

Foods Project for 4-H Clubs

DINNER



Circular 394

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 requirement 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	$\frac{2}{2}$ c
qt	quart	2 pt
gal	gallon	4 qt

DINNER

Foods Project for 4-H Clubs

By EDITH LACY, RUTH LATIMER, and ANITA BURNAM DAVIS

This project includes the essentials of menu planning, the study and preparation of vegetables, meat, poultry, breads, pastries, pies, cakes, and frozen desserts. It also includes the planning and serving of a demonstration dinner and a study of table etiquette and service. By the time this project is completed 4-H members should be able to select, plan, and serve delicious, well-balanced meals.

WHAT TO DO IN THIS PROJECT

Complete the following lessons:

Menu planning	Cakes
Vegetable preparation	Frozen desserts
Meat and meat extenders	The dinner
Yeast rolls, and yeast breads	Serving the demonstration dinner
Pies and pie crusts	

Keep a record of work at project meetings and at home.

Meeting 1. MENU PLANNING

Study and discussion

1. Plans for the meetings included in the project
2. The essentials of menu planning
3. Ways of saving
4. Planning a day's menu
5. Scoring yourself on your food habits

Demonstration

1. Plan an adequate menu.
2. Check for one day, "Daily Record of Foods Eaten."
3. Prepare tin cans for salvage.

Home work

1. Prepare menus for one day.
2. Practice economy in the preparation and serving of foods.

Essentials of Menu Planning

Include in the day's menu foods needed for health. Plan the three meals a day as a unit or plan the menus for the entire week at a time. This is a sure way of getting your food requirements as well as saving both time and money. Even though your food is of good quality and well cooked it may not be nourishing. So plan wisely, select carefully, and cook by best methods. Remember there are certain foods

Daily Record of Foods Eaten

Some food from each of the following groups is needed. List the foods you have eaten each day. Use these letters to show the amounts eaten: "A" for all; "H" for half; "S" for some.

Daily food serving	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Milk (buttermilk may be substituted for one-third the amount), 4 cups.....														
Vegetables*														
Leafy, green, yellow vegetables.....														
Other vegetables, 1 serving.....														
Potatoes, 1 serving.....														
Citrus fruit or tomatoes, 1 serving or more....														
Other fruit, 1 serving.....														
Eggs, cheese, meat														
1 serving meat or cheese.....														
1 egg														
Grain														
Cereal, 1 serving.....														
Bread at every meal.....														
One cereal or bread should be whole grain..														
Sweets, 3 T sugar or its equivalent for ages 10-15; not more than 4 T, 16 years and above..														
Water, 6-8 glasses.....														
Butter at every meal.....														

* An average serving of vegetables, fruits, or cereals is 1/2 cup.

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to be included in the day's diet. Your job, the job of America's youth, is to help make America a strong nation. You can help to do this.

Save and Salvage

Time, energy, money, and necessary materials needed in the war effort can be saved by careful planning. Use the following suggestions:

Fuel

- Reduce heat when product reaches boiling point.
- Plan meals so that when oven is used practically all the cooking for that meal is done in the oven.
- Use containers that are the same size as the heating unit, or stove cap.
- Use pressure cooker whenever possible, planning to cook several products at once.
- When using insulated ovens turn heat off a short time before food is done, thus allowing the enclosed heat to complete the cooking process.
- Use a fireless cooker (make one if you do not own one) for products requiring long cooking.

Time and energy

- Carefully scrape and stack dishes before washing.
- Scald dishes, cover with clean cloth, rather than drying.
- Plan several days' meals in advance.
- Keep utensils near place they are to be used, for example, skillets near stove, mixing bowls near work table.
- Save steps by planning, for example, make only one trip to cellar or refrigerator, use a tray.
- Use tray in carrying dishes and silver to and from table.

Materials

- Use minimum number of utensils in food preparation.
- Use apron, smock, or wash dress in the kitchen.
- Save rubber jar rings or any other scrap rubber.
- Save tin cans. Follow directions of OPA in preparing them for salvage.

Food

- Plan to use all left-over food.
- Serve simple menus.
- Watch foods while cooking to prevent sticking and scorching.
- Use less sugar, reduce the amount used or use a substitute.
- Use less fats in cooking and turn over to salvage discarded fats.
- Use least amount of water necessary for cooking.

Meeting II. VEGETABLES

Study and discussion

1. Food values of vegetables
2. Points to remember in preparation and cooking.
3. Menus planned at home including vegetables from the home garden.

Demonstration

1. Cook cabbage, onions, greens, or some other vegetable.
2. Prepare a vegetable salad.

Home work

1. Plan and prepare the family dinners for one week.
2. Take these menus to the next project meeting.

TIME TABLE FOR COOKING VEGETABLES

Vegetable	Preparation	Boiled		Steamed, minutes	Baked, minutes
		Amount of water	Minutes		
Asparagus	Cut in 1-inch lengths	Barely cover	5-10 (if very tender) 20-25 (otherwise)	—	—
Beans (fresh lima)	—	Barely cover	20-40	60	—
Beans (green)	Sliced lengthwise	Barely cover	10-15	—	—
	Whole or broken in 1-inch lengths	Barely cover	30-60	40-60	—
Beets, young	Whole	To cover well	40-60	60	70-90
Beet greens	—	Small amount	10-20	—	—
Broccoli	Coarse stalks and leaves removed	Barely cover	15-30	—	—
Cabbage	Quartered or Shredded	Barely cover	10-20	—	—
		Barely cover (milk)	5-10	—	—
Carrots	Whole or cut lengthwise or diced	Barely cover	10-20 (young)	—	30-45
			30-40 (older)		
Cauliflower	Separated in flowerets or whole	Barely cover	8-10	30	—
Corn on cob	—	Large amount	6-15	10	—
Corn, cut	—	Small amount (milk)	5	—	—
Onions	Whole	Large amount	30	30	60
Parsnips	Cut lengthwise	Barely cover	20-30	30-40	30-45
Peas	Shell	Small amount	10-20	30	—
Potatoes, Irish	Medium whole	Barely cover	25-45	30-35	45-60
Sweetpotatoes	Whole or halves	Barely cover	15-25	25-35	35-45
Rutabagas	Cut lengthwise and sliced	Large amount	20-45	—	—
Spinach	Coarse stems removed	What clings to leaves after washing	5-8	5-6	—
Swiss chard	Coarse stems removed	Enough to keep from burning	10-30	20-30	—
Squash, summer	Pare and cut	Small amount	10-20	—	—
Squash, winter	Pare and cut or bake in shell	Small amount	20	20-25	45-60
Turnips	Cut in cubes or slice	Large amount	15-20	20-25	—
Turnip greens	Coarse stems removed	Large amount	15-30	—	—
Tomatoes	Whole	Very little if any	5-15	—	30

Food Values

Vegetables are rich in the food values especially needed to keep us healthy. Leafy, green, and yellow vegetables are rich in minerals and vitamins and they contribute bulk or roughage to the diet. The greener the leaf, the more vitamin A it contains. Fresh vegetables just from the garden are best in flavor and highest in food values. It is important that they be handled to conserve those food values.

Preparation and Cooking

Vegetables are affected in food value, flavor, appearance, texture, and digestibility by the way they are cooked. Keep two simple points in mind to save minerals and vitamins in vegetables: first, vitamin C is rapidly destroyed by heating in the presence of air; second, a large proportion of vitamin C, the B vitamins, and the minerals are dissolved into the cooking water. Ordinary cooking processes cause little loss or destruction of vitamin A. Remember these points:

Selection

- Choose medium-sized vegetables because they have better texture and flavor.
- Use the outer green leaves of cabbage and lettuce, as they are more valuable than the bleached leaves.

Preparation

- Do not soak vegetables in water.
- Chop or shred raw vegetables just before they are to be served.
- Use fresh vegetables as soon after gathering as possible. If they must be kept for a short time before serving, wrap them in a damp cloth or wax paper and store in a closed container or refrigerator.

Cooking

- Bake or boil root vegetables whole in their skin unless too tough. Nature grew the jacket to hold in food value and flavor. If you must peel root vegetables make the peelings thin or scrape no more than skin deep.
- Cook in a small amount of salted water. Have the water boiling when the vegetables are put in. Cook quickly.
- Serve vegetables in their own juice, and if any is left use it in soups and sauces. This liquid may contain much of the mineral and vitamin content of the vegetables.
- Save liquid of canned vegetables, boil the liquid down, and then heat the vegetables in it.
- Cover the pan to prevent loss of vitamin C and make it possible to use less water.
- Do not cover the pan in which cabbage, onions, or other strong-flavored vegetables are cooked.
- Stir only when necessary, as stirring admits air which is destructive to vitamins.
- Do not add soda when cooking vegetables. This destroys vitamins.

WHITE SAUCE

White sauce is used in cream soups, gravies, croquettes, souffles, and with some meats and vegetables. Uses and ingredients for thin, medium, and thick sauce are as follows:

	<i>Fat</i>	<i>Flour</i>	<i>Milk</i>	<i>Salt</i>
Thin sauce.....In cream soups....	1 T	1 T	1 c	¼ t
Medium sauce...In Gravies	1 T	2 T	1 c	¼ t
Meats				
Vegetables	1 T	3 T	1 c	¼ t
Thick sauce.....In Croquettes				
Souffles				

SCALLOPED CABBAGE

Shred cabbage; cook in boiling salted water in an uncovered pan. Cook just until tender—10 to 20 minutes. Drain. Mix with white sauce. Put into buttered baking dish. Cover with buttered bread crumbs. Add cheese if desired. Bake until brown.

BUTTERED SPINACH

Pick over spinach; wash in several waters until free from sand, lifting from the water each time rather than draining. Place in pan; and do not add other water than that clinging to the leaves. Boil 5 to 8 minutes or until tender. Add salt and butter. Serve.

SNAPPY CREAM BEANS

1½ qt fresh green beans	1 c sweet or sour cream
2 onions, sliced	2 T flour
1 t vinegar	Salt and pepper

Cook beans and sliced onions in boiling, salted water until tender; drain. Cook down the water to half cup or less. Add vinegar and cream (the thicker the better). Thicken with flour which has been mixed with a small amount of the liquid. Season with salt and pepper. Stir, cook until smooth. Pour this sauce over beans and onions and serve immediately. Yield, 8 servings.

BAKED POTATOES

Scrub the potatoes. To make a tender glossy skin, oil potato before baking. Bake in a hot oven 45 to 60 minutes, or until tender. When done make a lengthwise and crosswise cut across the top of each potato, and with the fingers, press the potato to loosen the inside from the skin so that the vapor will escape. Place a piece of butter in it. Serve immediately.

Meeting III. MEATS AND MEAT EXTENDERS

Study and discussion

1. Why we need meats in the diet
2. Foods which can be substituted for meats
3. How to cook meats
4. One-dish meals
5. Family menus

Demonstration.— Select one of the following:

1. Make a one-dish meal of a ground left-over, or small portions of meat.
2. Cook chicken, one way.
3. Make a cheese, egg, soybean, or peanut dish.

Report of home work by each member

Home work

1. Prepare the main dish for 3 dinners.
2. Collect new recipes for meats and meat extenders.

Meat Cooking

Meat supplies the body with complete protein, phosphorus, iron, and some vitamins. Lean meat is a protein food and therefore builds muscle. Sweetbreads, heart, kidney, brain, and liver are good sources of vitamin B. Liver is one of the best sources of iron.

Soybeans, dried beans and peas, peanuts, cheese, and eggs may be substituted for meat, but cannot take the place of it entirely, as the vegetable protein is not as complete as that in meat. Use these foods for some of the main dishes in each day's meal. Waste nothing, and combine left-overs with other foods.

The most important guide to follow in the new science of meat cookery is to use a low cooking temperature. This keeps the juices and flavor in the meat, cuts down shrinkage, makes the meat more tender and palatable, and prevents burning the fat drippings. Adapt the method of cooking to the kind and cut of meat. Cook tough cuts by the method which will increase their tenderness; tender cuts by the method which will retain tenderness. In general, cook meat by dry heat (roasting, broiling, and panbroiling) for tender cuts and by moist heat (braising and cooking in water) for tough cuts because it softens the connective tissue.

Roast meats.— All roasts should be placed fat side up on a rack in an open pan in a moderately low oven (325° F). Use no water. If a meat thermometer is pushed into the center of the cut, guess-work is removed. A temperature of 170° to 180° F indicates that the meat is well done; 150° to 160° F, medium; and 140° to 150° F, rare. A rib roast of beef will take about 16 minutes per pound to be rare, 22 minutes to be medium, and 30 to be well done. Boned and chunky roasts require several minutes more per pound than those with long bones. Pork should always be cooked well done in order to destroy trichina larvae in the flesh.

Poultry.— Cook poultry at a moderate heat (about 375° F) so that the meat will be juicy, tender, and evenly done to the bone. Vary cooking method according to the age and fatness of the bird.

For young, tender, well-fatted birds broiling, frying, and open-pan roasting are best. For young birds that are very lean and for full-grown birds past their prime for roasting but not yet in the stewing class, braising in a covered roaster or a casserole makes them tender and savory. The very old birds need long, slow cooking in water or steam to make them tender all through. Then they may be fricasseed, creamed, curried, or made the base of a dish, hot or cold.

Guides to Good Cookery

Cook meat longer and slower for better flavor, greater tenderness, and a larger yield of servable meat. Season roasts before cooking; steaks and chops after broiling.

Do not sear a roast. If meat is roasted in a moderately low oven (325° F) it will be well browned, juicy, and tender, with lower weight losses and lighter colored drippings than if it is either seared or roasted at a high temperature through the entire period.

Do not cover meat while roasting because steam will form and give the meat a water-cooked flavor.

Use a roast-meat thermometer to determine when roasts are done. Push the meat thermometer into the center of the thickest part of the meat, but not touching the bone.

If meat is cooked in water, use very little water. "Don't drown the meat" is a good slogan. Much water is needed only for soup making or for parboiling to remove salt or strong flavor. Do not boil meat, for high temperatures toughen meat. In water cooking, keep the water just under boiling, a process called simmering.

Use trimmed fat and strained fat drippings for pan frying. Clear drippings may be used in pancakes, muffins, and other hot breads, in sauces for vegetables, and in bread dressings. Use bones and lean meat trimmings for soup stock to combine with diced vegetables, rice, or barley.

SOUTHERN BEEF ROLL

Filling

2 c ground cooked beef,
pork, or sausage
1 c gravy
2 T minced onion
2 T chopped green pepper
(optional)
Gravy or sauce

Biscuit Dough

2 c sifted flour
1/4 c lard
3 t baking powder
1 t salt
2/3 c milk

Combine meat, 1 cup gravy and vegetables. Make baking powder biscuit dough. Roll dough into rectangular sheet about 1/3 inch thick.

Spread with beef mixture, roll up as for a jelly roll. Bake in a hot oven (400° F) about 30 minutes, or until well browned. Slice in thick slices and serve with extra gravy or tomato sauce. 6 servings.

LIVER LOAF

3/4 lb ground round steak	3/4 c milk
3/4 lb ground liver	1 small onion, chopped
1/8 lb chopped salt pork	1 1/2 t salt
2 eggs	Pepper, if desired
3/4 c bread crumbs	

Mix ingredients, place in a moderate oven (300° to 350° F) and bake until meat is done (180° F by meat thermometer) or 45 to 60 minutes.

SMOTHERED CHICKEN

Clean, wash, and cut chicken in individual pieces. Sprinkle with salt, using 1/2 teaspoon per pound of meat. Roll in flour and brown quickly in hot fat. Put pieces of chicken in a casserole and add about 1/2 cup of water. Place cover on casserole and bake in a very moderately heated oven (300° to 350° F) until tender (1 to 1 1/2 hours).

Prepare Time-Saving Dishes

During these busy days everyone is looking for short cuts. Why not learn to prepare some dishes that are almost a meal in themselves, are easy to make, and appeal to the appetite? Surprise your mother with such a supper. It is patriotic to extend meats and to use meat substitutes. You can prepare one of these after school.

SCALLOPED POTATOES WITH HAM

3 c potatoes peeled and sliced thin	2 c milk
2 medium onions peeled and sliced thin	1/4 c flour
1 c chopped cooked ham	1 1/2 t salt

Butter baking dish, or pan; place in it a layer of potatoes, a layer of ham, and onion; sprinkle part of flour and salt, and repeat until all potatoes are used. Add milk, and bake in oven of moderate temperature (350° to 375° F) until potatoes are tender. Serve with carrot strips, whole-wheat toast, and canned peaches.

BUTTERED DRIED BEANS

1 c dry beans	3 T fat (butter)
Salt	Pepper

Pick over and wash beans. Soak over night. Drain. Add cold water to cover; boil slowly until tender, salting toward end of cooking period. Drain; add fat; and serve. 4 servings, 1/2 cup each.

BAKED BEANS

3 c cooked dried beans	1/4 c sorghum
1 medium onion	1/2 t salt
6 slices bacon—cut into 1 inch strips or use bacon drippings	

Place all the above ingredients in oven-baking dish and bake slowly for 1 1/2 hours. Serve with fresh vegetable salad and milk.

Meeting IV. YEAST BREADS

Study and discussion.— Consider yeast breads and their variations; kinds of flour; yeast; methods of making and handling yeast breads.

Demonstration

1. Make yeast rolls.
2. Make sweet breads.

Home work.— Make yeast rolls at least twice.

Flour

Flour is the chief ingredient in all bread. "Enriched" flour is white flour to which has been added vitamins and minerals that increase its food value. All white flour now is "enriched." Bread is an energy food and with the added vitamins and minerals it also builds our blood and makes steady nerves. Enriched flour can be used in the same way as any other flour; no new recipes are needed. Whole-wheat flour contains all the important food values of the grain. It contains carbohydrates, bran, vitamins, minerals, fat, and protein. It does not need to be further enriched.

Yeast

Yeast is the leavening agent used in light breads. It is bought in two forms, dry and compressed. Dry yeast is available in granular and cake form. It contains less moisture than compressed yeast and is not as perishable. Compressed yeast is moist and is perishable. Buy it from a market where it is kept in a refrigerator.

SALLY LUNN

1 c scalded milk	2 eggs
¼ c butter	2¾ c flour
2 T sugar	1 cake yeast dissolved in
½ t salt	¼ c lukewarm water

Add sugar, butter, and salt to scalded milk. When cool, add well-beaten egg, yeast cake, and enough flour to make a stiff batter. Cover, set in a warm place, and let rise. Pour about half of batter into a buttered baking dish, brush with melted butter, and add the remaining batter. Set in a warm place and let rise until about double in bulk. Bake in an oven of moderate temperature (350° to 375° F).

PARKERHOUSE ROLLS

1 c milk, scalded	½ yeast cake softened in
2 T sugar	¼ c boiled water cooled
2 T fat	until lukewarm (98° F)
1 t salt	3-4 c flour (soft wheat)

Scald milk and cool until lukewarm. Add sugar, fat, salt, and the softened yeast cake. Add flour to make a dough as soft as can be handled. Knead until smooth. Place in a bowl, cover and let rise until twice its original bulk. Turn onto a lightly floured board,

knead slightly, and roll $\frac{3}{4}$ -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 1 inch apart in an oiled pan. Brush tops with melted fat to give a glaze and to keep them soft. Let rise until double in volume, then bake in a hot oven (400° to 450° F) 15 to 20 minutes. Yield, 12 to 14 medium-sized rolls.

Sweet Rolls

Follow recipe for parkerhouse rolls through directions for rolling. Spread dough with melted butter and sprinkle with mixture of $\frac{1}{4}$ cup sugar and 1 teaspoon cinnamon. Roll dough up as for a jelly roll. Cut into $\frac{1}{2}$ inch slices, brush with melted fat and place on oiled pan. Let rise until doubled in volume, then bake in hot oven (400° to 450° F) 15 to 20 minutes. Raisins may be added before rolling, if desired.

Meeting V. PIES AND PIE CRUSTS

Study and discussion

1. Preparation of pie crust; ingredients of pastry; methods of mixing; baking
2. Preparation and kinds of pie filling and cooking them

Demonstrations

1. Apple or other fruit pie
2. Fruit rolls and cobblers

Judging rolls made

Home work

1. Make tarts or fruit pies twice.
2. Make a custard pie.

Making Tender Crusts

A good pie crust must be light, very flaky, crisp, and tender. The tenderness depends on four things: the kind of fat used, the amount of fat used, the amount of water used, the method of handling the ingredients in the making. Lard, vegetable fat, chicken fat, or butter may be used in making pie crust. Lard is probably the most satisfactory shortening for pastry.

The amount of water to be used cannot be given exactly because it varies with kind of fat and flour, and the temperature. Less water is needed with soft fat, pastry flour, or when the temperature is warm. If the dough is made too moist the crust will be tough. Use just as little water as possible 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 the 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 2-CRUST PIE

$1\frac{1}{2}$ c flour
6 T fat

$\frac{3}{4}$ t salt
About 5 T cold water

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 2 parts, making the one for the upper crust slightly larger than the other. Place 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 pan. 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

Pare, core, and cut 4 or 5 sour apples in thin slices. Line the pie pan with pastry. Dredge with flour and fill with apples. Sprinkle over with $\frac{1}{2}$ c sugar. Cover the pie as directed in the recipe for pie crust. Bake about 40 minutes in medium-hot oven. For variation add 2 tablespoons of butter to the apples, or $\frac{1}{4}$ teaspoon of cinnamon with the sugar, or a little grated nutmeg over the apples.

Fruit Roll

Roll pastry thin, cut in rectangles, fill with fruit. Dried apples or any other dried fruit that has been soaked and cooked will make a good filling. Fresh strawberries make a delicious roll. Cover fruit with sugar and butter. Fold the dough over the fruit, sprinkle with sugar and dot with water. Bake in a moderate oven. A sauce may be used over this roll if desired. Honey may be used for part of the sugar.

Fruit Cobbler

Peel and quarter enough ripe fruit to make 2 layers of fruit in a large baking dish. Butter the dish and place a thick layer of the quartered fruit on the bottom. Sprinkle with sugar. Repeat. Add small amount of water and dot with butter. Cover with upper crust made of pastry or a rich biscuit dough and bake in rather hot oven. Serve warm with cream. Canned fruit may be substituted for fresh fruit. Do not add water when using canned fruit but use instead the fruit juice. Honey or sirup may be used for part of the sugar.

Custard Pie

Line a deep pie pan with plain pastry, taking care that no air is enclosed. Fill with custard made as follows: Beat three eggs, to the eggs add $1\frac{1}{2}$ c scalded milk, 2 T sugar, $\frac{1}{2}$ t flavoring, pinch of salt. Pour into crust. Bake in moderate oven until light brown.

Meeting VI. CAKES

Study and discussion

1. Differences between butter and sponge cakes
2. Method for mixing butter cakes
3. Method for mixing sponge cakes
4. Wartime substitutes

Demonstrations

1. Make a simple butter cake.
2. Make a sponge cake.

Judge cake made at meeting.

Home work

1. Make a cake using a sugar substitute.
2. Plan a menu for the demonstration dinner.

Difference Between Butter and Sponge Cakes

Butter cakes are those in which fat is used. This fat is usually butter, though chicken fat, vegetable fat, or lard may be used either alone or in combination with butter. Butter gives better flavor.

Sponge cakes are those in which no fat is used. A true sponge cake is leavened by means of air incorporated in the beaten egg. Modified sponge cake is one in which baking powder is used. Sponge cakes are made with whole egg, egg yolks, or egg whites (angel food).

Wartime Substitutes

In general, observe the following rules in shifting recipes from refined white sugar to other sweetening for cakes and cookies.

Honey.— Replace sugar with honey, cup for cup, but use $\frac{1}{2}$ the quantity of other liquids in the recipe. That is, if the original recipe calls for 1 cup sugar and 1 cup milk, use 1 cup honey and $\frac{1}{2}$ cup milk. Other ingredients the same. Lower the baking temperature, keeping the oven moderately hot. High temperatures tend to change the flavor of the honey. Mixtures made with honey brown very easily.

Corn, cane, or maple sirups.— Replace sugar with sirup, measure for measure, and reduce liquid one-third. Cookies made with corn and cane sirup are not as sweet as sugar cookies.

Sorghum sirup.— Follow the same rule as with the other sirups, but reduce the baking powder called for in the original recipe. Use $\frac{1}{2}$ teaspoon of soda for every cup of sorghum. This quantity of soda and sorghum has leavening power equal to 2 teaspoons of baking

powder. If this isn't equal in leavening power to the baking powder called for in the original recipe, add baking powder.

STANDARD BUTTER CAKE

$\frac{1}{2}$ c fat	$2\frac{1}{2}$ t baking powder
1 c sugar	$\frac{1}{4}$ t salt
2 eggs	1 t flavoring extract
$\frac{3}{8}$ 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 30 minutes (350° F) in a shallow pan. The cake may be spread with frosting.

QUICK COFFEE CAKE

2 c sifted flour	$\frac{1}{2}$ c milk
3 t baking powder	1 c raisins, chopped
2 T sugar	$\frac{1}{4}$ c chopped nuts, if desired
$\frac{1}{2}$ t salt	1 t cinnamon mixed with
4 T butter or other fat	2 T sugar

Sift together the flour, baking powder, sugar, and salt, saving out 2 tablespoons of flour to mix with the fruit. Cut in the fat with a biscuit cutter, and add the milk and floured fruit. In a greased pan, pat the dough down until it is about $1\frac{1}{2}$ to 2 inches thick, and bake for 35 to 40 minutes in a moderately heated oven (350° F). When cake is done, butter the top and sprinkle over it a mixture of the chopped nuts, cinnamon, and sugar. Place the cake in the oven again and let it remain until the sugar begins to melt. Serve hot or cold.

VICTORY SPICE CAKE

2 c flour	$\frac{1}{2}$ c shortening
2 t baking powder	$\frac{1}{2}$ c brown sugar (firmly packed)
$\frac{1}{2}$ t salt	$\frac{3}{4}$ c corn sirup (dark)
$\frac{1}{2}$ t cloves	2 eggs (well-beaten)
$\frac{1}{2}$ t allspice	$\frac{3}{4}$ c milk
$\frac{1}{2}$ t nutmeg	

Sift flour and measure. Add baking powder, salt and sift together twice. Cream shortening until soft; add brown sugar gradually. Slowly stir in the corn sirup. Then add well-beaten eggs in 4 portions and blend each portion thoroughly with the creamed mixture. Add the sifted dry ingredients alternately with the milk, beating well after each addition. Line two 8-inch layer cake pans with waxed paper. Grease sides of pans and the waxed paper. Pour in batter and bake in a moderately hot oven (375° F) for 25 minutes, or until an inserted toothpick comes out clean. Cool in pans at least 10 minutes; remove to cooling racks. Frost or put together with fruit jam.

ANGEL FOOD CAKE

1 c egg whites	$\frac{1}{4}$ t salt
1 c sugar	1 t flavoring
1 c cake flour	1 t cream of tartar

Sift flour and measure, add salt, and resift at least 3 times. Sift sugar and measure. Beat egg whites until foamy, add cream of tartar and

continue beating until just stiff enough to hold up in peaks. Fold in half the sugar and then the remaining sugar, salt, and flour, sifted together, using a gentle folding motion. The flavoring should be put in just before the last of the flour is added. Pour into an ungreased sponge-cake pan and bake in a slow oven (300° to 325° F) about 60 minutes. Remove from oven and invert pan until cake is cool.

SPONGE CAKE

6 eggs	1 t grated lemon rind
1 c sugar	1 c flour
1 t lemon juice	¼ t salt

Sift flour and measure. Add the salt and resift. Sift sugar and measure. Beat egg yolks until thick and lemon colored. Add the sugar to the egg yolks, beating constantly. Add the flavoring and fold in the stiffly beaten egg whites. Cut and fold in the flour. Pour into an ungreased floured pan and bake in a slow oven (300° to 325° F), about 60 minutes. Remove from oven and invert pan until cake is cool.

Meeting VII. FROZEN DESSERTS

Study and discussion

1. Review table service and etiquette.
2. Plan for demonstration dinner; select menu, complete other plans and invite guests.
3. Frozen desserts

Demonstration.— Prepare frozen custard or sherbet.

Report on home work by each club member.

Home work

1. Plan, cook, and serve a dinner.
2. Plan menus for 2 weeks.
3. Complete records.

How to Freeze Ice Cream or Sherbet

Scald the inner can of freezer. Fill the can with mixture to be frozen leaving 3 or 4 inches for expansion. Cover the can. Put in the dasher; set can in the freezer; fasten the handle. Pour crushed ice and salt around the can until it comes above the mixture inside the can. Use 1 part of salt to 7 or 8 of ice. Turn the freezer until it turns hard. 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 sherbet 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 4 parts of ice to 1 part salt.

Frozen Fruit

Run canned or fresh peaches or apricots through a meat chopper. Sprinkle with lemon juice. Return sirup to the mixture, if canned fruit is being used. Sweeten fresh fruit to taste. Freeze.

Honey Ice Cream

Honey can be substituted for sugar in ice cream recipes on the basis of equal measures. For plain honey ice cream mix 1 qt of thin cream with $\frac{3}{4}$ cup of delicately flavored honey and freeze.

FROZEN CUSTARD (for 4 persons)

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

Make 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.

PLAIN MOUSSE

1 c thick cream	2 egg whites
1 c rich milk or thin cream	Pinch of salt
1 t gelatin	$\frac{1}{2}$ t vanilla
6 T sugar	

Soak the gelatin until soft in a little of the milk or thin cream. Heat the remainder, and pour over the gelatin. Add the sugar, stirring until dissolved, and put the mixture aside to chill. Whip the double cream. When the mixture containing the gelatin has thickened slightly, beat it to incorporate air. Add the vanilla, and fold in the whipped cream and the well-beaten egg whites. The egg whites reduce richness, increase volume, and improve texture. Yield: over 4 cups before freezing; if the egg whites are not used, about 3 cups.

Variations of Plain Mousse

Instead of gelatin as the thickener try one of the following variations: (1) Moisten 1 tablespoon of flour with a little of the milk or thin cream; add the remainder; heat to boiling; combine with the whipped cream and other ingredients. (2) Prepare a custard from the cup of rich milk, 3 egg yolks, and the sugar. Cool, beat, and add to the other ingredients as described. (3) Use 1 cup of evaporated milk instead of the rich milk or thin cream. Chill, beat until light and frothy, and combine with the whipped cream and other ingredients. Chocolate or any of the more decided flavors will cover the evaporated milk flavor.

Meeting VIII. THE DINNER

Study and discussion

1. What to serve
2. Plans for serving the dinner

Demonstration

1. Setting the dinner table
2. How to serve a dinner

Home work

1. Plan and serve a dinner for company.
2. Carry out plans assigned, preparatory to serving the demonstration meal.

Setting the Table

All rules for setting the table should be based upon the convenience of the persons at the table and of the one who is serving, and on the artistic effect which is sought. The following directions are generally accepted as good form.

Linens.— Use clean, well-ironed linens. Place all linens, including runners or doilies, either lengthwise or crosswise of the table, not diagonally across it. Spread a silence cloth of felt or very heavy cotton material under the tablecloth to protect the table, to help prevent noise, and to give a smooth appearance to the tablecloth.

Covers.— Allow 20 to 24 inches for each cover or person at the table. Place pieces of silver parallel to one another and about 1 inch from the edge of the table; the knife at the right of the plate with the cutting edge of the blade toward it; the spoons, with bowls up, at right of knife; the forks, with tines up, at the left of the plate. Place forks and spoons in the order in which they are to be used, from the outside in toward the plate. When a knife is not needed, place the forks on the right of the plate.

Put the napkin at the left of the fork, with the folded points along the edge of the table and toward the plate. It may be placed on the plate. Set the water glass at the point of the knife or, if the table is crowded, at the tips of the spoons. If the bread-and-butter plate is used, place it at the tip of the fork, with the butter spreader crosswise of the plate. Place the salad plate at the left side of the cover near the tip of the fork. If bread-and-butter plates are used, put the salad plate below the bread-and-butter plate, toward the edge of the table.

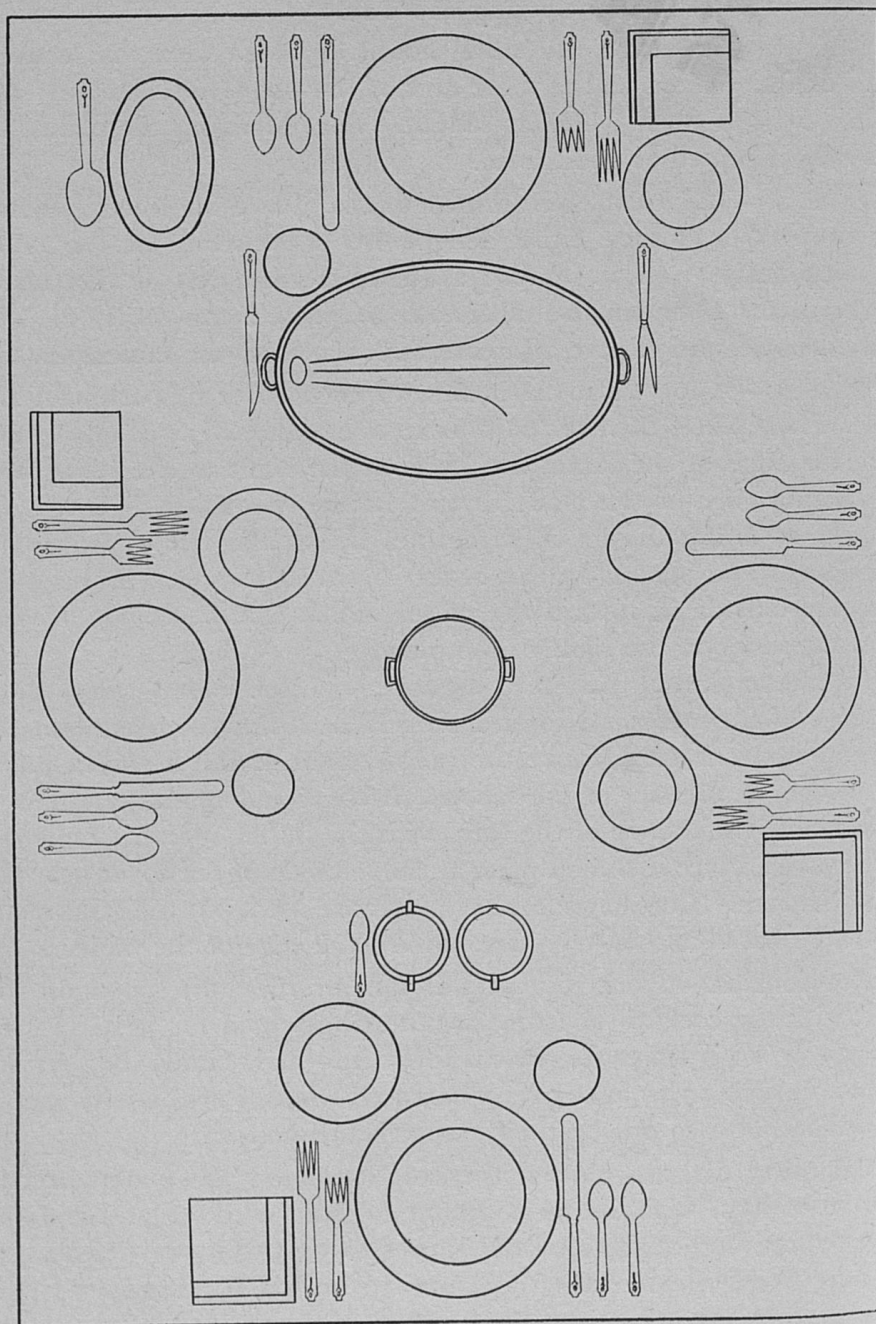
Accessories.— Place the cocktail fork or the fruit spoon on the plate with the cocktail or fruit. Set the dishes used for jelly, pickles, relishes, or for main-course foods, when informal, family-style service is used, in such a way as to give a balanced effect. Put the jelly spoon, pickle fork, and so on, by their respective dishes.

Grouping dishes.— When the host serves, set the plates directly in front of him, with the meat platter in front of the plates and the dishes containing vegetables and sauces to the right and left.

Since the hostess serves the beverage or has it served from the kitchen when the main part of the meal is served by the host, place the cups and saucers at her left and the beverage service at her right.

Seating the Guests

Seat your guests at the table with great care. The places to the right of the host and hostess are the only ones which have to be definitely kept in mind. Seat the lady guest of honor at the right of the host; the gentleman guest of honor at right of the hostess. If the



Correct placing of china, silver and linen for dinner

occasion is not in honor of some particular person, give the seat at the right of the host or hostess to an elderly person in the group or someone who is dining in the home for the first time. Common interests, congeniality, and temperament should be kept in mind in

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seating the other guests. At a party, it is customary to seat a man between two women or vice versa, and usually not to seat members of the same family next to one another. If the hostess serves the meal herself, she should sit at the end of the table nearest the kitchen door and the host at the opposite end. If maid service is used, the hostess should sit facing the kitchen door.

Serving the Meal

A nicely served meal adds an atmosphere of grace and simple dignity to the home that is difficult to attain in any other way. The plan of service which is used should depend upon the convenience of the housewife, the amount of help for serving, the length of time allotted for eating, the formality of the occasion, and the cooperation of the host in serving the plates. The three customary ways of serving the family or the family and a few guests are: to have the food of the main course in large dishes on the table and each person serve himself; to have the plates served in the kitchen and placed before each person at the table by some member of the family or by a maid; to have the food served at the table by the father and mother of the family.

Food passed at the table.—Many families ordinarily use the practical method of placing the food on the table and having each person serve himself. When serving in this manner observe the following directions:

1. Set the cover carefully for each person according to the rules for table setting.
2. Warm the serving dishes before filling them with hot food.
3. Place the serving dishes containing the hot food on the table just before the family is seated at the table.
4. Arrange the dishes of food on the table to give a balanced effect.
5. Place the meat platter or meat-substitute dish in front of the father, the dish containing potatoes or other main starchy food at his left, and the other foods so that they will be passed in an orderly fashion.
6. Begin the service by having the father pass the meat or meat-substitute to his right and follow it with the potatoes or other starchy food. Serving may be reversed by placing the main dishes in front of the mother. She will help herself first or pass the dish to the person on her right.
7. Ask the persons nearest the other dishes of food to help themselves and pass them.
8. Keep dishes of food going to the right.

9. Have each dish passed around the table and placed where it was originally.
10. Clear the table, if possible, between the main course and dessert. Remove first the dishes which have contained food and then the plates and silverware. Leave the water and beverage cup on the table to be refilled. The dishes may be removed from the table by some member of the family. The easiest method, however, is to have the food dishes, plates and silverware passed to the mother who places them on the bottom shelf of a tea wagon at her left.
11. Have the dessert served by some member of the family from a tea wagon, side-table buffet or, if hot, from the kitchen.

Plates served in the kitchen.—This is an easy and attractive way of serving a large group at the table. The cover is laid for each person according to the general directions for setting the table. A fruit or an appetizer is often placed on each plate before the dinner is announced. Individual salads also may be placed on the table before the family is seated or the salad may be served on the plate with the other foods. The dishes of the first course should be removed from the table before the second-course plates are served. Rolls, foods difficult to serve on the plate, and relishes, are usually passed by a member of the family or a maid. Foods are repassed so that anyone wishing a second serving may have it.

Plates served by the father and mother at the table.—This method has more charm and dignity than any other method of service. It does take more time than the other methods, but may be used on special occasions and at other times when the members of the family are not hurried.

Plates are stacked directly in front of the father. If a large group is present, six or eight plates should be placed on the table at one time and the supply replenished. The meat platter or main dish is placed back of the plates and the other dishes containing vegetables and sauces at the right and left of the person serving. The beverage should be served by the mother of the family, when the main part of the meal is served by the father. The cups and saucers are placed at the left of her plate and the beverage service at her right. If the beverage is not served with the meat course the mother may wish to assist the father by serving a vegetable sauce.

Serving and Clearing the Table

In all methods of service the following general directions are used in serving and in clearing the table:

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1. Put all food except beverages on the table from the left of the person served.
2. Place the coffee cup at the right of the spoons, with its handle on the side of the cup farthest from the plate.
3. Put the salad, if served with the main course, at the left of the cover.
4. Pass the foods to which persons help themselves, such as rolls, to the right, with the dish held just above the level of the table.
5. Never reach across the table in front of a person.
6. Fill glasses $\frac{3}{4}$ full just before the diners are seated. If possible, do not lift the glasses from the table when refilling them. If persons are seated so close together that it is impossible to fill the glasses without moving them, take hold of the bottom of the glass. Never take hold of the top of the glass.
7. The mother or the hostess usually is served first, in order that she may observe the first plate and know that everything has been served properly. At company meals serve the guest of honor next and those to her right in order around the table. This is permissible also at informal family dinners. When small children are eating with the family, serve them first in order that the mother may cut the meat, spread the bread, and so on, for them. Delay in eating after the entire group is served is thus avoided.
8. The first serving should be small enough so that a second helping may be taken if desired.
9. When guests are present the hostess should always take a second helping of some food as an invitation to guests to take a second serving.
10. The food dishes, such as meat platters, vegetable tureens, jelly dishes, and so on, should be removed first.
11. The plates, knives, forks, spoons and other tableware should be removed second.
12. The dishes for the last course should not be removed while the family and guests are seated at the table.

Meeting IX. THE DEMONSTRATION DINNER

Demonstration.— Prepare and serve demonstration dinner.

Home work.— Share the responsibility of meal planning, preparing, and serving.

Turn in the record work.

4-H FOODS RECORD — DINNER PROJECT

Name of club member *Age*

County *Date* 194

Post Office *R. F. D.*

I have been in 4-H Club work _____ years, in Foods Projects
_____ years.

Number project meetings attended _____

Number times took part in program _____

Number dishes prepared at project meeting _____

Number dishes prepared at home _____

Number meals prepared at project meeting _____

Number meals prepared at home _____

Write about your dinner project _____

Name of leader

Name of parent

Approved: _____

County Extension Agent