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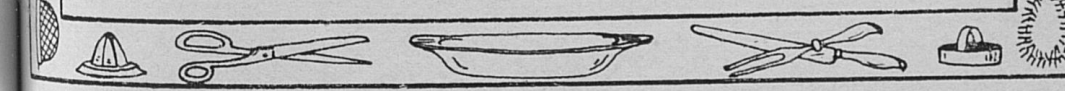
4-H FOOD MANUAL



Lexington, Ky.

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4-H FOOD MANUAL

BY EDITH LACY

PART I—FOOD SELECTION

The human body is a wonderful living machine that can grow and repair itself. It keeps repairing itself as long as life lasts, and even when actual work and play cease, breathing, digestion and circulation continue. What supplies the human body with this power to build tissue, produce energy and keep every part in working order? The answer is food. All the functions of the body must be provided for by foods in the diet. A specific food may supply all needs of the body or only one. However, those substances which furnish energy, build tissue or regulate body processes must be provided by the diet as a whole, to keep the body in health. Most foods are a mixture of a number of different substances and can fulfill more than one of the needs of the body. The substances found in foods, which are necessary to the body, may be grouped under six headings. They are:

Foods	What Foods Do For The Body
1. Carbohydrates, starches, cellulose and sugars	Supply energy
2. Fats	Supply energy
3. Proteins	Build, repair and furnish energy
4. Mineral substances	Build tissue and regulate body processes

- | | |
|-------------|---|
| 5. Vitamins | Protect from disease and keep well |
| 6. Water | Regulates, enters into the the making of all body tissue. |

Cellulose, the indigestible fiber found in some foods, is necessary to give bulk to the material in the alimentary tract and prevent constipation. This fiber is not classed as a food, since it cannot be assimilated by the body.

Carbohydrates and *fats* are energy foods. Energy foods furnish warmth, the power to work and to play and to carry on the body processes of breathing and circulation of the blood, etc. Energy foods also produce the needed fat paddings over nerves, muscles and bones. If the body is not supplied with enough energy foods, the fat already stored in the body is burned. When the fat is consumed, the body then draws for its needs on the muscle tissue and this weakens the body as a whole. If we eat too much of carbohydrates and fats we become too fat or overweight. A person can tell whether she is getting the right amount of energy food by checking herself with the standard table for height and weight. (Bread, butter, milk, yolk of egg, and cereals are among the best energy producers.) Since boys and girls usually are very active, they can use much energy food.

Protein is the chief material from which muscles and flesh are made. It builds and keeps in repair the body tissue, muscle, nerve, blood and bone. Building and growing is the most important business of the young up to twenty years of age. So the protein foods should not be crowded out with desserts, candies, ice cream. There are several proteins and they are not all alike so a variety is needed. Milk, cheese, eggs, lean meat, fish, fowl, nuts, peas and beans contain much protein.

Mineral Substances form the ash that is left behind when the foods are burned in the body. Many mineral substances are used in the body but calcium, iron and phosphorus are the three that are most needed. Minerals are needed in growth

because they must form a part of the muscle, flesh, teeth, bone and fluids of the body. They are also needed because they help to regulate or to keep the body in good working order. They aid in the body processes of digestion, heart action and body secretions. A compound containing iron makes the blood red and gives it its power to carry oxygen throughout the body. Calcium is required in building bone and teeth and body fluids. Phosphorus is needed for every body tissue. Fruits and vegetables are the main sources of mineral substance.

Vitamins. Besides carbohydrates, fats, proteins and mineral substances certain other substances called vitamins are present in foods. They have the power to stimulate growth and to help build up resistance to disease. They are present in most foods as they appear in nature but are absent in highly refined foods. Lack of vitamin A results in stunted growth in children and a disease of the eyes at all ages. Vitamin B is necessary for growth, helps to stimulate the appetite and aids digestion. (A lack of vitamin B results in a disease known as beri beri.) Lack of vitamin C results in a disease called scurvy. If vitamin D is missing in the diet a disease of the bone known as rickets results. Other vitamins E and G are known and are necessary to health.

Water forms a part of all body tissue and is important as a regulating substance. Body tissues are three-fourths water. Water also aids digestion and prevents constipation. Six or eight glasses of water are needed a day by the individual.

PLANNING AND SELECTING MEALS

We ought to 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 our 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 pro-

GUIDE FOR MEAL PLANNING

Energy-Producing Foods		Body-Building and Regulating Foods				Protective Foods-Vitamins				
Starch	Sugar	Fat	Protein	Calcium	Phosphorous	Iron	To prevent infection A	To prevent nervous disorders B	To prevent scurvy C	To prevent rickets D
Bananas Bread Cakes Corn Crackers Cereals Macaroni Potatoes Sweet-potatoes Pies Rice Tapioca	All sweet desserts Candy Dried fruits Honey Jam Jelly Molasses Preserves Sugar Syrup	All oils and fats Bacon Butter Chocolate Cream Eggs Fat pork Lard Nuts	Beans, dried Cheese Eggs Fish Gelatine Meats (lean) Milk Nuts Peas (dried) Poultry	Apricots (dried) Beans (dried) Beans (dried) Peas (dried) Cauliflower Chard Cheese Dates Egg yolks Figs (dried) Greens Grains, whole Milk	Beans, dried Beans fresh Cereals (whole grain) Eggs Peas, dried Peas, fresh Cowpeas dry Lentils Meats Milk Nuts Raisins (dried) Whole grains	Beans (dried) Beans (fresh) Beef (lean) Chard Dates Egg yolk Figs (dried) Figs (fresh) Kale Liver Lentils Molasses Olives Prunes (dried) Raisins Spinach Whole wheat bread	Butter Cheese Cream Carrots Chard Corn (yellow) Egg Spinach Milk Sweet-potatoes Rutabagas	Asparagus Beans (dried) Beans (string) Lettuce Spinach Whole grains Whole wheat bread Cabbage Carrots Cauliflower Celery	Apples (raw) Cheese Cabbage (raw) Grapefruit Lemons Milk Oranges Potatoes Tomatoes Rutabagas	Codliver oil Eggs Haliver oil Liver Milk Sunlight

portion of all. An adequate diet also supplies the minerals and vitamins we must have for perfect health. For ease in selecting foods that fill all the body requirements, select something from each of the following groups each day:

Cereals, bread, macaroni, rice, oatmeal and other breakfast foods.

Fats, butter, cream, olive oil, other oils and meat fat.

Vegetables and fruits, two of each every day, besides potatoes and dried beans.

Protein foods, meats, eggs, cheese, fish, dried beans and peas.

Sweets, sugar, sirups and honey. Use these sparingly.

Let milk play an important part in all meals. A quart a day for children, and at least a pint for adults, are the amounts needed for health.

It may not be possible to have all the necessary foods in one meal, but they should be supplied in one of 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. Although 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 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 breakfast may consist of:

No. 1.	No. 2.	No. 3.	No. 4.
Fruit	Fruit	Fruit	Fruit
Bread	Bread	Bread	Bread
Beverage	Cereal	Cereal	Cereal
	Beverage	Meat or eggs	Protein food
		Beverage	Beverage

A dinner may consist of:

Fruit or tomato juice.

Potatoes, dried rice or macaroni.

Other vegetables—two vegetables if possible, preferably one green or raw.

Meat, fish, egg, dried beans or cheese dish.

Bread and butter.

Salad, vegetable salad may take place of one vegetable named above or fruit salad may be used in place of dessert.

Sweets in moderation. Light desserts if the rest of the meal is heavy or heavier desserts may be served if the other part of the meal has been light.

Beverage.

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.

MEASUREMENTS

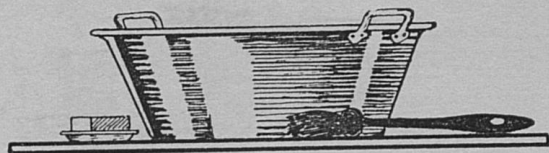
All measurements given in the 4-H Food Manual are level. The straight edge of a knife or a spatula is used to smooth the surface of dry ingredients. Dry materials, as flour and sugar, should be sifted, measured lightly and never shaken or pressed down. Fats are packed solidly into the measure. A spoonful 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 insure more satisfactory results.

Abbreviations and Equivalents—

Abbreviations	Equivalents
t.teaspoon	3 t.1 tb.
tb.tablespoon	16 tb.1 cup
c.cup	½ c.1 g.
spk.speck	2 c.1 pt.
oz.ounce	2 pt.1 qt.
lb.pound	4 qt.1 gal.
g.gill	2 gal.1 pk.
pt.pint	4 pk.1 bu.
qt.quart	16 oz.1 lb.
gal.gallon	
pk.peck	
bu.bushel	

Approximate Measures of a Given Weight of some Common
Food Materials

Food	Measure	Weight
Butter	2 cups	1 pound
Coffee	5 cups, ground	1 pound
Flour (bread)	4 cups, sifted once	1 pound
Flour (pastry)	4½ cups, sifted once	1 pound
Flour (graham)	4 cups, unsifted	1 pound
Meat	2 cups, chopped	1 pound
Sugar (granulated)	2 cups	1 pound
Sugar (brown)	2⅔ cups	1 pound
Sugar (confectioners)	3 cups	1 pound
Eggs (whole)	1 egg, (unbeaten)	3 tablespoons
Egg (white)	1 white, (unbeaten)	2 tablespoons
Cheese (American)	4 cups, grated	1 pound
Cheese (Cottage)	2 cups	1 pound

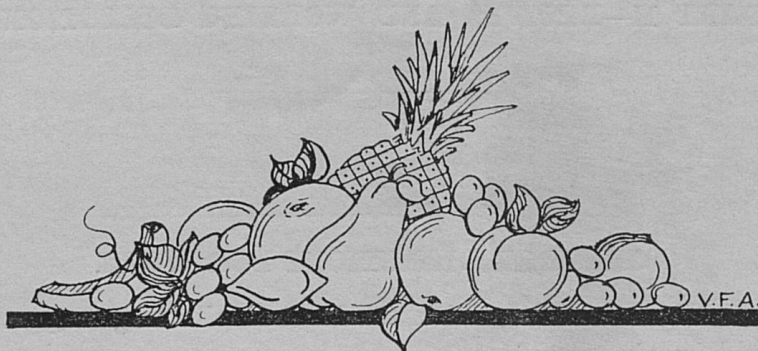
PART II—RECIPES AND WORKING DIRECTIONS**GENERAL DIRECTIONS FOR WORK**

When working with foods the following suggestions should be observed:

1. Wear hair back or held in place with a headband or hairnet.
2. Wear a clean wash dress, or cover dress with an apron.
3. Wash hands thoroughly and clean finger nails. Wear no jewelry.
4. Keep a hand towel and a kitchen holder near.
5. Read recipe through, plan work and assemble necessary utensils and materials.
6. Have fire ready at right time.
7. Keep the kitchen, stove and table neat and orderly.
8. Avoid wasting materials.
9. Never taste food from the spoon used in cooking. Use an extra spoon for tasting, putting the food from the stirring spoon into it.
10. Clean up as the work is done, putting dishes to soak, and washing them as there is time.

DISHWASHING

Scrape food from all dishes and pile them according to kind. Rinse in cold water, dishes which have been used for milk, eggs or starchy foods. Soak sticky dishes in hot water and wipe greasy dishes out well with paper before washing. Partially fill a dishpan with hot, soapy water and a rinsing pan with hot, clear water. Wash glassware first, next silver and then other dishes according to their cleanliness, washing the cooking utensils last. After drying all the dishes, wash the dish towels and cloths, rinse well, hang straight and then dry in the sun if possible.



FRUITS

A. Fresh Fruits

Ripe fruits only should be eaten raw. All fresh fruits should be washed well before serving. Such soft fruits as berries are best washed by being placed in a sieve and running water gently over them.

Apples and pears usually are served whole and each person is provided with a knife for quartering. When served whole they may be arranged attractively in one large bowl. Apples and pears when peeled or cut darken when exposed to air for any length of time. This can be prevented to a great extent by dropping the pieces in cold water. Addition of salt to the water is still more effective. Acid fruit juices, as lemon, used on fruits for salad are both effective for preventing discoloration and for the addition of flavor.

Berries of most any kind may be used for breakfast. Unless the berries are rather hard the sugar should be added just before serving or they will become soft and mushy.

Oranges may be cut in halves crosswise to be eaten with a spoon. They may also be served in sections or sliced. Chilled orange juice may be served in glasses.

Grapfruit may be served in halves cut crosswise and each section cut around with a sharp knife. The seeds should be removed and the tough center cut out. If they are to be eaten with sugar, this usually is added before serving, so that it may dissolve in the juice. Many prefer to eat grapefruit with salt instead of sugar or without either.

Grapes are served on the stem. If they are served in a central dish, they should be cut in bunches of convenient size for serving.

Melons. If they are small, may be cut in halves and seeds removed. Larger melons may be served in sections. They should be cold.

B. Cooked Fresh Fruits

Cooking softens the skin and fiber of fruits and develops new and pleasant flavors. It also makes it possible to keep the fruit a longer time. Apples, peaches and pears should be washed, cut in pieces, pared and cored or stoned before being stewed. Berries need only to be washed and sorted.

To cook fruits, add enough water to keep them from scorching, cook gently until tender and sweeten to taste. By this method the natural flavor but not the shape of the fruit is retained. To retain the shape of the fruit cook in a syrup. The proportion of sugar and water used in the syrup depends on the acidity of the fruit. For most well-ripened fruits two parts water to one part sugar gives a mildly sweetened product.

APPLE SAUCE

One pound apples, one-half cup sugar. Wash apples, pare, core and cut them into quarters. Cover the pieces with water and cook them until they begin to break, then add the sugar and boil one minute longer. If the apples are sour more sugar may be required. The sauce may be put through a sieve or left in separate pieces. Serve hot or cold.

Variations. A slice of lemon, two or three cloves, or a quarter of a teaspoon of cinnamon or ginger, may be cooked with the apples.

BAKED APPLES

Select apples of uniform size. Wash, core and place in a baking pan. Fill the centers of the apples with sugar, pour enough water around them to cover the bottom of the pan, and bake in a moderate oven from 20 to 30 minutes or until soft.

Baste every 10 minutes with the syrup. Serve hot or cold, with or without sugar and cream.

Variations. Brown sugar may be used. Spice may be added to the sugar. The centers of the apples may be filled with raisins, prunes, figs or chopped nuts. A little butter may be used.

BAKED BANANAS

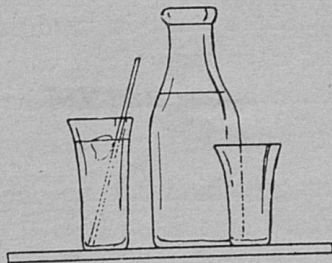
4 bananas -	1½ tb. sugar
½ tb. butter	Lemon juice

Peel the bananas and scrape off the "strings." Cut in halves lengthwise and place them in a pan with the cut surface up. Put dots of butter over the bananas, sprinkle them with sugar and pour lemon juice over them. Bake them in a moderate oven until the sugar has browned slightly.

C. Cooked Dried Fruits

Wash thoroughly before using. They may or may not be soaked in cold water before cooking. Soaking shortens the cooking period, gives a richer juice and helps to restore original shape and size of the fruit.

Allow from two to four times as much water as fruit, according to kind. If soaked, cook afterwards in the same water. Cook very slowly. The perfect product is plump and free from wrinkles. Sugar may be added, but most dried fruits contain sufficient sugar. Lemon juice may be added to bring out the flavor of the fruit.



BEVERAGES

Water is the most important of all beverages. It is needed by the body every day and in large amounts for the following purposes:

1. As an aid in the digestion of food.
2. To help carry digested food into the blood.
3. To regulate the consistency of the blood.
4. To keep the body the right temperature by evaporation.
5. As a means of carrying off waste matter.
6. To form part of the composition of the body tissues.

Some water is furnished to the body from the foods eaten. In addition to this every person should drink from five to eight glasses of water a day.

Milk is classified as a beverage because it contains such a large proportion of water. It is also one of our most important foods. It supplies calcium to build bones and teeth; vitamin A, a necessary material 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 eaten in soups, puddings, cereals, and in cocoa. Buttermilk may be used in place of sweet milk if butter is served with the bread or vegetables.

Cocoa and Chocolate. Cocoa is manufactured from the ground cocoa bean after about half of the fat is removed. Chocolate is made from the ground cocoa bean but does not have the fat removed; indeed it usually contains added fat and often sugar and condensed milk or starch. Both contain a harmful stimulant, something like that found in tea and coffee, but in

smaller proportion. Since milk is used in making cocoa and chocolate drinks they have more food value than coffee or tea. However, cocoa or chocolate should not be served regularly to children.

Coffee is a beverage which has no food value except that of the sugar and cream or milk which are added to it when served. It contains a harmful stimulant called caffeine which is particularly stimulating to the sensitive nervous system of a growing child. Children should drink milk instead of tea and coffee. However, it is well for us to know how to make coffee, since it is used frequently by adults.

Tea. There are two kinds of tea, black and green. The chief difference is that black tea leaves are fermented after picking while green leaves are not. Tea leaves contain the harmful stimulant, caffeine, and a substance called tannin which retards digestion. Freshly boiled water should be used for making tea. Boiling the leaves or allowing them to remain in the water for more than five minutes results in a bitter product containing much of the harmful substances.

BOILED COFFEE (FOR 4 PERSONS)

8 tb. coffee	1 egg shell or a slightly
Cold water	beaten egg
Few grains salt	4 c. boiling water

Stir the ground coffee with the crushed egg shell, or the egg and enough cold water to wet the mixture, add salt. Pour the boiling water over the mixture and boil the coffee three minutes. To clear the grounds out of the spout, pour a little coffee and put it back into the pot. Next, pour 3 tb. cold water into the pot and put it in a warm place for five minutes to settle. Long boiling brings out a bitter flavor and more of the harmful stimulant.

PERCOLATED COFFEE

8 tb. medium-ground coffee	4 c. water
Few grains salt	

Place coffee and salt in the strainer of the coffee pot with

the water below. Place over fire and let water percolate slowly and gently through coffee for about 10 minutes.

CAFE AU LAIT

Serve coffee with an equal quantity of hot milk. Pour the hot coffee and hot milk into the cup at the same time.

TEA (FOR 4 PERSONS)

2 t. of tea

4 c. boiling water

Heat the teapot by pouring boiling water into it. Pour out the water and add the tea leaves. Pour over them the freshly bubbling boiled water. Place teapot in a warm place for the tea to steep and in about 3 minutes strain. If the water stands on the tea leaves too long the tea will be bitter. A still simpler way to make tea is to put the tea into a tea ball or a small strainer and dip it into the freshly boiled water, removing the tea as soon as the water is sufficiently colored. The tea may be served hot or iced. Lemon is a pleasing addition to either hot or iced tea.

CHOCOLATE

1 square chocolate

3½ c. scalded milk

2 to 4 tb. sugar

Few grains salt

½ c. water

Combine chocolate, sugar and salt, then add water, preferably hot. Boil until smooth and glossy, stirring. Add milk, reheat, beat with dover egg beater just before serving. The flavor is improved if the mixture is allowed to stand half an hour or more over hot water. Add a few drops of vanilla before serving. Garnish with whipped cream or marshmallows if desired.

SPICED GRAPE JUICE

4 c. grape juice

4 pieces orange rind free

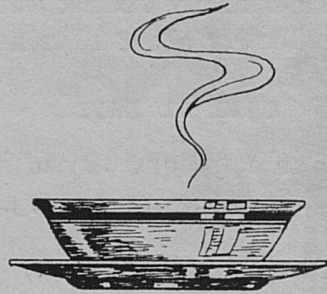
1½ t. whole cloves

from white portion, 1

4 inch stick cinnamon

inch square

Mix all ingredients. Simmer 10 minutes. Strain. Serve hot. Whole spices are used to ensure a clear beverage. This makes eight servings, one-half cup each.



BREAKFAST CEREALS

General Directions for Cooking. Cereals may be boiled or steamed. They may be steamed in a double boiler or a fireless cooker. Boiling is recommended for rice or granular products only, as the required stirring is apt to spoil the appearance and texture of flakes or whole grains. Long cooking gives a better flavor, therefore fireless cooking is an excellent method to use. The amount of water used will vary according to the variety of cereal and the desired consistency of the finished product.

Boil water in upper part of double boiler, and add salt. Then add cereal slowly, stirring as little as possible. Use a fork for any stirring in order to retain the shape of whole or flaked grains. Cook over direct heat from 3 to 10 minutes. Stir very little during this time unless a mush is desired. Then cover, place over boiling water and cook the required time.

If cereal is to be cooked in the fireless cooker reduce the amount of water used.

Cereal cooked over direct heat requires a very low heat and much watching and stirring.

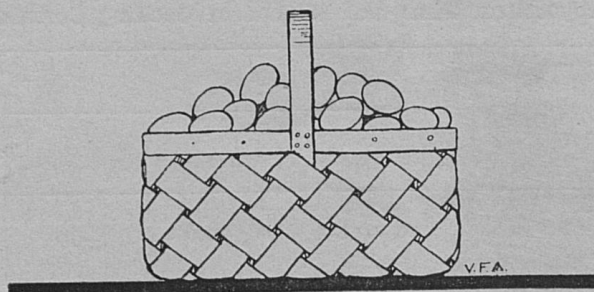
Many quick-cooking cereals are on the market now. These have been pre-cooked in the factory and require but little additional cooking at home. Directions given on the package are usually sufficient for their preparation.

Raisins, dates, figs and other dried fruits are a nutritious addition to hot cereal.

Proportions, Time and Method of Cooking Cereals

Cereal	Double Boiler		Direct Heat	
	Water for 1 cup of cereal	Time of cooking	Water for 1 cup of cereal	Time of cooking
	cups	hrs. min.	cups	hrs. min.
Whole wheat	4	2 30	4	1 15
Rice	4	1 0	2-3	0 30
Cracked wheat	4	2 0	4	0 45
Hominy grits (not quick-cooking)	4	2-3 0	4	2 0
Rolled oats (not quick-cooking)	1 $\frac{3}{4}$	45 min. to 1 hr.	2	0 20
Corn meal	6	1-2 0	6	0 45
Cream of wheat.....	5	0 45	5	0 20-30

Allow $\frac{1}{4}$ - $\frac{1}{2}$ t. salt for each cup of water used.



EGGS

The effect of heat upon protein foods is well illustrated in the cooking of eggs. The white of the egg, which consists largely of the protein known as albumen, gets tough and leathery when cooked at a high temperature. For this reason it is best to cook eggs and foods containing eggs at as low a temperature as possible. Egg dishes cooked in the oven should be set in a pan of hot water which is not allowed to boil.

EGGS COOKED IN THE SHELL

Place eggs in enough boiling water to cover them. Cover, set pan where water will keep hot but not boil. Leave eggs in water:

- 4- 6 minutes for soft-cooked eggs
- 6- 8 minutes for medium-cooked eggs
- 30-45 minutes for hard-cooked eggs

POACHED EGGS

Have a shallow saucepan about two-thirds full of boiling salted water. Break fresh eggs into a small dish and slip them into the gently boiling water. Cover the pan and place it where the water will stay hot but not boil. The steam will help form a white film over the eggs. When the white is firm, remove eggs carefully with a perforated skimmer, to pieces of buttered toast arranged on a hot platter. Season with butter and salt. A sprig of parsley makes an attractive garnish.

SHIRRED EGGS

Butter individual baking dishes. Break one egg into each.

Cover with buttered crumbs. Place dishes in pan of water and bake in a moderate oven until of the desired consistency.

FRIED EGGS

Heat a small amount of fat in a frying pan, but do not heat it to the smoking point. Break the eggs into the fat. Dip a little of the fat and pour it over the eggs to make a white coat over the yolks. Sprinkle with salt and pepper. When the eggs are firm enough to be removed without breaking, place them on a hot platter for serving.

BAKED EGGS AND CHEESE

Break the desired number of eggs into a shallow, greased baking dish, add a few tablespoons of cream and salt enough to season and sprinkle with a mixture of grated cheese and fine, dry bread crumbs. Set this dish in a pan containing hot water and bake in a moderate oven (350° F.) until the eggs are set and the crumbs are brown. Just before serving add a few dashes of paprika.

EGGS BENEDICT

Toast slices of bread, or split and toast muffins. Place on each piece of toast a thin slice of cooked ham or crisp-cooked bacon, and on top of this a poached egg. Cover with hot Hollandaise sauce and serve at once.

HOLLANDAISE SAUCE

Put two egg yolks and a tablespoon of lemon juice into a pan over warm water. Have handy one-half cup of butter and mix it slowly, a little at a time into the egg and lemon mixture. Stir constantly until the mixture thickens.

CREAMED EGGS

4 hard-cooked eggs	$\frac{3}{4}$ tb. salt
3 tb. flour	3 tb. butter
Pepper	1½ c. milk

Make a white sauce of the butter, flour, seasonings and milk. Add the sliced eggs to this sauce. This may be served on hot, buttered toast or toasted biscuit. This recipe serves six persons.

GOLDENROD EGGS

Use recipe given for creamed eggs but serve in following way: Separate the yolks from the whites of the hard-cooked eggs. Chop the whites and press the yolks through a sieve or crush them with a fork. Add the chopped whites to the white sauce and pour over toast. Sprinkle the yolks over the top of this. Garnish with parsley and serve at once.

OMELET

For each egg use 2 tb. milk or water. To make a puffy omelet, beat the yolk and white separately. Mix the yolk, seasoning and the liquid together and fold into the stiffly beaten white. To make a plain omelet, beat the whole egg and mix it with the liquid and seasoning. Put a teaspoon of fat for each egg used, into a frying pan and when it is hot turn in the omelet, spreading it over evenly. Cook it slowly until the bottom is evenly browned. When the omelet is set and delicately browned underneath, place in a hot oven for a few minutes to dry the top. Fold and serve at once.

Variations. Grated cheese may be sprinkled over a puffy omelet before placing it in the oven. Jelly omelet may be made by spreading with soft jelly a puffy omelet before it is folded. Chopped ham or flaked fish may be added to the puffy omelet before cooking.



MEATS

Meat is made up of muscle tissue and fat. The muscle tissue is composed of bundles of fibers which can be divided into small, single fibers or tubes. These fibers, themselves composed of connective tissue called elastin, are held together by a network of another kind of connective tissue known as collagen. Fat is stored between the fibers in varying quantities. These muscle fibers are filled with juice which is made up of protein, mineral substances and extractives.

The amount of connective tissue in meat determines to a large extent the method of cooking to be used. Dry heat hardens connective tissues. Therefore only tender cuts of meat can be cooked successfully by broiling or frying. Even with these cuts dry heat must not be applied for too long a time, as they become hard and tasteless. Tough cuts contain much connective tissue and should be cooked slowly, in moist heat, which softens and dissolves this substance.

HAMBURG STEAK

1 lb. beef (round steak)	$\frac{1}{4}$ lb. pork or suet
1 t. salt	2 t. chopped onion
A little pepper	1 egg, slightly beaten

Hamburg steak may be bought already ground but is not always made of meat of high quality. Usually it is safer to buy a piece of meat and either grind it at home or ask the butcher to grind it. Chop the salt pork or suet with the meat. Sprinkle the salt over the meat and stir in the egg, the onion and pepper. Shape the meat into balls and flatten them out. Use about two tablespoonfuls of meat for each ball. Grease a hot frying pan very slightly for broiling. Have the pan very hot at first and sear the meat balls on both sides, then lessen the heat to finish cooking. Tomato sauce may be served with the meat cakes.

TOMATO SAUCE

½ can tomatoes
3 tb. butter
⅛ t. pepper

2½ tb. flour
¼ t. salt

Combine as for white sauce, using the tomatoes (either strained or not) in place of the milk.

BROILED STEAK OR CHOPS

Wipe the meat with a damp cloth and trim off the outer skin. If a wood or coal fire is used, have a bed of glowing coals. Grease the wire broiler. Place the meat on the broiler and sear one side and cook until about one-half done. Turn the broiler or the meat and cook on the other side until the meat is brown and done according to taste. The meat may be cooked in the same manner under the broiler in a gas or electric stove. Allow 6-12 minutes for a one-inch-thick steak, according to whether it is to be rare or well done.

PAN-BROILED STEAK

Prepare as for broiled steak. Rub a piece of fat over bottom of smoking hot frying pan. An iron skillet is desirable for this purpose as it retains the heat well and prevents burning. Place steak in pan and cook on one side until about half done. Then turn and cook the other side. Pour off fat as it accumulates in the skillet. Serve as for broiled steak.

SWISS STEAK

A round steak cut 1 to 2 inches thick. Wipe clean with a damp cloth. Place on a board and beat flour into both sides of the steak with the edge of a heavy plate. Pound in as much flour as the steak will take (this will be about one-half cup of flour).

Put two tablespoons of fat into a skillet and when hot, brown the steak thoroughly. Sprinkle salt and pepper over the meat, add one-half cup of water or tomatoes, cover skillet and let meat simmer until it is tender, from one to one and one-half hours. Add water as needed to prevent burning. This steak may be cooked on top of stove or in the oven. For serving, put

steak on a hot platter and pour the gravy over it. Onion, green pepper and tomatoes may be added for variety. If used, cut fine and sprinkle over meat after it is seared.

FRIED SALT PORK, COUNTRY STYLE

Cut salt pork in thin slices, dip in a mixture of cornmeal and flour, using two parts cornmeal to one part of flour; put into a hot, iron frying pan and cook until crisp and well browned, turning frequently. Remove from pan. Leave one and one-half tablespoons fat in pan, add two and one-half tablespoons flour and stir until well blended; then pour on gradually, while stirring, one cup of milk. Bring to the boiling point. Season with a little pepper and serve with the prepared pork.

HAM EN CASSEROLE

Wipe a slice of ham, cut two inches thick, and remove outside of ham. If ham is salty, soak for several hours in lukewarm water. Put into casserole. Pile on top of ham one and one-half cups of potatoes pared and thinly sliced. Pour over this two cups milk, cover and bake slowly from one to two hours.

SPARERIBS

Parboil spareribs for 30 minutes in baking pan on top of stove. Drain off water. Dredge spareribs with flour. Season with salt and pepper. Bake in slow oven until tender and brown. Sweetpotatoes may be pared and halved and cooked in oven with the meat.

General Directions for Roasting Meat. Place the meat in a large pan. Either sear the meat in hot fat before putting into the oven or put it on a rack and sear in a very hot oven. Searing is not necessary to keep in the juices or make the meat more tender. The only advantage of searing is to bring out the flavor that goes with browned meat. After searing, reduce the heat. Season with salt and pepper. The length of cooking depends upon the kind of meat and the size of the roast. Baste meats from time to time with the pan gravy, if an uncovered roaster is used. A self-basting, covered roaster saves this extra effort.

Time Table for Roasting Meats:

Meat	Minutes per lb.
Beef, rare	10-15
Beef, well done	20-25
Chicken	15-20
Lamb, well done	20
Pork, well done	25-30
Veal, well done	25

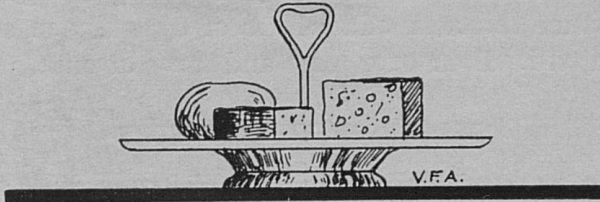
TAMALE PIE

1 c. cornmeal	1 tb. fat
3 c. boiling water	1 small onion, sliced
$\frac{3}{4}$ t. salt	$\frac{3}{4}$ c. tomato
$\frac{3}{4}$ lb. Hamburg steak	

Make a mush by stirring the cornmeal into the salted water and cooking it 45 minutes. Melt the fat in a frying pan, brown the onion in the fat, add the chopped meat and stir until it just loses its red color. Next, add the tomato and onion to the meat and season the whole to taste. Chili powder may be added for seasoning. Put a layer of cornmeal into a greased baking dish, add the meat mixture and cover it with cornmeal. Bake the pie for half an hour.

SAUTED LIVER

Calf, beef and pork liver are all commonly used. Calf liver is tender and has the mildest flavor and is richest in iron. Wipe with a damp cloth, cut into slices one-half inch thick. Remove large vein and outer skin. Dredge with flour, if desired, salt and pepper and saute (fry in small amount of fat). Bacon fat gives a delicious flavor. Bacon often is served with liver. Cook the liver slowly until it is brown and cooked through but not hard and dry. Extra care should be taken in cooking liver. The heat should not be too intense, as this may burn the liver rather than brown it.

CHEESE AND CHEESE DISHES**COTTAGE CHEESE**

The milk for cottage cheese should be freshly soured. Milk that is too old has a rancid, bitter flavor. Allow skim-milk to stand until it has clabbered. 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. Strain through a cheesecloth. 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 tb. butter	$\frac{3}{4}$ lb. soft mild cheese
2 tb. chopped green pepper	$\frac{3}{4}$ t. salt
$1\frac{1}{2}$ tb. chopped onion	A few grains of cayenne
$\frac{1}{2}$ c. canned tomato pulp	2 tb. milk
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 and cayenne. Cook over hot water until cheese is melted, then add milk and egg slightly beaten. Serve on toast or crackers. This dish is nice for Sunday night suppers.

CREAMED CHEESE ON TOAST

1 c. milk	A few grains pepper
1 tb. butter	$\frac{3}{4}$ c. grated cheese
1 tb. flour	Yolks of 2 eggs
$\frac{3}{4}$ t. salt	Whites of 2 eggs

Make a white sauce of first five ingredients. Add cheese and, as soon as cheese melts, the yolks of eggs slightly beaten. When mixture thickens, add whites of eggs beaten stiff. Eggs may be omitted. Pour over toast and serve at once.

MACARONI WITH CHEESE

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

SPANISH RICE

$\frac{1}{3}$ c. rice, uncooked	1 c. cheese cut in small pieces
2 c. canned tomatoes	2 tb. fat
1 c. hot water	2 t. salt
3 tb. chopped onion	Speck of cayenne
1 tb. chopped green pepper	

Mix ingredients and put into an oiled baking dish. Bake slowly, uncovered, for about one hour or until rice is soft. Stir occasionally as needed. Chopped celery may be added if desired.

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 SPINACH SOUP

2 c. cooked spinach	4 tb. fat
4 tb. flour	1 t. salt
4 c. milk and spinach water	Paprika or a little pepper

Cook the spinach until it is soft, and chop very fine or put through a sieve. Make cream sauce of other ingredients, add chopped spinach. Bacon fat adds flavor to this soup.

Celery, onion and asparagus may be prepared by the same general method. Any water which remains after cooking the vegetables may be used as part of the liquid for the white sauce. With strong-flavored vegetables like onion, less vegetable may be used.

Beans, corn, peas and potatoes all contain a considerable proportion of starch which helps thicken the soup, so with these vegetables only about half as much flour is required in the cream sauce.

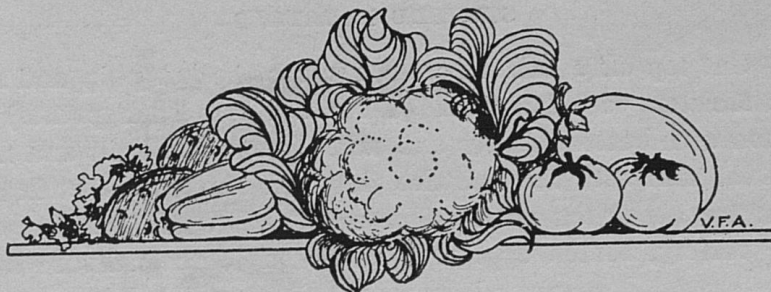
CREAM OF POTATO SOUP

1 to 1½ c. mashed potato	2 slices onion
2 tb. flour	1 tb. fat
4 c. milk or milk and vegetable water	1½ t. salt

The flavor of this soup is better if the potatoes are freshly cooked. Boil and mash or rice the potatoes. Meanwhile heat the milk with the onion. Pour the hot milk over the potatoes and rub them through a strainer. Add the flour by mixing with

enough cold milk or water to pour readily. Add fat and seasoning and boil a minute or two until the soup thickens. Celery salt or chopped parsley make good seasoning, or a few celery leaves may be cooked in the milk, with the onion.

Garnishes. Chopped parsley, a small amount of whipped cream, a dash of paprika, riced hard-cooked egg yolks, grated or toasted cubes of bread are suitable garnishes for soups.



VEGETABLES

A liberal amount and variety of vegetables in the diet promote health and vigor. It is necessary to eat some vegetables every day to keep the body in good condition. Vegetables are important for growth and health, since they contain:

1. Mineral substances which
 - a. Stimulate muscular activity
 - b. Build bones, teeth and nails
 - c. Aid in the digestion of food
 - d. Keep the blood pure and in good condition.
2. A woody fiber called cellulose which is an aid in preventing constipation.
3. Starch and sugar which are a means of keeping the body warm and furnishing it power.
4. A muscle-building material called protein.
5. Important substances called vitamins, necessary for growth and health.

Potatoes are a fuel food. Dried peas and beans are fuel and building foods. Green vegetables, as spinach and cabbage, are both building and regulating foods.

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.

STUFFED POTATOES

Cut top off a baked potato, remove the hot pulp and mash it. Moisten with hot milk (about 2 tb. to each potato) and season with butter, pepper and salt. Beat until light and fluffy. Fill the skin with this mixture, dot with butter and set in a hot oven for about ten minutes, or until the top is well browned. For variety, beaten eggs may be added to the mixture before cases are filled, or grated cheese may be sprinkled over the top.

SCALLOPED POTATOES

Milk	Raw potatoes sliced
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.

BUTTERED BEETS

2 c. diced beets	1 tb. butter
$\frac{1}{2}$ t. salt	

Wash the beets, cutting off the stems about two inches from the beets, leaving roots on, and cook them until tender, in enough boiling water to cover them. Drain and put them into cold water so the skins may be removed easily. Dice the beets and add salt and butter. Reheat and serve. A sour sauce may be used instead of the butter.

SOUR SAUCE FOR BEETS

Melt 2 tb. of butter and add 2 tb. flour. Add $\frac{1}{2}$ c. of water, $\frac{1}{4}$ c. of vinegar, $\frac{1}{4}$ c. of cream, 1 t. sugar and a little salt and pepper. Bring to boil and boil for a minute.

CREAMED ONIONS

4. c. cooked onions	2 c. medium white sauce
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Put onions into a pan of cold water. Take off the outer skins while they are under the water. Pour off the cold water and put the onions into boiling salted water. Boil them until tender. Drain. Add the onions to the hot white sauce. Reheat and serve.

SCALLOPED CABBAGE

$\frac{1}{4}$ c. medium white sauce	$\frac{3}{4}$ c. cheese
2 c. cooked cabbage	4 t. butter
Bread crumbs	

Remove the outer leaves of the cabbage. Slice and cook in boiling salted water until tender, eight to twenty minutes. Do not cover container. Drain the cabbage. Place a layer of bread crumbs in a baking dish. Add the cooked cabbage. Pour over this a part of the white sauce to which the cheese has been added. Continue with two or three such layers. Melt butter and add it to one-half cup of bread crumbs. Sprinkle the crumbs over top of dish. Bake until mixture is thoroughly heated and the crumbs are brown.

STEWED TOMATOES

Wash the tomatoes. Dip them in boiling water for two or three minutes, then dip in cold water and remove skins. Cut tomatoes in pieces and put into stew pan. Cook slowly for about twenty minutes, stirring often to keep from burning. Season to taste with salt, pepper and butter.

SCALLOPED TOMATOES AND PEPPERS

4 c. fresh tomatoes	2 t. butter
1 c. sweet green pepper, cut very fine	2 c. bread crumbs
	$1\frac{1}{2}$ t. salt

Place a layer of peppers and a layer of bread crumbs in a baking dish and pour tomatoes over them. Continue with two or three such layers. Mix one-third cup of bread crumbs with the melted butter and sprinkle on top of the dish. Place a piece of paper over the dish so that the crumbs will not burn. Bake in moderate oven until peppers are well cooked.

SWEETPOTATOES (SOUTHERN STYLE)

3 tb. butter	Salt and pepper
2 tb. sugar (brown)	Boiling water
6 sweetpotatoes	

Scrub and pare the sweetpotatoes, cut them in slices lengthwise. Put butter and sugar into a frying pan and, when hot, add sweetpotatoes. Brown the sweetpotatoes, add the salt and pepper and enough boiling water to cover the bottom of the frying pan. Cover and cook slowly until the sweetpotatoes are tender. Nearly all the water should be evaporated when the sweetpotatoes are cooked; that which remains should be poured over them as a sauce.

Sweetpotatoes may also be cooked in a casserole in the oven. Uncover the casserole when they are almost tender, in order to brown them.

FRESH PEAS

Remove from the pods as soon as possible after picking. Use only enough water to cover and cook in an uncovered kettle about fifteen to twenty minutes. The water should be nearly evaporated. Add salt, butter and milk or cream.

SPINACH

Wash spinach thoroughly in several waters to remove all dirt and sand. Allow it to stand in water and then pick over it carefully. Put into a kettle without adding any water, as enough water adheres to the leaves. Cook fifteen minutes or until tender; do not drain; season with butter and salt and simmer for a few minutes. Garnish the dish with slices of hard-cooked eggs or egg which has been forced through a sieve. One peck of spinach makes about three cupfuls when cooked this way.

Other tender greens may be cooked the same way. If greens are old and tough it may be necessary to use water in cooking. Any liquid remaining after cooking is rich in mineral salts and should be utilized in soups if possible.

CORN CHOWDER

- | | |
|---|-------------------|
| 1 can corn | 1 slice onion |
| 4 c. potatoes cut in $\frac{1}{4}$
inch slices | 4 c. scalded milk |
| 1½ in. cube fat salt pork | 8 crackers |
| Salt and pepper | 1 tb. butter |

Cut pork in small pieces and fry out, add onion, and cook five minutes, stirring often so onion will not burn. Parboil potatoes five minutes in boiling water to cover; drain and add potatoes to fat. Then add two cups of boiling water; cook until potatoes are soft, add corn and milk and heat to boiling point. Season with salt and pepper; add butter and crackers. Remove crackers, turn chowder into serving bowl and put crackers on top.

SAUCES

A sauce may be used as an accompaniment to meat, fish, vegetable, or dessert. The flavor should not be so decided that it obscures the flavor of dish with which it is served.

White sauces are the most important starchy sauces and are used as the foundation of many dishes.

Very Thin White Sauce. (For creamed soups made from starchy vegetables)

1 tb. fat	½ tb. flour
1 c. milk	½ t. salt

Thin White Sauce. (For creamed soups)

1 tb. fat	1 tb. flour
1 c. milk	½ t. salt

Medium White Sauce. (For creamed and scalloped dishes and gravies)

2 tb. fat	2 tb. flour
1 c. milk	½ t. salt

Thick White Sauce. (For souffles)

2 tb. fat	3-4 tb. flour
1 c. milk	½ t. salt

Very Thick White Sauce. (For croquettes)

2½ tb. fat	4-5 tb. flour
1 c. milk	½ t. salt

Method: Melt the butter in a saucepan, add flour, mixing thoroughly. Add a small portion of the milk. Heat and stir continually until it thickens. Add rest of milk, stir until it thickens and boil a few minutes. Add salt.

Other liquids, as vegetable water or stock, may be substituted for part of the milk. Such seasonings as celery-salt, onion, pimiento, parsley or paprika, may be a pleasing addition. Grated cheese may be added to the sauce.

Brown Sauce.

- 1 c. liquid, as water, meat stock, vegetable stock, or milk
 1½ tb. light brown flour or 3 tb. dark brown flour
 2 tb. fat (meat fats often used)
 ½ t. salt
 Pepper or other seasonings

Mix as for white sauce. To brown the flour spread it in a thin layer on a flat surface. Bake in a hot oven stirring often until evenly browned throughout. The color may be light or dark as preferred. The thickening power is less in browned flours.

Vanilla Sauce.

- | | |
|--------------------|-----------------|
| 1 c. boiling water | ½ c. sugar |
| 1 tb. cornstarch | 1 t. vanilla |
| 2 tb. butter | Few grains salt |

Mix cornstarch with sugar and add boiling water. Cook until sauce is thickened. Add salt and butter and flavoring.

Variations.

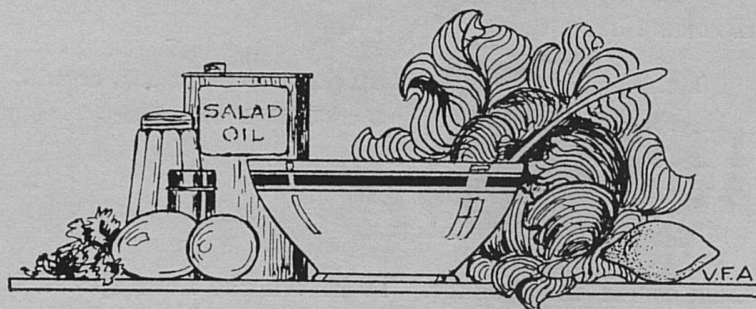
Lemon Sauce. Make as for vanilla sauce, decreasing butter to 1tb., omitting vanilla, and flavoring with 4 tb. lemon juice and a little grated lemon rind.

Chocolate Sauce. Make as for vanilla sauce, decreasing cornstarch to 2 t. and adding 1 square chocolate at the beginning of the cooking process.

Parsley Butter.

- | | |
|-------------------|-----------------------|
| 6 tb. butter | 3 tb. chopped parsley |
| 3 tb. lemon juice | ¾ t. salt |

Cream butter, add parsley, salt, and lemon juice slowly. Spread on steak, chops or fish. The food should be hot enough to melt the sauce.



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	
$1\frac{1}{2}$ tb. sugar	$\frac{3}{4}$ c. milk or water
2 tb. flour	$\frac{1}{4}$ c. mild vinegar
Speck cayenne	2 tb. 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 egg yolk or 1 whole egg
$\frac{1}{2}$ t. sugar	1 tb. vinegar
$\frac{1}{2}$ t. salt	1 tb. lemon juice
Few grains cayenne	1 c. salad oil

Mix first four ingredients, add egg, beat thoroughly. 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 tb. vinegar (more or
$\frac{1}{4}$ t. salt	less according to the acidity
Dash pepper or paprika	of the cream)

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

Salad greens. Lettuce forms a part of almost all salads. It is either used as a salad itself or as a bed or border for a salad. Cabbage, endive and celery sometimes are substituted for lettuce. 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 a damp cloth, place in an air-tight bucket and put into a cool place to crisp. Lettuce becomes crisp in several hours. Lettuce prepared this way keeps crisp and fresh several days. Before using, shake any remaining water from the leaves by swinging in a cheesecloth bag or by 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 it improves the flavor to have it stand.

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 SALAD

Remove the skin from a banana and cut in half-inch cubes. Peel two oranges free from the skin and cut in pieces. Wash and remove the seed from a quarter of pound of grapes and cut in halves. Break a few nut meats into small pieces. Mix together lightly with a fork. Arrange individual salads on lettuce leaves and serve with either French or boiled dressing. Home-canned fruits may be substituted. Also home-grown nuts may be used.

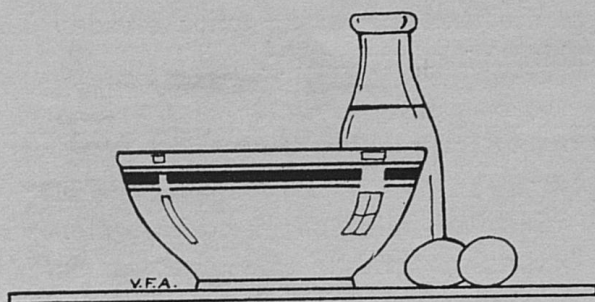
FRUIT AND CHEESE SALAD

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 tb. sugar if desired
3 cloves	2 tb. mild vinegar
½ t. salt	

Soak gelatin in ½ cup of tomato juice. Boil remainder of juice with salt and cloves for one minutes. 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.



BREAD

Toast and cold breads usually are more easily digested than hot breads, as they are chewed more thoroughly and do not form such lumpy masses in the stomach. The toasting of bread also partly digests the starch in the bread.

TOAST

Cut stale bread in one-half inch slices. Toast, turning frequently, using rack under broiler or in the oven. Toast to a golden brown on each side. Toast, if piled and allowed to stand, soon becomes tough. Toast may be buttered at table or before sending to the table. Left-over biscuit or muffins may be cut open and toasted.

CINNAMON TOAST

Toast bread, spread with butter and sprinkle with cinnamon and sugar, using three parts sugar to one part cinnamon. Let stand in warm oven until sugar has melted.

MILK TOAST

1 pt. scalded milk	$\frac{1}{2}$ t. salt
2 tb. butter	6 slices dry toast

Toast bread, butter and then pour the scalded milk over the toast as it is served.

QUICK BREADS

Quick breads are made with a leavening agent which acts quickly, enabling them to be baked at once. Baking powder,

soda or eggs are used in making quick breads. They may be used in combination or separately.

GENERAL PROPORTIONS OF LIQUIDS AND FLOUR IN QUICK BREADS

Mixtures which are thin enough to be beaten with a spoon are called batters, as griddle cakes and muffins; those thick enough to be handled on the board are called doughs, as biscuit and pie crust. More or less flour may be required than the amount given below.

- Batters.** (1) Pour batter: 1 c. liquid to 1 c. flour—popovers, griddle cakes, etc.
 (2) Drop batter: 1 c. liquid to 2 c. flour—muffins, fritters, etc.
- Doughs.** (1) Soft dough: 1 c. liquid to 3 c. flour—biscuit.
 (2) Stiff dough: 1 c. liquid to 4 c. flour—pastry, noodles, etc.

WAFFLES

1 $\frac{1}{4}$ c. flour	1 c. milk
2 t. baking powder	2 eggs
$\frac{2}{3}$ t. salt	3-5 tb. melted fat
1 tb. sugar	

Sift dry ingredients together. Beat egg yolks, add milk. Add gradually dry ingredients. Add fat. Fold in the stiffly beaten egg whites carefully. Cook on a hot waffle iron which may or may not be oiled according to kind. A non-electric iron will need to be oiled thoroughly.

SOUR-MILK GRIDDLE CAKES

1 c. flour	$\frac{3}{4}$ c. fresh, sour milk or clabber
$\frac{1}{2}$ t. salt	1 well-beaten egg
$\frac{1}{3}$ t. soda (more or less according to acidity of milk)	1 tb. melted fat

Sift dry ingredients together. Mix sour milk, egg and fat. Combine the dry ingredients and the egg mixture. Drop by spoonfuls on a hot griddle which may or may not be oiled according to kind. When risen, full of bubbles and cooked on edges, turn and cook the other side. Serve at once. The cakes will brown better if 1 tb. of sugar is added.

CORNMEAL GRIDDLE CAKES

Substitute cornmeal for two-thirds of flour in above recipe.

FLOUR MUFFINS

2 c. flour	2 tb. fat
2 t. baking powder	2 eggs
½ t. salt	1 c. milk
1 tb. 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 through 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.

POPOVERS

1 c. flour	1 c. milk
¼ t. salt	1 tb. butter, melted
2 eggs	

Sift flour and salt together. Beat the eggs until light. Add the milk to the flour, beat until smooth; continue the beating while adding the eggs, and add the butter. Pour into hot, greased iron muffin pans, filling them two-thirds full. Bake in a hot oven for twenty-five minutes. Reduce the heat to moderate during the last fifteen minutes of the cooking.

CORN MEAL MUFFINS

(Makes 8 to 10 muffins)

1 c. cornmeal	1 c. fresh buttermilk or clabber
½ t. salt	1 egg
¼ t. soda	
1 tb. melted shortening	

Beat egg with a dover egg beater. Add milk to beaten egg, then dry ingredients and last melted shortening. Pour batter into hot, greased iron muffin rings. Fill to one-half their depth. Be careful not to overfill. Bake in a HOT oven. The product should be thoroughly browned and crusty. Muffins should be removed from rings before they sweat and become soft.

SPOON CORN BREAD

2 c. cornmeal	Yolks 2 eggs
2½ c. boiling water	1½ c. buttermilk
1½ tb. melted butter	1 t. soda
1½ t. salt	Whites 2 eggs

Add cornmeal gradually to boiling water and let stand until cool. Then add butter, salt, egg yolk slightly beaten and buttermilk mixed with the soda. Beat two minutes and add egg whites beaten until stiff. Turn into a buttered baking dish and bake in a moderately hot oven forty to forty-five minutes.

SALLY LUNN

2 c. flour	2 well-beaten egg yolks
2 tb. sugar	1 c. milk
1 t. salt	½ c. fat
2 t. baking powder	2 stiffly beaten egg whites

Mix as for muffins, folding in the egg whites last. Bake in a loaf in an oiled pan.

BISCUIT

2 c. soft-wheat flour	3 tb. fat
1 t. salt	⅔ to ¾ c. milk
1 t. baking powder	

(a) For *very* sour milk use one-half t. soda and one t. of baking powder or one-half t. of soda only.

(b) For fresh buttermilk or clabber use one-fourth t. of soda and one t. of baking powder.

(c) For sweet milk use two t. of baking powder and omit soda.

Method. Sift flour before measuring. Add dry ingredients to flour and sift again. Cut fat into dry ingredients, using about sixty cuts. Pour in milk and mix for about one minute, using a knife. Turn on to slightly floured board and roll to a thickness of about one-half inch and cut with a medium size cutter. A standard biscuit should be about two to two and one-quarter inches in diameter. Place biscuits in baking pan, leaving space between them. Put pan into a hot oven (450 degrees) and bake ten to twelve minutes, or until golden brown.

YEAST BREADS

Bread may be made by the sponge or the straight dough method. In the sponge method only enough flour is added at first to make a drop batter. This mixture is then allowed to rise before adding the remainder of the flour to make a dough. This method is suited to dry yeast and a long-process bread. With the straight dough method, the sponge step is omitted and all the flour added to make a dough. Compressed or liquid yeast is suited to this method and a shorter process results.

LIQUID YEAST (POTATO YEAST OR STARTER)

4 medium-sized potatoes	1 cake dry yeast soaked
1 qt. boiling water	in $\frac{1}{4}$ c. boiled water
$\frac{1}{4}$ c. sugar	which has been cooled
1 tb. salt	until lukewarm

Pare potatoes and grate. Add to water and boil until starch is cooked, stirring constantly. Add sugar and salt. Cool until lukewarm. Add yeast and put into a sterilized jar. Allow to ferment in a moderately warm place twenty-four hours. Then set in a cool, dark place. This will keep about two weeks and the last cup may be used instead of the yeast cake in making a new supply. This makes four cups of yeast.

**WHITE BREAD (ONE LOAF)
(Sponge Method)**

1 c. scalded milk	$\frac{1}{4}$ c. liquid yeast or yeast
1 tb. sugar	cake dissolved in boiled
1 tb. fat	water cooled until luke-
1 t. salt	warm
3-4 c. flour (to make a firm dough)	

Scald the milk; add the sugar; let cool until lukewarm; add the yeast and stir until it is dissolved. Then beat in enough flour to make a batter. Add the salt and shortening and stir in enough flour to make as soft dough as can be handled. For soft wheat flour knead only enough to produce a smooth surface. Place the dough in a greased bowl, cover with a cloth and let stand until the dough is double in bulk; punch down and let rise again, then remove to board. Knead lightly on a very lightly floured board just enough to distribute gas bubbles

evenly. Shape into a loaf. Place in a greased pan, smooth side up. The pan should not be more than half full. Let rise in a warm place until double its bulk. Bake in a moderate oven about forty-five minutes. During the first fifteen minutes of baking the loaf should be turned often to ensure an even shape and crust. Remove from pan as soon as baked and cool in wire rack.

PARKER HOUSE ROLLS

1 c. milk, scalded	$\frac{1}{2}$ -1 yeast cake softened in $\frac{1}{4}$
2 tb. sugar	c. boiled water cooled
2 tb. fat	until lukewarm (98° F.)
1 t. salt	3-4 c. flour (soft wheat)

Combine as for bread, adding flour gradually and beating thoroughly until no more can be worked in with a spoon. Cover tight, let rise to three times its original bulk. Turn onto a lightly floured board, knead slightly, and roll three-fourths inch thick. Lift dough from board to allow it to shrink before cutting out rolls. Cut with a round or oval, floured cutter. Crease the center with floured edge of a dull knife. Brush half of each circle with melted fat. Fold, bringing edges together. Place one inch apart in an oiled pan. Brush tops with melted fat to give a glaze and to keep them soft. Let rise until more than doubled in volume, then bake in a hot oven (400°-450° F.) 15-20 minutes. This makes twelve to fourteen rolls, medium size.

PASTRY AND PIES

Pastry eaten too often or when it is not properly made is likely to cause digestive disturbances. It is not quickly digested because of the large amount of fat in the crust. A good pie crust must be light, very flaky, crisp and tender. The tenderness depends on four things:

1. The kind and amount of fat used.
2. The amount of water used.
3. The method of handling ingredients in the making.

Lard makes a more tender pie crust than butter, but the latter gives the better flavor. Often one-half butter and one-half lard are used. Oils make a tender crust but one which is usually not so flaky.

The amount of water to be used cannot be given exactly because it varies with kind of fat, flour and temperature. Less is needed with soft fat, pastry flour or when temperature is warm. If the dough is made too moist the crust will be tough. Use just as little water as you can to get a dough that will roll. Either hot or cold water may be used. Ice water gives a flakier texture. Hot water gives a crumbliness rather than a flakiness. Do not stir the mixture more than necessary in adding water. Use a knife for mixing. Do not handle or re-roll dough more than is necessary. Roll crust from the center out so as not to roll any part more than necessary and try to keep it as round as possible.

CRUST FOR TWO-CRUST PIE

1½ c. flour	¼ t. salt (if fat is salted)
⅓-½ c. fat	or
About 5 tb. cold water.	½ t. salt (if fat is not salted)

Sift the salt with the flour and cut the fat in with a knife. Add the water gradually, mixing with a knife. Use only enough to hold the ingredients together. Divide the dough into two parts, making the one for the upper crust slightly larger than the other. Toss the piece for the lower crust on a slightly floured board, turning it with a knife so as to cover it evenly

with flour. Roll lightly, keeping the crust round. When it is large enough to cover the pan, fold it in half and place it on a pie pan. Unfold the crust and fit it into the pan without stretching. Trim the edge by running a knife around the outside of the tin. After the pie is filled, roll the top crust in a somewhat larger round. Fold and cut small openings for the escape of steam. Moisten edge of bottom crust and spread top crust over the top of the pie. Trim and press edges together with the fingers or a fork.

APPLE PIE

4 or 5 sour apples

$\frac{2}{3}$ c. sugar

Pare, core and cut apples in thin slices. Line the pie pan with pastry. Dredge with flour and fill with apples. Sprinkle over with sugar. Cover the pie as directed in the recipe for pie crust. Bake about forty minutes in medium hot oven.

Variations. Two tablespoons of butter may be added to the apples. Spice may be used, either one-fourth teaspoon of cinnamon with the sugar or a little grated nutmeg over the apples.

PUMPKIN PIE (ONE LARGE PIE)

1 c. cooked, strained pumpkin

$\frac{1}{2}$ t. salt

$\frac{1}{2}$ c. brown sugar

1 egg, slightly beaten

1 t. cinnamon

1 c. rich milk or cream

$\frac{1}{4}$ t. ginger

Mix the ingredients in order given, stirring the mixture. Bake without an upper crust. Serve with whipped cream if desired. One-half cup chopped nuts may be added.

LEMON PIE

$\frac{1}{3}$ c. flour

1 tb. butter

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

2 egg yolks

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

pinch salt

4 tb. lemon juice

Grated rind of one lemon

MERINGUE

2 egg whites

2 tb. sugar

Mix sugar, salt and flour together, add boiling water and

cook on the back of the range for fifteen minutes. Add the other ingredients and cook at a simmering temperature until the mixture thickens. (It may be cooked over hot water). Cool and place in a baked pie crust. Cover with the meringue, made by beating the egg whites until stiff and folding in the sugar. Bake in a slow oven until the meringue is a light brown.

BANBURY TARTS

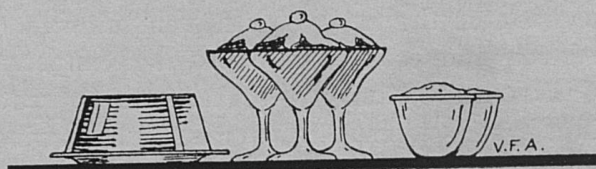
1 c. raisins, chopped	3 tb. cracker crumbs
1 c. sugar	3 tb. lemon juice
1 egg, slightly beaten	Grated rind of 1 lemon
$\frac{1}{8}$ t. salt	1 tb. melted fat

Chop raisins, add sugar, fat, egg slightly beaten, cracker crumbs, and lemon juice and rind. Roll plain pastry dough one-eighth of an inch thick and cut three and one-half inches long by three inches wide. Put two teaspoons of the raisin mixture on each piece. Moisten edges with cold water half-way round, fold over, press edges together with fork. Prick top with fork. Bake in a hot oven.

SOUR CREAM PIE

1 egg	1 c. sour cream
2 egg yolks, slightly beaten	1 tb. flour
1 c. sugar	$\frac{1}{4}$ t. lemon extract
$\frac{1}{4}$ t. cinnamon	

Mix dry ingredients. Add to egg yolks. Then add cream and lemon extract. Mix well. Fill an unbaked pie shell and bake in a hot oven until crust begins to set. Reduce temperature and bake slowly until custard is nearly firm. Cover with meringue made of two stiffly beaten egg whites and three tablespoons of sugar. Bake slowly until meringue is set and brown.



DESSERTS

Usually desserts are sweet and are served near the close of the meal. Only a few simple dessert recipes are given here.

SOFT CUSTARD

2 c. scalded milk	$\frac{1}{4}$ c. sugar
Yolk of 2 or 3 eggs	$\frac{1}{2}$ t. vanilla or lemon extract
$\frac{1}{8}$ t. salt	

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 over soft custard.
4. Serve with snow pudding.

BAKED CUSTARD

The above mixture 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.

JUNKET

1 pt. milk	$\frac{1}{2}$ t. vanilla
$\frac{1}{4}$ c. sugar	Few grains of salt
$\frac{1}{2}$ junket tablet dissolved in about 1 tb. water	

Heat the milk lukewarm (no hotter) and stir in the sugar, salt, vanilla and the water containing the junket tablet. Pour the mixture into the dishes you wish to serve it in and let it stand undisturbed until it thickens. Then put it in a cool place to chill. Serve with whipped cream, jelly, nuts or fruits.

CORNSTARCH PUDDING

4 tb. 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.

CHOCOLATE CORNSTARCH PUDDING

Use the recipe for cornstarch pudding except use six tablespoons of sugar and cocoa or chocolate. Either mix two tablespoons of cocoa with the cornstarch or melt three-fourths of a square of chocolate and stir about one-fourth cup of the hot milk into it until the mixture is smooth. Then pour it into the rest of the milk. Decrease vanilla to one-half teaspoon.

CHOCOLATE BREAD PUDDING

$\frac{3}{4}$ square chocolate	1 c. bread crumbs
or	$\frac{1}{4}$ c. sugar
2 tb. cocoa	$\frac{1}{2}$ t. salt
2 c. milk	$\frac{1}{4}$ t. vanilla
1 egg	

Melt chocolate in double boiler. Scald the milk and stir it slowly into the chocolate. Then add the bread crumbs, the sugar, salt and vanilla and finally the beaten egg. Bake the pudding until firm and serve warm with milk or cream.

SCALLOPED APPLES

2 c. soft bread crumbs	$\frac{1}{4}$ t. cinnamon
2 tb. 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

$\frac{1}{3}$ c. butter	1 c. powdered sugar
1 t. vanilla	

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

FROZEN DESSERTS

General directions for freezing. Scald the inner can of freezer. Do not completely fill the can with mixture to be frozen, but leave three or four inches for expansion. Put in the dasher, cover the can, put it in the freezer and fasten the handle. Then pour crushed ice and salt around the can until it comes above the mixture inside the can. Use one part of salt to seven or eight of ice. Turn the handle of the freezer until it turns hard, then wipe off the top of the can, open and take out the dasher. Pack cream, cover the can and let it stand for at least an hour. If the ice cream or sherbert is to be kept for any length of time, drain off the salt water and pack ice and salt around and over the top of the can. Use four parts of ice to one part salt.

FROZEN CUSTARD (FOR FOUR PERSONS)

4 c. milk or thin cream	1 c. sugar
2 eggs	1 t. vanilla

Make this into a soft custard. Let cool, then freeze. The large amounts of sugar and vanilla are needed because flavors are not so evident in frozen dishes.

MILK SHERBETS

1 qt. milk	Juice of 3 lemons
1½ c. sugar	

Combine the lemon juice and sugar. Stir in the milk slowly and freeze the mixture.

WATER SHERBETS AND ICES

The ingredients are the same as for milk sherbet, except that water is used instead of milk, and any desired fruit juices are combined with lemon or used instead of lemon. Make a sirup by boiling the water and sugar together for about fifteen minutes. Add the fruit juice, cool and freeze the mixture.

CAKES AND COOKIES

Cakes, cookies and candy should be eaten at meal times as a part of the meal instead of between meals. They are rich foods and should not be eaten in too large a quantity.

Cakes are classified as:

1. Butter cakes—all cakes in which fat is used.
2. Sponge cakes—cakes in which no fat is used.

Butter cakes usually are leavened with baking powder or soda and an acid. A true sponge cake is leavened by means of air incorporated in beaten eggs. Modified sponge cake may have baking powder added.

Characteristics of a Good Butter Cake. The cake should be uniform in shape, with flat or slightly rounded top, free from cracks. For light-colored cakes the crust should be uniform golden brown, and should be thin and tender. The cake should have a fine, even grain, tender crumb, should be moist but not sticky, elastic to the touch and velvety in texture. The odor and taste should be pleasant.

STANDARD OR PLAIN CAKE

$\frac{1}{3}$ c. fat	$2\frac{1}{2}$ t. baking powder
1 c. sugar	$\frac{1}{4}$ t. salt
2 eggs	1 t. flavoring extract
$\frac{2}{3}$ c. milk	$1\frac{3}{4}$ c. pastry flour

Cream the butter, add the sugar gradually; cream thoroughly and add whole eggs well beaten. Mix and sift flour and baking powder and add alternately with milk to the first mixture. Bake thirty minutes in a shallow pan. The cake may be spread with chocolate frosting.

Variations.

Spice Cake. Add $\frac{1}{2}$ t. cinnamon and $\frac{1}{4}$ t. each of cloves and nutmeg to the recipe for standard cake.

Chocolate Cake. Add $\frac{1}{2}$ ounces of melted chocolate to recipe for standard cake. Decrease flour or increase liquid slightly as the chocolate thickens the mixture.

Nut Cake. Add $\frac{1}{2}$ c. chopped nuts to standard recipe.

White Cake. Use three egg whites instead of whole eggs in recipe for standard cake.

APPLE SAUCE CAKE

$\frac{1}{2}$ c. fat	$\frac{1}{2}$ t. cloves
1 c. sugar	1 c. raisins, finely cut and floured
1 egg, well beaten	
$1\frac{3}{4}$ c. flour	1 c. nuts, finely cut and floured
1 t. soda	1 c. hot, thick, strained apple sauce
$\frac{1}{4}$ t. salt	
1 t. cinnamon	

Mix as for butter cake, adding flour which has been sifted with soda, salt, and spices alternately with apple sauce, a small amount at a time. Lastly add raisins and nuts. Bake in a moderate oven for one hour.

Characteristics of a Good Sponge Cake. A sponge cake should have a golden brown crust, fine texture and a moist, tender crumb. It should be light in weight for its size.

TRUE SPONGE CAKE

6 egg yolks	6 egg whites
1 c. sugar	1 c. pastry flour
1 tb. lemon juice	$\frac{1}{4}$ t. salt
Grated rind of $\frac{1}{2}$ lemon	

Sift flour with salt twice. Sift sugar four times to insure fineness. Beat egg yolk until thick and lemon colored. Add sugar, beating all the while. Add flavoring. Fold in egg whites.

ANGEL FOOD CAKE

1 c. egg whites	$\frac{3}{4}$ t. vanilla
1 t. cream of tartar	$\frac{1}{4}$ t. almond or lemon extract
$1\frac{1}{4}$ c. fine sugar	1 c. pastry flour
$\frac{1}{4}$ t. salt	

Beat egg whites until foamy. Add cream of tartar. Continue beating until stiff. Add sugar, about two teaspoons at a time, beating in gradually. Fold in flavoring, then flour and salt sifted together. Bake as for sponge cake.

Two tablespoons of cold water may be substituted for two egg whites. The cake will be slightly smaller in size. The water will make a moist cake.

ICINGS AND FILLINGS**SEVEN-MINUTE ICING**

2 egg whites, unbeaten	1½ t. light corn syrup
1½ c. sugar	1 t. vanilla
5 tb. cold water	

Put all ingredients except the vanilla in upper part of double boiler. Mix well, beating with a dover egg beater. Cook seven minutes over boiling water, beating constantly with the egg beater. The icing is done when it stands in peaks. Remove from fire, flavor and beat until thick enough to spread.

This recipe may be varied by adding nuts, raisins, coconut, cherries or other desired materials.

CHOCOLATE FROSTING

2 squares unsweetened chocolate, melted	3 tb. hot water
1 t. butter	1¼ c. sifted confectioner's sugar
½ t. vanilla	

Mix chocolate, butter and hot water. Cool. Add sugar until of consistency to spread. Add vanilla and beat.

ORANGE FILLING

3½ tb. flour	3 tb. lemon juice
1 c. sugar	¼ c. water
Grated rind 1 orange	1 egg, slightly beaten
½ c. orange juice	2 t. butter

Combine ingredients in order given. Cook in double boiler ten minutes, stirring constantly. Cool. Makes enough filling for two 9-inch layers.

OATMEAL DROP COOKIES

½ c. molasses	¼ c. brown sugar
½ c. melted fat	4 t. baking powder
½ c. raisins	2 t. spice (1 t. cinnamon and 1 t. nutmeg, ginger or cloves)
½ c. nuts	1 t. salt
¾ c. milk	2 c. oatmeal
2 c. flour	

Sift together all the dry ingredients except the oatmeal.

Add the oatmeal to the dry mixture. Combine all the liquids. Stir the dry ingredients into the liquid a little at a time. Add nuts and raisins. Stir the mixture well. Drop it on pie tins, a small spoonful in a place. Bake the cookies in a moderate oven.

TEA CAKES OR SUGAR COOKIES

(Makes 36 Cookies 2" in Diameter)

$\frac{1}{4}$ c. butter	1 egg
2 tb. lard	$1\frac{1}{2}$ - $1\frac{3}{4}$ c. flour
$\frac{1}{2}$ c. sugar	2 t. baking powder
$\frac{1}{4}$ c. milk	$\frac{1}{2}$ t. salt
$\frac{1}{4}$ t. vanilla or lemon extract	

Cream butter, lard and sugar. Add egg and beat mixture. Add part of the milk. Sift flour before measuring. Measure one cup of flour and to this add baking powder and salt. Sift this into the mixture and stir. Add remaining milk and enough more of the flour to make a very soft dough. Put the rest of the flour on the board. The dough may then be turned onto the board and kneaded slightly until it can be rolled to about one-fourth inch in thickness. The less flour used the better the product. Cut cookies and place them on a baking sheet or in a shallow baking pan. Sprinkle with granulated sugar and place in a hot oven, 370 degrees. Bake for ten minutes.

Note: It is a decided advantage, before kneading and rolling the dough, to place it on ice or in a cold temperature for thirty minutes or until the fat in the dough hardens. The mixture then requires less flour when being rolled.



CANDIES

CHOCOLATE FUDGE

3 c. sugar	2 to 3 squares chocolate (cut in small pieces)
1½ c. milk	3 tb. butter if desired
3 tb. corn syrup	Few grains salt
1 t. vanilla	

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 process, 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.

PARISIAN SWEETS

1 c. dates washed and stoned	1 c. nuts
1 c. figs washed	Juice from ¼ lemon
Confectioner's sugar	

Mix fruit and nuts and put thru a food chopper. Add the lemon juice. Work the paste with the hands on a board dredged with confectioner's sugar until it is well blended. Form into small balls. Roll each ball in confectioner's sugar.

PENOCHE

1 c. brown sugar	1 tb. butter
$\frac{1}{3}$ c. milk or thin cream	$\frac{1}{3}$ c. chopped nuts
$\frac{1}{2}$ t. vanilla	

Boil sugar and milk, stirring as needed to prevent curdling and scorching. Cook to soft ball stage. Remove from fire, add butter, cool, then flavor. Beat until creamy. Add nuts and pour quickly into greased pan.

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 tb. 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 (when 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.

TABLE SERVICE AND TABLE ETIQUETTE

Simple rules for table setting. Before setting the table see that the dining room is clean and a comfortable temperature. A pad of heavy cloth, very little larger than the table, placed under the tablecloth lessens noise and gives a better appearance to the table. Spread the tablecloth smoothly and evenly, with the central crease at the center of the table. A centerpiece of fresh flowers, arranged in a low vase or bowl so as not to obstruct the view across the table, adds much to the attractiveness. Place all silver with lower edge one inch from the edge of the table. Knives should be on the right of the plate, with sharp edge turned toward it. Spoons are on the right of the knives. Forks are placed at the left of the plate with the tines up. The napkin may be placed at the left of the forks, with the open corner toward the lower end of the fork or it may be in the center of the place, if plates are stacked before the one who serves. The water glass should be at the tip of the knife. If bread-and-butter plates are used, they should be put at the left of the plate, beyond the end of the fork.

Cups and saucers may be piled in twos if space is limited. Arrange all dishes and platters so as to make the table look orderly and to avoid crowding.

Before announcing the meal the glasses should be filled three-fourths full of fresh water, and the bread, butter, cream, etc., placed on the table. Never announce the meal before everything which is to be served is in readiness.

Serving the family meal. Simplicity, neatness and order should be the keynote of table service. The menu should be planned so that the hostess may be seated with the rest of the family, and so that she will not have to rise from the table for unnecessary trips to the kitchen. Everybody enjoys a meal when it is served with seemingly little effort. The family meal may be served in two simple ways. If only a few foods are to be served it is well to put a plate at each cover and place the food on the table. In this case the service should be started by the person for whom it is most convenient. The food is offered to the person at one's right and after helping one's self it is passed to the left. All foods should be passed in one direction. If hot foods

in heavy dishes are served it is best to have the serving done at the table by the host. It quickens the service if the host is assisted by the person at his left.

When the host serves the food alone he should pass the plates to his left, the first plate being kept by the hostess. The second plate is kept by the person seated at the right of the hostess. When the persons seated on the left side of the table have been served the host should then pass the plates to his right until all have been served. He should keep the last plate.

When the plates are served by a waitress. When waiting on the table, pass to the left any dish from which each helps himself, holding it low so that it can be reached easily. Plates and other dishes may be placed by the waitress from the left with the left hand.

Before dessert is served remove all dishes. Remove the large platters and dishes containing food, then the plates and smaller dishes. Crumb the table with a folded napkin; then serve the dessert.

HINTS ON TABLE ETIQUETTE

1. It is correct to be seated and to rise from the left of the chair.
2. Sit up straight, leaning slightly forward.
3. Keep feet flat on floor rather than twisting them around the legs of chair.
4. Remove napkin from the table when hostess removes hers. After the meal, fold the napkin below the surface of the table and place at the left of the plate.
5. Do not use silver to make gestures.
6. In cutting foods, hold the knife in the right hand with the forefinger along the back of the blade near the handle; hold the fork in the left hand, prongs down with the forefinger extending along the handle. In cutting, keep elbows close to one's sides.
7. When knife and fork are not in use, they are placed across the plate a little to one side, tines of the fork up.
8. Do not leave a spoon standing in a cup or sherbet dish. When not in use place on saucer beside cup.
9. When tasting with a spoon the side, not the tip of the spoon should be used. When using a spoon for dipping soup, there is less danger of spilling the food if the spoon is moved away from, rather than toward, one.
10. A fork is used for salads, and desserts such as cake with a soft icing.
11. Keep the mouth closed while chewing.
12. Do not butter a whole slice of bread at a time or take a bite from a whole slice.
13. Food that is not to one's liking should not be commented upon. It is well to learn to eat all foods, and have few food dislikes.
14. Carry on a cheerful conversation at the table.
15. Simplicity and naturalness are to be stressed in table manners a well as in table service.