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THE MEAL PREPARATION CLUB



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THE MEAL PREPARATION CLUB

By MIRIAM J. WILLIAMS, Extension Nutritionist

Why Are You a Meal Preparation Club Member?

"To learn to cook" is a splendid reason for joining a foods club, but there are so many things implied in the name "Meal Preparation," that the aims of the club may better be stated as follows:

1. To learn to put into practice good food habits.
2. To learn to prepare and serve simple and practical meals for the family.
3. To learn how to plan and prepare food combinations which are well-balanced, wholesome and appetizing.

Why Do We Eat?

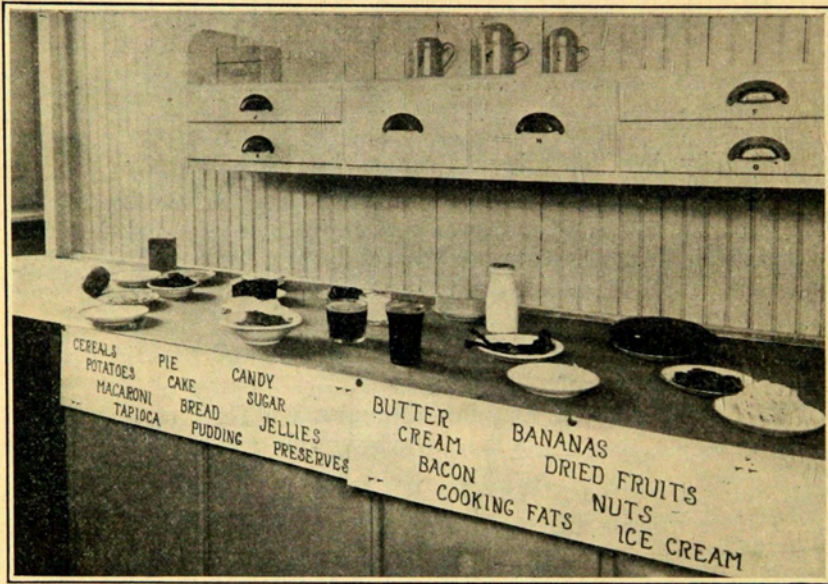
Before attempting to plan meals or choose foods wisely, we must know reasons back of wise selection. Can we afford to select food according to our likes and dislikes? Does the food we eat really make a difference? Why does the food habit scorecard give special emphasis to certain foods?

Our bodies require food for these purposes:

1. Food for Fuel.—As a car engine requires gasoline, so do our bodies require fuel for heat and energy. The amount of fuel required is determined by physical activity, also age, sex, surface area, and body temperature.

Altho an engine does not require fuel when at rest, the body is constantly burning food to maintain internal activity. An over supply of fuel foods or "too many calories" generally results in an accumulation of excess material as body fat with resulting over weight. An insufficient supply of fuel foods results in decreased physical activity or a serious loss of weight. Think of fuel foods as gasoline and use the amount necessary for mileage or activity. Active growing boys and girls need a great deal of fuel food.

2. Food for Building and Repair.—As an engine requires raw material to build it and new parts to replace old ones, so do our bodies require food which will build new cells and replace body tissue used up by physical activity. An excess of protein above body needs means that some organs concerned with elimination and metabolism are overworked, while protein starvation has also many unfavorable results. Many women and children eat too little protein food and men often consume more than they need. A balance is to be desired as much as seeing that a car is



These are some of the more important fuel foods

properly built and repaired, yet not overburdened with needless fixtures. It is also as important to secure high quality protein foods as it is to provide proper amounts.

Certain minerals are very essential building materials for bones and teeth. Milk is practically the only efficient source of calcium, a mineral very necessary to bone and tooth structure. While the need for an adequate supply of minerals is evident during the eighteen years or so of body development, adults very often do not recognize their need for building and repair foods and refer to milk, for example, as "baby food."

3. Food for Regulation and Protection.—A car is constantly in need of regulating material such as water, oil and cleaning processes. The human body is a much more delicate mechanism. It requires food which will help regulate the body processes, keep it free from an accumulation of waste matter and provide normal nutrition and growth. Minerals, vitamins, water and bulk have an inestimable value in keeping organs properly functioning, also in preventing certain diseases and lowered physical efficiency. The regulating and growth foods are more commonly lacking from the average person's meals than any other group. They are often called protective foods since they protect the body from undesirable and unnecessary suffering.

What Should We Eat?

No one food can meet all three body requirements adequately for the normal individual. We are better satisfied with a variety of foods than with a limited, restricted diet. One must know what foods supply these different needs in order to select intelligently. The following list of foods shows in general their classification as to purpose.

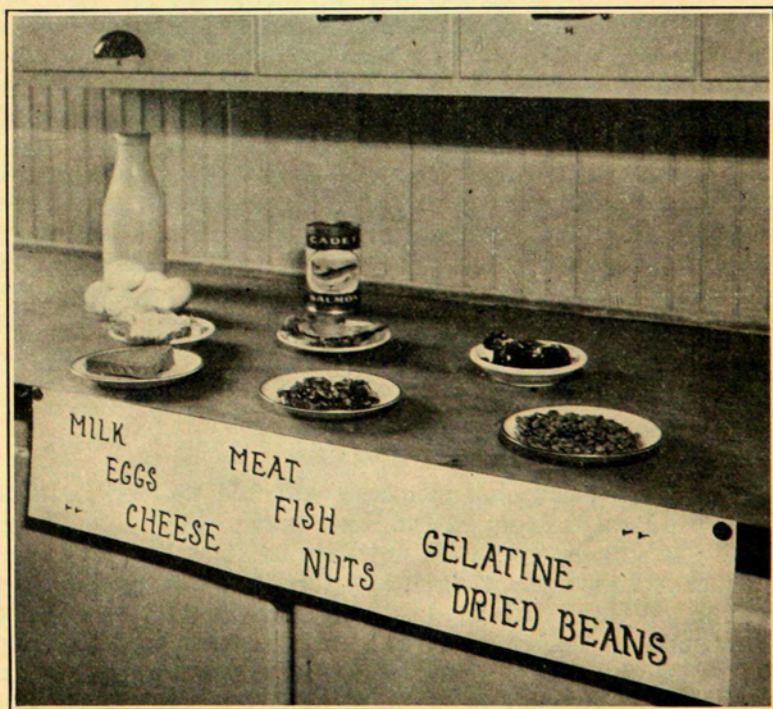
1. Fuel Foods

Starches.—Cereals such as wheat, rice, corn, oats and cereal products; potatoes.

Sugars.—Candies, preserves, jelly, sugar, molasses, honey, dried fruits, etc.

Fats.—Butter, cream, oils, suet, bacon, lard, nuts.

Combinations of These Food Materials.—Bread, pastry, cake, cereal puddings, sweet or rich desserts, ice cream, macaroni and spaghetti dishes, meat dressings, gravies, rich sauces.



These are building and repair foods

2. Building and Repair Foods

Protein.—Milk, eggs, cheese, meat, chicken, fish, gelatine, dried beans and peas, nuts.

Minerals.—Milk, eggs, cheese, vegetables, fruits.

3. Regulating and Protective Foods

Minerals.—Milk, legumes, leafy vegetables, fruits, whole grain cereals, red meats, eggs.

Vitamins.—Milk, vegetables—especially green leafy vegetables and tomatoes, fruit—especially citrus and raw fruits, whole grain cereals, yeast, butter, cream, eggs, codliver oil.

Water.—Beverages, bulky foods.

Bulk or Roughage.—Vegetables, fruits, whole grain cereals.

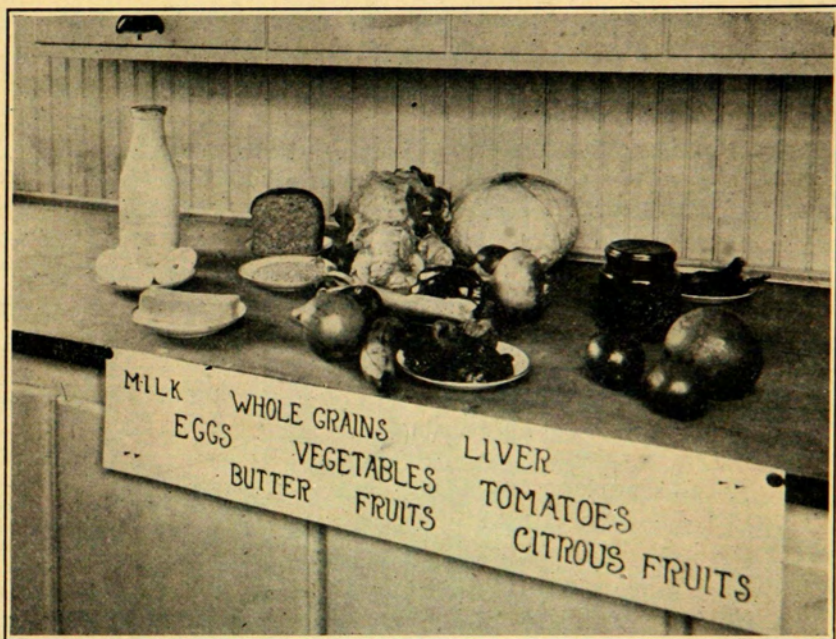
How Much Should We Eat?

It is almost impossible to meet body requirements unless we keep certain food standards in mind. The food habit scorecard in the health record book emphasizes amounts and kinds of foods most often neglected. Check your food habits by the scorecard carefully. If your score is low in any particular phase, try especially to serve that food in a variety of attractive ways.

Dislike for a food is often overcome by learning to eat it combined with some other food. A dislike for carrots may be overcome by serving them in attractive salads or creamed in combinations with onions, celery or green peas. If milk is distasteful as a beverage as, unfortunately, is sometimes the case, prepare and serve milk in cream soups, cocoa, creamed vegetables and milk desserts. Be on the lookout for recipes from other sources which show different ways of serving wholesome necessary foods.

Learning to Cook

Meal preparation club members will find the requirements listed in the Record Book. Altho it is a part of the job to prepare eight entire suppers, yet it is not wise to start by preparing a whole meal. Follow the assignments for home work given below. Your club meetings with the leader are for the purpose of learning how and why, and the work at home is to learn by doing. Keep up with assignments regularly for your record of dishes and meals prepared at home is the most important part of the final exhibit.



These are regulating and protective foods

Home Work Assignments

- I. Study food requirements and learn to recognize foods according to their purpose,—whether they are fuel, building and repair or regulating and protecting foods.
Keep the food-habit scorecard for a week and start weight records. Keep weight regularly.
Make cocoa by the club recipe at least twice. Practise accuracy in measuring.
- II. Make white sauce at least twice, using it for creamed asparagus on toast, creamed potatoes, peas, etc., or for a creamed meat, fish or eggs on toast.
Cook a green or leafy vegetable twice and serve buttered or creamed.
- III. Prepare a food you dislike in two different ways, serving it as attractively as possible.
Make custard and junket at least twice.
Take a cup custard for judging to the next meeting.
- IV. Prepare Menu I or one similar to it, using a creamed dish, a green or leafy vegetable and a custard dessert.

Set the table several times, following directions for correct table setting given in "Serving the Family Meal."

Take quick mayonnaise dressing for judging at the next meeting.

- V. Cook a starchy cereal at least twice (rice, macaroni, etc.) and serve as Spanish rice, macaroni with cheese sauce, spaghetti with tomato sauce, etc.
Practise posture stunts and exercises.
Make oatmeal cookies and take six for judging to the next meeting.
- VI. Make oatmeal cookies at least once again or until the quality is improved.
Make both whipped cream and cooked salad dressings and serve them with appropriate salads.
Serve Menu II.
Take some cooked salad dressing in a pint jar for judging to the next meeting.
- VII. Make fruit salads or fruit desserts at least twice.
Make cream soup at least twice.
Serve Menus III and IV or ones similar to them.
- VIII. Prepare eggs in at least two different ways, using low temperatures for cooking them.
Prepare Menus V and VI or ones using similar dishes.
Bake gingerbread to be judged at the next meeting.
- IX. Make gingerbread at least once again, or until the quality satisfies you.
Make second scoring on food-habit scorecard.
Make gelatine fruit desserts at least twice.
Serve Menu VIII or similar dishes, and Menu VII if a picnic is possible.
- X. Finish any requirements for home work not yet done.
Get record books in shape.
Be sure that you can make excellent gingerbread and cookies before time to exhibit them.

Special assignment for clubs which organize before Christmas (work to be done in November or December).

Serve or assist with a special meal at home, taking charge of decorations and some part of the food preparation, as salad. Refer to circular on "Holiday-time Suggestions." Help plan the menu to see that it is simple and well balanced.

Be responsible for setting the table correctly.

Planning Meals to Serve at Home

Menus are suggested which you may want to follow exactly, or change if it seems best. Prepare the same type of foods, however, and keep the meals simple. In making changes from the menus as planned, be sure that you are supplying the same class of food and not making a poorly balanced meal.

Do not attempt heavier meals of meat, potatoes and rich desserts in the first year's work. They will not be given full credit when your record books are graded.

Supplies necessary to serve the supper as planned for five are listed with each menu. Work out the amount of food necessary for your family, whether two or ten and check up before starting the meal to see that everything is on hand. A wise housekeeper plans in advance so that there is no need for a hurried trip to the grocery store or a meal full of substitutions.

Consult Your Mother

Your mother has had a great deal more experience than you—consult her when necessary. Let her advise you as to the wisest thing to plan, and get her help when necessary but take the responsibility for making and baking yourself. If you talk over the meals with your mother and plan to use the kitchen at a time which will not interfere with her work, there should be little trouble serving the meal. Notice the time arrangement planned in connection with each menu. If all food possible is prepared in the morning, the actual task of getting supper need not be dreaded.

Perfection in Cooking

"Trifles make perfection, but perfection is no trifle." Perfection in cooking and serving food can only be attained thru care and practice.

Practice a new dish once or twice before you plan to use it in the entire meal. Do not stop preparing a dish, baked custard for example, until you feel it is just right—as good as any one can make it. Attractive serving of foods counts for a great deal. A few dishes nicely prepared and served are much more to be desired than a table laden with an array of food.

If the family refuses or scorns some food you have prepared, see how you can better your method of preparing it and try to overcome their prejudice.

Accuracy in Measurements

All measurements given in recipes are level. That means that a teaspoonful, tablespoonful or cup should be **leveled off with a knife**, and then divided if a part of a measure is given. A glass

measuring cup is convenient for measuring. Use a standard tablespoon, teaspoon and measuring cup. Your mother may not measure and still have good results but her eye and hand are trained to estimate amounts quite accurately.

Abbreviations used:

Tb. means level tablespoonful

lb. means pound

tsp. means level teaspoonful

qt. means quart

c. means level cupful

If you must divide or multiply a recipe the following table will help you make quick measurements:

3 tsp. equals 1 Tb.

12 Tb. liquid equals 1 cup

16 Tb. dry ingredients or

4 c. equals 1 quart

fat equals 1 cup

Dishes Made With Milk

"Milk is the one food for which there is no effective substitute." Why? Because it is such a very good source of building material for bones, teeth and muscles that we cannot afford to do without it.

In order for a growing person to get a quart of milk a day or nearly that amount, it is almost necessary to use some in cooking. Avoid over-heating milk—it should seldom be boiled. See that it is kept sweet and clean by keeping it in as cool a place as you can find, and free from dirt and flies. Milk can be as dangerous as it is healthful if not cared for properly.

Cocoa.—Make a cocoa paste of the following proportions: 2 level Tb. cocoa, 3 Tb. sugar, 1 c. boiling water, a few grains of salt. Mix sugar, salt and cocoa, add water, cook to smooth paste. Add 3 c. milk, heat to boiling point and beat with a Dover beater before serving.

A larger amount of cocoa paste can be made as follows:

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

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

1 c. sugar

3 c. hot water

Cook until smooth and slightly thick. Store in glass jar and add to hot milk as needed.

Avoid a sweet, dark cocoa beverage which shows a sediment at the bottom. The powdered cocoa is a slight stimulant, and if used in large amounts in a beverage will approximate the stimulating effects of tea and coffee.

Iced Cocoa.—Mix very cold milk with cocoa paste to color slightly and flavor. Chill thoroly or add ice before serving. Serve in glasses with whipped cream on top for special occasions.

White Sauce

	Fat	Flour	Milk	Salt	Use
Thin -----1	Tb.	1 Tb.	1 c.	$\frac{1}{2}$ tsp.	Cream soups
Medium ----1 $\frac{1}{2}$	Tb.	2 Tb.	1 c.	$\frac{1}{2}$ tsp.	Creamed vegetables and meat
Thick -----2	Tb.	3 Tb.	1 c.	$\frac{1}{2}$ tsp.	Croquettes, etc.

Melt fat (butter is usually preferred) in top of double boiler or in pan over slow fire, add flour, stir until blended. Add milk and stir until thick and smooth. Add salt. A wooden spoon is nice for stirring. If two cups of white sauce are needed, multiply amounts in the recipe by two, and so on for amount desired.

Use medium white sauce for creamed vegetables, creamed hard-cooked eggs on toast, creamed dried beef, creamed salmon or meat on toast. For cheese sauce, add $\frac{1}{2}$ c. cheese cut in cubes and stir until melted.

Baked Custard

3 eggs	$\frac{1}{3}$ c. sugar	$\frac{1}{4}$ tsp. vanilla
3 c. milk	$\frac{1}{4}$ tsp. salt	Nutmeg

Beat eggs slightly with a fork until they are thoroly mixed but not frothy, add sugar. Heat milk until barely scalded, add eggs and sugar gradually and flavoring. Pour into five oiled individual glass or earthenware custard cups, sprinkle with nutmeg and set the cups in a pan. Pour fairly hot water around cups until even with custard in the cups. Bake at a low temperature until a knife comes out clean when inserted in custard. A curdled custard or one which has whey has been cooked at too high a temperature, cooked too long or the milk was not very fresh. Old tea cups may be used for baking cup custards. If these are used turn the custard out into a sauce dish when serving.

Cocoanut Custard.—Add $\frac{1}{2}$ c. shredded cocoanut before baking.

Chocolate Custard.—Scald milk with 1 square chocolate and a short piece of stick cinnamon. Remove cinnamon and beat with egg beater until smooth. Then proceed as in plain custard.

Junket.—Milk or cream that has been boiled, sterilized or condensed cannot be used for making junket. Care must be taken not to heat milk more than lukewarm as hot milk kills the action of the enzyme or substance causing milk to coagulate. Crush 1 junket tablet (secure at grocery or drug store) and dissolve in 1 Tb. cold water. Heat 1 qt. milk to lukewarm, add $\frac{1}{2}$ c. sugar and 1 tsp. vanilla. Add dissolved tablet to this. Pour at once into sherbet cups or serving dishes. Let stand in warm room without disturbing until firm. Place in cool place until ready to serve. Serve with a spoonful of crushed berries sweetened with powdered sugar on top.

Variations.—Color a faint pink with fruit coloring. Or add 4 Tb. cocoa paste (see recipe for cocoa) and $\frac{1}{2}$ tsp. vanilla to 1 qt. milk before adding junket tablet. Or caramel syrup may be added or brown sugar instead of white.

Cream of tomato soup

1 qt. milk	1 tsp. salt	$\frac{1}{4}$ tsp. soda
4 Tb. fat	1 pt. tomatoes	seasonings
3 Tb. flour	slice of onion	

Make a thin white sauce of milk, fat, flour and salt. Heat canned tomatoes with onion and seasonings such as bay leaf and a little celery or green pepper. Cook for ten minutes. Rub thru sieve. Just before serving the soup, add soda to the hot tomato pulp, stir thoroly and add white sauce to tomato slowly. Serve at once.

Cream Soups.—Other cream soups may be made by combining thin white sauce and vegetable pulp in the general proportions of 1 qt. thin white sauce to 1 c. pulp or finely chopped cooked vegetable. Peas, cooked pinto or navy beans, spinach, asparagus and combinations of left-over vegetables should be heated and rubbed thru a sieve.

In making cream of potato soup, potatoes should be cooked with a little onion, mashed and added to seasoned hot milk with little or no thickening.

For cream of celery or asparagus soup the coarse celery or asparagus stalks may be cooked with milk, the whole strained, and then thickened with butter and flour rubbed together in the proportions of thin white sauce. Always serve soups hot in hot soup plates. A double boiler is best for making white sauce and keeping soup hot.

Crackers or Croutons.—Crackers should be crisp. Heating in the oven restores crispness. Stale bread may be cut into squares or strips and toasted slowly in oven until crisp and brown.

Vegetables and Fruits

Vegetables add color, interest and variety to meals as well as supplying vitamins, minerals and roughage. They help keep our bodies in good working order. Don't let vegetable or fruit dislikes cause a poor complexion or unsightly teeth. Learn to prepare and serve them attractively and eat them without comment.

Cooking Vegetables.—Vegetables should be cleaned thoroly before cooking. Scrub all root vegetables with a brush. Many vegetables, such as carrots are scraped rather than pared.

Vegetables should be cooked in a small amount of water—only enough to keep them from burning. First see that water is boiling, add salt (about $\frac{1}{2}$ teaspoon), add prepared vegetables and boil until tender. Keep water boiling until vegetables are tender but do not boil violently. Liquid should be practically absorbed when vegetables are done.

Any liquid left should be saved to serve with buttered vegetables or saved for soup. In making creamed vegetables one may substitute water that is drained off for part of milk.

Green vegetables are cooked in an open vessel since their color is better if they are not covered.

Strong-flavored vegetables may be cooked in a larger amount of water. Above all things **avoid overcooking** vegetables. Color is lost and a strong flavor is thus developed. Cabbage should still be crisp and white when it is served, greens should still have a fresh green color.

Vegetables may be baked, boiled, steamed, and sometimes fried. They are served buttered, creamed or in a variety of combinations.

Creamed Asparagus on Toast.—Cook asparagus by following general rules for cooking vegetables. Combine cooked, cut asparagus with white sauce ($1\frac{1}{2}$ to 2 cups sauce for five people), and pour hot over toast which is on a platter. Serve immediately.

Creamed Potatoes and Peas.—If left-over cooked potatoes and canned peas are used, add vegetables to a medium white sauce and heat thoroly. If new potatoes and peas are available, cook vegetables according to general directions until tender. Add 1 cup milk to the vegetable liquid left (about $\frac{1}{2}$ c.) and when hot add 2 Tb. butter rubbed with 2 Tb. flour. Season with salt, and heat until thick, stirring to keep smooth.

Spinach with Poached Egg.—Wash spinach in several waters. Cook in fairly heavy kettle with no water except what clings to the leaves after rinsing. Heat slowly at first, turning leaves frequently with a fork. When wilted and tender but not dark and soft (a sign of overcooking) chop slightly with a knife and season with salt, butter and a little pepper. Arrange on toast and make hollow for poached egg. Plan to put spinach on to cook about fifteen minutes before meal is served since spinach becomes dark and flat if it stands long on back of stove.

Variations.—Cook spinach as directed and serve with sliced hard cooked eggs, or finely chop the whites and rub yolks thru sieve. Lemon juice may be added as a seasoning to spinach. Or use finely cut cubes of crisp bacon with a little bacon fat in place of butter to season spinach when serving as a vegetable.

Browned Potatoes.—Heat a skillet, fairly heavy one is best. Melt 1 or 2 Tb. bacon fat or butter and when hot add 1 green onion or a slice of a large onion, finely chopped. Brown slightly and add very finely diced or cubed potatoes. Sprinkle with salt, cover skillet and allow to cook slowly until a brown crust is formed on the bottom and potatoes are heated thru. Fold half over like an omelet. Greasy "fried" potatoes may be avoided by using only a small quantity of fat, cutting potatoes in fine cubes, and allowing them to brown slowly.

Variations.—Add finely chopped green pepper, or leftover ham, or chopped bacon, a little pimento, or 2 or 3 Tb. or grated cheese.

Baked Potatoes.—Select uniform, medium sized smooth potatoes for baking. Scrub thoroly, dry, and rub skins with fat if desired. Put in fairly hot oven and bake about 45 minutes until soft when pressed. Do not prick with a fork. As soon as potatoes are done, remove from oven and cut a cross on top with a knife. Press open, letting out steam and pushing points up like petals of a flower. Before serving put a dot of butter on top each potato and sprinkle with paprika. Baked potatoes will be heavy and soggy unless steam is released as soon as they are baked. Serve at once. Cold baked potatoes may be used for creamed or browned potatoes or for a salad.

Preparing Vegetables for Salad.—Vegetables to be served raw in salads or as a relish should always be cold and crisp. Gather such vegetables before the sun wilts them. Clean thoroly. Each lettuce leaf should be examined and washed thoroly. Crisp vegetables by placing in a pan of cold or ice water. Drain thoroly, wrap in clean, damp cloth and put in cool place

until ready to use. Add salad dressings to such vegetables just before serving, or let the dressing be added at the table by the user. Cooked vegetables should be cold and drained when added.

Cabbage with Whipped Cream Dressing.—Cut crisp cabbage with a sharp knife into fine shreds. Whip 1 c. cream until stiff, add gradually juice of 1 lemon. Mix 1 tsp. salt, $\frac{1}{2}$ tsp. mustard, 2 Tb. sugar and $\frac{1}{2}$ tsp. paprika. Add to cream and pour over cabbage. Sour cream may be used, decreasing the amount of lemon juice.

Asparagus, Lettuce and Egg Salads.—Combine 1 c. cold cooked asparagus cut in short pieces, 1 or 2 c. shredded crisp lettuce, and 2 or 3 hard cooked sliced eggs, with $\frac{2}{3}$ to 1 c. cooked dressing or mayonnaise which has been thinned to proper consistency. Serve in bowl in a nest of lettuce leaves or on a lettuce leaf on individual plates. Garnish with slice of egg.

Variations.—Cold cooked peas, carrot cubes or green string beans may be used in place of asparagus or in combination with it.

Carrot Salad.—Clean several small carrots, scrape, and run thru food chopper. Sprinkle with a little salt. To 2 c. ground carrots add 1 apple and 1 banana cut in dice, and combine all with cooked dressing. Serve on lettuce leaves or in bowl.

Other Carrot Combinations.—2 c. raw carrots and $\frac{1}{2}$ c. chopped peanuts. 2 c. raw carrots and 1 c. cooked raisins.

Equal quantities of ground carrots and finely chopped cabbage with several cut marshmallows and a cubed banana.

2 c. raw ground carrots, 2 apples cubed, $\frac{1}{2}$ c. celery cubes.

Lettuce with Thousand Island Dressing.—Separate the leaves of a head of crisp clean lettuce. Be sure that leaves are drained thoroly. Nest leaves in each other on individual salad plates, and put a generous spoonful of dressing in the center. Lettuce may be shredded on individual plates or a head cut in thin sections or eighths. In the latter case allow two sections to a serving. Put dressing across lettuce, not entirely over it.

Thousand Island dressing is made by adding chopped hard cooked egg, chili sauce or tomato catsup, chopped pickles, olives, celery, onion, or green pepper to a mayonnaise made according to the recipe given. A good combination is to mix 1 c. of stiff mayonnaise, $\frac{1}{4}$ c. tomato catsup, 1 chopped hard cooked egg and 2 Tb. picallily or chow-chow. Use left over bits of pickles and crisp vegetables in a dressing of this kind and vary according to your supply.

Leaf lettuce from the garden makes an excellent summer salad. It should be gathered early, cleaned and kept crisp until ready to use. Shred with scissors just before serving and serve with a simple sour cream or French dressing or a thinned cooked dressing. Two or three hard-cooked eggs finely chopped are a pleasing addition. Sour cream with brown sugar and a little salt makes a nice dressing for leaf lettuce.

Fruit Salad.—Combine canned fruits such as peaches, pears, pineapples, white cherries, with fresh raw fruits such as apples, bananas, oranges, grapefruit, firm strawberries. Canned fruits should be in neat firm pieces. Oranges should be pared instead of peeled so that all of white membrane is

removed, then cut into cubes. Use only thoroly ripe bananas (no green tips and only black specks on them). Cut into cubes just before serving. Lemon juice or acid fruit in contact with bananas and apples will prevent their turning black. Plan combinations to suit season and supplies. All fruit should be thoroly drained and chilled. Pack fruit in a cup and turn out on a crisp lettuce leaf. Top with whipped cream or a spoonful of suitable dressing.

Fruit Mixture.—Combine any seasonable fruits cut in neat pieces such as sliced pineapple, strawberries and bananas, or orange, pineapple, bananas and white grapes. Sweeten slightly.

Baked Rhubarb Sauce.—Cut fresh cleaned rhubarb in cubes. Sprinkle each layer of rhubarb in a baking dish with sugar in the proportion of $1\frac{1}{2}$ c. sugar to 1 qt. rhubarb. Do not add water but bake slowly until tender.

Variations.—A few raisins or chopped dates may be added before baking. Lemon, orange or pineapple juice sprinkled on top adds a delightful flavor.

Jellied Apples

5 apples	2 c. hot water	$\frac{1}{3}$ c. cold water
cinnamon candies	$1\frac{1}{2}$ Tb. granulated	1 tsp. lemon juice
1 c. sugar	gelatine	

Pare and core apples. Cook until tender and clear in a syrup made of sugar, hot water and cinnamon candies to color. Turn apples during cooking process. While apples are cooking, soften gelatine in cold water. Remove apples from syrup and put each apple in a cup or mold. Add enough hot water to syrup to make two cups, pour over gelatine, stir, add lemon juice, and pour over apples in molds. Put in cool place to harden. Unmold and serve with or without whipped cream. Apples and jelly may be put into a square pan when serving, cut in squares with an apple in each cube.

Apples cooked in syrup colored with cinnamon candies may be served in sauce dishes as a dessert or may form the basis for a bright salad.

Cinnamon Apple Salad.—For a salad, chill the apples, stuff centers with creamed cheese and celery cubes and serve on lettuce with cooked dressing.

Cooked Salad Dressing

1 tsp. salt	3 yolks or 2 eggs
$\frac{3}{4}$ tsp. mustard	2 Tb. butter
2 Tb. sugar	$\frac{3}{4}$ c. water
2 Tb. flour	$\frac{1}{2}$ c. mild vinegar

Mix dry ingredients. Beat eggs thoroly, add vinegar and water and beat again. Combine with dry ingredients and cook over hot water until thick and smooth. Stir constantly to avoid lumping and keep heat low. Add butter and cool. When serving, thin with plain cream or whipped cream if it is available.

Quick Mayonnaise

2 egg yolks or 1 whole egg	1¼ tsp. salt
2 Tb. each of vinegar and lemon juice	½ tsp. mustard
1 c. salad oil	1 tsp. sugar
	½ tsp. paprika

Put eggs and vinegar into a mixing bowl and mix well. Add the other ingredients. It is not necessary to stir them. Prepare a paste as follows:

⅓ c. flour	1 Tb. butter	1 c. cold water
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Mix thoroly. Put over fire and cook until raw taste of starch disappears. At once (while it is hot) turn this paste into the egg and oil mixture. Beat all the ingredients with a Dover egg-beater until a thick, uniform dressing results.

Supper Cereal Dishes

Some cereal grains as corn, wheat and rice make excellent supper or lunch dishes. They need building and repair food with them, and some vegetables if they are to be used in a well-balanced meal. Potatoes should not be served in the same meal since both are starchy foods.

Boiled Rice.—Wash 1 c. rice until water runs clear. Add slowly to 2 qts. boiling water so that boiling is not checked. Add 1 Tb. salt. Boil until soft. Drain in coarse strainer and run cold water over it. Return to kettle, cover, and place on back of stove to dry. Kernels should be distinct and separate. Rice boiled in this manner is delicious served as a cereal with cream and sugar, or in place of potatoes with butter or grated cheese or as the foundation for many dishes and desserts. Macaroni and spaghetti are cooked according to the same general directions only less water is required in boiling.

Spanish Rice

1½ c. tomato	3 Tb. flour	1 c. ground meat
3 Tb. fat	2 c. cooked rice	½ tsp. salt

Cook onion and tomato. Run thru a sieve. Make a tomato sauce of fat, flour, salt and strained tomato in the same way white sauce is made. Alternate layers of rice with meat in a greased casserole or baking dish. Season carefully. Pour tomato sauce over all and bake until hot and browned on top.

Macaroni and Cheese.—Cook macaroni according to general directions and reheat in a smooth, well-seasoned cheese sauce. It may be heated in a baking dish in the oven with buttered crumbs on top.

Egg and Other Meat-Substitute Dishes

Eggs, dried beans and cheese serve as meat substitutes, or else they help a little meat go a long way. These dishes are especially appropriate for suppers since meat is often used for the main meal or dinner. These dishes supply building and repair foods and are used in meals without meat.

Eggs are most easily digested if cooked at a low temperature—below boiling. Eggs are a splendid food for older people and

children alike. They contain important vitamins and minerals as well as being a good source of protein.

Poached Eggs.—Fill a shallow pan with water enough to cover eggs. Add $\frac{1}{2}$ tsp. salt and $\frac{1}{2}$ Tb. vinegar to each pint of water. Bring water to boiling. Break each fresh egg into a saucer and carefully slip into pan of water. Cover the pan and keep over very low heat so that water does not boil. When white is firm and a film covers the yolk, take up with a greased skimmer or spoon, drain, and slip on spinach and toast.

Variations.—When poached eggs are used as a breakfast or supper dish without spinach, they may be poached in milk or cream. Serve on toast, pouring hot milk or cream over the egg.

Hard-Cooked Eggs.—Put the eggs on a rack in a kettle and cover with cold water. Bring slowly to **below boiling** temperature—until the water simmers. Cover kettle and keep below boiling temperature for 30 minutes.

Omelet

5 eggs 5 Tb. milk or water 1 tsp. salt 2 Tb. butter

Separate yolks and whites of eggs. Beat yolks, add milk or water. Beat whites until stiff, add salt. Fold whites into yolks. Heat a heavy skillet and melt butter. Turn mixture in, spread evenly. Cover and heat slowly until bottom is browned and omelet has doubled its size. Put in oven until top is firm. Cut partly thru center, run knife or spatula under bottom and fold over. Serve at once on hot platter.

Variations.—Beaten eggs may be mixed with milk and seasonings without being separated and stirred in pan until creamy, then browned and folded over. Any bits of left over meat, grated cheese, or heated vegetables such as peas or asparagus may be spread on omelet before folding.

Cottage Cheese.—Moisten cheese with cream until of a soft consistency. Season with salt and pepper. Serve in a bowl garnished with lettuce leaves, celery leaves or parsley or make into balls and put on plate beside fruit salad. Balls may be rolled in nuts. Chopped nuts, chopped pimento, green pepper, parsley or celery may be added to cheese served in bowl. Rye bread, cheese and lettuce may be made into sandwiches and served with a fruit salad.

Chili Con Carne

2 c. pinto beans	1 to 2 tsp. chili powder	$\frac{1}{2}$ Tb. salt
1 lb. freshly ground beef	1 or 2 onions	$\frac{1}{2}$ tsp. pepper
or	3 Tb. fat	2 c. tomatoes
2 c. left-over ham		

Pick over and wash pinto or Mexican beans. Soak several hours or overnight. Drain, cover with fresh boiling water and simmer slowly until tender, (about 6 hours in high altitude). Salt to taste. Soft water is best for soaking or cooking, or else use water which has been softened by boiling. Do not use soda since it is destructive of vitamins. A pressure cooker shortens time and makes the beans tender quickly. To give the beans a delicious flavor cook them with a ham bone or a piece of salt pork. Use ground ham instead of ground beef if it is available. If hamburger at the market is known to be fresh, of good quality and most all lean meat, it may be used. Otherwise, have the butcher grind a pound of rump, chuck or round.

Chop onions and brown slightly in hot fat or fried-out suet. Add meat, sprinkle with salt and $\frac{1}{2}$ tsp. pepper. Cook slowly over low flame until brown. Add cooked beans, tomatoes and chili powder. Do not season too highly with chili powder since highly seasoned foods are irritating and injurious. A small amount of paprika may be substituted for the chili powder. Heat all for 30 minutes. If the chili is quite thin, thicken with 2 tablespoons flour mixed with a little water to a smooth paste. Cook for a few minutes to thicken. Serve in bowls. Any left over cooked beans may be used for a cream of bean soup.

Desserts

Simple desserts of fruit and milk are best for most of us. Use the recipes given under Milk and Fruits. Serve with cookies if desired.

Oatmeal Cookies

$\frac{1}{2}$ c. shortening	$\frac{1}{2}$ tsp. soda in 1 tsp.	2 tsp. cinnamon
$1\frac{1}{4}$ c. brown sugar	water	$1\frac{1}{2}$ c. fine oatmeal
1 egg	1 c. raisins (seedless)	$1\frac{1}{2}$ c. flour
$\frac{1}{2}$ c. milk	$\frac{1}{2}$ c. chopped nuts	$\frac{1}{2}$ tsp. salt

Mix oatmeal with nuts and raisins. Sift flour with salt and cinnamon. Always sift flour once before measuring when it is used in baking. Cream shortening, add sugar gradually, add well beaten egg. Alternate milk and dry ingredients. Add soda water, oatmeal, nuts and raisins. Drop by spoonful on oiled sheet and bake until browned in moderate oven.

Gingerbread No. 1

(Small recipe given in detail, using sour milk)

1. Assemble these supplies and equipment:
 Fat—mild flavored and fresh
 Molasses—Mild flavored is best, but if strong and black, use corn syrup for part
 Flour—bread flour is used, but sift once before measuring
 1 egg
 Sour milk or buttermilk
 Sugar, salt, soda baking powder, cinnamon, ginger, allspice
 1 large and small bowl, egg beater, measuring cup, tablespoon, teaspoon, knife, sifter, flat pan for baking (9 x 9" square or a round cake tin is best. Do not use a bread pan for best results.)
2. Grease baking pan and flour it lightly
3. See that oven is heating to a moderate temperature
4. Pile sifted flour lightly into cup and level off to make 1 cupful, put in sifter with $\frac{1}{2}$ level teaspoon each of ginger, cinamon, allspice, baking powder and $\frac{1}{4}$ tsp. salt.
5. Measure $2\frac{1}{2}$ Tb. fat (level) in a larger bowl and soften with mixing spoon. Add 4 Tb. (level) of sugar and mix with fat until creamy.
6. Beat egg in small bowl and add to creamed mixture, then add $\frac{1}{4}$ c. molasses or mixture of molasses and syrup.
7. Alternately add sifted dry ingredients and $\frac{1}{3}$ c. sour milk to which $\frac{1}{3}$ tsp. soda has been added.

8. Beat thoroly, pour into pan and put in oven at moderate temperature (about 325°). Bake about 25 minutes or until when tested with finger it will spring back.
9. In serving, cut in squares and serve while warm with slightly sweetened whipped cream. Serve on small plates with a fork.

Gingerbread No. 2

½ c. sugar	1 tsp. ginger	½ tsp. salt
¼ c. shortening	1 tsp. allspice	2 c. flour
½ c. molasses	1 tsp. cinnamon	1 c. boiling water (scant)
½ tsp. soda	2 eggs	1 tsp. baking powder

Cream fat and sugar. Add molasses, beat well, then add eggs. Sift dry ingredients and add. Mix boiling water with soda and combine. Stir as quickly as possible and put into a moderate oven at once. Bake at moderate temperature.

Vanilla Sauce for Gingerbread

1 c. sugar	2 Tb. butter
3 Tb. flour or	2 c. boiling water
2 Tb. cornstarch	1½ tsp. vanilla

Mix sugar with flour or cornstarch. Add boiling water, stirring constantly. Cook 8-10 minutes. Remove from fire and add butter and vanilla.

Menu No. 1

Creamed asparagus on toast

Browned potatoes

Whole wheat bread

Butter

Baked custard

Fuel	Building and Repair	Regulation and Protection
Toast	Milk in white sauce	Asparagus
Potatoes	Custard	Milk
Bread and Butter		Whole wheat bread

Supplies for Five

15 or 20 asparagus stalks	bacon fat	whole wheat bread
5 slices dry old bread	1 onion	1¼ qts. milk
5-10 cooked potatoes	3 eggs	seasonings
	butter	

Time

Make custard early in day when the oven is hot for some other meal if possible. See that extra boiled potatoes are left over from some other meal. Clean asparagus after gathering and put in a cool place until ready to cook. or boil asparagus early in day and keep cool until ready to add to white sauce. Before supper cook asparagus if it is not already prepared, start potatoes to browning, make white sauce, and set table while food is cooking. Make toast, add asparagus to sauce, take up food and serve.

Changing Menu

Creamed fish or meat on toast may be substituted for asparagus, but a green vegetable should be served in addition to the meat and potatoes. Serve it hot and buttered (as asparagus, peas, cabbage, green beans).

Menu No. 2

Spanish rice

Cabbage with whipped cream dressing

Bread

Butter

Junket with berries

Fuel**Building and Repair****Regulation and Protection**

Rice

Meat

Tomato

Bread and butter

Milk

Cabbage

Cream

Milk

Berries

Supplies for Five

1 c. rice

bread

1 junket tablet

1½ c. cooked tomatoes

butter

1 qt. milk

1 c. left-over meat

½ pt. whipping cream

1 c. berries

½ head firm cabbage

1 lemon

seasonings

Time

Cook rice in morning, grind meat, make junket, clean berries and mix with sugar. Before supper make tomato sauce, mix Spanish rice, set table, prepare cabbage.

Changing Menu

Do not add potatoes or meat to this meal, since the rice is a starchy food and meat is included in the Spanish rice. Another vegetable is a better addition if more food is felt necessary. Cookies may be served with the dessert.

Menu No. 3

Creamed potatoes and peas

Asparagus, lettuce and egg salad

Graham bread

Butter

Milk

Baked rhubarb sauce

Oatmeal cookies

Fuel**Building and Repair****Regulation and Protection**

Potatoes and peas

Eggs

Peas

Bread and butter

Milk

Asparagus and lettuce

Cookies

Graham bread

Milk

Rhubarb

Supplies for Five

10 new potatoes

¾ c. salad dressing

sugar

1 or 2 c. new peas

1½ qt. milk

raisins

1 c. cold cooked asparagus

graham bread

fat

lettuce

butter

flour, etc.

2 or 3 hard cooked eggs

12-18 stalks rhubarb

Time

See that there is left-over asparagus, and if new potatoes and peas are not available, use boiled potatoes and canned peas. Make cookies and bake rhubarb in the morning. Gather and clean lettuce early in the day. Salad dressing and hard cooked eggs should be prepared early in the day or on a day previous. Before supper the only duties will be to cook new potatoes and peas or make white sauce, set table, combine salad and serve.

Changing Menu

If asparagus is not in season, other cold, cooked vegetables may be used, or just lettuce and egg for the salad. For the working man, cottage cheese or meat may be added if it is felt necessary. Any fresh or cooked fruit may be used for dessert.

Menu No. 4

	Cream of tomato soup	Crackers
	Crisp celery	
	Rye bread with cottage cheese	
	Fruit salad	
Fuel	Building and Repair	Regulation and Protection
Crackers	Milk	Milk
Bread and butter	Cheese	Tomato
Cheese		Celery
		Fruit
		Rye bread

Supplies for Five

1 qt. milk	¼ lb. crackers	1 to 2 c. cottage cheese
1 pt. or a no. 2½ can	1 bunch celery	cream
tomatoes	rye bread	½ c. whipping cream
onion	butter	or salad dressing
seasonings		
canned and fresh fruit		

Time

Prepare celery for serving and crisp it. See that fruits are thoroly chilled. They may be cut in pieces earlier in day except bananas and apples which blacken readily. In preparing supper, start soup, set table, prepare cheese and fruit salad, combine soup and serve.

Changing Menu

To make a heartier menu, baked potatoes or browned potatoes might be added, or a vegetable such as beets or carrots. Cookies may be served with the fruit salad.

Menu No. 5

	Spinach with poached egg	Buttered toast
	Cocoa	
	Radishes and green onions	
	Gingerbread with whipped cream	
Fuel	Building and Repair	Regulation and Protection
Toast and butter	Egg	Spinach
Gingerbread	Milk	Radishes and onions
Cream		Milk

Supplies for Five

7 eggs	5 slices stale bread	seasonings
2 lbs. fresh spinach	radishes and green onions	molasses
3 c. milk	cocoa	sour milk
spices	¾ c. whipping cream	

Time

Clean spinach early in day, make cocoa paste, prepare radishes and green onions according to directions for preparing vegetables for a salad.

Ingredients for the gingerbread may be measured and sifted earlier. Before supper first mix gingerbread and put in oven, set table, put on spinach to cook, heat milk for cocoa, make toast, combine cocoa, whip cream, poach eggs and serve.

Changing Menu

Hard-cooked egg may be used with spinach instead of poached egg. Potatoes may be added to this menu if a heartier meal is wished. Chard or beet tops or other greens may be substituted for spinach.

Menu No. 6

Baked potatoes Omelet

Carrot salad

Whole wheat bread

Butter

Iced cocoa

Cookies

Fuel

Potatoes
Bread and butter
Cookies

Building and Repair

Eggs
Milk

Regulation and Protection

Milk
Carrot salad
Whole wheat bread

Supplies for Five

5 large potatoes
6 eggs
4 or 5 carrots
1 apple

1 banana
bread
butter
1 qt. milk

cookies
1 c. salad dressing
cocoa paste

Time

See that cookies are on hand, prepare cocoa paste, have salad dressing ready, clean carrots and potatoes. Allow about 1 hour before supper to bake potatoes. Heat oven, put in potatoes, set table, separate eggs for omelet, mix salad, cook omelet, make cocoa.

Changing Menu

Try the menu as it is if possible. Any type of carrot salad may be used and eggs may be served in some other style, if wished.

Menu No. 7 (Picnic Supper)

Bacon, lettuce and tomato sandwiches

Toasted cheese sandwiches

Pickles

Fruit mixture

Cookies

Cocoa

Fuel

Bacon
Bread and butter
Cookies
Cheese

Building and Repair

Cheese
Milk

Regulation and Protection

Lettuce
Tomato
Fruit
Milk

Supplies for Five

½ lb. sliced bacon
lettuce
2 or 3 tomatoes
1 loaf whole wheat bread
1 loaf white bread

mayonnaise dressing
⅓ lb. cheese
1 doz. pickles
1 small can sliced
pineapple
2 oranges

2 bananas
1 doz. cookies
1 qt. milk
cocoa
salt and pepper
sugar

Equipment

paper napkins	spoons	dipper
paper plates	a sharp knife	long forks or sticks
tin cups	tablespoon	

Planning the Lunch.—For the sandwiches slice day-old bread evenly. Use whole wheat bread for bacon sandwiches and white bread for cheese sandwiches. One side of whole wheat bread may be spread with butter, mayonnaise on other side and lettuce between. Cheese sandwiches are made by placing square piece of cheese between white bread. Do not cut bread too thin or sandwiches will be difficult to toast over coals of camp fire. Bread for cheese sandwiches need not be buttered. Wrap one cheese sandwich with a lettuce-whole wheat bread sandwich in oiled paper. Wash tomatoes. Prepare fruit mixture and carry in quart jar. Carry milk in pail and cocoa paste in small jar, or cocoa may be previously made and carried in thermos bottle or in pail wrapped in newspaper so that reheating will not be difficult. At the picnic site build a fire and heat cocoa by placing pail on some flat stones. Let each guest fry bacon and put in sandwich with a slice of tomato. Toast the cheese sandwiches on sticks also.

Changing Menu

Avoid the weiner, bun, pickle type of picnic lunch since that is very ordinary. See that your lunch provides plenty of regulating material in the way of vegetables and fruit and that it does not overtax digestive systems.

Menu No. 8

Chili con carne	Toasted crackers
Lettuce with thousand island dressing	
Milk	
Jellied apples with cream	

Fuel	Building and Repair	Regulation and Protection
Crackers	Beans and meat	Tomato in chili
Oil dressing	Milk	Lettuce
Beans in chili	Gelatine	Apples
Cream		Milk

Supplies for Five

2 c. pinto beans	1 head lettuce	1 envelope granulated gelatine
1 pt. tomatoes	salad oil	a few cinnamon candies
1 lb. fresh ground beef	1 egg	or red coloring
2 onions	2 lemons	cream
chili powder	5 apples	seasonings

Time

Start beans day before and allow to soak overnight. Cook slowly four to six hours, or cook in pressure cooker the next morning. Make jellied apples, mayonnaise and crisp lettuce in morning. The supper then requires about one hour to prepare and serve.

Changing Menu

Use some other hearty main dish if the family dislikes chili con carne, altho they probably will enjoy it if nicely made. Use any fruit in jello if apples are not available.

For Your Own Recipes: