

Foods Project for 4-H Clubs

SUPPER or LUNCHEON



Circular 395

UNIVERSITY OF KENTUCKY
COLLEGE OF AGRICULTURE AND HOME ECONOMICS
AGRICULTURAL EXTENSION SERVICE

THOMAS P. COOPER, *Dean and Director*

FOODS PROJECTS FOR 4-H GIRLS

The following six foods projects are available to 4-H Club girls:

- Breakfast
- Supper or Luncheon
- Dinner
- School Lunch
- The 4-H Club Member Entertains
- 4-H Bake Book

Only one project should be undertaken within any one year of 4-H club work. A girl beginning 4-H club foods work should start with "Breakfast" and the following year take "Supper or Luncheon." After having finished these two units she may choose the following three projects in the order desired. "Dinner," "School Lunch," and "The 4-H Club Member Entertains." The "4-H Bake Book" should be the last food project taken.

All girls should keep complete records of foods work, including the project requirements and the "extras" done at home. At the completion of a series of food projects the records may prove of great value in competing for county, state and national awards.

The work of the 4-H Foods Projects is planned to do at least five things:

- Give knowledge of wholesome foods, their preparation and combination
- To interest girls in sharing the responsibility of preparing foods for themselves and their families
- Improve health habits
- Promote a varied, well-balanced diet
- Teach correct table service and table manners

ABBREVIATIONS	AND THEIR	EQUIVALENTS
T	tablespoon	3 t
t	teaspoon	
c	cup	16 T
oz	ounce	2 T
lb	pound	16 oz.
g	gill	$\frac{1}{2}$ c
pt	pint	2 c
qt	quart	2 pt
gal	gallon	4 qt

SUPPER OR LUNCHEON

Foods Project for 4-H Clubs

By EDITH LACY, RUTH LATIMER, and ANITA BURNAM DAVIS

The foods to be prepared in this project are wholesome dishes suitable for suppers or luncheons either for family meals or for special occasions. Your own home-grown food can be used for serving a well-planned, well-prepared, and well-balanced wholesome meal. For a group too large to seat at a table, use a simple buffet service.

WHAT TO DO IN THIS PROJECT

Complete the following lessons:

Supper and luncheon menus	Simple desserts
Creamed soup and sauces	Quick breads
One dish meals	Table service
Salads	Preparing and serving a supper or luncheon

Keep records of work at project meetings and at home.

Meeting I. SUPPER AND LUNCHEON MENUS

Study and discussion

1. What makes a satisfactory supper or luncheon menu?
 2. Consider menus for the entire day.
 3. Plan work for next meeting. Decide how food materials are to be supplied.
- Assign duties.

Demonstration.— Method of keeping records.

Home work.— Plan two supper menus, one for the family and one for a special occasion.

Planning and Selecting Meals

Meet daily food requirement.— Know the foods necessary for the body needs, whether you are preparing a menu for the family or selecting your own meal from food prepared for you. Often you have the right foods set before you, but you do not choose properly because of likes and dislikes. A good diet includes the right amounts of all the foods needed by the body. It is not necessary that all these foods be included in every meal, but they should be supplied in the three meals of the day. Therefore keep in mind what is to be served at the other two meals when planning a breakfast, dinner, or supper. Eat each day some of the foods listed in each group below.

- GROUP 1: Green and yellow vegetables (raw, cooked, frozen, or canned)
 GROUP 2: Potatoes and other vegetables and fruits (raw, dried, cooked, frozen, or canned)
 GROUP 3: Oranges, tomatoes, or grapefruit; raw cabbage, or raw salad greens
 GROUP 4: Fresh, evaporated, or dried milk, or cheese, or other milk products
 GROUP 5: Meat, poultry, fish, or eggs; or dried beans, peas, nuts or peanut butter
 GROUP 6: Bread, flour, and cereals (natural whole grain, or enriched)
 GROUP 7: Butter or margarine fortified with vitamin A

Make food tasteful and attractive.—When you gather about the table with your family and friends make the occasion so pleasant that you will recall it with gladness.

Flavor.—Never serve in the same meal foods very like in flavor. 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 poor planning. 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 at one time several foods which have very high flavors. Serve together foods with mild flavors and those with distinct flavors.

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 all heavy and concentrated food.

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.

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

Save food and money.—Buy foods in season and use home products.

Classification and Function of Foods

Rarely is a food composed wholly of one substance. For example, pork contains fat, protein, and minerals. In the table below it is therefore listed under three classifications. Other foods are similarly listed. Some foods, although containing more than one substance, are listed only in their major classification. In studying the table keep this fact well in mind, for its purpose is to show the chief source of each food substance.

Foods are composed of—
CARBOH

CARBOH

FATS...

PROTEIN

CELLULO

MINERA

Calcium

Iron...

Phosph

VITAMIN

Vitamin

Vitamin

Vitamin

Vitamin

Foods are composed of—

Their chief source is—

Their chief function is—

CARBOHYDRATES	Bananas	Jellies	} Produce energy for work and warmth, and for carrying on the general body processes
	Beans (dried)	Macaroni	
	Breads	Molasses	
	Candy	Potatoes	
	Cereals	Rice	
	Dates	Sweetpotatoes	
FATS	Jams	Sirups and sugars	}
	Bacon	Lard	
	Butter	Nuts	
	Cream	Pork (fat)	
PROTEINS	Vegetable oils		} Build new body tissue of children and convalescents and keep body tissues of children and adults in repair
	Beans (dried)	Lamb (lean)	
	Beef (lean)	Milk	
	Cheese (American and cottage)	Mutton (lean)	
	Chicken	Peas (mature and dried)	
	Eggs	Pork (lean)	
CELLULOSE	Fish	Soybeans	} Aid digestion and help in preventing or overcoming constipation
	Coarse cereals	Coarse fruits and vegetables	
MINERALS			
Calcium	Cheese	Milk	} Help build and repair bony and muscular tissues, build new red blood corpuscles, and keep body in good condition. Aid in body processes such as digestion, heart action, and secretions
		Heart	
		Liver	
		Molasses	
		Oysters	
		Peas	
Iron	Beans (dried and string)	Pork (lean)	}
		Prunes	
		Rhubarb	
Phosphorus	Cereals (whole grain)	Egg (yolk)	}
		Meat (lean)	
	Cheese	Milk	
VITAMINS			
Vitamin A	Butter	Greens	} Help promote growth and health.
		Liver	
		Milk (whole)	
		Spinach	
		Sweetpotatoes	
Vitamin B	Carrots	Milk (whole)	}
		Peas (fresh green)	
		Pineapple	
Vitamin C	Cheese	Wheat (germ)	}
Vitamin D	Cream	Lettuce	}
		Oranges	
		Potatoes	
		Strawberries	
		Tomatoes	
		Turnips	
Eggs	Fish liver oil	Liver	}
		Milk	

Meeting II. CREAM SOUPS AND SAUCES

Study and discussion

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

Demonstration

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

Home work

1. Make a cream soup at least 3 times.
2. Collect recipes on ways of using milk and use 2 of them.

Importance of Milk

Milk 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 2 years 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. Buttermilk may be used in place of one-third of the sweet milk, if butter is served with the bread or vegetables.

WHITE SAUCE

White sauce is the basis for cream soups, and other creamed dishes. To make cream sauce, melt the fat; add the flour; stir thoroughly. Add salt and milk. Cook over low heat, stirring constantly until the sauce is as thick as desired.

<i>Kind</i>	<i>Use</i>	<i>Fat</i>	<i>Flour</i>	<i>Milk</i>	<i>Salt</i>
Thin.....	Cream soups.....	1 T	1 T	1 c	¼ t
Medium.....	Gravies, meats, and vegetables.....	1 T	2 T	1 c	¼ t
Thick.....	Croquettes and souffles.....	1 T	3 T	1 c	¼ t

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. To 1 cup of thin sauce add ¼ to 1 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	$\frac{1}{2}$ 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 10 minutes. Press tomatoes through 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. Put it in boiling salt water. Boil 10 to 15 minutes, until tender. Drain off water. Mix with white sauce. Serve hot.

Meeting III. ONE-DISH MEALS

Study and discussion

Meat supplements
Scalloped and au gratin dishes

Demonstration

Make cottage cheese and serve it in several ways; as salad and in sandwiches.
Make a cheese dish or other one-dish meal.

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

Home work

Check your own food habits.
Prepare cottage cheese according to instructions.
Use cottage cheese in at least 3 ways.
Prepare a one-dish meal.

COTTAGE CHEESE

Cheese is made from the curd of milk. Of the many varieties, cottage cheese (made from skim milk) and American cheese are the best known. Cheese is very rich in the muscle-building material, protein. Since cheese contains material similar to that found in meat, it should not be served with it. Cheese is more easily and quickly digested when grated and combined with other foods not rich in protein. It makes an excellent main dish for a meal.

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. Do not allow water to boil. Over-cooking or too high a heat toughens the curd and makes an undesirable product. Strain through cheesecloth. The curd may be washed in cool water to remove sour taste. Season with salt and cream. Sweet milk may be coagulated with rennin and used instead of sour milk. Allow $\frac{1}{10}$ of a rennin tablet to 3 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 3 minutes, stirring constantly. Add tomatoes from which liquor has been drained and cook 5 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.

CHEESE PUDDING

8 slices of bread (remove crust and butter each slice; cut in cubes)	
$\frac{1}{2}$ lb sharp cheese (grated)	2 c milk or a little more
$\frac{1}{2}$ t dry mustard	1 t salt
$\frac{1}{4}$ t cayenne pepper	3 eggs

Put bread and cheese in baking dish in alternate layers. Beat eggs and add them to milk. Pour this over bread and cheese mixture. Let stand 8 hours and bake in moderate oven.

RAVIOLA

1 lb ground meat	2 medium green peppers
2 medium onions	1 qt canned tomatoes
5 c of noodles (uncooked)	2 t salt

(One stalk of chopped celery may be added to this recipe if desired.)

Chop vegetables fine. Fry vegetables in bacon drippings or butter. Add meat to vegetables and cook until brown. Stew the tomatoes down until there is very little juice and add them to the meat mixture. Add the cooked noodles to the above ingredients. Pour into a greased baking dish and bake 1 hour.

SCALLOPED EGGS

6 hard cooked eggs	Salt to taste
$1\frac{1}{2}$ c medium white sauce	Buttered bread crumbs

Put alternate layers of salted sliced eggs and white sauce into a greased baking dish. Cover with crumbs and bake in a moderately heated oven (350° F) until sauce bubbles and crumbs are brown. Cooked peas or other vegetables may be used in this dish.

Meeting IV. SALADS AND SALAD DRESSINGS

Study and discussion

1. Essentials of a good salad
2. Value of fresh vegetables in salads
3. Types of salads
4. Canned vegetables for salads
5. Salad dressings

Demonstration

1. Salad dressings
2. Salads of some of the following:
 - Spinach or other greens
 - Cabbage in various combinations
 - Canned vegetables or fruits
 - Chicken

Report on home work assigned at previous meeting.

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. Make and serve salads at 3 meals.

Salads

Composition.—Salads are made of meat, fish, vegetables, 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. 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. Others are cabbage, endive, water cress, spinach, and celery.

Uses.—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.

Preparation.—To prepare salad greens, separate the leaves and wash carefully to remove all dirt, sand, and insects. 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 cheesecloth bag or drying them 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 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.

CABBAGE SALAD

Shred crisp cabbage very fine. 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. Slice the cucumbers, dropping the slices into cold, salted water. Peel the tomatoes; cut them in halves crosswise or slice them. 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. Add chopped celery or green pepper 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 well-seasoned cottage cheese in center of each half of fruit. Serve with dressing.

JELLIED TOMATO SALAD

2½ c tomato juice
4 t gelatin
3 cloves
½ t salt

Chopped parsley
2 T sugar if desired
2 T mild vinegar

Soak gelatin in ½ cup of tomato juice. Boil remainder of juice with salt and cloves for 1 minute. Remove from fire. Add gelatin. Stir until dissolved. Strain, add parsley, and pour into molds. Chill. When firm unmold on a lettuce leaf. Serve with mayonnaise dressing.

CHICKEN SALAD

Cook chicken until tender. Cool. Cut in 1 inch pieces. Add 1 c celery or other crisp vegetable. A few nuts may be added. Salt to taste. Mix with mayonnaise. Serve on lettuce.

FRENCH DRESSING

For each tablespoon of vinegar or lemon juice, allow 2 or 3 of oil, ½ 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 DRESSING

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

Mix dry ingredients. Add egg yolk to water, mix well, then add vinegar, mix with dry ingredients. Cook over hot water, stirring until mixture thickens. Add fat. Serve plain, or fold in 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 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	Dash pepper or paprika
$\frac{1}{4}$ t salt	2 T vinegar

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

Meeting V. DESSERTS

Study and discussion

1. Review supper menus planned at home since last meeting.
2. Study these and see if they are well planned.
3. List a number of simple supper desserts. With what type of meals should these be served?

Demonstration

1. Bake pears, peaches or scallop apples.
2. Make soft custard and serve it with meringue or whipped cream, with sponge cake or with fruit.
3. Make ginger bread.

Report by Club members

Home work.— Prepare for 3 meals other desserts by recipes given.

How to Choose a Dessert

Many different kinds of desserts make it difficult to choose the right one. But the choice will be easy if you will consider the dessert as a part of the meal. If the main part of the meal is heavy, serve no dessert or a light one. If the main part of the meal contains a great deal of starchy food (such as potatoes, corn, and lima beans) serve fruit dessert rather than a bread or cornstarch pudding. If

fresh vegetables and a green salad make up the main part of the meal, serve a rice custard or a tapioca pudding, pie, or cake. 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	$\frac{1}{4}$ c sugar
Yolk of 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 or at too high a temperature the custard curdles. Should this happen, beat with an egg beater until smooth. When eggs are scarce, use yolks of 2 eggs and $\frac{1}{2}$ tablespoon of cornstarch, or use two whole eggs. You may serve it in glasses with whipped cream or meringue on top; or pour it over slices of stale cake; or arrange alternate layers of stale cake and canned peaches in a dessert dish and pour it over them.

BAKED CUSTARD

The mixture, prepared as for soft custard, may be put into custard cups or into an earthenware dish and baked in a moderately heated oven (350° F) until a knife, inserted in the custard, comes out clean. Set the dishes in a pan of hot water while baking.

SCALLOPED APPLES

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

Butter the bread crumbs. Chop or cut the apples in small pieces and add the remaining ingredients to them. Put $\frac{1}{4}$ of the crumbs into the bottom of the buttered baking dish; add $\frac{1}{2}$ of the apple mixture; then $\frac{1}{4}$ of the crumbs; next the remainder of the apples; and then cover with the rest of the crumbs. Bake 40 to 60 minutes in a moderately heated oven (350° F) until apples are tender and the crumbs are brown. Cover during first 20 minutes of baking. Serve hot with cream.

BAKED PEACHES OR PEARS

Place in a shallow baking dish halves of fresh, canned, or stewed dried fruit pit side up. Pour over the fruit a little melted table fat and add a very little salt. Bake until the peaches or pears are hot through, and lightly browned. Serve hot with the meat course or as dessert. This recipe can be used with other firm fruits.

GINGERBREAD

2 c sifted flour	1 egg, beaten
3 t baking powder	$\frac{1}{4}$ c milk
$\frac{1}{4}$ t salt	$\frac{1}{4}$ c fat, melted
$\frac{1}{2}$ t ginger	$\frac{3}{4}$ c sorghum, cane, corn, or maple sirup
$\frac{1}{4}$ t cinnamon	

Sift the dry ingredients together. Combine the beaten egg, milk, and melted fat, and add this mixture to the dry ingredients, stirring in the sirup last. Bake in a shallow pan in a moderately heated oven (350° F) for 30 to 40 minutes, or in muffin pans in a hot oven (400° F) for 15 to 20 minutes. In place of the spices and milk, a very pleasing flavor may be obtained by using $\frac{1}{2}$ tablespoon orange rind mixed with $\frac{1}{2}$ cup orange juice.

MOLASSES COOKIES

$\frac{3}{4}$ c molasses	3 t baking powder
$\frac{1}{2}$ c butter or other fat	$\frac{1}{2}$ t soda
1 egg	$\frac{1}{2}$ t cinnamon
$\frac{1}{2}$ c sugar	$\frac{1}{2}$ t ginger
$\frac{1}{2}$ c milk	$\frac{1}{2}$ t salt
$2\frac{3}{4}$ c flour	

Heat molasses and fat until the fat is just melted, and add them to mixture of beaten egg, sugar, and milk. Sift together and add other ingredients. Drop by spoonfuls onto a greased baking sheet, and bake in a moderately heated oven (350° F). Remove from pan as soon as baked. You will have 50 3-inch cookies.

Meeting VI. QUICK BREADS

Study and discussion

1. Characteristics of good breads
2. Judging of quick breads

Demonstration

1. Make cornmeal or whole-wheat biscuit.
2. Make a loaf of quick bread, as peanut or orange bread.

Report by club members on work done at home

Home work

1. Plan a menu for a luncheon to submit at next meeting. Best menu submitted to be prepared at final meeting.
2. Make a loaf of quick bread.

CORNMEAL MUFFINS

1 c cornmeal	1 T melted shortening
$\frac{1}{2}$ t salt	1 c fresh buttermilk
$\frac{1}{4}$ to $\frac{1}{2}$ t soda	1 egg

Beat egg with a dover egg-beater. Add milk to beaten egg, then add dry ingredients, and last the melted shortening. Pour batter into hot, greased muffin rings. Fill to $\frac{1}{2}$ their depth, being careful not to overfill. Bake in a hot oven until muffins are thoroughly browned and crusty. Remove from rings as soon as taken from the oven.

WHOLE-WHEAT SOUR-MILK BISCUITS

1 c whole-wheat or graham flour	$\frac{1}{2}$ t soda
1 c white flour	$\frac{1}{4}$ T fat
1 t salt	$\frac{2}{3}$ 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.

ORANGE BREAD

1 orange	1 egg
1 c raisins or dates	$2\frac{1}{2}$ c flour
1 t soda	1 t baking powder
$\frac{1}{2}$ c sugar	$\frac{1}{4}$ t salt
$\frac{2}{2}$ T butter	$\frac{1}{2}$ c nuts may be added
1 t vanilla	Grated rind of 1 orange

Pour the orange juice in a cup; finish filling the cup with boiling water. Add soda to juice. Sift all dry ingredients. Save a little flour to mix with fruit and nuts. Mix the liquid and stir into the dry mixture; add melted butter and orange rind. Stir in fruit and nuts. Pour in a loaf pan that has been lined with wax paper or a greased pan. Bake 50 minutes in a moderately heated oven; let cool in pan.

Meeting VII. TABLE SERVICE AND ETIQUETTE

Study and discussion

1. Setting the table for buffet and family suppers
2. Duties of a hostess
3. Polite table manners

Plan for demonstration supper or luncheon

1. Choose menu from those submitted at former meeting.
2. Determine guests to be invited.
3. Assign duties.

The Buffet Service

Buffet service is a delightful and convenient method of serving a large number or an uncertain number of guests. The menu may be much simpler than that for a meal served at the table, but the artistic effect and atmosphere of the buffet meal may be just as charming and attractive as in any other method of service. The meal may be served in the dining room, in the living room, or on the porch or the lawn.

Decoration of tables.—The table should be spread with clean, well-ironed linen or lace cloth. Some decorations such as a bowl of gay flowers, lighted candles or both should be used to give a festive

air to the table and room. Small tables with linen covers at which guests may eat may be placed about the house, porch, or lawn, or the guests may hold the trays or plates on their laps.

Selection of menu.—The menu for a buffet meal should be carefully planned, and should not include foods which are hard to handle or cut, as a heavy meat or raw vegetable salad. The foods should not be watery, such as tomato salad with French dressing. Creamed dishes should be served in timbales. The menu usually consists of two courses, with the main one on the central table and the dessert on the side table or tea wagon.

Serving the meal.—The guests may pass around the table and help themselves or, at more formal affairs, may be seated at small tables and the plates may be served to them from a center table. When the hostess wishes to give a more festive atmosphere to informal affairs than is possible when the guests help themselves to all food, she may have friends sit at each end of the table, to serve such foods as the hot dish or the salad and beverage.

When the guests are expected to serve themselves, the plates should be placed at the end of the table at which the guests will start. Cold foods such as sandwiches and salads should be placed next to the plates and then the hot dishes and beverage with the water glasses, silver, and napkins at the end of the line. When guests serve themselves, care should be taken to eliminate unnecessary dishes, silverware, and tall sherbet glasses or goblets. The dessert may be passed or the guests may serve themselves.

After the main course, the hostess and a friend or two clear the small tables or take the plates from the guests, but at very informal affairs each person, when through, may put his or her plate at a designated place.

Meeting VIII. INFORMAL BUFFET SERVICE OR A SIMPLE LUNCHEON

Demonstration.—Prepare and serve a supper or luncheon.

Complete project record.

SUGGESTED MENU

Select foods produced on the farm. For an informal buffet meal the following menu is an example of what you can do:

Chicken salad	Hot buttered peas (may be canned)
Hot whole-wheat biscuit	Relish
Fruit juice	Molasses cookies

4-H FOOD RECORD — LUNCHEON PROJECT

<i>Name of club member</i>	<i>Age</i>

194	
<i>County</i>	<i>Date</i>

<i>Post Office</i>	<i>R. F. D.</i>

I have been in 4-H Club work ___ years, in Food projects ___ years.

Number project meetings attended _____

Number times took part in program _____

Number dishes prepared at project meetings _____

Number dishes prepared at home (of those learned at project meetings) _____

Number meals prepared at project meetings _____

Number meals prepared at home (with little or no assistance) _____

Write about your luncheon project _____

Name of leader

Name of parent

Approved: _____

County Extension Agent

Lexington, Kentucky

November, 1943

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