

Food Project for 4-H Clubs

UNIT II—SUPPER OR LUNCHEON

CIRCULAR NO. 322



UNIVERSITY of KENTUCKY

COLLEGE OF AGRICULTURE

Extension Division

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Lexington, Ky.

December, 1939

Published in connection with the agricultural extension work carried on by co-operation of the College of Agriculture, University of Kentucky, with the U. S. Department of Agriculture, and distributed in furtherance of the work provided for in the Act of Congress of May 8, 1914.

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FOOD PROJECT FOR 4-H CLUBS

Unit II—Supper or Luncheon

By **DOROTHY THRELKELD** and **EDITH LACY**

This unit includes the preparation of simple, wholesome dishes, suitable for suppers or luncheons. Buffet service is an easy way of entertaining a large group that could not be seated comfortably at a table and is a very popular form of meal service. It can be attractive without being elaborate. Girls enjoy planning and serving both table and buffet suppers and luncheons.

REQUIREMENTS

A. Carry out lessons as follows:

Supper menus.

Milk and ways of serving it.

Cheese.

Potatoes.

Salads.

Desserts.

Candy.

Quick breads.

Table service and etiquette.

Preparing and serving a supper.

B. Keep record of work at project meetings and at home. The work of this unit has been definitely planned. However, the order of the meetings may be changed occasionally for the convenience of the leader and project members. Meetings may be added to those suggested here.

MEETING 1. Supper Menus.

A. Study and Discussion.

1. Supper menus.

- (a) Discussion of what makes a satisfactory supper or luncheon menu.

- (b) Suppers—family, company and Sunday night.
 - (c) Foods suitable for children's suppers.
2. Plan work for next meeting.
- (a) Decide how food materials are to be supplied.
 - (b) Assign duties.
- B. Demonstration.
Method of keeping records.
- C. Home Work.
Write two supper menus, one for family and one for a special occasion.

PLANNING AND SELECTING MEALS

We should know the foods necessary for the body needs, whether we are preparing a menu for the family or selecting our own meal from food prepared for us. Often we have the right foods set before us, but do not choose properly because of likes and dislikes. There are certain foods which the body needs and there should be some of each of these in each day's diet. A diet which supplies these needs of the body is an adequate diet; that is, there is not too much starch or too much protein or too much fat, but a good proportion of each. An adequate diet also supplies the minerals and vitamins we must have for perfect health. The daily diet should include the following.

Milk—one quart.

Vegetables—two besides potatoes—one of these should be green, leafy or yellow; one should be raw.

Fruits—two, including a citrus fruit or tomatoes.

Lean meat or cheese—one serving.

Cereal—one serving of whole cereal.

Sweets—use sparingly.

It may not be possible to have all the necessary foods in one meal, but they should be supplied in the three meals of the day. It is very much better to consider all three meals for a day, when making out the menu, rather than to consider each meal separately. Therefore, try to keep in mind what is to be served at the other

two meals, whether planning a breakfast, dinner or supper. It is the adequate diet for the whole day which counts, more than a single meal.

After one has learned what groups of foods are necessary, there are other things to consider in planning meals. They are:

1. Have contrast in foods as to:

a. Flavor. Never serve foods very like in flavor, in the same meal. For example, do not serve tomato soup and tomato salad at one meal. Avoid serving the same food prepared in the same way at all three meals. Hash for breakfast and again for lunch is a poor choice. Such staple foods as bread and butter may be served at all meals. Altho we want contrast in flavors, they should harmonize. Do not serve several foods which have very high flavors, at one time. Serve foods with mild flavors and distinct flavors together.

b. Texture. Serve soft and crisp foods, moist and dry foods, sweet and acid foods together. For example, serve toast with creamed dishes, and some crisp vegetables in most salads. Serve some bulky foods at each meal, never a meal of all heavy and concentrated food.

c. Color. Foods that form attractive color combinations are much more appetizing than foods all of the same appearance. For example, carrots and peas, mashed potatoes and steak are much more attractive than mashed potatoes, creamed cauliflower and hash.

2. Save food and money. Buy foods in season and utilize home products.

3. Serve plates with small helpings. Have additional food in serving dishes. An overloaded plate is unattractive and unappetizing.

A supper may consist of:

Vegetable (preferably not potato if it has been served at noon).

Bread and butter.

Milk.

Sweets in moderation. Only light desserts, as fruits, simple puddings and cookies.

An egg or cheese dish or a light salad may be added if the dinner meal has not been heavy.

IMPORTANT CONSTITUENTS OF FOODS, AND THEIR FUNCTIONS

The following table gives the important constituents of foods and the part which each plays in the body processes of children and adults.

Classification and chief sources		General functions	
CARBOHYDRATES			
Sugar	Macaroni	Produce energy for work and warmth, and for carrying on the general body processes.	
Jellies	Potatoes		
Jams	Sweetpotatoes		
Syrups	Dates		
Molasses	Bananas		
Candy	Cereals		
Breads	Dried beans		
Rice			
FATS			
	Butter		
	Lard		
	Vegetable oils		
	Pork		
	Bacon		
	Cream		
	Nuts		
PROTEINS			
Lean meat	Cheese	Build new body tissue of children and convalescents and keep body tissues of children and adults in repair.	
Beef	American		
Mutton	Cottage		
Lamb	Eggs		
Chicken	Milk		
Pork	Beans (dried)		
Fish	Mature and dried peas		
CELLULOSE			
Coarse cereals		Aid digestion. Help in preventing or overcoming constipation.	
Coarse fruits and vegetables			
MINERALS			
Calcium	Iron	Help to build and repair bony and muscular tissues and build new red blood corpuscles. Help to keep body in good condition. Aid in body processes such as digestion, heart action, secretions, etc.	
Milk	Liver		
Cheese	Oysters		
Phosphorus	Dried beans		
Lean meat	Beef (lean)		
Egg yolk	Heart		
Cheese	Greens		
Whole-grain cereals*	Molasses		
Milk	Egg yolk		
	Blackberries		
	Prunes		
	Whole-grain cereals		
	String beans		
	Peas		

* Made from whole grain.

Vitami
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Cream
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Classification and chief sources		General functions		
VITAMINS				
Vitamin A	Vitamin B₁	Vitamin C	Vitamin D	Help to promote growth and optimum health.
Butter	Fresh green peas	Oranges	Egg yolk	
Cream	String beans	Grapefruit	Fish liver oil	
Carrots	Whole milk	Tomatoes		
Eggs	Whole-grain cereals & breads	Cabbage (raw)	Antipellagric factor	
Liver	Pineapple	Bananas	Liver	
Milk (whole)	Peas	Apples	Beef	
Spinach		Lettuce	Milk	
Fish liver oil		Potatoes	Eggs	
Cheese		Greens		
Greens		Lemons		
		Turnips		

MEASUREMENTS

All measurements given are level. The straight edge of a knife or a spatula is used to smooth the surface of dry ingredients. Dry materials, as flour and sugar, should be sifted, measured lightly and never shaken or pressed down. Fats are packed solidly into the measure. A spoonful of dry material is measured by filling to overflowing and then leveling. Half a spoonful is a spoonful divided lengthwise with one-half taken away. One-fourth spoonful is a half-spoonful divided crosswise with the division line a little nearer the handle end of the bowl. Graduated measuring spoons and measuring cups ensure more satisfactory results.

Abbreviations

T	tablespoon
t	teaspoon
c	cup
spk.	speck
oz.	ounce
lb.	pound
g	gill
pt.	pint
qt.	quart
gal.	gallon
pk.	peck
bu.	bushel

Equivalents

3 t	1 T
16 T	1 c
½ c	1 g
2 c	1 pt.
2 pt.	1 qt.
4 qt.	1 gal.
2 gal.	1 pk.
4 pk.	1 bu.
16 oz.	1 lb.
2 T	1 oz.

MEETING 2. Milk and Ways of Serving It.

A. Study and Discussion.

1. Food value of milk.
2. Ways of using milk.

B. Demonstrations.

1. Make white sauce.
2. Make cream soups (tomato, spinach or pea).
3. Prepare creamed vegetables (beans, cabbage, or turnips).

C. Home Work.

1. Make a cream soup at least three times.
2. Collect recipes on ways of using milk and try one.

MILK

Milk is one of our most important foods. It supplies calcium and phosphorus to build bones and teeth; vitamin A, necessary for growth and health; protein for muscle building; and sugar and fat for energy. Every child over two should have a quart of milk a day to provide for growth and for building bones and muscles. Some of this milk may be in soups, puddings, cereals, and cocoa. Butter milk may be used in place of one-third the amount of sweet milk, if butter is served with the bread or vegetables.

WHITE SAUCE

White sauce is the basis for cream soups, cream gravies, and other cream dishes. The thickness of the sauce determines its use and is dependent upon the amount of flour used. A thin sauce is used for soups, a medium sauce for vegetables and a thick sauce for croquettes and souffles. Following are the proportions for the three kinds:

Kind	Uses	Flour	Fat	Milk	Salt
Thin	Cream soups	1 T	1 T	1 c	$\frac{1}{4}$ t
Medium	Vegetables Gravies	2 T	1 T	1 c	$\frac{1}{4}$ t
Thick	Meats Croquettes Souffles	3 T	1 T	1 c	$\frac{1}{4}$ t

Directions for making. Melt fat, add flour, stirring thoroly. Add salt and milk. Cook in double boiler or over low heat stirring constantly until of desired thickness.

CREAM SOUPS

Cream soups are mixtures of thin white sauce with cooked, mashed or strained vegetables, meat or fish. Some stock may be used in the sauce. One cup of thin sauce is used to one-fourth to one cup of the vegetable, meat or fish pulp. A very thin sauce should be used with starchy foods. Add prepared food material to the white sauce, mixing well. Season to taste. Beat slightly with dover egg beater before serving. Almost all vegetables are suitable for cream soup. A small amount of onion adds a pleasing flavor to most cream soups.

CREAM OF TOMATO SOUP

2 c canned or cooked tomatoes	$\frac{1}{3}$ c flour
1 slice onion	1 t salt
4 c milk	$\frac{1}{8}$ t pepper
$\frac{1}{4}$ c butter	

Cook tomatoes and onion for about ten minutes. Press tomatoes thru a sieve. Make a white sauce of the milk, flour, butter and salt. Add tomatoes to the sauce, pouring slowly and stirring continuously to prevent curdling. Serve immediately.

CREAMED CABBAGE

3 c cabbage	2 c water
$\frac{1}{2}$ t salt	1 c medium white sauce

Shred cabbage. Add to boiling salt water. Boil 10 to 15 minutes, until cabbage is tender. Drain off water. Mix with white sauce. Serve hot.

MEETING 3. Cheese.

A. Study and Discussion.

1. Kinds.
2. Food value.
3. Scalloped and au gratin dishes.
4. Individual score card for food habits (see record book).

B. Demonstrations.

1. Make cottage cheese and serve it in several ways: plain, as salad, and in a sandwich.
2. Make a cheese dish: Welch rabbit, macaroni and cheese, or Italian rice.

C. Report by each club member, of home work assigned at previous meeting.

D. Home Work.

Each member scores herself on her food habits.
Prepare cottage cheese according to instructions.
Use cottage cheese in at least three ways.

CHEESE

Cheese is made from the curd of milk. There are many varieties, of which cottage cheese (made from skim milk) and American cheese are the best known.

Cheese is very rich in the muscle-building material, protein. Since it contains so much of the material similar to that found in meat, cheese should not be served at the same meal with meats. It is a very concentrated food and should be served in small amounts. It is more easily and quickly digested when grated and combined with other foods not rich in protein.

COTTAGE CHEESE

The milk for cottage cheese should be freshly soured. Allow skim milk to stand until it has clabbered. Cut curd into $\frac{1}{2}$ inch to $\frac{3}{4}$ inch cubes. Heat it slowly over warm water until the curd separates from the whey. Over-cooking or too high a heat toughens the curd and makes an undesirable product. The temperature should not go above 120 degrees F. Strain thru cheesecloth. The curd may be washed in cool water to remove sour taste. Season with salt and sweet or freshly soured cream. Sweet milk may be coagulated with rennin and used instead of sour milk. Allow one-tenth of a rennin tablet to three quarts of sweet milk.

Cottage cheese may be served with fruits or vegetables in salads, in sandwiches, and in many other ways. It is a wholesome and nutritious protein food and should be served often.

CHILALY

1 T butter	$\frac{3}{4}$ lb. soft, mild cheese
2 T chopped green pepper	$\frac{3}{4}$ t salt
$1\frac{1}{2}$ T chopped onion	2 T milk
$\frac{1}{2}$ c canned tomato pulp	Paprika
1 egg	

Cook pepper and onion with the butter three minutes, stirring constantly. Add tomatoes from which liquor has been drained and cook five minutes. Add cheese cut in small pieces. Cook over hot water until cheese is melted, then add milk and egg slightly beaten, add seasoning. Serve on toast or crackers. This dish is good for Sunday suppers.

MACARONI WITH CHEESE

$\frac{3}{4}$ c macaroni broken in inch pieces	White sauce
2 t salt	2 qts. boiling water
	Grated cheese

Cook macaroni in boiling salted water until soft; drain in strainer. Pour over it cold water to keep pieces from sticking together. Put a layer of the macaroni into a buttered baking dish. Cover with white sauce to which grated cheese has been added. Put buttered crumbs on top and bake until brown.

WELSH RABBIT

1 T butter	¼ t mustard
1 c milk or thin cream	1 egg
¼ t salt	1 T flour
Paprika	1 c grated cheese
	Toast

Melt fat. Add flour and seasoning, mix well. Add milk slowly and bring to the boiling point, stirring constantly. Add cheese and stir until melted. Remove from the fire. Beat the egg well and pour hot sauce on it. Mix well. Serve hot, on toast.

MEETING 4. Potatoes.**A. Study and Discussion.**

1. Food value.
2. Ways of cooking and serving.

B. Demonstration.

Prepare baked, scalloped and au gratin potatoes.

C. Home Work.

List number of times potatoes are served and the variety of ways. Look up new potato recipes. Serve potatoes prepared in two new ways.

BAKED POTATOES

Select medium-sized, smooth potatoes; scrub until the skins are clean; bake in a hot oven until soft, about 45 minutes. When done, press between the fingers to break the skin in order that the steam may escape. Just before serving, break open a little more and add a piece of butter.

SCALLOPED POTATOES

Milk	Potatoes
Butter	Salt
Flour	Pepper

Wash, peel and slice the potatoes. Arrange in layers in an oiled baking dish and sprinkle each layer with salt, pepper and flour. Dot with bits of butter. Add milk enough to cover contents of

dish. Bake uncovered in a moderate oven until potatoes are tender. Chopped onion and parsley may be added to each layer if desired.

MEETING 5. Salads.

A. Study and Discussion.

Essentials of a good salad.
Value of fresh vegetables in salads.
Salad dressings.
Salads of different types.
Use of canned vegetables for salads.

B. Demonstrations.

1. Make salad dressings.
2. Make salads of
 - (a) Spinach or other greens.
 - (b) Cabbage in various combinations.
 - (c) Canned vegetables or fruits.

C. Report by each club member on home work assigned at previous meeting.

D. Home Work.

Make a supper menu for each of the different seasons of the year—fall, winter, spring and summer—considering foods obtainable in your locality at these seasons.

Serve salads at three meals.

SALADS

Salads are made in a variety of ways, of meat, fish, vegetables (alone or in combination) or fruits, with the addition of a dressing. Any vegetable that may be eaten raw, almost any cooked vegetable, and an unlimited number of combinations of vegetables make good salads. Fruits, also, may be used raw, cooked or in combination. Because so many salad combinations are appetizing, left-overs may be used in salads.

A good salad is not merely an appetizer. It fills a very definite place in the meal. Salads may form the main part of a luncheon or supper (for example, meat or egg salad) or they may supplement the other dishes (for example vegetable or fruit salad). Salads are needed to give variety and to supply needed food material in the menu. Their food value depends upon the material of which they are made. Salads should be attractive as well as nutritious. Some type of green, leafy vegetable is often used as a salad itself or as a bed or border for a salad. Lettuce is perhaps the most commonly used. Cabbage, endive, water cress, and celery are sometimes used. Salad greens, when used as a bed or border, should be eaten for their valuable mineral content and roughage.

To prepare salad greens, separate the leaves and wash carefully to remove all dirt, sand and insects, and place in cold water to freshen. Wrap in paper or damp cloth, place in an air-tight bucket and put in a cool place to crisp. Lettuce becomes crisp in several hours. Before using, shake any remaining water from the leaves by swinging in a cheese cloth bag or drying with a towel. Salad greens should be cold, crisp and dry when served.

Combine salad ingredients in a bowl sufficiently large for stirring. Mix carefully by tossing lightly with two forks. Use just enough dressing to flavor and hold salad together. Add the dressing just before serving except in such salads as potato, where the flavor is improved by standing.

SALAD DRESSINGS AND SALADS

There are three classes of salad dressings—French, cooked and mayonnaise.

FRENCH DRESSING

For each tablespoon of vinegar or lemon juice allow two or three of oil, one-half teaspoon of salt and a little paprika or other pepper. Beat the mixture vigorously or put it into a bottle and shake. One-fourth teaspoon of mustard or sugar may be added to the dressing or it may be flavored with onion, garlic or chopped parsley.

COOKED SALAD DRESSING

$\frac{3}{4}$ t salt	2 egg yolks, slightly beaten, or whole egg
1 t mustard	$\frac{3}{4}$ c milk or water
$1\frac{1}{2}$ T sugar	$\frac{1}{4}$ c mild vinegar
2 T flour	2 T fat

Mix dry ingredients. Add to egg yolk, mixing well. Add milk gradually, then vinegar very slowly. Cook over hot water, stirring until mixture thickens. Add fat. Strain and cool. Serve plain or fold in an equal amount of whipped cream just before using.

MAYONNAISE

$\frac{1}{2}$ t mustard (if desired)	1 T vinegar
$\frac{1}{2}$ t sugar	1 T lemon juice
$\frac{1}{2}$ t salt	1 c salad oil
1 egg yolk or 1 whole egg	

Mix first three ingredients, add egg, beat thoroly. Add vinegar, then add oil a few drops at a time (until it begins to thicken) beating constantly. Then add oil rapidly, add lemon juice and remaining oil. It is best to have all the ingredients cold.

SOUR-CREAM DRESSING

1 c sour cream	2 T vinegar (more or less according to the acidity of the cream)
$\frac{1}{4}$ t salt	
Dash pepper or paprika	

Whip the cream, add the seasoning and serve. This is a very good salad dressing and is easily prepared.

CABBAGE SALAD

Shred cabbage very fine. Let stand in cold water until crisp. Drain and mix with half as much chopped apple and a few raisins. Combine with either cream or mayonnaise dressing. Carrots or celery may be used instead of the apple. Green peppers, also, are good in a cabbage salad.

CUCUMBER AND TOMATO SALAD

Choose firm, fresh cucumbers and tomatoes. Peel and slice the cucumbers, dropping the slices into cold, salted water. Peel the

tomatoes and cut in halves crosswise. Arrange the tomatoes and cucumbers on cold, crisp lettuce leaves and serve with French or mayonnaise dressing.

POTATO SALAD

Cut cold boiled potatoes in half-inch cubes. Moisten with French dressing and let stand about one-half hour. Add chopped celery and a little finely chopped onion. Arrange on lettuce leaves. Garnish with slices of hard-cooked eggs and a little mayonnaise.

FRUIT AND CHEESE SALAD

Arrange halves of canned peaches or pears on lettuce leaves. Place in center of each half of fruit well-seasoned cottage cheese. Serve with boiled salad dressing.

JELLIED TOMATO SALAD

2½ c tomato juice	Chopped parsley
4 t gelatin	2 T sugar if desired
3 cloves	2 T mild vinegar
½ t salt	

Soak gelatin in ½ cup of tomato juice. Boil remainder of juice with salt and cloves for one minute. Remove from fire. Add gelatin. Stir until dissolved. Strain. Add parsley, pour into molds. Chill. When firm, unmold on a lettuce leaf. Serve with mayonnaise dressing.

MEETING 6. Desserts.

A. Study and Discussion.

1. Supper menus planned at home (Meeting 5).
 - (a) Study these to see if the desserts are suitable to be eaten with the rest of the meal.
 - (b) Scoring.
2. Simple supper desserts.

List a number of simple desserts.

B. Demonstrations.

1. Make tapioca, cornstarch or snow pudding.

2. Make soft custard and serve it in various ways. Floating island, with sponge cake, or with fruit.
3. Serve a canned fruit with sponge cake (cake not made at meeting).

C. Report by club members.

D. Home Work.

Prepare other desserts by recipes given below. Prepare desserts for three meals.

DESSERTS

There are so many different kinds of desserts that often it is difficult to decide what to serve at a meal. The dessert chosen should depend upon what is served for the rest of the meal. It should be considered part of the meal, not just something to finish on. If the main part of the meal is heavy, no dessert or a light one is needed. If the main part of the meal contains a great deal of starchy food (such as potatoes, corn and lima beans) a bread pudding or cornstarch pudding is less appropriate than fruit dessert. If fresh vegetables and a green salad make up the main part of the meal, a rice custard or a tapioca pudding, pie or cake may be served. Fresh and stewed fruits, junket, gelatin desserts, fruit ices and sponge cake usually are better choices than pies and rich cakes.

SOFT CUSTARD

2 c scalded milk
Yolk of 2 or 3 eggs
 $\frac{1}{8}$ t salt

$\frac{1}{4}$ c sugar
 $\frac{1}{2}$ t vanilla or lemon extract

Beat eggs slightly with a fork, add sugar and salt; stir constantly while adding hot milk. Cook in double boiler over hot water, continue stirring until mixture thickens and a coating is formed on the spoon. Strain, chill and flavor. If cooked too long the custard curdles. Should this happen, beat with an egg beater until smooth. When eggs are scarce, use yolks of two eggs and one-half tablespoon of cornstarch, or use two whole eggs.

Variations in serving.

1. Serve in glasses with whipped cream or meringue on top.

2. Pour over slices of stale cake.
3. Arrange alternate layers of stale cake and canned peaches in dessert dish and pour soft custard over them.
4. Serve with snow pudding.

BAKED CUSTARD

The mixture prepared as for soft custard may be put into custard cups or into an earthen dish and baked in a moderate oven until a knife when inserted comes out clean. Set the dishes in a pan of hot water while baking.

CORNSTARCH PUDDING

4 T cornstarch	2 c milk
$\frac{1}{4}$ c sugar	1 t vanilla
$\frac{1}{8}$ t salt	

Mix the cornstarch, sugar and salt with a half cup of the cold milk. Heat the rest of the milk and add the cornstarch mixture to it. Cook the pudding in a double boiler, stirring until it thickens; then cover and cook it for half an hour. Add the vanilla after taking the pudding from the stove, then pour into a dish to mold. The pudding may be served with milk, soft custard or some other sauce. It is also good served with berries or stewed fruit.

SCALLOPED APPLES

2 c soft bread crumbs	$\frac{1}{4}$ t cinnamon
2 T butter	$\frac{1}{2}$ t nutmeg
3 c apples	$\frac{1}{2}$ lemon, juice and rind
$\frac{1}{2}$ c sugar	$\frac{1}{4}$ c water

Butter the bread crumbs. Chop or cut the apples in small pieces and add the remaining ingredients to the apples. Put one-fourth of the crumbs into the bottom of the buttered baking dish, add one-half of the apple mixture, then one-fourth of the crumbs, the remainder of the apples, and then cover with remainder of the crumbs. Bake forty to sixty minutes in a moderate oven until apples are tender and the crumbs brown. Cover during first twenty minutes of baking. Serve hot with sugar and cream or hard sauce.

HARD SAUCE

½ c butter
1 t vanilla

1 c powdered sugar

Cream the butter, add the sugar gradually, then the flavoring. Chill and serve over hot puddings.

MEETING 7. Candy.

A. Study and Discussion.

1. Candy.
 - (a) Food value of sugar.
 - (b) Excessive use of sugar and its effect.
 - (c) Candy as dessert.
2. The menu for the demonstration supper.

B. Demonstrations.

1. Make fruit candies. Candied orange peel, stuffed dates, stuffed figs.
2. Make fudge, molasses candy or fondant.
3. Prepare an attractive gift box of candy or jellies and marmalades.

C. Report by club members.

D. Home Work.

1. Make a gift box. A spray of holly, pine, bittersweet or mistletoe may be used for decorating the box. Coffee cans make lovely boxes when enameled.
2. Make flour muffins and bring to Meeting 8.

CANDIED FRUITS

Such fruits as pears, peaches, apples and quinces may be cooked in a heavy syrup, then dried and used as a confection.

CANDIED ORANGE PEEL

1½ c sugar
¾ c water

Peel from 4 oranges

Cover orange peel with cold water and bring to boil, cook until tender. Drain and cut with scissors into $\frac{1}{4}$ inch strips. Add orange strips to the syrup, made of the sugar and water. Cook until syrup is nearly all absorbed. Drain and roll each piece in granulated sugar. Grapefruit or lemon peel may be made in the same way.

CHOCOLATE FUDGE

3 c sugar	2 to 3 squares chocolate, cut
$1\frac{1}{2}$ c milk	in small pieces
3 T corn syrup	3 T butter
1 t vanilla	Few grains salt

Mix sugar, milk, corn syrup and chocolate. Stir until chocolate is melted. Boil until the mixture forms a soft ball when tested in cold water. Add butter just before removing from the fire. Let stand until cool; add flavoring and then beat until creamy. Pour into buttered pans. Cool, cut into squares. Nut meats may be added as candy begins to cream, before pouring into pan.

A good fudge is smooth in texture (not grainy) and firm but creamy. The corn syrup and the cooling of the cooked mixture before beating give these qualities. Fudge is apt to curdle at the beginning of the cooking processes, especially if made with brown sugar. This can be prevented by constant stirring when the mixture just starts cooking. Butter is best added at the end of the cooking.

MOLASSES TAFFY

3 c sugar	$\frac{1}{2}$ t cream of tartar
1 c molasses	$\frac{1}{2}$ c butter
1 c hot water	$\frac{1}{4}$ t soda
1 T vinegar	$\frac{1}{2}$ t vanilla

Mix sugar, molasses, water and vinegar. Boil. Add cream of tartar. When candy is nearly done, add butter and soda. Cook mixture to brittle stage (mixture will separate into threads when tested in cold water). Pour on greased plates. When cool enough to handle, flavor and pull. When taffy is light colored and porous, twist and cut into one-inch pieces.

MEETING 8. Quick Breads.

A. Study and Discussion.

1. Characteristics of good breads.
2. Judging quick breads—flour muffins.

B. Demonstrations.

1. Make whole-wheat muffins.
2. Make a loaf of quick bread, as nut or orange bread.

C. Report by club members on work done at home.

D. Home Work.

1. Plan a menu for a luncheon and submit at Meeting 9. Best menu will be selected to be prepared at final meeting. Make a loaf of quick bread.

FLOUR MUFFINS

2 c flour	2 T fat
3 t baking powder	1 egg
½ t salt	1 c milk
½ T sugar	

Sift the dry ingredients together. Beat the egg, add milk and melted fat. Add liquid to the dry ingredients and stir only enough to mix ingredients. If stirred too much tunnels will be found thru the muffins after they are baked. Drop batter into greased muffin tins. Bake in a quick oven until they are well browned, about 15-20 minutes. Remove from pans at once.

WHOLE-WHEAT SOUR-MILK BISCUITS

1½ c whole wheat or graham flour	½ t soda
½ c white flour	4 T fat
¾ t salt	⅔ c sour milk (approximately)
2 t baking powder	

Mix and sift all dry ingredients, except soda. Combine fat with dry ingredients by cutting in with knives or a pastry mixer or by rubbing with tips of fingers. Stir soda into sour milk. Pour milk into flour mixture and mix lightly. Knead dough lightly on floured

board. Roll carefully to about $\frac{1}{2}$ inch thickness and cut with biscuit cutter. Place on sheet and bake in hot oven for 12 to 15 minutes.

FRUIT-NUT BREAD

2 c milk	2 c graham flour
2 eggs	1 t salt
$\frac{1}{2}$ c brown sugar	4 t baking powder
2 T melted fat	1 c seedless raisins
2 c white flour	$\frac{1}{2}$ c chopped nuts

Sift graham flour and return the bran. Mix and sift white flour, salt and baking powder. Add sugar, raisins, and nuts. Add milk and fat to well-beaten eggs. Combine mixtures and stir vigorously until all flour is dampened. Pour into greased pans, allow to stand 15 to 20 minutes and bake in a moderate oven (350-375 degrees F.) 45 minutes.

MEETING 9. Table Service and Etiquette.

A. Study and Discussion.

1. Table service and etiquette.
 - (a) Setting the table for buffet and family supper. (See Kentucky Extension Circular 239).
 - (b) Duties of a hostess.
 - (c) Polite table manners.
 - (d) Care of the silverware.
2. Plans for demonstration supper or luncheon.
 - (a) Menus submitted.
 - (b) Choose one.
 - (c) Determine guests to be invited.
 - (d) Assign duties.

MEETING 10.

A. Demonstration.

Prepare and serve a supper or luncheon.
Complete record books.