one tsp. water, and brown in a hot oven.

#### Buttered Dumplings

Put a pint of cold milk into a small saucepan, add one tbsp. melted butter stir well, and when it comes to a boil add one and a half glasses sifted flour, stir well; break in one whole egg, stir briskly add another egg, bristly stir. Do add two quite large, freshly boiled potatoes. Cook, thoroughly stir; break in another egg, bristly stir again. Season with a tsp. salt, half salt-pepper mixture paper and half salt-pepper ground mixture; stir well while cooking for ten minutes. With a tbsp. take up as much as the spoon can hold of the preparation and immediately drop in into boiling fat; gradually proceed in like manner with the rest of the pure portion and fry for ten minutes, gently turning with the skimmer. Drain thoroughly drain on a cloth. Serve in a hot dish with folded napkin, and serve.

#### Creamed Pars.

Boil boiled pars, cut in two cups pars add three-fourths cup White Sauce No. 2. Cream pars one after drained, flamed, and reheated in this way.

### Preparation of Food

Get table ready by the hour ahead, and clean in advance, squares, or circles. Remove centers, leaving space. Try to keep hot or fresh soup with rolled butter, and brown in oven. Fill with seasonal vegetables, fish or meat.

### For Fishes

Soak and rinse one side past, and fish through a sieve. Be one cup and pulp and top broken eggs, two cups melted butter, two-thirds cup salt, one-third cup pepper, for cream sauce, and few drops onion juice. Turn into buttered pan, set in pan of hot water, cover with buttered paper, and bake until firm. Serve with one cup White Sauce to which is added one-third cup ground peas, ground, and rinsed.

### General Directions

Wash, pare fresh crisp vegetables. Cut into blocks of uniform size. Put into boiling salted water and boil until tender. Drain, and serve with White Sauce No. 2.

### Table Setting

**Refrigerator**  
Canned - 1 doz  
Potatoes - 3  
Peas - 1 can  
Cucumbers - 3  
Salt  
Pepper  
Capers  
Sugar - 1 cup  
Onions  
Eggs - 1 cup  
Butter 1 lb.  
Milk - 2  
Bilk - 1 qt.  
Sweet Oil - 1 qt  
Bread (stale) loaf

**Refrigerator**  
Steak - 3 pounds  
Oven - 1  
Tea table  
2 soupspoons - 1 doz.  
1 frying pan  
1 baking sheet  
4 tinable cans  
or  
7 cutlery  
1 cruet  
1 cooking pan  
1 wash plate  
1 soap tuff  
1 vegetable knife  
1 fork  
1 chop.  
1 cup  
1 shaker  
1 tin brush  
brown paper  
dinner cloth  
5 dish cloths  
5 dish pads  
5 serving plates  
forks for audience.

### Service

The question of how to serve the audience with a taste of the food demonstrated is always a puzzling one.

One of the signs of a good demonstration is to have few dishes finished. Therefore to serve each person in the audience with a slice and fork or spoon is to be avoided.

The paper plates covered with an attractive paper doily. Paper cups may be used for some liquids.

It is very often possible to serve an appetizer.

Put a plate of crackers on which has been placed a taste of the demonstrated food. Or, the crackers may be passed separately and the food passed later, with a spoon or fork, with which the guest may serve himself. This latter method gives less work to the demonstrator or her assistant, and saves time. It requires no extra dishes.

**Outline**

**Outline**

or

**Demonstration II**

**Usual ways of cooking ordinary vegetables.**

1. How may some have adapted 1, 2, 3, 4, 5, 6, ways of cooking the unadapted vegetable?

2. How may some have applied the demonstrated methods of cooking to other vegetables?

**Some Vegetables to which the methods of cooking might be applied.**

**Stuffed Potatoes**  
**Stuffed Peas**

**Battered Onions**  
**Battered Sprouts**  
**Battered Turnips**  
**Battered Beets, etc.**

**Stuffed Cabbages**  
**Stuffed Tomatoes**  
**Stuffed Peppers**  
**Stuffed Mushrooms**

**Green Soup -**  
Peas  
Spinach  
Tomatoes, etc.

**Salad -**  
White Potatoes  
Tomatoes

**General -**  
Spinach  
Potatoes  
Cabbages, etc.

**Glazed Turnips**  
**Glazed White**  
**Glazed Beets**

**General Onions**  
**General Cauliflowers**  
**General Turnips**  
**General Asparagus**  
**General Potatoes**  
**(in Crusts, etc.)**

**Salads -**  
**etc.**

Domestication IV.  
on Fruits

Fruits -

I. Definition of -

all seed vessels

II. -value in diet -

1. Give variety -  
in flavor  
in texture

2. Supply ash -

Cal. Mg.  
Pot. Phos.

Iron

3. Supply vitamins - promotes growth  
protective against certain  
infections reproduction.

4. They give fuel  
5. They give bulk

III. Classification -

1. Food and flavor  
2. Fresh and dry

IV. Composition

1. Water - 70% - 80%  
Dried fruits - 50%  
2. Fat - little or none (except olives)  
3. Protein - negligible  
4. Carb. -

Sugar (ripe fruits)  
(Plum, peaches, apricots, raspberry  
contain least of sugar)

(Apple, sweet cherry, grape, pear  
contains a large amount of sugar)

Starch (unripe fruits)

5. Pectin bodies

6. Organic acids -  
malic (as lime, iron citric etc.)

7. Minerals (as lime iron etc.)

V. Changes During Ripening

Decrease of starch and acid  
Increase of sugar - (test - Iodine)  
Apples, bananas, peaches)

(No large amount of starch at any time - steady increase of  
sugar) Decrease of pectin as fruit ripens.

VI. Digestibility

Diet of primitives - fruit and seeds  
Comparison of potatoes (sweet potatoes, bananas)  
Varies with kind and preparation

Stewed more easily digested than raw, Oranges - given to infants  
invalids, lemons, grapes, peaches, digested with ease

VII. Comparisons with other foods -

Energy -

Fruits as luxuries (Flavor - fruits)  
Equal in energy to some cuts of meat.

# **CORRECTION**

**The preceding document has been re-  
photographed to assure legibility and its  
image appears immediately hereafter.**

Demonstration IV.  
on Fruits

Fruits -

- I. Definition of - all seed vessels
- II. Value in diet -
1. Give variety -  
in flavor  
in texture
  2. Supply ash -  
Cal. Mag.  
Pot. Phos.  
Iron
  3. Supply vitamins - promotes growth  
protective against certain  
infections and reproduction.
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(Plums, peaches, apricots, raspberry  
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(Apple, sweet cherry, grape, pear  
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Starch (unripe fruits)  
Pectin bodies
5. Organic acids -  
malic (as lime, iron citric etc.)
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- Decrease of starch and acid  
Increase of sugar - (test - Iodine)  
Apples, bananas, peaches)  
(No large amount of starch at any time - steady increase of  
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- Diet of primitives - fruit and meats  
Comparison of potatoes (sweet potatoes, bananas)  
Varies with kind and preparation  
Stewed more easily digested than raw. Oranges - given to  
infants, invalids, Lemons, grapes, peaches, digested with ease

VII. Comparison with other foods -

Energy -

- Fruits as luxuries (Flavor - Fruits)  
Equal in energy to some cuts of meat.

**Protein -**

Low in relative amounts  
Low in absolute amounts

**Ash concentrations**

Most significant

**Iron -**

Meat and fish equals 50% cost  
Vegetables and fruits equals 18% of cost  
Meat and fruits equal 37% of cost.

In proportion to cost-ve. staples, fruit furnish more iron.

**Kind of iron -**

Iron of meats not as well digested as fruit. Iron in fruits better absorbed and is more available than meat.

Meats - tend toward intestinal putrefaction which detrimental to red blood cells and interfere with iron economy of the body,

Fruits tend to prevent or correct intestinal putrefaction  
Improved condition of the blood closely follows better intestinal hygiene.  
Immunize more animal Carnivorous animals show injurious bacteria fauna.

**Laxative tendency of fruit**

Fruits stimulate mechanically peristaltic action  
Raw fruit found to be more laxative than cooked.

Astringent stimulates mechanically substances in skin of fruit have less laxative effect than flesh of fruits e. g. flesh of raw apples may be too laxative but with skin are not.

**Acids -**

Importance of getting acid substances in digestive tracts as they yield alkaline, and basic substances in blood and tissues.

**VIII. Health Value**

- Apple effects (kidney, liver)
- Valuable in acid stomach

Pineapple - papain or bromelin digests protein  
Valuable in diphtheria and diabetes

**Figs and prunes -**

Valuable for inactive liver, good laxative  
The acidity in fruits due - not to free acids but to acids potassium salts.

In all fruits the per cent of potassium is high in comparison with other ash constituents in some foods.

Cal. Mg. sodium and potassium exist partly as neutral inorganic salts

**Banana -**

Large amount of starch equals potato. Never eaten unripe. Should be cooked for invalids, children or people of delicate digestion.

**Orange Juice**

Other freshly expressed juice - refreshing wholesome beverage - given to invalids.

## II. Medicinal Value -

Refreshing  
Appetizing  
Mineral constituent  
Regulates body process

Fruit Value	Calories per lb.
Apples	-200 per pound
Black	-270 " "
Oranges	-240 " "
Peaches	-280 " "

### Dried Fruits -

Fruit Value compares favorably with bread beans - the latter contains protein, fruits, do not contain protein

Fruit value of fruits increased by sugar added.  
Fruits value for bulk - contain much indigestible matter.

Precautions in using fruits - avoid over ripe, under ripe raw.

### Care in Preparation -

Thorough washing

1. Remove danger from worms - parasites

2. Use of fruit diet -

1. First course in meals - a. fruit at breakfast. Fruit cocktail
2. Salad course
3. Hot entree - Banana Apple fritters
4. Cold entree - frozen fruit punch
5. A garnish to fish entrees, etc, lemon
6. Adjunct - apple sauce with pork  
Mushroom sauce with croquettes
7. Dessert -  
Fudding, pudding, cakes, pastry
8. Part of reception -  
Fruit ice and cream
9. Part of reception  
Cakes
10. Sandwiches - for picnics, suppers, etc.
11. Confections -  
Banana
12. Bread -  
raisin, etc.
13. Preserved - canned - jelly - jam.

### RECOMMENDATION

1. Fruit Fudding -  
(with lemon sauce or hard sauce)
2. Stewed dried fruits - prunes
3. Fruit punch
4. Fruit sandwich
5. Parisian Omelette
6. Orange or grapefruit or peach (for breakfast)
7. Cranberry jelly - apple sauce
8. Apple or banana fritters.
9. Fruit salad
10. Baked bananas.

### NOTE OF DEMONSTRATION

Have dried fruit canned previous to demonstration

- I. Prepare and put pudding to steam
- II. Put prunes on to steam
- III. Put apricots on for sandwiches to steam
- IV. Put apples on to cook for sauce
- V. Put cranberries on to cook for jelly
- VI. Put bananas in oven to bake
- VII. Prepare fruit for salad
- VIII. Prepare fruit for candy
- IX. Prepare fruit for fritters
- X. Serve prunes for breakfast
- XI. Serve apples for sauce
- XII. Serve cranberries for jelly
- XIII. Serve baked bananas.
- XIV. Prepare sandwiches (crackers) or apricots Serve.
- XV. Make punch
- XVI. Make salad
- XVII. Prepare fruit for breakfast
- XVIII. Make fritters - fry in deep fat
- XIX. Make sauce for pudding - serve pudding
- XX. Make parisian sweets.

Recipe A.  
Fruit Pudding

- |                         |                          |
|-------------------------|--------------------------|
| $\frac{1}{2}$ c. flour  | $\frac{1}{4}$ c. beef    |
| 1 tsp. soda             | 2 1/2 c. molasses        |
| $\frac{1}{2}$ tsp. salt | 1 c. milk                |
| 1 tsp nutmeg            | $\frac{1}{2}$ c. vanilla |
| 1 tsp. cinnamon         | $\frac{1}{2}$ c. vanilla |
| 1 c "                   | 1 c. currants            |

Mix dry ingredients thoroughly - Add other ingredients in order given. Pour into buttered moulds - steam 2 1/2 hours.

Lemon Sauce - II.

- |  |                                 |
|--|---------------------------------|
| $\frac{1}{2}$ c. sugar                           | 1 tbsp. butter                  |
| 1 c. boiling water                               | $\frac{1}{2}$ tbsp. lemon juice |
| 1 tbsp. corn starch or $\frac{1}{2}$ tbsp. flour | few grains nutmeg               |
|  | few grains salt.                |

Mix sugar and cornstarch, add water gradually, stirring constantly, boil five minutes. remove from fire, add butter, lemon juice, nutmeg.

Mud Sauce

- |                         |                                  |
|-------------------------|----------------------------------|
| $\frac{1}{8}$ c. butter | $\frac{1}{8}$ tsp. lemon extract |
| 1 c. powdered sugar     | $\frac{5}{8}$ tsp. vanilla       |

Cream the butter, add sugar gradually, and flavoring. Beat thoroughly.

Stewed Prunes

Wash and pick over prunes. Put in a sauce pan, cover with cold water, and soak 2 hours; then cook until soft in same water. When nearly cooked add sugar or molasses to sweeten. Many prefer the addition of a small quantity of lemon juice or slices of lemons.

### Strawberry Jelly

Pick over and wash four cups of strawberries. Put in a strainer with 1 cup of boiling water, and boil twenty minutes. Run through a sieve, add two cups sugar, and cook five minutes. Turn into a mold or glasses.

### Apple Sauce

Cook fruit in enough water to keep from scorching. When the fruit is tender remove it from the fire, and stir or beat until smooth, or press through a colander or strainer. Add the sugar or honey and stir until the sugar is dissolved. Use 1/8 to 1/4 cupful sugar for each cupful sugar for each cupful cooked fruit.

If fruit is somewhat lacking in flavor it is often improved by adding spices or other flavorings. Some apples are made more palatable by adding cinnamon, nutmeg, or lemon juice.

### Fruit Sandwich

Sweet fillings for sandwiches consist of preserved or dried fruits, bananas, nuts. Sandwiches made with a sweet filling are most popular among children. The dried fruits such as dates, figs and prunes cooked and combined with bread and butter make excellent foods. Canned prunes -- seed and flavored with lemon juice -- make palatable sandwiches, especially when brown bread is used or a few of chopped nuts added. Banana sandwiches are much improved by the addition of lemon juice or salad dressing. Chopped raisins and nuts may be substituted with grape juice and used as sandwich filling. Chopped dates, apples, and nuts mixed with salad dressing makes a pleasing filling.

### Parisian Confections.

1 lb. figs  
1 lb. King dates.

1 lb. Imp. Wal. nuts  
Confectioner's sugar.

Pick over and remove stems from figs and stones from dates. Mix fruit with walnut meat, and force through a meat hopper. Work, using the handle on a board which dredged with confectioner's sugar will well blended. Roll to one-fourth inch thickness using confectioner's sugar for dredging board and pipe shape with a small round cut, first dipped in sugar or oil with a sherry in three-fourths' sugar and shake to remove superfluous sugar. Pack in layers in a tin box, putting paper between each layer. These confections may be used at dinner in place of bon bon or ginger ships. A combination of nut meat (walnut, almond and filbert) may be used in equal proportions.

### Fruit Punch II.

1 c. water  
2 c. sugar  
1 c. tea infusion  
1 qt. applejuice

2 c. strawberry syrup  
Juice 5 lemons  
" 5 oranges  
1 can grated pineapple

1 c. Maraschino cherries

Make syrup by boiling water and sugar ten minutes; add tea, strawberry syrup, lemon juice, orange juice, and pineapple; let stand thirty min. strain and add ice water to make one and a half ons of liquid. Add cherries and Appellimarie. Serve in punch bowl, with large piece of ice. This quantity will serve 20.

### APPLE BUTTER

2 medium-sized sour apples

Powered sugar

Butter III.

Prepare, core and cut apples in eighths, then cut eighths in slices, and stir in the butter. Drop by spoon fulls and fry in deep fat. Drain on a folded napkin.

### BATTER NO. III.

1 1/2 c. flour  
2 tsp. baking powder

1 cup. salt  
1/2 c. oil

orange 2

pineapple 1 cup

cherries 1 cup

figs 4

dates 4

walnuts 12

eggs 1

baking powder

oil 1 pt.

plain cracker 12

grapefruit 1

Follow-up of Demonstration on  
Fruits

1. How many women have put into usual use the fruits demonstrated?
2. How many women have put into ordinary use the fruit dishes demonstrated?
3. How many fruit dishes demonstrated have been adopted for ordinary use?

Documentation III  
Salads

I. Meaning of -

- A salad plant is one whose leaves and stalks are usually eaten with a sour dressing.
- A salad is a dish consisting in whole or in part of some food, either raw or cooked, mixed with a sour dressing. Cold dressing must always contain a fat as well as an acid.

II. Time of serving -

- 1. As main course in supper
- 2. As main course in lunch
- 3. Course at dinner
- 4. Receptions and social affairs

III. Types -

- Consisting of raw materials
- Consisting of cooked materials
- Consisting of but one material (simple)
- Consisting of more than one material (complex)

IV. Materials -

Green -

- Lettuce
- Water Cress
- Chicory
- Endive
- Escarole
- Tomato
- Onion

Other Materials -

- Eggs
- Fish
- Fish - shell, scale
- Eggs
- Cheese
- Vegetables
- Fruits
- Fats

Spices -

- Peppers
- Peasong
- Celery
- Radishes
- Cucumbers
- Olives
- Truffles

V. Dressing -

- |        |            |
|--------|------------|
| French | Mayonnaise |
| Green  | Boiled     |

VI. Preparation of Materials -

- Scrubbing - free from grit
- Washing - to free from foreign material
- Drying - Mopping

Cracking - soaking in cold water to make brittle  
Pickling - Using acid in water  
Frying - Having in cool place where will not brown  
Smoking - cooking in fine strips  
Slicing - Cutting in desired shape

VIII. Points to be considered -

Uniform plates  
Texture suitable to material (if crisp is characteristic, have crisp)  
Well seasoned or marinated  
Not over dressed  
Not over garnished  
Attractively arranged  
Colors blended  
Food - value considered

Menuing

Must be suitable to -  
1. material  
2. time of serving  
3. other foods of meal

VIII. Food Value -

1. of foundation material  
2. of other material  
3. of dressing

IX. Place in diet

1. As a nutritive dish  
2) as an appetizer  
3. To accentuate color scheme

X. Value to body -

1. mineral  
2. vitamins (protective)  
3. protein  
4. energy  
5. bulk

XI. Cost -

In money seasonal, out of season  
In time  
In labor  
In value  
to body  
to appetite

XII. Serving -

Hot -

Salad may be arranged in a large salad dish and served by host-ess at the table to the various individuals at the table.

Salad may be arranged on individual plates previous to meal and served to each person.

This way offers opportunity for greater attractiveness in arrangement. It takes longer, previous to the meal.

Preparation of

Materials for salads be prepared in time to have each portion at

its best when served.

1. Lettuce, pepper, radishes, celery, and all other materials should be prepared long enough before used to allow these materials to become just as crisp as possible. This may be done by soaking in cold water to which acid (vinegar or lemon juice) has been added. The acid will also bleach the material, thus preventing a darkening.

2. The main part of the salad - meat, chicken, potatoes, etc., should be cut in uniform pieces, and such materials as are absorbent, like the above should be marinated. To marinate put over the meat, chicken, potatoes, etc., enough French dressing to thoroughly season the food through and through.

3. Refrigerating to suit the type of salad, and the time at which salad must be served.

They all the materials separate - the green foundation, the main part, and the dressing until shortly before serving. Then combine.

#### Order of Demonstration.

##### Preparation Prior to Demonstration

1. Have potatoes, cauliflower, carrots, beans, peas, boiled and cold.
2. Have eggs - hard boiled and cold

##### Preparation of Materials at Demonstration

#### I. Make Dressings

II. Wash all materials, green vegetables, fruits, and prepare according to directions.

#### III. Demonstrate

1. Cabbage head
2. Cucumber basket
3. Tomato cup
4. Pepper rings
5. Radish roses
6. Trussed celery
7. Tomato circles
8. Potato balls
9. Vegetable cubes

#### IV. Make gelatine foundation for Perfection Salad

finger size Salad

V. Assemble in form of Salad using a different arrangement for each salad.

#### VI. Serve -

- Place paper plates covered with dillies
- Place forks by each person
- Place salads with serving forks

#### Salad Salad I

One cold boiled potato in one-half cup. Sprinkle four cupful with one half tsp. salt and one-fourth tsp. pepper. Add four tsp. oil and mix thoroughly; then add two tsp. vinegar. A few drops of onion juice may be added or one-half tsp. chives finely cut. Arrange in a mound and garnish with white and yellow of two "hard-boiled" eggs, cold boiled red beans, and parsley. Chop whites and arrange on one side of the mound; chop yolks finely, mix with one tsp. vinegar, and let sit

fifteen minutes; then arrange on fourths of hard yolks, chopped or forced through a potato ricer. Put small sprigs of parsley in lines dividing beds from eggs; also garnish with parsley at base.

#### Potato Salad II

Mix two cups cold boiled diced potatoes and one cup peeled nut meats broken in pieces. Marinate from French Dressing, and arrange on a bed of water cress.

#### Potato and Celery Salad

Two cups boiled potatoes cut in one-half inch cubes add one-half cup finely cut celery and a medium sized apple, pared, cut in eighths, then eighths cut in thin slices. Marinate with French Dressing. Arrange in a mound and garnish with celery tips and section of bright red apple.

#### Salvia Salad

Cut cold boiled potatoes in one-half inch cubes; there should be one and one-half cups. Add three "hard-boiled" eggs finely chopped, one and one half tbs. finely chopped red peppers, and one-half tbs. chopped thives. Pour over Cream Dressing and serve in nests of lettuce leaves.

#### Macedoine Salad

Make into separately cold cooked cauliflower, peas, and carrots, cut in small cubes, and outer stalks of celery finely cut. Arrange peas and carrots in alternate piles in center of a salad dish. Pile cauliflower on top. Arrange celery in four piles at equal distances. At top of each pile place a small garnish and lengthwise in very thin slices, beginning at blossom end and cutting nearly to stem end. Open slices to represent a fan. Place between piles of celery a slice of tomato.

Almost any cold cooked vegetable on hand may be used for a Macedoine salad, and if care is taken in arrangement, they make a very attractive dish.

#### Russian Salad

Mix one cup each cold cooked carrot cubes and potato cubes, one cup cold cooked peas, and one cup cold cooked beans, and marinate with French Dressing. Arrange on lettuce leaves in four sections, and cover each section with Mayonnaise Dressing. Garnish two sections with small pieces of smoked salad, one section with yolks of "hard-boiled" eggs (whites finely chopped) and one section with yolks of "hard-boiled" eggs forced through a strainer. Put small sprigs of parsley or shrimp in lines dividing sections.

#### Cucumber Salad

Remove thick slices from both ends of a cucumber, cut off a thick paring, and with a sharp knife cut five parallel grooves lengthwise of cucumber at equal distances; then cut in thin parallel slices crosswise keeping cucumber in its original shape. Arrange on lettuce leaves, and pour over Parisian French Dressing. Serve with fish course.

Select three long, regular shaped cucumbers; cut in pieces from both the stem and blossom ends of each; then cut in halves crosswise. Cut

two pieces from each section, leaving remaining piece in shape of basket with handle. Remove pulp and seeds, in sufficiently large pieces to use in salad for refilling one-half the baskets, the main half being filled with pieces of tomatoes. Arrange baskets on lettuce leaves, alternating the fillings, and pour over French Dressing.

#### Asparagus Salad

Wash and rinse stalks of canned asparagus. Cut diagonally a red pepper one-third inch wide. Place three or four stalks in each ring. Arrange on lettuce leaves and serve with French Dressing, to which has been added one-half teaspoon tomato catsup.

#### Stuffed Tomato Salad I.

Peel medium sized tomatoes. Remove thin slice from top of each and take out seeds and some of pulp. Sprinkle inside with salt, invert and let stand one-half hour. Fill tomatoes with cucumbers cut in small cubes and mix with Mayonnaise Dressing. Arrange on lettuce leaves and garnish top of each with Mayonnaise Dressing forced through a pastry bag and tube.

#### Stuffed Tomato Salad II.

Prepare tomatoes same as for tomatoes stuffed in No. 1. Refill with finely cut celery and apple, using equal parts. Serve with Mayonnaise, and garnish with shredded lettuce.

#### Wines Salad.

Arrange four sliced tomatoes on a bed of shredded lettuce. On two of the slices pile shaved celery, on the opposite slices, finely cut watercress. Garnish with small pieces of tomato shaped with circular cutter, and serve with French Dressing.

#### Stuffed Tomato Salad

Peel small tomatoes, and cut out the hard pieces around the stem ends, so to make tomato cups, sprinkle inside lightly with salt, and pepper, and fill with equal portions of celery and watercress, cut in pieces and mixed with Mayonnaise Dressing. Serve on lettuce leaves, and garnish with curled celery.

#### Graham Salad

Beat the yolks of three eggs, half a teaspoon of mustard mix for the table, two teaspoons of sugar, and one fourth teaspoon of salt. Add two teaspoons of butter then gradually, five teaspoons of hot vinegar. Stir and cook over hot water until the mixture is thick and smooth. Cook before using, mix with crisp, fine shredded cabbage. The center of a handsome head of cabbage may be cut out and shredded and the shell then formed around as a bowl from which the salad is served.

#### Mayonnaise Salad

2 tbs. green gelatin  
1/2 c. cold water

1/2 c. sugar  
1 tsp. salt

two pieces from each section, leaving remaining piece in shape of basket with handle. Remove pulp and seeds, in sufficiently large pieces to cut in cubes for refilling one-half the baskets, the other half being filled with pieces of lettuce. Arrange baskets on lettuce leaves, alternating the fillings, and pour over French Dressing.

#### Asparagus Salad

Drain and rinse stalks of canned asparagus. Cut rings from a red pepper one-third inch wide. Place three or four stalks in each ring. Arrange on lettuce leaves and serve with French Dressing, to which has been added one-half tsp. tomato catsup.

#### Stuffed Tomato Salad I.

Peel medium sized tomatoes. Remove thin slice from top of each and take out seeds and some of pulp. Sprinkle inside with salt, invert and let stand one-half hour. Fill tomatoes with cucumbers cut in small cubes and mix with Mayonnaise Dressing. Arrange on lettuce leaves and garnish top of each with Mayonnaise Dressing forced through a pastry bag and tube.

#### Stuffed Tomato Salad II.

Prepare tomatoes same as for Tomatoes stuffed in No. 1. Refill with finely cut celery and apple, using equal parts. Serve with Mayonnaise, and garnish with Shredded Lettuce.

#### Windex Salad-

Arrange four sliced tomatoes on a bed of shredded lettuce. On two of the slices pile shaved celery, on the opposite slices, firmly cut watercress. Garnish with small pieces of tomato shaped with circular cutter, and serve with French Dressing.

#### Stuffed Tomato Salad

Peel small tomatoes, and cut out the hard pieces around the stem ends, so to make tomato cups. Sprinkle inside lightly with salt, and pepper, and fill with equal portions of celery and walnuts, cut in pieces and mixed with Mayonnaise Dressing. Serve on lettuce leaves, and garnish with curled celery.

#### Cabbage Salad

Beat the yolks of three eggs, half a tsp. of mustard mix for the table, two tsp. of sugar, and one fourth tsp. of salt. Add two tsp. of better than gradually, five tsp of hot vinegar. Stir and cook over hot water until the mixture is thick and smooth. Just before using, mix with crisp, fine shredded cabbage. The centre of a handsome head of cabbage may be cut out and shredded and the shell thus formed used as a bowl from which the salad is served.

#### Frustration Salad

2 tsp. green gelatine  
1/2 c. cold water

1/2 c. sugar  
1 tsp. salt

(Perfection salad)

1/2 cup vinegar	1-2/2 c. shredded cabbage
1 lemon - juice	1-2/2 c. sliced celery
2 C. Boiling water	3 tomatoes chopped

Prepare all ingredients, for the gelatine mixture. When mixture begins to set, stir in the vegetables, and pour into a mold. Serve on lettuce leaves with Mayonnaise Dressing.

Ginger Ale Salad.

1 C ginger ale  
1 tbsp. gelatine  
1/4 C. cold water  
2 - 2 tbsp. lemon juice (depending on amount of acid fruit)

1/3 c. boiling water  
1 tbsp. sugar - few grains salt  
few grains cayenne

As mixture thickens fold in fruit - 2 cups cut in pieces except fresh pineapple.

1 orange  
1 banana  
2 slices canned pineapple  
1/4 C. cherries, grapefruit, nuts  
2 tbsp. ginger

Put gelatine and sugar to dissolve first. Add ale - salt. When beginning to stiffen add fruit, being careful not to add too much juice.

Salad DressingsGreen Salad Dressing

3 tbsp. butter or substitute	1-2/2 tsp. salt
4 tbsp. flour	1/2 tsp. mustard
2 tbsp. sugar	1-2/2 C. milk
pepper	(sweet or sour)
1 - 2 eggs	1/2 C. vinegar

Make sauce of the fat, flour, and milk. Beat the eggs, add the seasoning. Add the first mixture gradually to the egg mixture and cook over hot water as a custard. Add the vinegar, strain. Cool before serving.

2 hard boiled eggs	1/2 tsp. mustard
4 tsp. oil	1/2 tsp. salt
4 tbsp. vinegar	few grains cayenne
1/2 C. sugar	1 egg

Force yolks of hard boiled eggs through a strainer, then work, using a silver or wooden spoon, until smooth. Add sugar, mustard, salt and cayenne, and when well blended add gradually oil and vinegar, stirring and beating until thoroughly mixed, then cut and fold in white of egg beaten until stiff.

### Mayonnaise Dressing

1 egg yolk	1 tsp. salt
1 tsp. vinegar	1/2 tsp. sugar
1 tbsp. lemon juice	Cayenne
1/4 tsp. mustard	1 C. vegetable oil
	1 tbsp. boiling water.

Put the egg yolk into a mixing bowl, add hot vinegar, and mix thoroughly. Then add the lemon juice and dry ingredients. Let the mixture stand until cool. Then beat it with a Dove Egg Beater and while beating add the oil in small quantities, about 1/2 tbsp. at a time.

Continue beating and adding oil. When the mixture begins to thicken the oil can be added in greater quantities. After all the oil is added, add the boiling water. Beat until the latter is thoroughly blended.

### French Dressing

Clave of garlic or	1 tsp. salt
slice of onion	6 tbsp. salad oil
1/2 tsp. paprika	2 tbsp. vinegar or lemon juice

Rub a bowl with a clove of garlic or slice of onion. Add the remainder of the ingredients and stir until well blended. More vinegar or lemon juice may be used if desired. Chopped parsley or mint may be added.

Some find it convenient to put the materials for French Dressing in bottle or a jar and mix the ingredients by shaking the bottle.

For fruit salad, the addition of 1 tbsp. of sugar and 1 tsp. of lemon juice to the French Dressing recipe above makes a pleasing flavor. Celery salt is thought by some to improve the flavor. From 1/4 to 1/2 tsp. may be added.

### Things needed

#### Materials

Eggs - 6  
Oil 1 pt. can  
Vinegar  
Lemons - 2  
Sugar - 1/2 cup  
salt  
pepper  
paprika  
Cayenne  
mustard  
onion - 1  
butter - 1/4 cup  
flour - 1/4 cup  
milk - 1 cup  
lettuce - 1 large head  
water cross  
cucumbers - 5  
Red pepper - 1  
Asparagus - 4 stalks  
potatoes - 5

#### Equipment

1 saucepan  
1 oil stove  
2 dish pans  
6 towels  
2 pieces of cheesecloth  
14 plates for salad  
on  
part bowls  
part plates  
brush (veg)  
a work plates  
6 bowls  
1 potato cutter  
2 moulds



Demonstration V.

Vegetables and Fruits

Used as

Deserts

I. Desert - What it is?

Desert is the last course in a meal - luncheon or dinner. It is more or less sweet and it is served to gratify the appetite.

II. Types of Deserts -

Deserts embrace many varieties of dishes; therefore there are three groups of demonstrations given.

1. Those whose foundations material is -

- a. rice
- b. fruit pulp and egg
- c. milk and egg
- d. beaten egg
- e. gelatine

2. Those which are frozen in different ways and get their characteristic quality from method employed in freezing as -

- a. ice
- b. sherbet
- c. frappe
- d. ice cream  
plain  
Philadelphia  
Russian

3. Those which are made of flour mixtures, and are baked -

- a. Pastries -  
plain paste  
puff paste
- c. Cakes -  
small cakes  
layer cakes  
leaf cakes

III. Fruits and Deserts

1. Hot Deserts

a. Fruit fritters  
and

Fruit sauces for fritters  
Apricot sauce for baby cakes  
(orange ruff)

b. Hot Pudding (fruit soufflé  
and fig pudding  
Sauce for Pudding -

Lemon Sauce - orange sauce, etc.

2. Cold Desserts -

French custard  
Apple Meringue  
Raspberry Whip  
(Fruit Salad)  
Orange Jelly  
Strawberry Sponge, Orange Chee, pineapple Dessert

3. Frozen Desserts -

Lemon Water Ice  
Lemon Milk Sherbet  
Orange Frogs  
Apricot Sherbet  
Strawberry Ice Cream  
Strawberry - House  
Frozen Cranberries  
(Fruit) Punch  
Coup Sicilina  
Frozen Fudding  
Banana Parfait  
Frozen Orange Souffle

4. Pastry -

Fruit Pie  
Fruit Tarts  
Lemon or Orange Sticks  
Raspberry Puffs  
Galve (peach tarts)

5. Cakes -

Cocoanut Cream Cookies  
Orange Cake  
Fruit Cake  
Lemon Cakes, Lemon Queens, Strawberry Cake

6. Cake fillings -

Orange and Lemon  
Cocoanut Strawberry  
Dried Fruits - figs.

7. Confections -

Stuffed dates - figs, prunes, raisins  
Cocoanut cakes  
Parisian Dainties  
Cane Fruits  
Candied Orange Peel

8. Sandwiches -

Fruit, figs, apricots, raisins

9. Bread -

Brioche - fruit sauces

10 - Salads -

Fruit - (Many)

IV. Points to consider in selecting desserts -

1. the meal at which served
2. the character of food served - previous to dessert

3. Quantity of food - Number of courses preceding
4. The color scheme - desired
5. The age of people
6. The occupations, etc.
7. The season

The dessert served at a luncheon should be different in character to that served at dinner.

The food served in the meal will influence the kind or type of dessert chosen.

If the meal is a very complete and heavy (rich) the dessert should be light. e.g. plum pudding or mince pie are quite too heavy and might rich to be served after dinner - where large roasts ~~are~~ very rich cakes, and puddings should be avoided; after dinner.

A very light dessert served at a dinner such as - a fruit jelly or whip - or soufflé or water, ice, or fruit compote.

When a luncheon is light in character the dessert may be rich in order to supply the deficiency of the rest of the meal.

The dessert should be chosen for its texture also. For instance if the meal had sauces of various kinds served with meat and vegetables, it will be more acceptable to have a dessert that does not require a sauce or that does not have a consistency of a sauce. Instead of serving soft custard, fritters, hot puddings, serve a solid like - a Bavarian, baked custard, cake, jelly, etc.

#### V. Food Value of Desserts -

1. Depends upon the materials
2. Depends upon the Adjuncts.

#### VI. Materials suitable

##### 1. Basic -

Rice, or cereals  
cornstarch  
gelatine  
Milk or cream  
fruits  
paste (pastry)

##### 2. Adjuncts -

Fruit sauces  
Whipped cream  
Flour  
Meringues  
Whipped egg white  
Whole fruits or large pieces  
Grated fruits  
Cheese - grated

## Demonstration

### Fruits as Desserts

Desserts present such a variety of materials used, method used in preparation and results obtained, that the demonstrations have been divided into four sections.

#### Section I.

Puddings, custards, Chocolates, etc.

1. Four Men's Building
2. Peach Custard
3. Apple Heringes
4. Raspberry Whip
5. Strawberry Sponge
6. Pineapple Bavarian Cream

#### Section II.

Frozen Desserts

1. Orange Ice
2. Milk Sherbet
3. Grape Froge
4. Strawberry Ice
5. Frozen Pudding
6. Pineapple House

#### Section III.

1. Apple Pie
2. Lemon Pie
3. Honey Tart.
4. Orange Slices
5. Orange Filling
6. Raspberry Pafts
7. Heringes
8. Heringes Glasses

#### Section IV

1. Meringe
2. Orange Cake
3. Fruit Cake

Order of Demonstration

#### Section I.

I. If dried fruits are to be used instead of fresh, have them soaked previous to the demonstration.

II. Prepare Four Men's Pudding and get into oven

III. Put gelatine to soak for Bavarian Cream  
Strawberry Sponge

IV. Heat Cream

V Make Soverian Cream

Make Strawberry Sponge

VI. Make Boiled Custard for Peas. Custard

Make French Custard

VII. Make Marriages for apple marriages

Make apple marriages and put in oven

VIII. Make Raspberry Whip

Serve -

1. French Custard
2. Strawberry Sponge
3. Soverian Cream
4. Raspberry Whip
5. Apple Marriages
6. Peas and Ham's Pudding

Peas and Ham's Pudding

4 C. milk  
2/3 cup rice  
1/2 c molasses

1/2 tsp. salt  
1/2 tsp. cinnamon  
1 tbs butter

Wash rice, mix and bake same as Rice Pudding. At last stirring add butter

French Custard

Arrange alternate layers of stale cake and sections of canned peaches in glass dish and pour over boiled custard. Bananas may be used instead of peaches; it is then called Banana Custard.

Strawberry Sponge

1/8 box gelatine or  
1 1/8 tsp. granulated  
gelatine  
1/8 cup cold water  
1/8 cup boiling water

1 cup sugar  
1 tbs. lemon juice  
1 C. strawberry juice  
Whites 3 eggs  
Whip from 3 eggs cream

Soak gelatine, in cold water, dissolve in boiling water, strain, and add sugar, lemon juice, and strawberry juice. Chill in pan of ice-water; when quite thick, beat with wire spoon or whisk until froth, then add whites of eggs beaten stiff, and fold in cream. Line a mould with sections of oranges, turn in mixture, smooth evenly, and chill.

Pineapple Soverian Cream

1/2 box gelatine or  
1 1/2 tsp. granulated  
gelatine  
1/2 cup cold water

1 cup grated pineapple  
1 C. sugar  
1 tbs. lemon juice  
Whip from 3 eggs cream

Soak gelatine, in cold water. Heat pineapple, add sugar, lemon juice, and soak gelatine; chill in pan of ice-water, stirring constantly; when it begins to thicken, fold in whip from cream, mould and chill

Raspberry Whip

Put ingredients in bowl and beat with wire whisk until stiff enough to hold in shape; about thirty minutes will be required for beating. Pipe lightly on dish, chill, surround with lady fingers, and serve with boiled custard.

### Apple Meringue

Use Meringue I and pile lightly on baked apples, brown, in oven, cook, and serve with boiled Custard. Canned Peaches, drained from their liquor, may be prepared in the same way.

White 2 eggs  
2 tbsp. powdered sugar

#### Meringue I

$\frac{1}{2}$  tbsp. lemon juice or  
 $\frac{1}{2}$  tsp. vanilla.

Beat whites until stiff, add sugar gradually and continue beating then add flavoring.

### Things Needed Section I

**Materials**  
rice  $\frac{1}{8}$  cup  
milk 2 cups  
salt  
granulated sugar 1-2 cups  
powdered sugar - 1 cup  
lemons - 3  
stainless sponge cake - 6 slices  
canned peaches - 6 slices  
eggs - 6  
Vanilla  
baked apples - 5  
Raspberries -  $\frac{1}{2}$  cup  
or  $\frac{1}{4}$  cup raspberry jam  
1 box gelatine (Knox) green.  
1 cup strawberries  
2 cups cream  
1 can grated pineapple

**Equipment**  
1 tea kettle  
2 burner oil stove - oven  
work plate  
2 tbsp.  
2 tsp.  
1 case knife  
1 case knives  
2 veg. knives  
2 measuring cups  
strainer  
lemon squeezer  
pudding dish - 1 qt.  
baking dish - 1 qt.  
double boiler - 1 qt.  
baking sheet  
6 bowl - pt.  
2 wire egg beaters  
6 sherbet glasses  
1 custard cup  
6 pans - veg.

### Order of Demonstration Section II.

- I. Have ice, salt, ready.
- II. Demonstrate the cleaning of can of freezer
- III. Prepare.
  - Pineapple Houses
  - Pack for freezing
- IV. Prepare
  - Frozen Pudding
  - Pack for freezing
- V. Prepare
  - Strawberry Ice Cream
- VI. Grape Frappe
- VII. Milk Sherbet
- VIII. Orange Ice

Small cans - baking powder or coffee - set in newspapers and surrounded by ice or dish pans, or vegetable cans may be used.

Assistance will be necessary.

When equipment is used hand rotation of container of mixture is necessary

#### Green Ice

4 cups water  
2 cups sugar  
2 cups orange juice

1/4 cup lemon juice  
Grated rinds of two oranges

Make a syrup as for Lemon Ice; and fruit juice and grated rind; cool, strain and freeze.

#### Lemon Ice

4 cups water  
5/4 cups lemon juice  
3 cups sugar

Make a syrup by boiling water and sugar five minutes; add lemon juice; cool, strain and freeze.

#### Milk Sherbet

4 cups milk  
Juice 5 lemons  
1 1/2 cups sugar

Mix juice and sugar, stirring constantly while slowly adding milk; if added too rapidly mixture will have a curdling appearance, which is unsightly, but will not affect the quality of sherbet; freeze and serve.

#### Green Freeze

4 cups water  
3 cups sugar  
1/4 cup lemon juice.

2 cups grape juice  
2/3 cup orange juice  
2 cups ice-water

Make a syrup by boiling water and sugar fifteen minutes; add grape orange, and lemon juice, add ice-water, and freeze to a mush, using equal parts ice and salt. If fresh fruit is used, more sugar will be required.

#### Raspberry Ice Cream

2 pints thin cream  
2 boxes berries  
2 cups sugar  
few grains salt

Wash and hull berries, sprinkle with sugar, cover, and let stand two hours. Wash, and squeeze through cheese-cloth, then add salt. Freeze cream to the consistency of a mush, add gradually fruit juice, and finish freezing. Rich Jersey milk may be substituted for cream.

#### Frozen Pudding

2 1/2 cups milk  
1 cup sugar  
1/8 cup salt  
2 eggs

1 cup heavy cream  
1/4 cup fruit juice  
1 cup candied fruit, cherries, pineapple, pears, and apricots

Cut fruit in small pieces, and cook two or three hours in fruit juice to cover which prevents fruit from freezing; make a custard of milk, sugar, salt and eggs; strain, cool, add cream and fruit juice, then freeze. Fill a brick mould with alternate layers of the cream and fruit; pack in salt and rice and let stand two hours.

#### Pineapple Meringue

1 tbsp. green gelatine  
1/4 c. cold water  
1 cup pineapple syrup

2. tbsp. lemon juice  
1 cup sugar  
1. qt. cream

Heat one can pineapple and drain. To one cup of the syrup, add gelatine soaked in cold water, lemon juice and sugar. Strain and cool. As mixture thickens fold in the whip from cream. Mould, pack in salt, add ice, and let stand four hours.

Ingredients

- sugar - 4 cups
- lemons - 4
- oranges - 5
- eggs - 2 cups
- berries - 1 qt.
- salt
- Flouring salt - 1 pk.
- apples - 1
- cream (heavy) 1 cup
- Custard -
- Cherries - 1/2
- Pineapple - 1 slice
- Nuts - 2
- Apricots - 4
- Gelatin (green) Knox's
- 1 can grated pineapple or syrup

Utensils

- 2 1/2 qt. bottle
- stove
- 6 dish pans
- 4 vegetable pans
- 2 tins
- 1 veg. knife
- 2 tps.
- lemon squeezer, grater, freezer
- 6 coffee cans or baking powder cans
- brick mould
- 6 measuring (1qt.)

Order of Demonstration  
Section III.

- I. It is advisable to have all ready plain paste sufficient to use, and while some pies are cooking - the preparation of the paste may be demonstrated.
- II. Prepare puff paste
- III. Prepare apples for pies
- IV. Prepare filling for Lemon Pie
- V. Put apple pie to bake
- VI. Put lemon pie to bake
- VII. Make tarts and bake
- VIII. Make Orange Slices  
    Raspberry Puffs
- IX. Make Meringues for Pie  
    Make meringue glass

Apple Pie

- 4 or 5 sour apples
- 1/2 cup sugar
- 1/4 tsp. grated nutmeg
- 1/2 tsp. salt
- 1 tsp. butter
- 1 tsp. lemon juice

Line pie plate with paste. Pare, core, and cut the apples into eighths, put row around plate one-half inch from edge, and work towards centre until plate is covered; then pile on remainder. Mix sugar, nutmeg, salt, lemon juice, and grated rind, and sprinkle over apples. Wet over with butter, wet edges of under crust, cover with upper crust, and press edges together.

Bake forty-five minutes in moderate warm oven. A very good pie may be made without butter, lemon juice and grated rind. Cinnamon may be substituted for nutmeg. Regenerated apples may be used in place of fresh fruit. If used, they should be soaked over night in cold water.

Lemon Pie II

- 3/4 cup sugar
- 3/4 cup boiling water
- 2 tps. cornstarch
- 2 tps. flour
- 2 egg yolks
- 5 tps. lemon juice
- Grated rind 1 lemon
- 1 tsp. butter

Mix cornstarch, flour, and sugar, add boiling water, stirring constantly. Cook two minutes add butter, egg yolks, and rind and juice of lemons. Line plate with paste same as for Custard Pie. Turn in mixture which has been cooled and add bake until pastry is well browned. Cool slightly, and cover with meringue I; then return to oven and bake meringue.

#### Lemon Pie V

1 cup sugar  
3 tbsp. flour  
3 tbsp. lemon juice  
yolks 2 eggs

1 cup milk  
1 tbsp. melted butter  
whites 2 eggs.

Few grains salt

Mix sugar and flour, add lemon juice, egg yolks, slightly beaten milk, butter, whites of eggs beaten stiff, and salt. Bake in one crust, and cover with meringue, or not as desired.

#### Raspberry Tarts

1 cup raisins  
1 cup sugar

1 egg  
1 crocker

Juice and grated rind 1 lemon

Stems and chop raisins, add sugar, egg slightly beaten, crocker finely rolled, and lemon juice and rind. Roll pastry one-eighth inch thick, and cut pieces three and one-half inches long by three inches wide. Put two tsp. of mixture on opposite each piece. Moisted edge with cold water halfway round, fold over, press edges together with three-tined fork, first dipped in flour. Bake twenty minutes in slow oven.

#### Orange Slices

Cut puff or plain paste rolled one-eighth inch thick in strips five inches long by one inch wide, and bake in hot oven. Put together in parts with orange filling between.

#### Orange Filling

1/2 cup sugar  
Sassafras  
2 1/2 tbsp. flour  
Grated rind 1/2 orange

1/4 cup orange juice  
1/2 tsp. lemon juice  
1 egg slightly beaten

1 tsp. butter.

Mix ingredients in order given. Cook ten minutes in double boiler, stirring constantly. Cool before spreading.

#### Raspberry Puffs

Roll plain paste one-eighth inch thick and cut in pieces four by three and one-half inches. Put one-half tsp. raspberry jam on centre of lower half of each piece, wet edges half way around, fold, press edges firmly together, prick tops, place on sheet, and bake twenty minutes in hot oven.

#### Meringues, Glacés, or Kisses

Whites 4 eggs  
1/2 tsp. vanilla

1/4 cup powdered sugar  
or 1 cup fine gran.

Beat white until stiff, add gradually two-thirds of sugar, and continue beating until mixture will hold its shape; fold in remaining sugar, and add flavoring. Shape with a spoon or pastry bag and tube on wet board covered with letter paper. Bake thirty minutes in very slow oven, remove from paper, and put together in pairs, or if intending to fill with whipped cream or ice cream, remove soft part with spoon and place meringues in oven to dry.

Things needed

Things Needed  
Section III

Materials

Flour - 1 lb.  
butter 1 lb.  
lard - 1/2 lb.  
oil  
apples - 2  
sugar - 1 lb.  
nutmeg  
lemons - 4  
cornstarch - 4 tsp.  
eggs - 6  
milk - 1/2 cup  
raisins - 1/2 cup  
crackers - 6  
orange - 1  
raspberry jam - 1/2 cup

Equipment

Equipment

Stove  
double boiler  
2 work plates  
2 tsp. - 2 top;  
2 case knives  
2 veg knives  
2 forks  
1 double boiler (1 qt.)  
6 bowls (qt)  
rolling pin  
bread board  
Flour sifter - grater  
2 small pie plates  
baking sheet  
6 dish towels  
- sheet writing paper

Order of Demonstration  
Section III.

Cakes

Have all fruit necessary prepared ahead of time

1. Prepare just enough before audience to show them how it should be done
- II. Make fruit cake
- III. Make Layer cake

Make filling - orange while cake is baking

- IV. Make hermits while cakes are cooking.

Hermits

1/2 cup butter  
2/3 cup sugar  
1 egg  
2 tsp. milk  
2-3/4 cup flour  
2 tsp. baking powder

1/2 c. raisins, stone and cut in small pieces  
1/2 tsp. cinnamon  
1/4 tsp. cloves  
1/4 tsp. nutmeg  
1/4 tsp. nutmeg

Cream the butter, add sugar gradually, then raisins, egg well beaten, and milk. Mix and sift dry ingredients and add to the first mixture. Roll mixture a little thicker than for Vanilla Wafers.

Orange Cakes

1/4 c. butter  
1 c. sugar  
2 eggs

1/2 c. milk  
1-2/3 c. flour  
2-1/2 tsp. baking powder

Cream the butter, add sugar gradually, eggs well beaten, and milk. Then add flour mixed and sifted with baking powder. Bake in a thin sheet in a dripping pan. Cut in halves, spread one-half with Orange Filling. Put over the half, and cover with Orange Frosting.

### Fruit Cake

1 lb. butter  
1 lb. light brown sugar  
2 eggs  
1 lb. flour  
2 tbsp. molasses  
1 tsp. soda

2 tbsp. milk  
2 lbs. currants  
2 lbs. raisins, seeded and  
finely chopped  
1/2 lb. almonds, blanched and  
shredded  
1 lb. citron thinly sliced and  
cut in strips.

Cream the butter, add sugar gradually, and beat thoroughly. Separate yolks from whites of eggs; beat yolks until thick and lemon-colored, whites until stiff and dry, and add to the first mixture. Then add milk, fruit, molasses, and flour mixed and sifted with molasses, cinnamon and soda. Put in buttered deep pans, covered with buttered papers, steam three hours, and bake one and one-half hours in a slow oven. High fruit cake is always more satisfactory when done, if the cooking is accomplished by steaming.

### Things needed

#### Section IV

#### Materials

Butter - 1/4 lb.  
gran. sugar - 1/2 cup  
brown sugar - 1/4 lb.  
eggs - 2  
Milk - 1/4 c.  
Flour - 2 cups  
Baking Powder - 2 tbsp.  
molasses  
soda  
cinnamon  
cloves  
nutmeg  
raisins - 1 lb.  
currants - 1 lb.  
almonds - 1/2 lb.  
citron - 1/4 lb.

#### Equipment

Stove - oven, double  
2 york plates  
2 tbsp.  
2 tsp.  
1 case knife  
1 fork  
1 paring knife  
1 wooden spoon  
1 flour sifter  
1 pair scales  
1 grater  
1 colander  
1 baking sheet  
1 baking pan  
6 bowls (pt.)  
1 saucepan (qt.)  
2 dish pans  
6 dish towels  
1/2 sheet writing paper

### Follow-up

1. How many women serve desserts?
2. What is average number of times a week dessert is served?
3. What types of desserts are most popular?

First type?

Second type?

Third type?

4. How many women are now serving fruit, desserts?

**Demonstration VI.  
Preservation of  
Fruits and Green Vegetables**

**I. Methods of Preservation -**

1. By extracting water & drying
2. By reducing temperature - cold storage
3. By increasing temperature - boiling
4. By preservative
 

legitimate	(sugar
	(salt
	(vinegar
	(spices

5. By preservative
 

illegitimate	(formaldehyde
	(formalin
	(Sulvic Acid
	(Salicylic Acid

**II. Reasons why the above methods are effective**

Conditions necessary to growth of micro-organisms are  
moisture, moderate temperature, food

These conditions are not supplied in methods of preservation

**III. Reasons for spoiling -**

Bacteria, Yeast, molds

**IV. Selection of fruit -**

1. Just at ripe stage
2. Fresh from garden or orchard
3. Picked before sun gets hot

**V. Preparation necessary -**

1. suited to vegetables or fruit
  - carrots - scraped
  - peaches - peeled
  - peas - shelled
  - corn - cut, etc
2. suited to method of preservation
  - canning - fruit - keep whole
  - jelly - fruit juice only
  - jam & small fruits washed
  - preserves - large fruits cut - etc.

**VI. Discussion of labels on bought product -**

1. How they conform to Pure Food and Drug act
2. How they reveal the nature of product in container.

**VII. Characteristics of each type of preserved food.**

Jelly	Butter	Relishes
Jam	Preserves	Chutney
Marmalade	Conserves	Chili Sauce, etc.
Canned	Pickles	
	Catsup	

**VIII. What constitutes a Preserved Food Budget for Family**

1. Foods available
2. Foods to suit tastes of family
3. Foods which will not sell at top prices
4. Foods which cannot be preserved

**IX. What proportion of preserved foods bought are products of Va. Industry?**

**Demonstration VI.  
Fruits and Vegetables**

1. Canned Peas or beans (pressure cooker)
2. Canned Peaches - (Hot Water boiler)
3. Grape Jelly
4. Strawberry Preserves
5. Raspberry Jam
6. Apple Butter

Demonstration VI. may be divided to suit the needs of the people.

Section I - may contain Hot Water Canning  
and  
Steam Pressure Canning

Section II.  
Jam and Preserves  
Jelly  
Butter  
Order of Demonstration

1. Wash Jars
2. Grade product according to size, shape and degree of ripeness.
3. Test Jars
4. Wash thoroughly
5. Saltno
6. Cold dip
7. Put rubbers on jars
8. Pack jars
9. Put in seasoning and liquid
10. Partially sealed jars
11. Process required time
12. Remove jars
13. Tighten tops
14. Put out of draft - in cool place
15. Have sugar, salt and acid for soldering all labelled. Keep hand and dish towels separated. Keep tables in order and clean up as you proceed with your work.

Prepare peaches  
Prepare green peas  
Blanch peaches  
Blanch peas  
Pack peaches - process  
Pack peas - process

Canned Peas

Peas are more difficult to can than most other vegetables, and special care should be taken in handling them. Use only fresh, young peas. They should be gathered in the early morning and canned as soon as possible. Work should be done rapidly and the peas should not stand after being shelled. Shell and sort, putting peas of the same size and grade of maturity together. Be sure not to use hard, ripe peas among the tender ones. The peas are blanched according to their age and size until well done; this prevents a cloudy liquor and makes the peas tender, also removing some of the gummy substance which sometimes coats the peas. The very young, tender peas need scarcely more than six to ten minutes blanch, while the very old ones may need twenty minutes. The time should be sufficient to make the peas tender, otherwise they will remain hard in the processing. The peas are blanched in the soda bath and dipped into the

same as for beans. Pack the peas to within one-half inch of the top of the jars or cans. If the cans are too full some of the peas may burst during the processing and make the liquor cloudy. Put one and one-half level tsp. of the salt and superphosphate in each No. 2 can. Cover the peas with water exhaust No 2 cans three minutes and process in hot water bath intermittently one hour on each of three successive days. If the peas are very small and tender, forty-five minutes to each processing will be sufficient. Cook the beans time quickly after each processing. This may be done by plunging the cans into cold water. Process quart jars one hour on each of three successive days. No. 2 cans of peas may be sterilized in a steam retort for forty-five minutes under a ten pound pressure.

#### Canned Peaches

Sort the fruit, using firm sound, uniform peaches for canning, and putting aside the soft, broken ones for jam. A few very large peaches are sometimes canned whole in a heavy syrup and are called Melba peaches.

Firm, perfect peaches may be lye peeled, but if very ripe, the fruit is made too soft, by this process. The lye method of peeling is superseding the former methods of peeling by hand or by boiling water. The objection to this method is not doubt due in some measure to improper usage. Have ready a boiling lye solution (four tbsp. of concentrated lye to one gallon of water). Drop the peach into this for about twenty or thirty seconds, lift them out, and drop into clear boiling water for a like period. After this place them into cold bath, when the skins will come off easily. Cut them into halves, remove seeds, and immerse fruit in a hot syrup. Allow them to stand in this syrup until thoroughly cold, then pack place the halves in overlapping layers the concave surface of each half being downward and the stems end facing the glass. Fill each jar or can with strained syrup and paddle carefully to remove air bubbles. Exhaust No. 2 ~~gallon~~ cans three minutes, process for fifteen minutes. In glass, process quart jars for twenty minutes and half gallons for thirty five minutes.

#### Things Needed for Canning Demonstration.

##### Materials

Peas - enough to fill as many jars as desired  
 Peaches- enough to fill as many jars as desired.  
 Sugar - salt

##### Equipment

Stove  
 Canner  
 Pressure Cooker  
 2 tables or 1 small table  
 glass jars(glass tops)  
 Quart and pint  
 Sew rubbers  
 2 pitchers  
 2 dish pans  
 2 large bowls  
 2 work plates  
 1 garbage can  
 2 paring knives  
 1 case knife  
 1 fork  
 2 tps.  
 2 tps.  
 2 measuring cups  
 2 towels  
 2 sq. cheesecloth  
 1 strainer  
 1 spatula

Section II.

- I. Prepare containers
- II. Prepare fruit -
  - grapes for jelly
  - Raspberries for preserves jam
  - Strawberries for preserves
- III. Put grapes on to extract juice
  - Put raspberries on to cook
- IV. Use fruit juices precisely extracted
- V. Put strawberries for preserves on to cook
- VI. Wash jelly
  - Stir jam
  - Wash preserves
- VII. Test
- VIII. Pack
  - cool
  - label
  - store

GRAPE JELLY

4 lbs. grapes) crush and boil together for 20 minutes, press through 1 lb. water) a jelly bag, and allow to drain through a flannel bag.

Test the strained juice with alcohol to determine the proportion of sugar to use. Bring the grape juice to boiling, add sugar and stir until the sugar is dissolved. Continue the boiling until the jelly point is reached. Remove from the fire and skin

RASPBERRY JAM

Using ripe berries for jam the ripe broken ones will give fine color and flavor but about one-half the quantity should be slightly underripe. This is necessary to give a jelly like consistency to the product. Cooking in small quantities also helps to retain color and flavor. Weigh the berries and allow three-fourths of a pound of sugar to each pound of fruit. Rapid cooking with constant care is essential.

In stirring jam use a wooden spoon or paddle, moving it across the center of the vessel first one way and the opposite and past around the pan, begin careful not to stir rapidly or heat. Cook the jam to 155°C. or 311° F. When finished it will give the same test as required for finished jellies; that is when a little held a moment and cooled in a spoon it will not pour from the side of the spoon but will flake off in a sheet. Pack and seal while hot.

Strawberry Preserves.

2 lb. berries, 1½ lbs. sugar, 1c. berry juice. Pick over the fruit and put together all firm, perfect berries. Slightly heat, crush and strain the other to obtain the juice. Make a syrup of the sugar and juice, bring to the boiling point, remove from the fire and cool before adding the berries. Add the berries a few at a time. Place again over the fire and heat slowly to boiling. Cook until berries are bright and transparent. Cool and pack cold in jars which have been previously boiled. Process at simmering temperature (87°C. or 189°F.) to give best results in color and flavor. For 12 - oz. or pint jars at this temperature, process forty hours. Other berries may be preserved in the same way.

THINGS NEEDED

<u>Materials</u>	
Syrups	sufficient
Raspberries	for
Strawberries	demonstration

INSTRUMENTS

Stove
2 dish pans
4 sauce pans
1 tea kettle
3 wooden spoons
Jelly glass
containers for jam preserves

6 towels  
1 jelly bag (flannel)  
2 bowls  
2 tugs  
2 tap-  
1 cano knife  
2 paring knives  
1 thermometer  
labels  
strainer

Follow-up

1. How many women are making a Canning Budget for Family?
2. How many women are selling the best fruit?
3. How many women are buying any preserved foods?
4. How many women are making a study of comparative cost of home vs. ready made preserved foods?
5. How many women are providing for a variety of foods? diet?

Demonstration VII.

M I L K

I. Comparative value of milk as a -

1. Food for infants
2. " " Children
3. " " adults

II. Composition of -

1. Fat	----	4%	
Sugar	----	4.95	9.00 (solid other than fat)
Protein	----	3.50	
Minerals	----	.75	
		<u>12.00</u>	
Water		<u>87.00</u>	
		<u>100.00</u>	

Virginia requires a minimum of 3 1/2% fat  
or solids (other than fat)

1. Fat -

- a. form - globular  
size - varied  
kinds - 10 different ones
- b. Cream - Rising of cream depends upon size of globules - largest rise first. Smallest may not rise at all.

First milk in milking is poor in fat  
Second - average  
Last - richest

c. Strippings -

Fat	----	9.50%
Sugar	----	4.00%
Protein	----	4.51%
Minerals	----	.75%
Total solids		<u>18.76</u>
Water		<u>81.24</u>
Total		<u>100.00</u>

3. Milk Sugar -

- a. Known lactose
- b. Does not taste sweet
- c. Lactic acid bacteria attack and form lactic acid which causes milk to sour.

-3-  
4. Proteins of MILK -

- a. Most of milk protein is casein.  
Casein is not coagulated by heat. It is coagulated by acids.
- b. Some albumin in milk  
Albumin is coagulated by heat at comparatively low temperatures.

5. Minerals in milk -

a. Milk contains -

Calcium  
Phosphorus  
Magnesium  
Sodium  
Iron - (in small traces of)

III. Colors in milk -

- a. Blue, red, yellow, violet colors are due to bacteria.
- b. Colors are an evidence of unsanitary conditions.
- c. They may be the result of digestive disturbances.

IV.

IV. Taste of Milk -

- a. Caused by food of animal
- b. Caused by absorption of gases and volatile oils
- c. Bitterness -

Due to food  
Due to bacteria

V. Effect of boiling -

- a. Changes character of sugar
- b. Coagulates albumin
- c. Causes coalescence of fat
- d. Destroys micro-organisms
- e. Digests less readily than raw

VI. Effect of bacteria -

- a. Lactic bacteria attacks lactose, and causes the formation of lactic acid, which if formed in large amounts will curdle milk.
- b. Certain bacteria act in the casein of milk and produce a substance similar to rennet in action. They develop alkalinity.
- c. Bacteria cause changes in the taste, color, and consistency of milk.

VII. Care of MILK

1. Care for Cows

- a. Surroundings
  - Stable
  - Milker's person
  - Milker's Clothing
  - Milker's health
  - MILK vessels -

- pails
  - crocks
  - buckets.

- b. Cow -
  - leg
  - udder
  - body

2. Bullets follow -

- a. Cool milk promptly
- b. cool milk rapidly

VIII. Use of preservatives -

A. Effect of -

- 1. Age unnecessary
- 2. Are unjustifiable
- 3. Injurious

B. Preservatives used -

- boric acid
- Borax
- Sulphuric acid
- Formaldehyde
- Carbonate of sodium

C. Effect of -

- 1. Hinder digestion  
(What is the relation between use of preservatives and infant mortality in hot climates)
- 2. Alter character of protein

IX. Adulteration -

A. Ways of -

- 1. Abstract cream
- 2. Add water
- 3. Add coloring matter
- 4. Add preservatives.

## I. Use of milk -

### A. Amount consumed in United States -

Total 25 - 30 million qts.  
Per person, per day - 1/2 pt. to 1 1/2 qt.

## II. Relation of milk to public health.

### A. Closer relation between milk and health than any other food; due to

1. Exceptional nutritive qualities
  2. Importance in children diets
  3. Importance in diets of others
  4. Opportunity for adulteration
  5. Offers good breeding medium for bacteria.
- B. Highly important that milk industry be controlled with all possible care.

## III. Forms of milk on market -

1. Raw milk
2. Pasteurized milk
3. Sterilized milk
4. Certified milk
5. Condensed milk
6. Evaporated milk
7. Powdered milk
8. MILK tablets.

## IV. Nutritive Value of Milk -

1 qt milk furnishes (314 calories per lb.)  
or  
(276 calories per qt.)  
1 pt milk furnishes 268 calories per lb.  
1/2 qt milk furnishes 208 " " "  
1/4 " " " 107 " " "

Carbohydrate of milk does not irritate digestive tract.  
Fat of milk is more available to body than any other fat except that of eggs

Protein of milk has nutritive value and is as completely digested as any animal food proteins.

Milk proteins are particularly well adapted to the storage of protein in the body.

### Minerals -

Inorganic compounds present in relative abundance in variety of forms. Calcium is present, in still great relative abundance. Milk contains more calcium values for volume than lime water. Iron present in very small quantities, but in exceptionally

good food for assimilation.

Other substances -

Vitamins - furnish growth - stimulating substances, also is a protective substances.

Ways of using Milk

- Beverages (Breakfast - Cocoa
- (Plain hot chocolate
- Chocolate milk shake
- Plain milk chocolate

- Ways - Lemon
- Add phosphate
- Vine

- Malted milk
- Compound Malted Milk
- Jacket egg nog
- Whipped egg nog
- Almond milk
- Malted milk and egg
- " " " coffee

- Soups - Cream vegetable
- " fish
- Oyster soup
- " stew
- Glas "
- Glas soup
- " bouillon

- Creamed Dishes -
- Creamed chicken
- " meat, fish oysters
- " vegetables

- Creams -
- (Made of milk) Custard
- Berley jelly
- Rice jelly

- Sauces - Milk or white
- Creamed

- Breads - Light bread
- Muffins
- Cass
- Popovers
- Griddle cakes
- Biscuits

Shellfish - Oysters, fish, meat, chicken, vegetables

Cakes - Flak  
Fondy  
Fondy or butter

Pastry -  
Filled

Desserts -

English cream  
Eclair  
Spanish cream  
Bourbon cream  
Custard  
Sherry  
Jelly  
Thickened milk  
Pudding - bread, rice, etc.

Dessert -

Lean milk sherbet  
Strawberry sherbet  
Ice cream  
Mousse, etc.

# BREAKFASTS AND SUPPERS

A COURSE FOR

First and Second Year  
Cooking Club Members

By

LULA V. WALKER,

Specialist in Foods

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VIRGINIA AGRICULTURAL AND MECHANICAL COLLEGE AND POLYTECHNIC INSTITUTE  
AND THE UNITED STATES DEPARTMENT OF AGRICULTURE, COOPERATING  
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**October, 1922**

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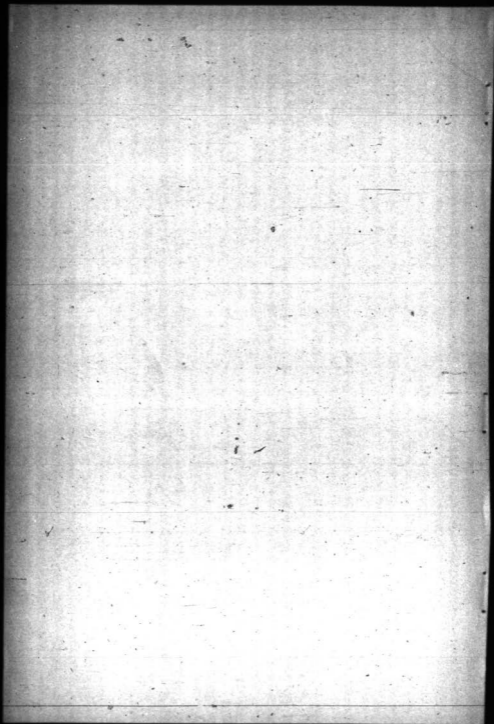
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## INSTRUCTIONS FOR COOKING CLUB MEMBERS

### PURPOSE

To teach club members how to plan a meal, select suitable foods, prepare and cook it, and finally to serve it. Not only does the Cooking Club try to teach its members "how" to get a meal, but also to know all the "whys" that enter in, and to be able to give this information to others. Thus the club member is advanced from merely a "trained" girl, to an "educated" girl.

### LENGTH OF THE COOKING CLUB DEMONSTRATION

The Cooking Club demonstrations cover a period of four years with a definite program for each year.

### WORK AT MEETINGS

Each meeting is devoted to the study of some food or foods; either a portion of a meal or a whole meal.

The source of the foods used should be known by club members. Of even more importance than a knowledge of the source, is a knowledge of the value of the foods to the body. The care of the foods, both in the raw state and after cooking, is most important and should be given careful consideration. In planning meals one of the first points to be considered is the cost. Every club member should have some idea of the general market value of the foods used.

At every meeting the selection, preparation, cooking, and serving of a part of a meal or of a whole meal will form the practical work, accompanied by the necessary discussion as to the "whys" for each step.

Menus may be divided into two demonstrations. The first demonstration will include the preparing and serving of a portion of the meal. The second demonstration will include the preparation and serving of the entire meal.

## INSTRUCTIONS

### EQUIPMENT

A special study of equipment is absolutely necessary. A workman must know his tools, their use, and their care.

At the first meeting find out just what you have to work with; where it is kept, how to use it; how to keep it in good working order. Remember you are a part of your own equipment. Study yourself. The equipment listed in Menu I and Menu II may not be possible to secure, in which case substitutions will be necessary. e. g.—If a double boiler is not available, set one saucepan in a large one or in a pan. If a wire toaster cannot be secured, use a fork, or make a toaster by pinning with a safety-pin two wire egg beaters together. Ingenuity and originality will many times enable a club member to do excellent work with little equipment.

### MATERIALS

Look over recipes carefully and list the materials necessary. Good and efficient work depends upon careful preparation. No person can save time or energy where there is lack of forethought and planning.

Before a meeting some one member should have the responsibility of seeing that materials are secured.

For the first two menus the materials and equipment are listed. This is done to teach members how to do it. For all succeeding menus club members should accept this responsibility.

### HOME PRACTICE

The work of the meeting must be duplicated at home. All club members must prepare at home the foods prepared at the meeting. Take careful notes on what you do, and keep records of your results. These can be kept in your notebooks at the end of the notes of the meeting.

### NOTEBOOKS

Every club member must keep a notebook. A good notebook is one 11" x 8½". A loose leaf notebook is desirable, as it gives the members a chance to insert extra mimeographed material. It also makes for absolute neatness. The cover of the notebook may be of cloth, paper or cardboard. It may be bought ready to

use, or it may be prepared by the member. The latter is very desirable for it gives a chance for individuality in decoration. It is also less expensive.

The contents of the notebook must follow the outline for notebooks provided by the County Home Demonstration Agent.

The notebook should contain information and records gotten at the club meetings. It contains the "whys" for the various steps in planning, preparing, cooking, and serving, and the results obtained. The table of weights and measures should be carefully kept and added to from time to time. It also contains the source, the value of, the care and cost of the foods worked with, and meals prepared. The notebook should not be a duplicate of material found in bulletin.

#### THE STORY

The story is to be a narrative of the work of the club. The outline that is given by the Home Demonstration Agent is suggestive of the kind of information desired in the story. The story will depend on the notebook. If a good notebook is kept, the story will be easier.

The story may be written on any size paper the member desires. It must be written neatly, and can be made very attractive by the use of illustrations, either original ones or by those copied or cut from magazines or catalogues.

## TEN SUGGESTIONS TO CLUB MEMBERS

- I. A cooking club member should know:
  1. The requirements of the club.
  2. The (room) laboratory in which she will work.
  3. The equipment, all about its location, its use, its care.
  4. The stoves and fuel.
- II. A club member should "Think" while doing her work.
- III. A club member should repeat at home the work done at school, thus giving her family the benefit of her knowledge and improving herself by practice.
- IV. A club member should never let herself get behind with her notebook.
- V. A club member should always wear a clean apron. She should never prepare, cook, or serve food unless her hands and finger nails are clean, and her hair held securely to prevent its falling into the food.
- VI. A club member should keep her kitchen, stove, table and utensils clean and orderly at all times. Clean up as you go.
- VII. A club member should keep food clean. Never taste food with stirring spoon and put it back into the food.
- VIII. A club member should learn:
  - To save time
  - To save energy
  - To save food
  - To save fuel

This means careful thinking and planning. It means thinking before doing.
- IX. A club member should never force people to wait for a meal. Plan to have it ready at the right time. Plan to have hot foods hot; cold foods, cold.
- X. A club member should grow in ability. At the end of each meeting think over what has been done, and decide what improvement has been made since the previous meeting or what improvements could have been made.

## INSTRUCTIONS

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## SOME WEIGHTS AND MEASURES

4	saltspoonfuls (sp.)	=	1	teaspoonful (tsp.)
3	"	=	1	tablespoonful (tbsp.)
16	tbsp.	=	1	cup (1 C.)
2	C.	=	1	pint (pt.)
2	pts.	=	1	quart (qt.)
4	qts.	=	1	gallon (gal.)
28.35	grams	=	1	ounce (oz.)
16	ounces	=	1	pound (lb.)
2	C. granulated sugar	=	1	lb.
2½	C. powdered sugar	=	1	lb.
2½	C. brown sugar	=	1	lb.
4	C. sifted flour	=	1	lb.
2	C. solidly packed lard	=	1	lb.
2	C. solidly packed butter	=	1	lb.
4	C. ground coffee	=	1	lb.
6	C. tea	=	1	lb.
4½	C. cocoa	=	1	lb.
9	large eggs in the shell	=	1	lb.
4¾	C. rolled oats	=	1	lb.
2	C. hominy	=	1	lb.
2	C. hominy grits	=	1	lb.
2	C. rice	=	1	lb.

## OVEN TESTS

Use heavy white letter paper. Put paper in center of oven on grate. When it becomes a golden brown in a certain time, the temperature is right.

2	minutes (mins.)	very hot oven (popovers, pastry)
3	"	" " (biscuits, muffins, layer cakes)
4	"	moderate oven (bread, loaf cake)
5	"	slow oven (layer sponge cake, meringue)
6	"	very slow oven (loaf sponge)

**THE COOKING CLUB WORK IS PLANNED TO**

- I. Begin with the simplest meal and proceed each year to a harder meal.
  1. Breakfast.....First Year
  2. Supper.....Second Year
  3. Lunch.....Third Year
  4. Dinner.....Fourth Year
  
- II. Begin with the simplest foods in all meals.
  1. In preparation
  2. In cooking
  3. In serving
  
- III. Learn the selection of suitable foods for—
  1. Different meals
  2. Different ages
  3. Different seasons
  4. Different localities
  5. Different occupations
  6. Different occasions
  
- IV. Learn the arrangement of foods—as in menu making.
  
- V. Learn the planning and preparation, cooking and serving of a meal, for invited guests.
  
- VI. Learn table manners, table serving and etiquette for special occasions.

## BREAKFASTS

### MENU I

For a child-(3-4 years old)

(Individual portion)

Orange juice.....	1	orange
Oatmeal.....	3	tblsp. uncooked
with		
Top milk.....	¼	cup
Toast.....	2	slices
Milk to drink.....	1	cup

#### FIRST DEMONSTRATION IN MENU I

Orange Juice  
Oatmeal with top milk

#### Orange Juice

**Preparation:** Wash a well ripened orange  
Roll to break the membrane holding the juice  
Cut in half crosswise  
Squeeze, using a lemon squeezer  
Strain to remove seeds

**Serving:** Serve in glass cups

#### Oatmeal

**Preparation:** Boil 1 cup water in upper part of double boiler  
Add ¼ tsp. of salt  
Add slowly 3 tblsp. of oatmeal

**Cooking:** Boil directly over flame for about 5 minutes, or until the oatmeal swells and becomes creamy. Set the upper part of boiler over the lower part. Cook for 1 hour. If oatmeal thickens, add boiling water to make it a consistency of thick cream soup.

**Serving:** Serve in an oatmeal bowl with top milk.

## FRUITS

## Selection

Fruits are necessary to every individual. They should be in every day's menu. Fruit juice is appetizing and creates a desire for food. It should be served, as the first course for the small child, because it

1. Contains no membrane or seeds
2. Is easily digested
3. Is more convenient than whole fruit for the child to handle

Transportation facilities have improved to such an extent that oranges can be found in many rural places, and are excellent winter fruits. However, if they are not to be found in the communities of the cooking club members, substitute prune juice or pulp. The strained pulp of prunes is good for small children.

Prepare prunes as in Menu III and let cook in small quantity of water. Mash through a strainer and serve.

Cooked apples (pulp and juice) may also be given. It is well to alternate the fruits so as to give the child variety in the diet. Let the child have various fruit juices and fruit pulps, but be very careful not to give him the juice which has had much sugar added to it. The natural flavor and sweetness is desired.

## Food Value

Little children need fruits particularly because they contain such minerals as iron, lime and phosphorus. The iron helps to build the blood; the lime builds the bones; and the phosphorus is essential to the building of new tissues in the body.

The little child is growing rapidly and developing his body and muscular structure, so must have the foods which will help in this process. The blood needs iron in order to build itself.

Besides the minerals in the fruits there are certain acids which help to keep the blood in good condition. There are also certain substances known as vitamins.

## Serving

In serving fruit juice or pulp, be especially careful. It must not look messy.

Serve fruit juice in a glass cup because it will look more attractive and the cup is more easily handled by the child.

The child should be taught that the cup he drinks from is held in his right hand.

#### Questions

Give 3 reasons why little children should have fruits in their breakfast.

Why would you give little children the juice of fruit?

If you cannot get oranges in your locality what fruits could you get that would give the child the same food value?

### OATMEAL

#### Selection

Oatmeal (rolled oats) is chosen because of its food value and digestibility, being more nutritious than other cereals. Oatmeal is easily obtainable and most stores sell some brand.

#### Preparation

The oatmeal comes prepared for cooking. Most brands advertise that it is partially cooked, because the whole oats have been flattened into flakes between two steam-heated steel rollers.

#### Cooking

Oatmeal cannot be cooked too much. A fireless cooker is excellent for cooking all cereals. The cereals should always be cooked in boiling salted water. Plenty of time must be allowed to cook cereals. It is best to cook all mushes over boiling water as this lengthens the time required for thorough cooking. Double boilers or their equivalent are best. Boiling water is necessary to soften the cellulose or fibre and salt is added for flavor. It is best to stir with a fork rather than a spoon because the spoon mashes the flakes.

The form of the cereal will determine the amount of water necessary. Flaky cereals like oatmeal require about 2 cups of water to 1 of cereal, half of the liquid may be water and the other half milk. Milk improves the flavor and nutritive value of the

cereal. Whenever the evaporation of the liquid is such as to require extra liquid, use milk to thin out the cereal.

Cereals should never be cooked in so much liquid that any is left unabsorbed by the cereal; as some of the nutrients in the cereal will pass out into the liquid and be thrown away. Oatmeal in the form of a gruel or jelly should be given little children. All cereals served little children should be thoroughly cooked. Cereals which require cooking are better for little children than the "ready to serve" cereals.

"Ready To Serve" breakfast foods, like Post Toasties and Puffed Rice, Wheat and Corn, may be served to little folks occasionally but should never constitute their sole cereal diet.

#### Serving

Oatmeal may be served in small sauce dishes, small soup plates, or bowls. For children it is best to serve it in as deep a dish as possible, so that much milk may be served with it.

For little children no sugar should be served with the oatmeal, as sugar is likely to cause fermentation in the stomach. Butter is sometimes served. This is permissible if milk is served over oatmeal, but if cream is served, butter will make too much fat for the child.

#### Food Value

Oatmeal is the best cereal for children. It contains a higher percentage composition of protein, fat, and minerals or ash, than any other cereal that is used for a breakfast food. This means that because of the protein tissues are built; because of the fat the energy of the body is kept up; and because of the minerals (iron, phos. cal.), the blood, bones and tissues receive necessary food.

#### Questions

How much oatmeal (uncooked) will be required to serve a family of five?

Explain how to cook oatmeal for a little three year old child. Give reasons for serving little folks with oatmeal.

## MENU I

## SECOND DEMONSTRATION IN MENU I

Cooking club members will finish remainder of menu I and serve the whole breakfast.

Toast  
Milk to drink

**Toast**

- Selection:** Use bread one to two days old  
**Preparation:** Cut with sharp knife into slices  $\frac{1}{2}$  inch thick  
**Cooking:** Brown over the coals  
**Serving:** Serve on a hot plate  
Butter as it is eaten

**Serving**

Toast is served on a plate as light bread is served. Care must be taken that the toast is hot but it must not be permitted to steam, as that causes it to lose its crispness. Toast should be served as eaten, not brought on the table and allowed to stand, for it gets cold and is not palatable or attractive. For breakfast, toast is made of a whole slice of bread.

**Food Value**

Toast is the best form in which to give bread to very young children. It has had most of the moisture dried out and is therefore more easily penetrated by the digestive juices and thus digested more thoroughly.

It is dry and crisp and offers a form of exercise in chewing which helps to develop the teeth of young children.

Toast should be buttered as it is eaten. If it is buttered and allowed to stand, the toast soaks the butter and becomes coated with fat and is harder to digest. Too much fat is eaten in this way.

## MILK

## Serving

Milk may be served to the small child in a mug or a glass. The handle of the mug makes it easy for the child to manage.

The milk must be whole milk. It should be cold as it is more palatable. If the morning is a cold winter one the milk may be warmed but care should be taken to heat the milk no higher than scalding.

## Food Value

Milk is the food provided by nature for the little child.

It is considered the best food for him and is called the "Perfect Food." Its nutrients are in such form that the digestive organs of the child can handle them easily. There is no substitute for milk for the child. Children up to eight years of age must have a glass of milk with every meal if they are to become strong, healthy, and well nourished.

Use every possible way to get milk into the child's diet. Cook foods in milk whenever possible. Recommendations have already been made for cooking cereals with milk. Those who have made a study of nutrition advise at least a glass of milk a day for all adults. It is claimed that even this small amount will keep the body in fair condition from a nutritive standpoint.

## THINGS NEEDED

## Materials

1 orange

3 tsp. oatmeal  
mother oats  
quaker oats  
any good brand

2 slices stale bread

 $\frac{1}{4}$  c. top milk

1 cup milk

## Equipment

bowl—brush  
work plate  
sharp knife  
lemon squeezer  
strainer  
glass or sherbert cupteaspoon  
tablespoon  
caseknife  
casefork  
double boiler  
measuring cup  
oatmeal bowl  
dessert spoonwork plate  
sharp knife  
wire toaster  
small plate

cup or pitcher

1 glass

## MENU II

For a child (5-7 years old)

Orange.....	1	
Cornmeal mush.....	3	tbsp. (uncooked)
Top milk.....	1/4	cup
Bread or toast.....	1	slice
Poached egg on toast.....	1	egg
Butter.....	1	tbsp.

## FIRST DEMONSTRATION IN MENU II

Orange  
Cornmeal Mush

## Orange

- Selection:** Pick good, sound, well ripened Florida orange
- Preparation:** Wash orange carefully  
Cut in halves crosswise  
Remove seeds  
Loosen pulp from membrane
- Serving:** Serve on small plate—no sugar  
Use spoon

## Cornmeal Mush

- Preparation:** Boil 1 cup water  
Add 1/4 tsp. salt to it  
Add slowly 3 tbsp. oatmeal
- Cooking:** Cook over flame 5 minutes  
Stir constantly  
Cook over boiling water (using double boiler) 3 hours.
- Serving:** Serve in deep dish or bowl with plenty of whole milk.

## ORANGES

**Selection**

Oranges are selected fruits for children of this age for the same reason that they are advised for in the Food Value of Menu I.

As the child grows older the whole orange can be given. A child 5 years of age is able to eat the orange at the table if it is properly prepared. The best oranges come from Florida and have a thin skin. These contain more juice and less membrane.

**Preparation**

Oranges, as well as other fruits, need cleansing before serving. It is a mistake to think that because the inside only is eaten the outside needs no cleaning. If the outside of fruit is dirty the hands become soiled and soil all food such as bread, which must be handled during the meal.

Oranges are cut crosswise. Cut out the centre membrane or core with a sharp knife, this permits the seeds to be removed without wasting the juice. The pulp of each section may be loosened carefully from the membrane.

**Serving**

Oranges are served by placing the two halves side by side on a small plate. A sharp pointed spoon is most convenient to eat the orange with.

## CORNMEAL MUSH

**Preparation**

Cornmeal is a finely ground cereal and so absorbs a large quantity of liquid. It usually requires from 4 to 6 cups of liquid to 1 cup of cornmeal. It is sometimes better to mix the cornmeal to a paste with a little cold water before adding it to the boiling water. This will prevent lumps.

A fireless cooker is excellent for cooking all cereals.

**Serving**

Cornmeal is served just as oatmeal with plenty of rich milk or cream. Cornmeal has a rather low fat content so cream can be served with it.

Dried fruits such as figs, raisins, dates, prunes, apricots, and peaches, make cornmeal mush more palatable. These should be prepared just as for serving alone and arranged around or over the cornmeal in an attractive way.

**Food Value**

Cornmeal mush is a very nutritious as well as a very delicious breakfast cereal. As it is a home product it can easily be secured. It contains more starch than oatmeal but less protein, fat, and mineral matter. Compared with oatmeal it is not as nourishing a food. However, it is important to vary the cereals served. They can be increased in food value and in flavor by cooking them in milk.

**Questions**

Explain how milk improves the food value of cornmeal.

Tell how cornmeal differs from oatmeal in nutritive value.

## MENU II

## SECOND DEMONSTRATION IN MENU II

Poached Egg on Toast  
Butter**Poached Egg on Toast**

**Preparation:** Fill shallow pan  $\frac{3}{4}$  full of boiling water  
Add  $\frac{1}{2}$  tsp. salt  
Add 1 tsp. vinegar  
Break egg in cup

**Cooking:** Carefully slip into water  
Cover pan  
Let stand where it will keep hot, but not boil, until white is coagulated and film forms over yolk.  
Take up with greased skimmer, place on toast.

**Serving:** Serve at once while hot.

**Butter**

**Preparation:** Take 1 tbsp. of butter  
Put in pan of cold water  
Mold into any desired shape  
If butter paddles are used place paddles first in boiling water, then in cold.  
Mold balls by moving butter between 2 paddles in circular direction.

## EGGS

**Selection**

Insist on fresh eggs. They should be tested for freshness before using. Name and describe as many tests for freshness as you can.

### Preparation

Eggs should be washed before using for the same reason that the orange was in Menu II Demonstration I. The egg shell is carefully broken so as not to break the yolk. Water in shallow pan is boiling and salted. Sometimes a few drops of vinegar added to the water will keep the shape of the egg.

### Cooking

Eggs require greatest care in cooking. They contain protein which is made tough by cooking at a high temperature. Eggs should always be cooked at low temperature. If it is desired to have the egg solid let it stay in the water a longer time; or pour the hot water over the egg with the spoon until a film is formed.

### Serving

Poached eggs are served on toast. The toast is usually moistened on the edges, in order that it may be more easily cut by a fork. The toast is sometimes cut round to fit the shape of the egg. The egg is served on the individual plate or it may be served from a platter by the host.

Eggs are served seasoned with butter, pepper and salt, and garnished with parsley.

### Food Value

Eggs are an excellent food for everyone, particularly so for children.

They are composed of 73.5% water, 14.9% protein, 10.6% fat, and 1% mineral matter and are therefore good tissue building foods. Why? The fat is found in the yolk and is sometimes rather too rich for delicate stomachs. The mineral matter is in the form of iron, and whenever possible foods containing iron should be eaten by children, because iron makes blood.

Eggs are a most excellent substitute for meats. They should always be given to children in preference to meat.

### Questions

How should eggs be cared for in the home?

What changes take place in an egg, when it spoils?

What causes these changes?

## BUTTER

**Preparation**

Put all the utensils to be used in shaping butter, such as moulds, paddles, etc., into a bowl of boiling water and keep this temperature for a half hour. Then chill the utensils by putting in cold water (ice if possible). When all are thoroughly chilled put the butter in cold water and work it with a spoon (wooden) until it is of proper consistency to shape. Be careful not to over work it. Keep all the utensils, plates and hands cold while handling the butter.

**Serving**

It is served at all meals except very formal affairs. If the meal is very rich in fats (meats, sauces, salads, dressings, and desserts) butter may be omitted.

Butter should be served in uniform shape on a perfectly clean dish. A cooking club member should never allow butter to be served at the table in a messy condition. After each meal shape it, put on a clean dish, and set in a cool place ready for the next meal. Clean, firm butter should be the aim. In order that butter may be kept in good condition put on the table only the necessary amount required for that meal. Butter can form a truly decorative feature of a meal by forming it in various shapes, as balls, blocks, curls. Fancy moulds with designs of different kinds come for this purpose, either in individual or large size (lbs.).

Butter may be garnished with a spray of water, cress, parsley, clover, nasturtium leaves or blossoms.

**Food Value**

Butter is positively necessary for a child. It may be possible for adults to use butter substitutes but they must not be given to children or serious results in health may occur. For the proper nourishment of children butter fat of milk must be in every child's every meal.

**Questions**

Under what circumstances would you omit butter at meals?

Give three good reasons why it is necessary for children to have butter.

## MATERIALS AND UTENSILS NEEDED

Foods material	Equipment
Orange	bowl brush sharp knife work plate plate fruit spoon
Cornmeal	Same as for oatmeal tablespoon caseknife casefork measuring cup double boiler
Toast	As in menu I
Egg (poached)	frying pan (small) measuring cup teaspoon caseknife skimmer work plate breakfast plate
Milk	glass

## MENU III

For a child (8-12 years old)  
(Individual portion)

Stewed prunes.....	4	
Cream of wheat.....	$\frac{1}{2}$ cup uncooked	
Top Milk.....	$\frac{1}{4}$ cup	
Muffins.....	1	
Butter.....	1	tbsp.
Cocoa.....	1	cup

## FIRST DEMONSTRATION IN MENU III

Stewed Prunes  
Cream of Wheat

## Stewed Prunes

1 lb. prunes    1 cup sugar  
                         water

Preparation: Wash fruit carefully  
Cover with cold water  
Let soak in covered pan several hours.

Cooking: Cook at simmering point in water in which soaked.  
When fruit is tender, remove from liquid.  
Sugar may be added at first and cooked until syrup is thick, or it may be added after fruit is removed from liquid.  
Lemon juice may be added.

Cream of Wheat  
(six servings)

3 cups boiling water    1 tsp. salt  
 $\frac{1}{2}$  cup of cereal

Preparation: Prepare and cook the same way as for oatmeal.  
Cooking: Cook in double boiler at least  $\frac{1}{2}$  hour.  
Serving: Same as oatmeal.

## DRIED FRUITS

## Selection

Fresh fruits are usually enjoyed more than dried ones but if the fresh are not obtainable use dried. Canned fruits are rarely served at breakfast; but all kinds of fresh fruits and berries and dried fruits are popular. If it is not possible to get one kind of fruit, get another. Never do without fruit in a breakfast, because the particular kind desired is not available.

In buying dried fruit be very careful to see that it is in first class condition. Make this a rule with any food. Never use any kind of food about which there can be the slightest doubt. Whenever foods require special attention to disguise unnatural odors or tastes, or need unusual preparation to render them fit to eat, then decide that that food is not the kind you want. It is not fit to eat.

Select plump, clean prunes, which are neither withered nor mouldy. It is always better to buy the best grade.

## Preparation

Wash prunes very carefully and be sure that they are clean. Soak them in clean, cold water over night, or, if time for soaking is short, use luke warm water.

When the water which the prunes lost during the drying process has been absorbed put on to cook.

## Cooking

Follow directions given in recipe.

Be careful that prunes do not boil violently as this will break the skin. Broken prunes are not attractive.

Steamed prunes are much superior in flavor and form to stewed prunes. Do not cook the prunes in a heavy syrup. After they are removed from liquid add sugar and let boil until the syrup is about the consistency of canned syrup like Karo. Prunes allowed to stand in this heavy syrup for several hours or overnight, will become well flavored.

## Serving

Prunes are served in a sauce dish with the syrup or cream. Prunes which have burst skins and seeds gone are unattractive

and messy looking. A slice of lemon peel which has been cooked in the syrup may be served with prunes.

Prunes are excellent to serve with a cereal.

#### Food Value

Prunes are excellent food and when properly cooked are very popular.

Prunes contain substances (namely protein, carbohydrates, minerals) which build muscles, bones, blood, and also those which give the power to work or play. This power is called energy.

#### Questions

Give the names of the substances which build bones? muscles? blood?, and give energy?

Why is it better to cook prunes in water rather than a syrup?

How many prunes should be served at a time?

### CREAM OF WHEAT

#### Selection

Cream of wheat is suggested because variety in cereal is desired. Cream of wheat is rather expensive. It cannot always be procured. Use then some other wheat breakfast food as Petty-Johns, Wheatena, or Graham Mush.

#### Cooking

Here is a most excellent opportunity to use milk in cooking cereal. No cereal is so improved in flavor as cream of wheat when cooked in milk.

#### Serving

Serve as the other cereals in other breakfasts were served. Prunes served with this cereal add greatly to the attractiveness and flavor.

#### Food Value

Wheat has less mineral matter than oatmeal and for that reason is served to the older child who has a more varied diet and is more likely to get the necessary needed minerals in other foods.

**Questions**

List all breakfast foods that you can procure in your community that are made from oats, corn, wheat.

Compare the food value of oatmeal with that of corn and wheat.

## MENU III

## SECOND DEMONSTRATION IN MENU III

Muffins  
Butter  
Cocoa

**One Egg Muffin**  
(ten muffins)

**Preparation:** 2 cups flour  
4 tsp. baking powder } Mix and sift  
1 tsp. salt }  
1 egg, beaten well } add to dry material  
1 cup milk }  
3 tbsp. fat, melted — add to mixture  
Pour into greased muffin pans.

**Cooking:** Bake in moderate oven (4 min.) 25 mins.

**Serving:** Serve at once

**Cocoa**  
(5 teacups)

**Preparation:** 3 tbsp. cocoa } mix thoroughly  
3 tbsp. sugar }  
add gradually  
1 cup cold water

**Cooking:** Boil above mixture 5 minutes, add  
3 cups scalded milk  
Cook as long as possible in double boiler.  
Beat with Dover egg beater to prevent scum from forming.

**Serving:** Serve hot with the main part of the breakfast.

## MUFFINS

## Selection:

Muffins come under the class known as quick breads. They are easy to make and are pleasing to most people. They must be well baked to be digestible.

## Preparation

Collect all utensils and materials needed for making muffins. Light stove and see that oven is in place to get hot if oil stove is used. If coal or wood stove is used, get fire ready, so that oven will be hot when needed. Grease pans. Materials for muffins may now be mixed, the dry ones (flour, salt and baking powder), in one bowl, and the wet ones (milk and eggs), in another. Test oven. If it is right, quickly add wet to dry materials, add melted fat, pour immediately into the prepared pans, and bake the required time. Have all work so planned that muffins will be done just at the proper time for serving.

## The Use of Leavening Agents

Sour milk and soda may be used in place of baking powder. These are called leavening agents and are used to make the mixture into which they are put rise—or be light and porous. This happens because whenever an acid and a base are put together with moisture, a gas is formed. (Soda is known as a base. The acid may be sour milk or cream of tartar which is found in some baking powders.) The gas endeavors to get free from the mixture and in its effort pushes the particles apart. If the mixture is put immediately into the oven a crust is formed and the gas expands the mixture but cannot escape, and we have a light muffin. If, however, the oven is not right and the pan of uncooked muffins have to wait on a table the gas escapes into the air and the muffins do not rise. These are not as digestible nor as palatable and are an evidence of poor planning and bad management on the part of the cooking club member.

Muffins may be made of different flours: white patent flours, graham, whole wheat, cornmeal, bread, bran mixed with patent flour, etc.

### Serving

Muffins are served on a hot plate as soon as removed from oven. Just enough to go around the family are put on the plate at one time otherwise the left over ones will be cold before eaten. Muffins must be hot when served. They should be risen to twice the height they were before baking. They must be a pretty golden brown all around and have a smooth, unbroken crust on top. A muffin which has a broken crust on top or side, with the appearance of a volcano in eruption, tells the story of bad baking.

### Questions

What happens when an acid and a base come together in the presence of moisture?

Explain in detail, how muffins are made light.

How can baking powder be used in place of sour milk and soda?

What is the matter with the oven when muffins have an uneven surface?

## COCOA

### Selection

When children are old enough to drink cocoa there is nothing better to give them. It is especially good for breakfast because it is hot, palatable, contains a great deal of food value, and is pleasing to most children.

### Cooking

Care must be taken to cook the cocoa thoroughly in water over the flame before adding the milk. Cocoa contains a great deal of starch, consequently it needs boiling to burst the cells containing the starch and to cook it. Use cold water to prevent lumping. Boil thoroughly until it thickens. The thickening is proof of the cooking of the starch. Milk must not be boiled because boiling will throw the lime in the milk out of solution, and it will also coagulate the albumin in the form of a scum. Scald milk in a double boiler, add to cocoa and cook together in a double boiler.

The longer cocoa stands over hot water the better the flavor. Fifteen minutes improves the flavor but two hours will improve it more. A double boiler or its equivalent is essential.

#### Questions

What is the food value of cocoa?

What brands of cocoa are on the market?

How are you going to decide which brand is best?

How much will it cost to make cocoa for your family?

## MENU IV

For a boy (16 years old)

Banana.....	1
Post Toasties.....	½ c.
Top milk.....	¼ c.
Biscuits (small).....	4
Scrambled eggs.....	1
Bacon (thin slices).....	4 slices

## FIRST DEMONSTRATION IN MENU IV

Banana  
Post Toasties  
Biscuit

**Banana**

Preparation: Wash banana  
Remove skin and membranes  
Slice crosswise

Serving: In small individual dishes

**Post Toasties**

Cooking: Put in slow oven to crisp

Serving: Serve in oatmeal bowl with sliced bananas (if desired)

**Baking Powder Biscuits**  
(24 small biscuits)

Preparation: 2 cups flour  
4 tsp. baking powder } Mix and sift  
1 tsp. salt  
1 tbsp. lard } Cut into flour mixture with fork.  
1 tbsp. butter }  
¾ cup milk Add milk to mixture until a dough is formed which will leave sides of bowl clean.

**Cooking:** Roll out on a floured board. Cut in small round biscuits  $1\frac{1}{4}$  inches in diameter. Place on baking sheet or in biscuit pan, so as not to touch each other. Bake in hot oven (paper browns in 3 minutes) 12-15 minutes.

### FRUITS

#### Selection

Bananas should never be given to young children. There is no reason why a boy of 16 could not eat them unless he has some weakness in digestion. The bananas must be well ripened. If bananas are baked they are more digestible, very palatable, and make a pleasant change.

#### Serving

A banana may be served whole in the skin (well washed) on an individual plate with lemon juice and sugar. It is then peeled by holding one end with left hand and with a fork in the right hand roll back the top section of the skin. It is sweetened while lying on the skin and is eaten by cutting off small portions with the fork.

Sometimes bananas are sliced or diced and served with sugar and cream. Then they are served in a sauce dish and eaten with a spoon. Care must be taken to prepare bananas just previous to serving otherwise they will turn dark. Never serve any fruit that has turned dark.

The bananas may be served with the cereal.

#### Food Value

Bananas are mainly water. They have nearly one-fourth of their nutritive value in starch and sugar. That is why it is necessary to have the banana ripe in order that the starch may have turned to sugar. Much the same process goes on in cooking by artificial heat as goes on in the ripening process under the heat of the sun. Therefore serve bananas ripe or cooked.

Bananas also are fairly rich in phosphorus. This enables the muscles to build themselves of the food (protein) given them.

**Questions**

- Why do children like bananas?
- What fruits can be substituted for bananas in this menu?
- Why are bananas not good for little children?

**POST TOASTIES****Selection**

It has been recommended that "ready to serve" cereals may be given children occasionally but never should the breakfast every day consist of these cereals. This will hold true with the older children and adults. "Ready to serve" cereals are very good for hot weather breakfasts. They absorb a large quantity of milk and this is good as it induces the person to eat more milk.

**Preparation**

"Ready to serve" cereals should be spread out on a pan and crisped in a moderate oven. They absorb moisture, become tough, and should not be served in this condition, as they are unappetizing and less digestible.

**Serving**

Post Toasties are served in a deep bowl with plenty of rich milk, or preferably 25% cream.

**Food Value**

"Ready to serve" cereals are so bulky that it is not usual to eat their equivalent in food value to one of the cooked cereals. Their cost is excessive in comparison to the food value received. As an occasional breakfast dish to give variety "ready to serve" cereals are good. They should not be a regular breakfast cereal, however.

**BAKING POWDER BISCUITS****Selection**

Biscuits are a typical breakfast bread. Why? They are quickly made and left over ones can be utilized. How?

### Preparation

Collect materials and utensils necessary. Look after fire and have oven hot by the time the biscuits are ready to go in. Have the fat and liquid (whether milk or water) cold. Keep the dough cold. Do not use the hands in mixing the dough. They are warm, melt the fat, and cause heaviness in the biscuits. Mix with a fork. Handle the dough as little as possible, then lightly and quickly. When rolling out be careful to roll with light quick motions.

Cut in various shapes in order that all biscuits which are served at all meals will not be exactly the same size and shape. Variety in shapes is interesting. Do not grease pan for baking biscuits.

### Cooking

Other leavening agents besides baking powder may be used in making biscuits. Biscuits may be made different shapes and different thicknesses. Do not always shape them alike.

### Serving

Serve biscuits directly from oven to table.

### Food Value

The food value of biscuits can be added to by adding extra fat and by mixing with milk rather than water.

Other leavening agents can be used, soda and sour milk instead of baking powder. Be sure to have biscuits well baked.

### Questions

How many biscuits can be made from 1 C. flour?

How much will it cost to serve biscuits to your family for one meal?

## MENU IV

## SECOND DEMONSTRATION IN MENU IV

Scrambled eggs  
Bacon

## Scrambled eggs

- Preparation:** 4 eggs—beat until well mixed  
1 tsp. salt—add to egg  
pepper  
½ c. milk—scald  
1 tbsp. butter—add butter to milk
- Cooking:** Pour hot milk over egg and seasonings  
Put in double boiler over fire; stir constantly.
- Serving:** When mixture is thick but not tough, remove and serve at once.

## Bacon

- Preparation:** Cut bacon in thin slices, remove skin  
Place on broiler.
- Cooking:** Place broiler in dripping pan in hot oven until brown and crisp;  
• or  
Heat frying pan hot. Place bacon in hot pan.  
Turn, cook until curled and crisp.

## SCRAMBLED EGGS

## Selection

Eggs can almost be said to be the American breakfast dish.  
Refer to "selection" Menu II—Demonstration II.

**Preparation**

Scrambled eggs are very easily prepared. Served with bacon they are a favorite breakfast dish.

**Cooking**

The eggs may be mixed before putting in pan, or may be broken in pan and mixed while cooking.

Be careful about cooking eggs at too high a temperature. Eggs need to be cooked at a low temperature. Scrambled eggs when properly cooked will be smooth in appearance and not lumped.

**Serving**

Serve eggs on a platter surrounded with crisp bacon slices and garnished with parsley. A large serving spoon is used.

**Food Value**

Eggs are one of the essential foods, particularly for children. Children should have one a day. They are a typical food like milk. Because of their muscle building power eggs are considered a substitute for meat. They are rich in fat, the yolk being about  $\frac{1}{4}$  fat. This fat not only aids in supplying the power of work to the body but it has the power of stimulating the body to grow because of the vitamins present. Eggs are rich in iron. What will iron do for the body?

Eggs are easily digested and thoroughly absorbed if fresh and properly cooked. The fat content of the yolk makes it somewhat more difficult for delicate stomachs to manage. For this reason the yolk is often omitted from a sick person's diet.

**Questions**

- Give ways of judging the freshness of eggs.
- Why are eggs cooked at low temperature?
- What is the food value of eggs?

## BACON

**Selection**

Bacon is appetizing. For this reason it is chosen as a breakfast dish. Choose bacon which is part lean and part fat.

**Preparation**

With a sharp knife cut off the skin. It is easier to cut the skin off when the bacon is cold. Slice in very thin slices, and have cold when ready for cooking.

**Cooking**

Heat pan before putting in the bacon. This can be accepted as a general rule. Always heat pan before frying any food. While the pan must be hot before putting the bacon in the bacon is not cooked at very high temperature.

The bacon must be crisp and brittle. Never serve bacon that is tough. It will be tough if put in cold pan.

The bacon may be crisped by cooking in frying pan on top of stove or by putting it in the oven. The melted fat should be poured off from time to time during the cooking process. This should be carefully strained and saved for future use.

**Serving**

Bacon is usually served with another food, e. g., "Bacon and Eggs," "Bacon and Liver," etc. It usually acts as a garnish. This combination of foods forms the main dish of the meal and are served by the host or are passed by the waitress. In either case they are arranged on a platter.

## BREAKFASTS

## MENU V

Breakfast for an adult  
(Individual portion)

Baked apple.....	1	
Hominy grits.....	4	thsp.
Top milk.....	$\frac{1}{4}$	cup
Griddle cakes.....	4	
Butter.....	2	thsp.
Hamburg steak.....	2	small cakes
Coffee.....	1	cup

## FIRST DEMONSTRATION IN MENU V

Baked apples  
Hominy grits

## Baked apple

Preparation: 1 large apple, wash, core, place in baking dish  
2 thsp. sugar, put into the cavity of apple  
1 thsp. water, add water to baking dish

Cooking: Bake in hot oven until soft but not shapeless  
A slice of lemon may be used for flavoring or  
cloves, spices (whole) may be stuck in apple.

Hominy Grits Refer to preparation, First Demonstration, Menu I.

4 cups boiling water      1 cup hominy  
Prepare and cook as for oatmeal

## BAKED APPLE

## Selection

For breakfast for an adult many choices of fruits can be made. The selection will of necessity depend on the resources of the community. The choice may be limited but be sure fruit in some form or other is served.

### Preparation

Be very careful to wash all apples thoroughly especially at the stem and blossom ends. Bacteria is usually on the outside of fruits and unless they are carefully and thoroughly washed these bacteria enter the digestive tract and cause all sorts of discomfort and trouble.

### Cooking

To bake apples have a hot oven (test 3 mins.). To prevent the apple bursting make a cut in the skin all around near the top. There are quite a number of seasonings which add to the flavoring of the apple, such as lemon, spices, butter, brown sugar, syrup, etc.

### Serving

One whole baked apple is served to each individual. It is usually served with cream but may also be served with the syrup formed during the cooking. Special pains must be taken to serve it as attractively as possible. Attention to the color of apple selected for baking will aid in attractiveness.

### Food Value

Apples are excellent foods. They are ranked with the fruits containing the largest amounts of sugar. Apples act on the liver and kidneys favorably and on the stomach in cases of acidity. Apples are valuable as they furnish bulk and have a laxative effect. They are more digestible cooked than raw. They help to keep the blood in alkaline condition which is the normal condition for blood.

### HOMINY GRITS

Grits are finely ground corn and offer variety in the type of cereal for breakfast.

Adults have a wide range in the selection of their menus but they must take care not to have two foods from the same source at the same meal. For instance if grits are chosen as the cereal, then choose wheat, buckwheat, or any other grain for the bread than corn.

**Questions**

How does Hominy Grits differ from cornmeal in food value?  
Why do adults have greater choice in foods than little children?

## MENU V

## SECOND DEMONSTRATION IN MENU V

Griddle cakes  
Hamburg steak  
Coffee

## Griddle Cakes

Preparation: 4 cups flour  
1 tbsp. sugar  
1 tsp. soda  
½ tsp. salt  
add  
1 egg—well beaten  
2 cups sour milk  
add  
1 tbsp. butter—melted

} Mix

Heat griddle slowly. When hot, grease carefully but not excessively; not enough fat to have it run in griddle.

Cooking: Drop batter by spoonfuls (from end of spoon) on the hot griddle, brown on under side thoroughly. When cakes have risen and when tops are full of bubbles and edges are brown, the cakes should be turned and browned on the other side.

Serving: Serve at once without turning over.

Hamburg Steak  
(eight cakes)

Preparation: 1 lb. beef steak  
Juice of 1 onion  
1 tsp. parsley  
1 tsp. salt  
Speck of pepper  
Mix all ingredients together. Shape in cakes 2½ inches in diameter.

- Cooking:** Sear cakes in hot frying pan (no fat)  
Reduce temperature of pan and finish cooking slowly  
Turn cakes often
- Serving:** Serve at once while hot

## GRIDDLE CAKES

## Selection

Many varieties of griddle cakes can be made, e. g. wheat, cornmeal, buckwheat, bread, etc. Griddle cakes are a form of bread which utilizes left over foods as cornmeal mush, cream of wheat, stale breads, rice, corn and potatoes.

## Cooking

When baking cakes be sure to have just enough fat to prevent their sticking but not enough to have them stew in it. A good way to grease a griddle is with a whole piece of fat bacon stuck on a fork. Mops are sometimes used. Brushes are very good.

Griddle cakes should be turned but once. When cooked and ready to be removed from griddle lift on cake turner and slide off cake turner onto hot plate on which they are to be served, piled on top each other in order to keep hot.

## Serving

Syrup is served with them, also butter. Sometimes butter and sugar are served. A syrup made of brown sugar is a good substitute for maple syrup.

Be sure to have the plate hot and the cakes in a pile, not spread out over the plate. If not piled they cool very quickly. Cakes should not be allowed to stand between the time of removing from griddle and serving. They should be eaten as baked.

## Food Value

Griddle cakes are very appetizing and because of their composition and method of cooking have a very high energy giving value. Too many are likely to be eaten at one time, thus putting an extra burden on the digestive organs. As two griddle cakes

(4½ in. in diameter) give more energy value than one muffin, it is easy to eat too many.

#### HAMBURG STEAK

Hamburg steak is made from tough cuts of beef. It is a very desirable meat dish provided it is properly prepared and cooked.

Select meat from the neck, round or brisket. See it cut for yourself. These pieces contain much nutriment even though tough. Grind the meat in the meat grinder. This will break the tough tendons and make small pieces which are easy to chew. Be careful that no meat is used about which there can be any question.

Have your own meat grinder because you can then be sure it is perfectly clean. Many unfavorable criticisms have been made of Hamburg steak because of lack of cleanliness.

#### Preparation

Season well. Onion juice may be used instead of onion. Celery or celery seed give a delightful flavor. Parsley is sometimes chopped and added.

Sometimes an egg is added in order to make the cakes of meat hold together. It is likely to make too compact a mass of meat; the steak is not so juicy.

#### Cooking

Have pan hot, but no fat. Sear on both sides quickly. There will be enough ground suet in the balls or cakes to prevent their sticking. Cook until brown all around, but not long enough to dry up all the juices.

#### Serving

Serve on a hot platter and season with butter, pepper and salt. Garnish with parsley.

Serve at once. Be sure the plates of the individuals are hot.

#### Food Value

Hamburg steak is high in protein which builds muscle, and in fat, which gives energy. It contains a stimulating substance which makes it desirable. It is palatable and attractive.

The most nutritious pieces of meat are usually the toughest because the tough pieces are those which the animal uses most and consequently they get much nourishment. Whenever these parts can be prepared and cooked in such a way, as to make them attractive as well as palatable they should be utilized. These cuts are cheaper and make the meat bill less.

The meat protein is no more valuable than that found in milk and eggs. Meat proteins are more liable to intestinal putrefaction than milk, and so meat should not form part of the regular diet of children. Children should get most of their protein from milk and eggs. Meats may be given occasionally. For adults, meats should not be served three times a day. It has been found that people who do outdoor work can stand more meat than those who are confined indoors, but even athletes have found it desirable to reduce the quantity of meat eaten.

#### Questions

What are the processes going on in the body that foods are eaten to supply?

Why is meat not good for children?

What substitutes would you suggest for Hamburg Steak?

## MENUS

A menu may be the foods for one meal or it may include the foods for a day. Hotels, lunch rooms and public eating places all have printed cards upon which the foods they serve are listed—always with price attached.

At these public places the foods are listed under certain classes, e. g. soups, salads, meats, cold dishes, desserts, etc. You choose your own meal from this list. Upon your knowledge of foods depends whether you have a balanced meal or an unbalanced one. At banquets and private affairs the menus are arranged in order of service of the foods. These are usually made decorative.

## POINTS TO CONSIDER IN PLANNING MEALS

1. **The Food Value.**—The body needs building material for its muscles, tissues, bones, blood, nerves, etc. This material must be supplied by food.

The body needs heat and power to work. This must be supplied by food.

The body needs substances for regulating its body processes, for stimulating growth, for keeping up its resistance; all of these must be supplied by food.

In planning meals, consider food value and put into the diet

- Foods that build
- Foods that give energy and heat
- Foods that regulate body processes
- Foods that stimulate growth
- Foods that keep up resistance
- Foods that furnish bulk

2. **Cost.**—The cost is a controlling factor in planning meals. The amount of money spent on foods is not necessarily an evidence of right food values. Much money spent means oftentimes lack of proper thought and planning.

3. **Season.**—Foods served out of season are expensive and their use is justified only for very special occasions. Such foods are most likely to lack the flavor and texture of seasonable foods. To serve such is pretentious in many cases.

4. **Locality.**—Every cooking club member should think of the foods that can be secured in her own locality. If the variety is limited she should do all that is possible to increase the local supply by increasing the demand for the foods desired, and by inducing the community to grow such.

5. **Time for Cooking.**—Ménus are dependent on the time required to cook the foods chosen. Lack of planning shortens the time for cooking, and limits the menu to those foods which can be hastily prepared. This often means an increase in cost and a sacrifice of the most nutritious foods.

6. **Available Help.**—Cooking club members must be careful when planning to find out the help available. Certain foods require a great deal of preparation. If one person has the entire meal to get and serve as well, the menu cannot consist of those foods which require very elaborate preparation.

Thought must also be given to the dishes required to serve foods. It would be rather foolish to choose those foods which necessitate a great deal of work in cooking, serving and cleaning up when all the work must be done by one person.

7. **The Age.**—The age of people served must be considered in making menus. Old people should not eat what young folks do, nor should the children have what the parents have.

8. **Individuality.**—Individual likes and dislikes will influence the menu. Who wants the very best or finest of foods if the taste is disagreeable.

9. **Contrasts and Harmonies.**—Contrasts and harmonies in color and flavor must be considered; certain flavors blend and make most appetizing flavors; certain colors clash and have an effect on the nerves. Avoid clashes; seek the harmonies and desirable contrasts.

10. **Combinations.**—Combinations of methods of cooking the foods chosen must be considered. A "boiled" dinner should be only an occasional affair; no one wants it every day. A fried dinner should not be a daily affair. In making menus select foods that require different methods of cooking; have moist and dry foods—fried and boiled; baked and steamed; hot and cold. The same food cooked in different ways should not be served in the same meal.

## COURSES

A course is one part of a meal consisting of one type of food, served by itself, and is designed to fulfill certain requirements of the body, e. g. in a breakfast menu like the following:

	Orange	
Oatmeal	Cream	Sugar
	Poached Eggs	
Toast		Butter
	Cocoa	

The fruit forms the first course at breakfast. It is served by itself. It is decided in flavor and acts as an appetizer to create a desire for food. The cereal forms the second course and is very mild and bland in flavor. Its purpose is to prepare the stomach for heavier food to follow. The main course, consisting of eggs, toast and cocoa, is very decided in flavor. It furnishes bulk and gives a feeling of satisfaction.

## HOW TO SERVE

Center of table cloth in center of table. Flowers in center of table on a doily or centerpiece.

## THE COVER

Left	Center	Right
	Plate (small) for orange	Spoon (tsp. or fruit) for orange
	Cereal plate Small bowl for oatmeal placed on plate	Dessert spoon or tsp. for oatmeal
Fork (for eggs) (tines up)	Breakfast plate for eggs	Knife for eggs (Sharp edge toward plate)
Bread and butter plate (for toast and butter) at head of fork		Glass for water at head of knife Cup and saucer (for cocoa) beside spoons

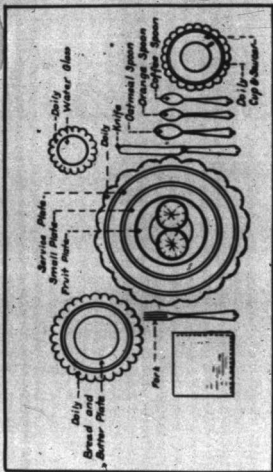


Fig. 1. Breakfast Cover in Detail

## SETTING THE TABLE

Have table-cloth straight.

1. The middle crease in table-cloth should be in the exact middle of the table.

2. The "cover" constitutes the china, silver, glass and linen needed for one person. The plate occupies the center of the cover.

3. Allow 24 inches for the "cover" in length and 15 inches in depth.

4. Have the plate, knives, forks, spoons, one-half inch from edge of table. Have them on a straight line. Arrange them in the order they are used, beginning from the outside.

5. Knives are put with sharp edge toward plate on right side; forks with tines up on left; and spoons with bowls up on right. Place glass for water at head of knife. Butter on a butter chip, or a bread and butter plate is placed at the upper left hand side. Napkins are folded evenly and placed with the open edges toward the plate on the left side on a line with the plate.

Extra knives, forks, spoons, etc., may be brought in with the dish with which they are to be used, or put on the table at the time the table is set. For instance; the salad fork may be placed with the salad at the time of serving or it may be in its proper place at the time the table is set. The spoon for soup is always on the table, also the knife and fork for the main course.

The menu must be known before the table can be set properly.

When the dishes of food are served from table, they should be placed on the table parallel to the sides or ends. The knives, forks and spoons which are to be used in serving the dishes of food, placed on the table, should be placed parallel to their dishes and not in these dishes until the food is served.

## Questions

Make out menus for breakfast, considering

1. Time or season of year
2. Locality
3. Cost
4. Community customs
5. Individual tastes or notions
6. Food value

## POINTS ON SERVING

1. Room must be clean, light, well aired, orderly, and of a temperature about 70 degrees F., which is considered comfortable for all seasons.

2. The linen must be absolutely clean and spotless. If it is impossible to have linen kept spotless, use white oilcloth table cover and paper napkins. The meal must be served on a perfectly clean table with all glassware and china shining and silver bright and polished. Dollies may be used when the table is beautiful.

3. Warm all dishes for hot foods and chill all dishes for cold foods.

4. Glasses should be filled with water and butter put in place the last thing before serving the meal.

5. Pass the dishes which contain the food that the individuals must help themselves to—to the left hand of the person to be served. Place all the dishes containing the food which is ready for the individual at the right hand.

6. Hold dishes low enough for the person to be served to reach with ease.

7. In setting the table and removing dishes no noise should be made. The person serving should move quietly, easily, and without the appearance of haste.

8. The person serving should be spotlessly clean, hair neatly arranged and confined by a net, hands and nails smooth and clean, and apron immaculate.

9. The person serving should be on the watch to make the people served absolutely comfortable. See that no door or window is open at back of person to cause an undesirable draft. Be on watch to provide every want of people before they can express it.

## SUPPERS

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### THE SECOND YEAR

The work of the Cooking Clubs for the Second Year is based on Suppers.

The menus for the suppers are planned to suit the seasons of the year with special consideration to the foods that are procurable in rural districts. The menus are made with the predominating idea of using the foods in which the farm is particularly interested.

Supper should not be a heavy meal, so large quantities of food need not be prepared. Suppers furnish only about one-fourth to one-third of the day's food requirement.

In every meal the aim is to supply foods which fulfill the various needs of the body (look under "menus" in First Year Work) hence we need some tissue building food and can choose meat, fish, fowl, eggs, cheese, milk, or substitutes, like beans, peas, nuts.

There must be foods which give energy and heat; breads, cereals, salad dressings, desserts, fruits, etc., fat meats, butter and oils. There must be foods which furnish bulk and which have a laxative effect; salads, fruits, vegetables. There must be foods which contain vitamins which stimulate growth, keep up resistance, keep up the nourishment; such as whole milk, eggs, leafy vegetables, unbolted flours, unpolished grains.

Left overs should not be thrown away. If thought and care are used they can be made into attractive and palatable dishes, and the supper can be an inexpensive meal. These can be made into hot dishes which will become the main dish for the supper, or into salads.

Small meats are served for supper, never large roasts.

## MENUS

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### SECOND YEAR

Suppers suitable to be served in the seasons of the year.

Fall—	October	.....	Roots, Fruits, Vegetables
	November	.....	Use of pork products
	December	.....	Christmas—nuts, sugars
Winter—	January	.....	Stored, preserved, dried foods
	February	.....	Celebrations
Spring—	March	.....	Milk products
	April	.....	Eggs and salads

Plan and serve a supper to a specially invited group.

Foods that can be procured in rural localities should be selected, emphasis being placed on home products.

The points brought out in the First Year should be considered in making out these menus for suppers.

In making these menus the foods should be selected with the idea of tying up the work of the home and farm with that taught in the club.

## SUPPERS

## MENU FOR OCTOBER

Creamed Chicken on Toast  
 Pear Salad                      Bofled Dressing  
    Plain Sugar Cookies  
 Iced Tea                                      Lemon

## FIRST DEMONSTRATION IN OCTOBER MENU

Creamed Chicken  
 Toast  
 Iced Tea

**Creamed Chicken**  
 (Two generous Servings)

Preparation:  $\frac{1}{2}$  C. chicken meat (cooked and chopped)  
 1 tbsp. butter  
 1 tbsp flour  
 $\frac{1}{2}$  C. milk

Cooking: Make a white sauce. Melt the butter;  
 Add flour and cook until thoroughly blended;  
 Add cold milk, and stir until it boils.  
 This makes a sauce which is about as thick as  
 heavy cream.

Serving: Cut chicken in uniform pieces and add to sauce.  
 Serve on Toast.

Toast .Refer to Second Demonstration Menu I.

**Iced Tea**

Preparation: 4 tsp. tea  
 2 C. boiling water

- Cooking:** Scald an earthen ware or china teapot  
Put in tea  
Pour boiling water on it  
Let stand in warm place five minutes  
Strain immediately
- Serving:** Serve in glasses with cracked ice and sugar and lemon.

### CREAMED CHICKEN

#### Selection

The chicken used can be that left over from baked, steamed, or stewed chicken. Canned chicken is most convenient.

Creamed chicken is a basis for other dishes. Scalloped chicken and chicken pie may be made from creamed chicken. It can also be used as the filling for timbales or pattie shells.

The ways of using creamed chicken are merely suggestive ways of using other left overs, such as different meats, fish, poultry.

#### Serving

Creamed chicken may be served in several ways. It may be served on rounds of toast spread on a platter and garnished with parsley, water cress, peppers, etc. It may be piled in center of platter and toast points used with the parsley to garnish it. A border of mashed potatoes may also be used. Extra toast is served from a plate.

Be careful to have this dish hot and attractive.

#### Food Value

Such a dish as creamed chicken may be made very rich in food value by the use of different ingredients.

Cream may be used to make the white sauce, instead of milk. Eggs may be added to the sauce and cooked in it. It can be made more palatable and attractive by adding extra seasonings such as pimentos, mushrooms, etc.

#### Questions

- List as many ways of serving creamed chicken as possible.  
What will creamed chicken do for the body?

## TEA

**Selection**

Tea is a very popular beverage, and when served as iced tea it is still more popular. It is estimated that  $1\frac{1}{2}$  lbs. of tea is consumed per capita per annum.

Teas are named according to the way leaves of the tea plants are cured and sold on the market.

The best quality tea is made from the young, whole leaves which are found at the top of the plant.

Look up all about the tea plant, what it looks like, where it is grown, how the leaves are treated before being put on the market.

**Cooking**

Tea has theine in it which is easily extracted by water which is a little below boiling. Theine is the stimulating quality for which tea is drunk.

Tea should always be made in a china or earthenware pot, because there is no danger of having any harmful combinations formed with tannic acid on china. The pot must always be scalded in order to be clean and hot. Water must be freshly boiled, because it will get insipid if allowed to stand. Pour the freshly boiled water over the tea—let stand for a few minutes to form an infusion.

**Serving**

Serve hot

Sometimes it is served iced

It is usually sweetened

It takes less sugar when sweetened hot

Either hot or cold tea may be served with lemon

Whole spices are sometimes added to hot tea

**Food Value**

Tea has been found to have a small amount of protein but this seems to lose its power as a nutriment. It depends on the cream and sugar served with it for its food value. It is stimulating.

## MENU FOR OCTOBER

## SECOND DEMONSTRATION FOR OCTOBER MENU

Pear Salad  
Boiled DressingPear Salad  
(Individual)

- Selection:** 1 medium sized pear (Bartlett or Kieffer)  
1 tsp. of chopped nuts (any kind)  
A few pieces of pimentos
- Preparation:** Wash, pare, and quarter pear  
Arrange with stem ends to center of plate  
Sprinkle with chopped nuts  
Garnish with pimentos
- Serving:** Serve on a small breakfast plate or bread and butter plate on a bed of lettuce

## Boiled Salad Dressing

- Preparation:** 3 tbsp. butter  
4 tbsp. flour  
2 tbsp. sugar  
1½ tsp. salt  
spk. pepper  
1½ C. milk (sweet or sour) ½ tsp. mustard
- Melt the butter  
Add flour  
Add milk  
Boil until thick  
Beat 1 or 2 eggs
- Cooking:** Add the sauce gradually to the eggs and seasonings  
Cook over hot water (in double boiler) until it coats the spoon  
Add vinegar, strain, cool

## SALADS

**Selection**

Salads may consist of a green material only, such as lettuce or water cress; or, salads may have in addition to the green material, chicken, fish, eggs, cheese, fruits, vegetables, etc.

**Preparation**

Green materials must be washed and re-washed and then washed again. They must be crisp and cool. Put in cold water to crisp. Dry by patting with dry towel. Be careful not to bruise the leaves. The materials, such as meat, fish, fowl, eggs, fruits and vegetables, must be cut in uniform shapes and arranged attractively on green material.

**Serving**

Salads may be served from a salad bowl by the hostess. The salad must be arranged in a most attractive way, usually with the green material around the edge and the other food material piled in center. Garnish attractively. The hostess uses a spoon and fork and arranges the individual plates. Salads may be served to the individuals on plates which have been previously arranged. Greater opportunity is thus offered for attractive arrangement, but extra pains must be taken to have the entire salad crisp and attractive; not wet and sloppy with too much dressing. The dressing must be added the very last thing just previous to serving. The inside leaves of the lettuce are more desirable. If the outer leaves are not good shape but crisp, they may be rolled and cut in fine ribbons, which will make a most attractive bed for the other materials.

**Food Value**

Salads can be made of a single food material, or they can be made of a mixture. Be careful to mix those foods which blend. There is no limit to the variety one can make in salads.

The food value of the salad will depend upon the materials of which the salad is made and the kind of dressing served. The lettuce is important as a "protective" food.

If such salads as chicken, crab, fish, eggs, or cheese are served, they should form the main dish of the meal. Such salads may be served with mayonnaise, which adds greatly to the food value.

Fruit and vegetable salads are not rich in energy value and are served with French dressing, consequently they are served as a salad course and are not used as the main part of the meal. With dinners, the salads which are low in energy value are served. Be careful never to serve a heavy rich salad with a meal which is very rich in food values.

### Questions

Make up a list of salads suitable for lunches, dinners, suppers, (about 25).

How many salad dressings do you know how to make?

Keep a record of the number of times salads are served in your family in a month.

### BOILED SALAD DRESSING

#### Selection

Boiled salad dressing is more generally eaten than any other dressing but is seldom made properly. It blends itself in flavor to many foods and because of the materials used for making it is considered less rich than mayonnaise. Most country homes are always supplied with the necessary ingredients.

#### Preparation

As vinegar is used in it, it is possible to use sour cream instead of sweet milk. The curdle caused by adding the acid to the milk will disappear in the cooking.

#### Cooking

The greatest care must be taken with cooking it. This is the point on which the success of the dressing will depend. Any mixture containing milk and eggs must be cooked over hot water (in a double boiler) and stirred all the time. This dressing should have the appearance of boiled custard, smooth and thick.

**Serving**

It may be served over the salad or it may be placed on the table in a small sauce bowl with spoon, and the individuals allowed to serve themselves as desired.

**Questions**

Why should boiled salad dressing be cooked over hot water?  
Describe how to prepare cream salad dressing.

## MENU FOR OCTOBER

## THIRD DEMONSTRATION FOR OCTOBER MENU

Plain Sugar Cookies  
Serve the Whole Supper

## Sugar Cookies

- Preparation:  $\frac{1}{2}$  C. fat—creamed  
add  
1 C. sugar with fat  
add  
1 egg well beaten  
add  
2 C. sifted flour  
2 tsp. baking powder } Sifted together  
add  
 $\frac{1}{2}$  tsp. salt  
 $\frac{3}{8}$  C. water or milk  
add  
1 tsp. spice or flavoring

## COOKIES

## Selection

A meal does not always give satisfaction unless there is something sweet to end with. This supper needs something sweet for satisfaction. When making cookies or cake of any kind always use the best materials.

The best butter should be used. Small or fine granulated sugar should be used because large grain sugar will make a coarse grained cake.

Eggs should be fresh.

Milk should be used instead of water as it is not only an added nutriment but also makes a better texture. Sour cream ( $\frac{1}{2}$  C.) may be used instead of milk but add  $\frac{1}{4}$  tsp. soda. When using cream reduce the quantity of fat from  $\frac{1}{2}$  C. to  $\frac{1}{3}$  C.

**Preparation**

Collect all materials and utensils before starting to work.

Get fire ready so that oven will be hot when cakes are ready for it.

Get pans ready, and slightly grease them.

Mix and sift dry materials.

Cream butter in order to get it in a condition that will readily mix with other ingredients.

Cream sugar into butter very gradually. Be sure that sugar is dissolved in the butter. This will tend to make a smooth texture.

Add well beaten egg to butter and sugar.

Then flour, baking powder and salt are mixed and sifted. The flour is sifted before it is measured.

Be careful not to knock cup while measuring as this packs the flour.

Add a little of the dry material to the butter, sugar and egg. This will prevent the butter from separating into small globules of fat. Adding cold liquid before the flour causes the butter to solidify, giving the mixture a curdled appearance. Add alternately the dry with the wet. The flavoring may be added last, but if ground spices are used, sift with flour.

A cookie mixture should be a soft dough. Sometimes it is difficult to handle in warm weather. If the dough is put on ice, this chilled dough is easy to roll out. It should be rolled thin and baked in a moderately hot oven (5 min. oven). There is quite a large amount of fat in these cookies, so care must be given to the baking as they will burn easily. Cookies should be crisp and brittle when finished.

## MENU FOR NOVEMBER

Barbecued Rabbit	Hashed Brown Potatoes
Hot Biscuits	Butter
	Canned Berries

### FIRST DEMONSTRATION IN NOVEMBER MENU

Barbecued Rabbit  
 Hashed Brown Potatoes

#### Barbecued Rabbit

**Preparation:** Particular care must be taken in cleaning a rabbit. Separate it into pieces at the joints. If it is old, it may be parboiled for 15 to 30 minutes, depending upon the age and toughness.

**Cooking:** Drain off the water. Saute (brown in frying pan) with  $\frac{1}{4}$  C. butter, 3 slices bacon, salt and pepper. Place in baking pan with the sauce and add 2 C. hot water to which has been added:

1 tbsp. mustard  
 2 tbsp. flour  
 1 tsp. sugar  
 $\frac{1}{4}$  C. vinegar

Bake in moderate oven (4 mins.) until it can be pierced with a knitting needle.

**Serving:** Arrange on a platter and pour on as much of the sauce as platter will allow.

#### RABBITS

##### Selection

November is the month for hunting, and rabbits are plentiful. If many are brought in by the hunters at one time, the old rabbits should be separated from the young ones and cooked at different

times because different methods of cooking are necessary. When young, the meat is light, delicate and savory; when old, it is dark and tough.

#### Preparation

Rabbits should not be skinned until they are to be used; as the meat dries out if not protected by its natural covering. Great care must be taken in cleaning the rabbit.

#### Cooking

Rabbits may be stewed, stuffed and roasted, cooked in casserole; barbecued, fried, as chicken a la Maryland, or curried. Seasonings make the rabbit dish. Rabbits require long slow cooking.

#### Serving

The way of serving will depend on the method of cooking.

It may be served on a platter or in the casserole, if so cooked.

It may be served with brown sauce, or with green gooseberry sauce or jelly.

It may be garnished with parsley, tender lettuce leaves, little button onions, mushrooms, etc.

#### Food Value

Rabbits are equal in nutritive value to meats and poultry.

### HASHED BROWN POTATOES

#### Preparation

Take left over cold potatoes. Cut in  $\frac{1}{2}$  inch cubes. Heat a frying pan hot. Add fat enough to well grease the pan. Put potatoes in, draw the pan away from the hottest part of the stove to where the potatoes will brown evenly and a crust will form on them. Stir the potatoes in order to have all sides brown and crusty. Add more fat when necessary to prevent sticking.

#### Serving

Serve in vegetable dish while hot.

## POTATOES

**Selection**

Potatoes are best in the fall. Sprouts on potatoes usually indicate deterioration. A potato must be mealy when cooked. What variety will cook like this? Hashed brown potatoes are made from potatoes left from previous meal. The potatoes which have been left from dinner (if they were whole) can be used for this purpose.

**Preparation**

Hashed brown potatoes must be cut, if not they will be mushy. Cut in uniform shapes and brown. Potatoes contain an acrid juice right under the skin which escapes when the potato is boiled or baked. Potatoes lose quite a lot of food value by paring. Skins should be taken off as thinly as possible.

Potatoes should not be allowed to stand in cold water for any length of time as much starch is lost.

**Cooking**

Potatoes must be cooked at high temperature, therefore, when boiling potatoes have the water boiling when they are put in. When baking have the oven hot.

The starch of the potato is enclosed in little cells within a coating of hard tough material which is known as cellulose. It requires high temperature to soften this cellulose in order that the starch may be released and be thoroughly cooked.

**Food Value**

White potatoes have about 78% of their content water, 18% is carbohydrates, in the form of starch. Potatoes have a small proportion of ash, 1%, but they are base forming in blood.

**Questions**

Why are potatoes cooked in boiling water?

How can you prove that potatoes lose food value, if they are allowed to stand in cold water after paring?

**MENU FOR NOVEMBER****SECOND DEMONSTRATION FOR NOVEMBER MENU****Hot Biscuits  
Canned Berries****Hot Biscuits**

Reference: Menu IV, Demonstration I, First Year.

**Canned Berries**

- Selection:** Select some canned berries of any kind; blackberries, dewberries, raspberries.
- Serving:** Canned berries may be served in sherbet glasses with whipped cream or plain cream. Sometimes boiled custard is served with them. They may be served from the side table in individual portions, or the hostess may have the bowl placed in front of her and serve to each individual at the table. They may be served in china or glass sauce dishes.
- Food Value:** Blackberries 1.3 protein, 1.0 fat  
10% carbohydrates  
86% water  
5% ash  
Berries are largely water but are valuable for their sugar content.

## DEMONSTRATION FOR DECEMBER

## CHRISTMAS CANDIES

Pop-corn Balls  
Stuffed Fruits  
Nut Brittle

**Pop-corn Balls**

Preparation: 1 C. molasses  
1 C. corn syrup or sugar

Cooking: Cook the two above together until a hard ball will form in water.

## Add

$\frac{1}{4}$  tsp. baking soda

$\frac{1}{2}$  tsp. salt

Pour over about 6 qts. of popped corn.

Let corn stand for a few minutes.

Dip hands in cold water and shape into balls.

**Stuffed Fruits**

Selection: Dried fruits as prunes, figs, raisins, dates, cherries, may be stuffed with nuts or fondant, or marshmallows.

Preparation: Wash dried fruit very carefully  
Soak for 30 mins. in cold water  
Cook for 15 mins. in boiling water  
Cook for 45 mins. in double boiler  
Cool, remove seeds  
Fill with chopped nuts or chopped raisins, figs, and nuts  
Press in symmetrical shape  
Roll in fine granulated sugar

**Peanut Candy**

**Cooking:** Melt 2 C. granulated sugar in an iron pan to a light brown syrup. Stir all the time. Mix  $\frac{3}{4}$  C. chopped peanuts with  $\frac{1}{4}$  tsp. salt. Add nuts to syrup, stirring as quickly as possible. Pour immediately in a hot buttered dish. When slightly cooled mark into squares and cut.

**SUGAR****Food Value**

Sugar is a very valuable food. It has a high fuel value, is more quickly absorbed, and gives a quicker return in energy than any other food.

If taken between meals or before meals it not only takes away the appetite for foods which are necessary to the body, but it is likely to cause digestive disturbances.

Candy is highly concentrated and should be eaten in small quantities at the end of meals.

Children should have plain candies. Rich chocolate and nut mixtures are very difficult of digestion.

To satisfy the craving for sweets plain sweet chocolate may be given, or dried fruits, like raisins, figs, dates; or jams, popcorn balls.

Syrups, molasses, honey, maple sugar are forms of sweets that children may eat; but large quantities must never be eaten.

All sorts of combinations may be made with the above.

## MENU FOR JANUARY

Spare Ribs	Sweet Potatoes
Muffins	Butter
Cold Slaw	Cream Dressing
Apple Float	
Cream	

### FIRST REMONSTRATION IN JANUARY MENU

Spare Ribs
Sweet Potatoes
Cold Slaw
Boiled Dressing

#### Spare Ribs

**Cooking:** Parboil spare ribs for 30 minutes in baking pan on top of stove  
 Drain off water  
 Dredge with flour  
 Season with pepper and salt  
 Bake in a slow oven until tender and brown  
 Meat will loosen from bone

#### Sweet Potatoes

Arrange the pared and halved potatoes around spare ribs along edge of pan to brown.

#### Cold Slaw

**Preparation:** Select a hard head of cabbage.  
 Wash, remove ragged outside leaves  
 Quarter or halve with a sharp knife  
 Shave off very thin slices, enough to supply the family ( $\frac{1}{2}$  large head makes large bowl full)  
 Chop green peppers or pickles  
 Add (6) chopped hard boiled eggs

## SPARE RIBS

**Selection**

November is the month when the farm is in the midst of hog killing. Hog killing brings to the farm home many phases of meat work, such as curing meats, smoking hams, brining or dry salting pork, sausage making, lard making, etc. This furnishes an opportunity to tie up the home and club interests. Spare ribs are being used in the homes during this time. The club members need to know the best way of doing these things. Cooking clubs should take up these ways.

**Preparation**

Spare ribs should not be trimmed so close as to leave so little meat that it is worthless to spend time and fuel to cook them.

**Cooking**

Directions given in recipe.

**Serving**

Arrange spare ribs on center of platter. Put potatoes around them. Decorate the ribs with parsley. The spare ribs should have been cut in small pieces so that they are easy to serve and may be arranged more attractively. Do not serve ribs unless nicely browned. Use a carving knife and fork for serving.

**Food Value**

Spare ribs have a very high calorie value, being 33% fat and 15% tissue building food. Because of the high per cent of fat, care must be taken about the quantity eaten. During this period of farm work there is grave danger of eating too much pork fat which will cause digestive disturbances.

**Questions**

From what part of the hog are spare ribs taken?

Of what food value are they?

Which part of the hog killing process is most interesting to you?

## SWEET POTATOES

**Selection**

The flavors of pork and sweet potatoes blend so agreeably that sweet potatoes are served with spare ribs.

**Preparation**

When sweet potatoes are pared, sectioned and cooked in the same pan with the spare ribs, they are particularly well flavored.

**Cooking**

Refer to recipe.

**Food Value**

Sweet potatoes have about one-fourth of their total food value as carbohydrates. They contain the same nutrients as white potatoes—2.1% protein, 18% carbohydrates, chiefly starch, no fat, 1% ash, 78.9% water. Sweet potatoes have 5 to 8% sugar.

**Questions**

At what season are sweet potatoes grown?

What is the most popular variety of sweet potatoes grown in your section?

Why is it popular?

Tell some other ways sweet potatoes may be cooked.

## COLD SLAW

**Selection**

With a main dish which is largely fat and carbohydrate foods, it becomes necessary to serve some green refreshing food with them. Cabbage can be procured very easily at this time; and when served in the form of slaw it is popular.

**Preparation**

A very hard head of cabbage should be used for slaw. It is much easier to cut. It requires less care in washing as the leaves

are so closely overlapped; this also renders the entry of small bugs almost an impossibility.

#### Serving

Serve slaw on separate dishes, usually sauce dishes. Do not have so much dressing poured over it as to make it sloppy. Green peppers, cucumbers, red pimentos, or hard cooked eggs will make it more attractive and appetizing.

#### Questions

What is the food value of cabbage?

#### CREAM DRESSING

Refer to menu for October, Demonstration 2, Second Year.

## MENU FOR JANUARY

## SECOND DEMONSTRATION IN JANUARY MENU

Muffins  
 Apple Float  
 Cream

## Muffins—Graham

- Preparation: 1 C. White flour  
 1 C. graham flour  
 ½ tsp. salt  
 4 tsp. baking powder  
 1 tbsp. sugar  
 add  
 1 egg, well beaten  
 add  
 1 C. milk, slowly  
 add  
 2 tbsp. fat, melted
- Cooking: Mix quickly and thoroughly. Pour into greased muffin pans.  
 Bake in hot oven 25 to 30 minutes

## Apple Float

- Preparation: Wash apples, quarter, remove stem<sup>s</sup> and blossom ends
- Cooking: Cook at simmering point in enough water to prevent sticking and burning  
 When the fruit is tender, drain off any excess water  
 Press through colander or strainer. Add sugar to taste, ¼ C. to every C. of fruit. Spices or lemon may be added for flavor.  
 Beat whites of eggs (1 to every C. fruit) until stiff  
 Fold into the apple sauce when it is cold
- Serving: Serve with cream

## MUFFINS

## Selection

Variety is one of the great secrets of success in keeping people pleased and interested in eating. Serve muffins of different kinds; graham, corn, rice, oatmeal, bran. Graham muffins blend well with spare ribs.

## Preparation

Same as in Menu III, Demonstration 2, First Year.

## Questions

Sour milk may be used instead of sweet milk, if so, what other change will have to be made? Sour cream may be also used instead of milk. What changes would you make then?

How many cups of flour are in a pound:

White flour

Graham flour?

Put this in your table.

## Cooking

Muffins need a moderately hot oven (3 mins.). The pans must be well greased and must not be filled over two-thirds full. If the mixture gives out before the pans are all filled, what shall be done with the empty ones?

What is the best way to grease muffin pans?

## APPLES

## Selection

What kind of apples cook best? What effect on the sauce will cooking the apples unpeeled have? What advantage is there in not peeling the apples?

## Cooking

If it is desired to have the apples keep their shape they can be cooked in a syrup, as the sugar toughens the cellulose and prevents their breaking.

For sauce it is desired to have the apples cook soft, so they can be mashed through a strainer, therefore they are cooked in water and sweetened afterwards. Which way requires the greater quantity of sugar?

**Serving**

Apple float may be served piled lightly in sherbet glasses, with cream poured around it. It may be garnished with bright colored jelly.

## MENU FOR FEBRUARY

Baked Hash  
 Batter Bread  
 Tomato Jelly Salad      Mayonnaise Dressing  
 Peach Meringue

### FIRST DEMONSTRATION IN FEBRUARY MENU

#### Baked Hash

Preparation: 1½ C. chopped meat (left over cooked beef)  
 1½ C. mashed potatoes (left overs)  
 Salt and pepper  
 1 tsp. scraped onion  
 1 tsp. chopped parsley  
 ½ C. boiling water  
 Mix all the above  
 Put in greased baking dish  
 Cover with buttered crumbs  
 2 C. soft bread crumbs, 2 tbsp. butter)

Cooking: Bake in moderate oven until the crumbs are brown  
 and the meat thoroughly heated

#### Batter Bread

Preparation: 1 C. water ground cornmeal  
 4 tsp. baking powder  
                   or  
 1 tsp. soda and  
 2 tsp. baking powder  
 1 tsp. salt  
 1 egg  
 3 to 4 C. sour milk  
 2 tbsp. melted fat

Cooking: Mix in order given  
 Grease thoroughly a baking pan  
 Pour in mixture which is very thin  
 Cook in hot oven 20 to 30 minutes.

Serving: Serve at once from pan in which it has been baked

## BAKED HASH

## Selection

When roast beef, steaks, soup meat, etc., are left over, they should be used to make an appetizing, nutritious dish to be served later. Supper time is an excellent time to utilize the left overs from dinner. The meat will need added seasonings and extra food in the form of potatoes, eggs, bread crumbs, milk, stock, etc.

It must be made palatable and attractive. Many dishes can be made from these left overs. Name some. Hash is one popular way. The meat for hash should be very carefully selected. Hash should be made of meat, *free from bones, gristle, skin*. Potatoes, green peppers, onions, mushrooms, tomatoes, peas, may be added. When hash is served, every bit should be edible. There should be no necessity for the people at the table to pick out the skins, bones, gristle, etc. Hash should consist of meat. It is improved greatly if the meat is browned in a little fat before the stock or water is added. Very little liquid is necessary. Hash should not be soupy. It should be of the consistency of stew. The recipe given advises the browning of the mixture in oven. This makes for a moist, but not a watery mixture, with crisp surfaces.

## BATTER BREAD

Batter bread is a favorite Southern "cornbread." It is very similar to "spoon bread." Water ground cornmeal makes the best bread. Sour milk with soda and a small amount of baking powder makes a lighter bread than all baking powder and sweet milk. It can be made as rich as desired with egg and fat.

It is baked in pudding pans, earthen ware dishes, bread-stick pans.

It is most nutritious, not only because of the ingredients of which it is made but because of the quantity of butter served with it. Care must be taken in making batter bread that enough liquid is added to swell the cornmeal to its capacity.

Refer to Cornmeal Mush. Breakfast, Menu II, Demonstration I. It must be moist enough to eat with a fork, but too moist to hold in the fingers.

**MENU FOR FEBRUARY****SECOND DEMONSTRATION IN FEBRUARY MENU****Tomato Jelly Salad  
Mayonnaise Dressing****Tomato Jelly Salad**

**Preparation:** 1 qt. stewed and strained tomatoes  
1 tsp. salt  
1 tsp. sugar  
2 tbsp. granulated gelatine (which has soaked 15 minutes in  $\frac{1}{2}$  C. cold water)  
Mix the above  
Put into small cups and chill

**Serving:** To remove from cups, wrap a cloth which has been dipped in hot water around cup—if smooth surface is desired. If rough surface is desired, run a knife around the inside of cup  
Place on lettuce leaves and serve with Mayonnaise dressing

**Mayonnaise Dressing**

**Preparation:** 2 egg yolks—beaten until thick  
1 tsp. salt  
 $\frac{1}{4}$  tsp. cayenne  
Add alternately  
 $1\frac{1}{2}$  C. oil  
(When thick, thin out)  
by adding  
2 tbsp. vinegar  
or  
2 tbsp. lemon juice

## MAYONNAISE DRESSING

This is a dressing which contains more concentrated food value than any other salad dressing. It is more difficult to make and more expensive. It is a very satisfactory dressing as it improves the attractiveness of the salad.

Mayonnaise dressing is an emulsion, it is merely a physical combination which is very easily broken. The expression "goes back" is frequently used. The egg must be made to absorb the oil which is done by beating the mixture continuously.

There are many opinions as to the best way of accomplishing this combination. One successful way is to have first the egg yolk beaten until thick. The dry ingredients, pepper and salt added to that, and then the oil, added and beaten in drop by drop. When the mixture is thick, it may be thinned out by the addition of acid, either vinegar or lemon juice or both, lemon juice giving a very delightful flavor. This process of thickening by adding the oil and thinning by adding the acid, is kept up until the materials are all used. Oil may be added in larger quantities after the first  $\frac{1}{2}$  cup of oil is added.

Sometimes sugar is added. This is done when the dressing is to be served with that type of salad to which sugar is suited. The same thing may be said of the addition of mustard.

Care must be taken in planning Mayonnaise Dressing for a salad. The rest of the meal must be considered. If the meal is rich in fat and food value, do not serve mayonnaise. It is always desirable that no more fat food is served than is necessary for the use of the body. Excess food is stored in the body in the form of fat. Fat is so concentrated it is hard to limit ones self to the quantity which will not be excessive. About 1 tbsp. of mayonnaise equals 100 calories.

## MENU FOR FEBRUARY

### THIRD DEMONSTRATION IN FEBRUARY MENU

Peach Meringue  
Entire Supper Served

#### Peach Meringue

**Preparation:** Use canned peaches, those canned in halves, using 2 halves to a serving  
Drain from syrup  
Arrange on a baking sheet  
Cover with meringue

**Cooking:** Bake until a delicate brown in a very moderate oven

**Serving:** Serve on individual plates with a fork

**Meringue** Beat the whites of 2 eggs until stiff enough to hold shape  
Add 4 tbsp. granulated sugar little by little, beat thoroughly after every addition of sugar  
Add  $\frac{1}{4}$  tsp. vanilla or  
2 tbsp. lemon juice gradually, so as not to cause the meringue to lose its stiffness

**Cooking:** Bake in a very slow oven.

#### PEACH MERINGUE

Canned fruits, if always served just as they come from the can, are apt to become monotonous. Seek variety in every food served so that the family may have some pleasure in food.

Cover each peach half with meringue piled up; put in a very slow oven and brown a delicate brown. The slow heat will cause the air which has been beaten into the egg white to expand and will make the meringue rise. To make a successful meringue, be sure to add the sugar slowly and never allow the egg to lose its stiffness. When covering a surface with it, make an air tight covering of it, otherwise the meringue will fall.

Bake in a very slow oven.

## MENU FOR MARCH

Welsh Rarebit on Toast  
 Creamed Onions      Corn Meal Gems  
 Baked Custard  
 Milk

## FIRST DEMONSTRATION IN MARCH MENU

Welsh Rarebit on Toast  
 Cornmeal Gems

## Welsh Rarebit

Preparation: Melt 1 tbsp. butter  
 add  
 1 tsp. cornstarch (cook until well mixed)  
 add  
 ½ C. thin cream (cook until thickened)  
 add  
 ½ lb. American cheese (cook until melted) cut in  
 small pieces  
 add  
 ¼ tsp. salt  
 ¼ tsp. mustard  
 Red pepper  
 Serving: Serve on toast

Toast Refer to First Year Menu I Demonstration II

## Corn Meal Gems

Preparation: ½ C. corn meal  
 1 C. flour  
 3 tsp. baking powder  
 1 tsp. sugar  
 ½ tsp. salt  
 add  
 1 egg—well beaten  
 add  
 ¾ C. milk  
 add  
 1 tsp. butter melted

} Mix

- Cooking:** Bake in well greased muffin pans in a hot oven 30 minutes.
- Serving:** Gems must be served immediately.

#### WELSH RAREBIT

Cheese is one of the most nutritious foods we have. It is very concentrated which is a fact forgotten by those who eat it. Digestive disturbances are blamed on the cheese when due many times to the consumption of excessive amounts of this highly concentrated food.

Cheese can be completely digested but takes a long time. It is composed of the protein part of milk which is a tissue building food, therefore, cheese is an excellent substitute for meats.

There are many very delicious ways of preparing cheese. As it is mostly protein food, it must be cooked at low temperature. Low temperature is best maintained by means of a double boiler. If cheese is cooked at too high a temperature it will become stringy.

The rarebit may be further enriched by the addition of egg. Many households find flour more convenient for thickening purposes than cornstarch. Flour may be substituted, but use twice the quantity of flour because it is much less rich in starch (the thickening quality) than is cornstarch. Milk may be used instead of cream.

Welsh Rarebit should be of the consistency of oatmeal. It should be perfectly smooth and shiny.

#### TOAST

Toast is the most digestible form in which to eat bread. All the moisture has been dried out and the surface browned. The browning has dextrinized the starch in the bread and partially digested it. The dryness of toast makes it more readily absorb the digestive juices and therefore gives greater chance for digestion. Because of its crispness it has to be chewed, and this necessitates its remaining in the mouth a longer time. It is not economical to cut off the crusts before toasting bread. Most breads are improved in flavor by toasting; not only white breads but rye breads, graham breads, and even corn bread.

## CORN MEAL GEMS

If water ground corn meal is used, the gems may be made of corn meal entirely. If all corn meal is used more milk must be added. Corn meal swells about four times its bulk, so enough milk must be added to provide for this; otherwise the gems will be stiff and dry. They should be moist and smooth and yet not too soft to be held in the fingers. Sugar is added to make gems brown.

## MENU FOR MARCH

## SECOND DEMONSTRATION IN MARCH MENU

Creamed Onions  
Baked Custard

**Creamed Onions**

Preparation: Remove skins under water

Cooking: Parboil onions in boiling salted water about 5 minutes. Then drain  
Boll in boiling salted water about 1 hour, or until soft  
Drain

Serving: Serve with cream or  
Thin white sauce

**White Sauce**

Preparation: Melt 1 tbsp. butter  
add

Cooking: 1 tbsp. flour }  
½ tsp. salt } cook  
spk. pepper }  
add  
1 C. milk or cream (bring to a boil).

**Baked Custard**

Preparation: 4 to 6 eggs—beat lightly  
add  
½ C. sugar  
add  
½ tsp. salt  
add slowly  
4 C. scalded milk  
strain into  
Buttered moulds  
Set in pan of hot water

Cooking:	Bake in slow oven until firm
Serving:	When cold, serve in moulds or turn out on small plate

#### CREAMED ONIONS

##### Selection

Onions are one of the most healthful vegetables. They should be eaten especially in the spring. They contain much nutriment but are not popular because of the strong odor. The volatile substances which produce this odor are absorbed by the blood and carried to the lungs where it is thrown off by them. This causes the onion odor on breath. There are many varieties, some of which are of very delicate flavor.

##### Preparation

The volatile oils escape while being peeled. These affect the eyes. This can be avoided by peeling them under water.

##### Cooking

Onions are rendered less strong by parboiling. They should be cooked in a saucepan without a cover. This tends to prevent the concentration of the odor.

There are various ways of cooking them: baked, stuffed, scalloped, and creamed. They are used for flavoring, for salads, for seasonings, for meats, soups, sauces, stuffings, etc.

##### Questions

How do onions cause the breath to smell of them?

What are the advantages of parboiling?

What varieties are best for cooking?

#### BAKED CUSTARD

##### Selection

Custard is a very nourishing dessert. Custards are composed of eggs and milk, sweetened and flavored.

### Preparation

The milk is scalded because it will partially cook the eggs when poured over them. It will help to prevent over cooking of the egg. The eggs are beaten just enough to thoroughly mix the yolk and white. It is not desired to have air bubbles in a baked custard. It must be solid and smooth and velvety in texture. The number of eggs used will depend upon the use of custard. If baked custard is to be served in the cups in which baked, four eggs to a quart of milk may be used. However, if it is desired to have the custard firm enough to hold its shape when removed from baking cup, six eggs are necessary. The number of eggs are added according to firmness worked for. The whites alone will make a delicate firm custard suitable for persons of delicate digestion. Yolks contain much fat (how much?), consequently they make a very rich custard.

Custard sauces are used for cakes, desserts, puddings, etc. Very firm custards unsweetened are used for garnishes for meats, fish, game, and soups.

### Cooking

As custard is a combination of milk and eggs it must be cooked according to the same principles as milk and eggs. (Look them up. What are they?)

Custards must always be cooked in a water bath. What is a water bath? Keep the temperature moderate. What is moderate temperature?

Custard known as boiled or soft must be stirred all the time to make it smooth. When the custard thickens and coats the spoon it must be immediately removed from the heat.

Baked and steamed custard are firm and solid. When a knife is stuck in, it comes out clean, the custard is done. If the temperature is too high the custard will curdle; that is, the protein will be thrown out of solution in both milk and eggs and you will have a lumpy material in a lot of whey. This condition can be improved by beating with Dover egg beater.

## MENU FOR APRIL

Escalloped Eggs  
 Asparagus on Toast  
 Lettuce with Onions      French Dressing  
 Rice Muffins

## FIRST DEMONSTRATION IN APRIL MENU

Escalloped Eggs  
 Asparagus on Toast  
 Rice Muffins

## Escalloped Eggs

- Preparation:** Chop 3 hard boiled eggs  $\frac{1}{2}$ " pieces  
 Make 1 pt. white sauce No. 1  
 $\frac{1}{4}$  C. cracker crumbs  
 2 tbsp. butter  
 Melt butter, add crumbs
- Cooking:** Cover bottom of buttered baking dish with chopped eggs  
 Cover with white sauce  
 Arrange another layer of eggs  
 Cover with sauce  
 Repeat until eggs and sauce are all used up  
 Cover with buttered crumbs  
 Bake in moderate oven until crumbs are brown
- Serving:** Serve at once from baking dish

## Hard Boiled Eggs

- Preparation:** Put 3 eggs in saucepan  
 Cover with cold water  
 Put over flame until water begins to boil
- Cooking:** Remove to less hot part of stove where water will keep hot but not boil  
 Let stand 45 minutes. Plunge in cold water  
 Remove shell

White Sauce Reference: October Menu Demonstration I

#### Asparagus on Toast

- Preparation: Scrape asparagus stalks clean  
Wash well  
Tie stalks together in small bundles
- Cooking: Boil in boiling salted water  
Boil until tender about 30 minutes  
Drain  
Season with butter, pepper and salt
- Serving: Serve on hot toast

Toast Refer to First Year Menu I Demonstration II

#### Rice Muffins

- Preparation: 2¼ C. flour  
5 tsp. baking powder  
2 tbsp. sugar  
½ tsp. salt  
add  
1 egg—well beaten  
add  
¾ C. hot cooked rice mixed with  
1 C. milk  
add  
2 tbsp. butter melted
- Cooking: Bake in hot oven in greased muffin pans—30 minutes.
- Serving: Serve hot

#### EGGS

##### Selection

Eggs are one of the main foods on which we depend and are used as separate dishes or in combination with other foods. They are suitable for breakfast, lunch and supper as the main dish of the meal; for dinner, they are used as garnishes, or to combine with other foods.

They can be used in every course: soup, entree, salad, main, dessert, garnish, beverage. List all the ways you know of serving eggs.

#### Preparation

Eggs need little or no preparation except washing and breaking of shell, beating the white and yolk together, or separating them, etc.

#### Cooking

Eggs must be cooked at low temperature.

The white is nearly entirely pure albumen and the yolk has a protein which is called vitellin. The protein is toughened by high temperature, and is rendered less easy of digestion, prolonging the time required.

All egg dishes should be cooked in water bath. Escalloped means cooked in layers. Creamed eggs on toast are also attractive.

Make a luncheon egg dish.

#### Serving

The egg dishes are served in numberless ways. They can be made most beautiful. Use every effort to make the serving attractive.

#### Food Value

Eggs have high food value. There are tissue building substances in both white and yolk. Fat, an energy giving substance, is in yolk. Iron, in yolk, is good for blood building. They are a "protective" food.

### ASPARAGUS

#### Selection

Asparagus is a vegetable which has little energy value but which is a great favorite for its flavor. Canned asparagus has been so very successful that many folks prefer the canned to the fresh. It is rather expensive fresh, and has a very short season.

#### Preparation

Asparagus is one of the few vegetables of which we eat the stalk. This stalk must be thoroughly cleaned. It is not enough

to wash it, it must be scraped. For convenience in handling the stalks are tied in bundles.

#### Cooking

Like all other vegetables it must be cooked in boiling salted water. Canned asparagus is simply heated. The heads of both the fresh and canned are tender and easily broken. Care must be exercised in handling.

#### Serving

- Serve on toast
- Serve with butter and seasonings
- Serve with white sauce
- Serve whole stalks
- Serve tips

#### Food Value

Mainly valuable for minerals, and as a "protective" food. It has a substance which acts on kidneys.

### MUFFINS

#### Selection

In a supper composed of foods like this one, carbohydrates need to be added.

#### Food value

When rice is used to make muffins more liquid will be required unless the rice is hot and just cooked. If left over rice is used, it will have to be thinned until it is the consistency of the freshly cooked hot rice. This is best done with milk as there is more food value in milk than water.

#### Preparation

When rice is used in muffins or any quick breads, more leavening agent must be used. Sugar is not liked by some people so it may be left out. Sour milk and soda may be used in place of baking powder and sweet milk. For every cup of sour milk use  $\frac{1}{2}$  tsp. soda. All quick breads seem to be improved by having both sour milk and soda and baking powder.

**MENU FOR APRIL****SECOND DEMONSTRATION IN APRIL MENU**

Lettuce Salad  
French Dressing

**Lettuce Salad**

Thoroughly wash lettuce, dry, arrange attractively  
Serve with dressing

**French Dressing**

Preparation:  $\frac{1}{2}$  tsp. salt  
 $\frac{1}{4}$  tsp. pepper  
2 tbsp. vinegar  
4 tbsp. oil  
Mix all the above  
Shake well

**LETTUCE SALAD****Selection**

Lettuce at this season of the year is very appetizing and an especial effort should be made to serve it. There are many varieties available.

**Preparation**

To wash lettuce, separate leaves and go over each leaf to be sure no grit or insect is left. Arrange on towel or cheese cloth in such a way as to have the water drain off. Mop gently if necessary to remove water. A cheese cloth bag which can hang up is an excellent way of drying lettuce. It should be dried and kept in a cool airy place.

**Food Value**

Lettuce has little fuel value but great value in its minerals and vitamins.

**Questions**

What varieties of lettuce are raised in your community?  
Can you get lettuce in April? If not, why not?

**Serving**

Lettuce can be served as suggested. It is also very attractive to cut a headed up head of lettuce into sections, quarter or eighths, depending on size of head.

**FRENCH DRESSING****Selection**

French Dressing is the easiest dressing to make.

**Preparation**

There are many ways of varying it; for instance, green and red peppers, onions and pickles may be chopped and added. Seasonings of various kinds may be added. Oils of different kinds may be used. Lemon juice may be substituted for vinegar.

**Serving**

It is served from a special salad dressing dish, usually shaped like a gravy boat but smaller. These come in china and silver.

**Food Value**

The French Dressing will depend on the oil used for its food value.

**Questions**

Name all the kinds of oil suitable for making French Dressing.

What is the appearance of French Dressing?

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# MENU SCORE CARD

for

## FOOD UNIT WORK

<b>FOOD VALUE</b>		<b>35</b>
	Nutritive value	
	Combinations	
	Contrasts	
<b>COST</b>		<b>20</b>
	Locality	
	Season	
<b>TIME</b>		<b>25</b>
	Spent in preparation	
<b>PEOPLE</b>		<b>20</b>
	Age	

## Points to Consider in Planning Meals

In planning meals, consider food values and put into the diet:

- Foods that build
- Foods that give energy and heat
- Foods that regulate body processes
- Foods that stimulate growth
- Foods that keep up resistance
- Foods that furnish bulk

In making menus select foods that require different methods of cooking; have moist and dry foods — fried and boiled; baked and steamed; hot and cold. The same food cooked in different ways should not be served in the same meal.

Contrasts and harmonies in color and flavor must be considered; certain flavors blend and make most appetizing flavors; certain colors clash and have an effect on the nerves.

The cost is a controlling factor in planning meals. The amount of money spent on foods is not necessarily an evidence of right food values. Much money spent means oftentimes lack of proper thought and planning.

Foods served out of season are expensive and their use is justified only for very special occasions. Such foods are most likely to lack the flavor and texture of seasonable foods. To serve such is pretentious in many cases.

The menu should include foods that can be secured in the locality. If the variety is limited it is possible to increase the local supply by increasing the demand for the foods desired, and by inducing the community to grow such.

Menus are dependent on the time required to cook the foods chosen. Lack of planning shortens the time for cooking, and limits the menu to those foods which can be hastily prepared. This often means an increase in cost and a sacrifice of the most nutritious foods.

The age of people served must be considered in making menus. Old people should not eat what young folks do, nor should the children have what the parents have.

Individual likes and dislikes will influence the menu. Who wants the very best food if the taste is disagreeable?

## RECORD OF MENUS

Name \_\_\_\_\_ County \_\_\_\_\_

Number of Adults \_\_\_\_\_ Number of Children \_\_\_\_\_ Age \_\_\_\_\_

BREAKFAST	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruit							
Cereal							
Meat							
Meat Sub.							
Bread							
Beverage							
Extras							
<b>DINNER</b>							
Soup							
Meat							
Vegetable							
Vegetable							
Vegetable							
Salad							
Salad Dressing							
Dessert							
Beverage							
Extras							
<b>SUPPER</b>							
Meat or Substitute							
Vegetable							
Fruit							
Salad							
Salad Dressing							
Dessert							
Beverage							

