February, 1924

Colorado Agricultural College
EXTENSION SERVICE
Fort Collins, Colorado

THE MEAL PREPARATION CLUB
FIRST-YEAR FOOD WORK

BY MARY G. COLLOPY

CO-OPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS—U. S. DEPARTMENT OF AGRICULTURE AND COLORADO AGRICULTURAL COLLEGE CO-OPERATING.

Distributed in Furtherance of Acts of Congress of May 8 and June 30, 1914
FOREWORD

The purpose of this bulletin is to furnish recipes for meal-preparation-club work. Since the food habits score card serves as a basis for the work, special emphasis has been placed upon the cookery of growth-producing foods.

It is not expected that each one of these recipes will be tried out in the club meetings but the supplementary ones are added to provide for home practice or for longer period club work. Club members need not feel that they must prepare the recipes in the order in which they are given.

A separate circular, "Program for Meal Preparation Clubs," gives suggestions regarding the special dishes to be prepared in each club meeting.
THE MEAL PREPARATION CLUB
FIRST-YEAR FOOD WORK

GENERAL SUGGESTIONS FOR WORK

A good fire should be started before any cooking is begun. Have extra fuel at hand.

Neatness and cleanliness is absolutely essential when handling foods. Hands and finger nails should be clean. The hair is much neater if a cap or a hair net is worn. Wear a clean apron large enough to protect the dress.

A hand towel should hang near the sink or the wash bowl. Use a holder in lifting hot utensils.

Read and understand all recipes and directions before starting to cook.

Collect all utensils needed.

Collect all food materials before beginning work.

Keep the work table neat by collecting and soaking utensils.

Learn to "work neatly, carefully, quickly and economically."

ABBREVIATIONS

C.—cup
l.—teaspoons
tb.—Tablespoon

pt.—pint
lb.—pound
qt.—quart

TABLE OF WEIGHTS AND MEASURES

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<td>3 t.</td>
<td>1 tb.</td>
<td>16 lb.</td>
<td>1 C.</td>
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<tr>
<td>16 tb. of dry material</td>
<td>1 C.</td>
<td>3 lb.</td>
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<td>12 tb. of liquid</td>
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<td>2 C.</td>
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<td>16 tb. of butter or other solid fat</td>
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<td>2 C. fat</td>
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<td>2 C. sugar</td>
<td>1 lb.</td>
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<tr>
<td>4 C. rolled oats</td>
<td>1 lb.</td>
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<tr>
<td>2 C. flour (white)</td>
<td>1 lb.</td>
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<td>2 C. butter</td>
<td>1 lb.</td>
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<tr>
<td>1 egg (large)</td>
<td>3 oz.</td>
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<tr>
<td>1 C. grated cheese</td>
<td>4 oz.</td>
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<tr>
<td>1 C. ground meat (packed solidly)</td>
<td>½ lb.</td>
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<tr>
<td>1 lemon</td>
<td>3 lb. juice</td>
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<tr>
<td>1 square chocolate (Baker's)</td>
<td>1 oz.</td>
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</table>

Rules for Measuring

1. All measurements are level.
2. Flour, meal, and powdered sugar, should be sifted or stirred until light before measuring.
3. To measure butter, lard, or any solid fat, pack solidly into the cup and level off with a knife.
4. To measure a spoonful or a cupful of any dry substance, heap material in the spoon or cup and level with a knife.
5. Half a spoonful is a spoonful divided lengthwise. A quarter of a spoonful is this half divided into two equal parts.

What Foods Do For the Body

Foods are classified as:
1. Proteins are primarily used to build and repair tissues, but they also help to keep the body warm and give it power to work.
2. Carbohydrates keep the body warm and give it power to work but do not build tissues.
3. Fats keep the body warm and give it energy but do not build tissue.

4. Mineral salts build bone, hair, blood and all other body fluids. They are very necessary in regulating the alkalinity and acidity within the body.

5. Water regulates body processes and body temperature if taken in large quantities.

6. Vitamins are growth-producing and body regulating substances essential to health. Vitamins are found in very small quantities in foods.

A study of the following table will show the groups to which well-known foods belong:

**CLASSIFICATION OF FOODS**

<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>Milk</td>
<td>Sugar</td>
<td>Butter</td>
<td>Vegetables</td>
<td>Milk</td>
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<tr>
<td>Eggs</td>
<td>Syrup</td>
<td>Cream</td>
<td>Eggs</td>
<td>Butter</td>
</tr>
<tr>
<td>Cheese</td>
<td>White Bread</td>
<td>Bacon</td>
<td>Milk</td>
<td>Fruits</td>
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<tr>
<td>Meat</td>
<td>Cereals</td>
<td>Cheese</td>
<td>Whole Grain</td>
<td>Greens</td>
</tr>
<tr>
<td>Fish</td>
<td>Dried Fruits</td>
<td>Nuts</td>
<td>Fruit</td>
<td>Vegetables</td>
</tr>
<tr>
<td>Nuts</td>
<td>Rice</td>
<td>Fat Meat</td>
<td>Egg Yolk</td>
<td>Milk</td>
</tr>
<tr>
<td>Dried Peas</td>
<td>Potatoes</td>
<td>Olive Oil</td>
<td></td>
<td></td>
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<tr>
<td>Dried Beans</td>
<td>Macaroni</td>
<td>Cooking Fats</td>
<td></td>
<td></td>
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<tr>
<td>Whole Grain in Cereals</td>
<td>Hominy</td>
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<td></td>
<td>Tapioca</td>
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<td></td>
<td>Starch</td>
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<td></td>
<td>Bananas</td>
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**Aims and Methods of Cooking Foods**

The aims in cooking food are: To develop new flavors; to make it more digestible; to improve the flavor.

The methods of cooking foods are: Boiling, frying, sauteing, baking, roasting, steaming, stewing, boiling and simmering. A few of these terms are used interchangeably to the extent that the true meaning is lost. For instance, frying is often confused with sauteing. Frying is cooking in deep, hot fat which covers the food; sauteing is cooking in small amount of fat.

**Recipes**

The recipes given in this bulletin presuppose a home vegetable garden, chickens and one or more cows.

While the meal-preparation-club work requires only the preparation of suppers, the choice of recipes is sufficient to provide for simple breakfast or dinner.

Supper planning is not difficult if club members study their food habits score card to find out what foods have not been provided by the other two meals.

**Milk**

Milk is given first place on Colorado's food habits score card because it is such an important article of food. Whole milk contains the
vitamins which are so essential for growth. It is also rich in protein and mineral matter. One pint of milk is the least amount which any club member should drink each day. The milk may be taken raw as a beverage or on cereals; it may be used in cream soups, creamed or scalloped dishes, custards, cocoa, ice-cream and milk sherbert.

**Vegetables**

Colorado club members are very fortunate in living in a locality in which head lettuce and cabbage can be grown so successfully. Since both cabbage and head lettuce can be stored satisfactorily in this State, there is no need for any family to be without these important green vegetables. While cabbage does not supply body heat, it does supply minerals and vitamins. It ranks extremely high as a green vegetable.

Other green vegetables mentioned in the recipes are equally valuable for their vitamin and mineral content. Since the green leafy vegetables contain little starch, they may be eaten raw in salad form.

Root vegetables contain more starch and fibrous material. They give the body heat and energy as well as valuable mineral salts. These mineral salts build tissues and help to keep the blood in good order. Because there is some loss of mineral matter in boiling vegetables, it is better to steam them or bake them in their skins.

Root vegetables can be stored easily and satisfactorily under Colorado conditions. Ask for bulletin No. 174-A, "Storing Vegetables for Home Use."

**Whole-Grain Cereals**

Whole grain cereals may be eaten as breakfast foods or in quick breads and yeast breads. The protein contained in whole-grain cereals builds and repairs body tissues and adds a certain amount of heat and energy to the body. These cereal grains are rich in mineral matter. One of their most important functions is that of regulating body processes, especially in preventing or correcting constipation.

**Eggs**

Eggs are considered valuable for food because they contain protein, fat and mineral matter. Egg yolks are sources of vitamins. Eggs are called meat savers because of their high protein content. It is not necessary to have eggs and meat at the same meal.

Milk, eggs and cheese, all meat-savers, are excellent supper dishes.

**Meat**

Meat is mainly a tissue-building food, but it helps to warm the body and give it power. Meat is not considered a suitable supper dish for children. Recipes for meat cookery are included in this bulletin because many children do not have meat in their school lunch so may be permitted to have a serving at the evening meal.

**Custards**

Custards are very nourishing desserts because of the eggs and milk contained in them.
MILK DRINKS

Cocoa

1 1/2 tb. cocoa  
2c. boiling water  
1 1/2 tb. sugar  
2 c. milk  
Few grains of salt.

Scald the milk but do not boil it. Mix the dry ingredients and dilute them with 1/2 cup of boiling water to make a smooth paste. Add the remaining water. Boil for one minute. Turn this mixture into the scalded milk, beat 2 minutes with a Dover egg beater until a froth appears. This prevents the formation of a scum.

Fresh-Milk Drinks

It is possible to make several fresh-milk drinks by adding different flavoring.

To two glasses of milk add one well-beaten egg and a few drops of vanilla. Beat all together with Dover beater. Nutmeg also may be added.

Variation.—1 teaspoonfull of chocolate syrup added to 1 glass of milk makes a pleasing drink.

VEGETABLE COOKERY

White Sauce

<table>
<thead>
<tr>
<th>Fat</th>
<th>Flour</th>
<th>Salt</th>
<th>Milk</th>
<th>Use</th>
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<tbody>
<tr>
<td>Thin white sauce</td>
<td>2 tb. 1 tb.</td>
<td>1/2 t.</td>
<td>1 C.</td>
<td>Cream soups and starchy vegetables</td>
</tr>
<tr>
<td>Medium white sauce</td>
<td>2 tb. 2 tb.</td>
<td>1/2 t.</td>
<td>1 C.</td>
<td>Creamed and scalloped vegetables or meats</td>
</tr>
<tr>
<td>Thick White sauce</td>
<td>2 tb. 3 tb.</td>
<td>1/2 t.</td>
<td>1 C.</td>
<td>Blending croquettes</td>
</tr>
</tbody>
</table>

Blending of Ingredients.—Melt the butter in a pan or top of double boiler. Add salt and flour. Stir until smooth, then add the milk slowly, stirring constantly while cooking. Allow it to cook until it thickens.

Variations.—Tomato juice may be used in place of milk in making a tomato sauce. One egg yolk may be added after the sauce thickens to make a rich sauce for cauliflower.

General Directions for Creamed Vegetables

Vegetables to be creamed may be either freshly boiled or steamed, or may be left over from a previous meal. Vegetables to be creamed may be classed in two groups according to their quality of moistness: for example, potatoes, carrots, and turnips are, comparatively speaking, dry vegetables, and corn and peas are moist. A dry vegetable requires more sauce and a thinner sauce than should be used for creaming a moist vegetable.

Basic Recipes

Vegetables like potatoes, carrots, and turnips should be diced or cut into slices or cubes before they are put into the sauce.
Use judgment in determining the amount of sauce for the given amount of vegetable. The usual proportion is:
1 cupful of white sauce to 2 cupfuls of the vegetable.

**General Directions for Scalloped Vegetables**
Scalloped vegetables require the same proportion of cooked vegetables and white sauce as used in the creamed vegetable. In addition, coarse buttered bread or cracker crumbs are used.

In scalloped vegetables the sauce may be a plain white sauce, a cheese sauce (white sauce with cheese added) a tomato sauce, or sauce with meat or vegetable stock used as the liquid.

The vegetable and the sauce are arranged in layers in a buttered baking dish. Cover the top of the dish with buttered crumbs and bake in a moderate oven long enough to brown the crumbs.

**Basic Recipe for Cream Vegetable Soups**
Cream vegetable soups are a combination of vegetable pulp and white sauce. The amount and thickness of white sauce used depends upon the vegetables used.

- Tomato—1 qt. medium white sauce to 1 pint pulp.
- Spinach—1 qt. medium white sauce to 2 cups spinach
- Corn—1 qt. thin white sauce to 1 pint pulp
- Pea or Bean—3 cups thin white sauce to 1 1/2 cups peas or beans
- Potato—1 qt. thin white sauce to 3 cups diced potato

Additional hot milk may be added if thinner soup is desired.

**Potatoes Boiled In the Skin**
This method of boiling potatoes without paring is most economical. Valuable food substances are lost when the potato parings are thrown away.

Select potatoes of uniform size and wash them well, using a stiff vegetable brush.

Carefully drop the potatoes into boiling water and cover the kettle. Boil gently for about forty minutes or until the potato is tender when pierced with a fork. Brisk boiling does not increase the temperature of the water but tends to break the skin and wear away the potato. Pour off the water and let the potatoes stand uncovered on the stove for a few moments to dry out. If desired, the skins may be removed before the potatoes are served. Serve hot.

**To Boil the Potato**
When the skin is imperfect it is often best to pare the potato before boiling it. Select potatoes of uniform size, wash and pare, using a small, sharp knife and cutting away as little of the flesh as possible. Remove the eyes and imperfect portions with the point of the knife. Drop the potato into cold water when pared, so it will not change color.

It is most economical to prepare the potato just before it is cooked and to have the water boiling before the potato is put into it, otherwise
much of the nutriment is lost in the water. Add 2 teaspoons of salt to each quart of water, put in the potatoes and boil gently about 45 minutes or until the potatoes are tender. Remember that vigorous boiling tears and wastes the potato. When the potato is tender, pour off the water and let the potatoes stand uncovered on the stove a few minutes to allow the steam to escape. This makes the potatoes more mealy. Serve hot.

Creamed Potatoes

Peel the cold, cooked potatoes and cut into ½-inch cubes. For two cups of potato cubes make 1 cup of white sauce according to general directions.

Stir the diced potatoes into the white sauce and heat. Add a bit of pepper and serve hot.

Baked Potatoes

Select uniform potatoes of medium size, wash well, using a small vegetable brush; remove any imperfect part with the point of the knife.

Place the potatoes on the grate of the oven or in a shallow pan and bake about an hour or until soft. Test by pressing with the finger. The oven should be medium hot. If it is too hot a hard shell is formed; if baked in too slow an oven the potato is soggy and is not palatable or easily digested. When the potato is soft, press it gently in a cloth to break the skin so the steam may escape. After the skin is broken the potato may stand in the oven for a minute or two and then be served in an open dish.

Potato Soup

Potato soup may be made from freshly boiled potatoes or from left-over riced or mashed potatoes. When made from left-over potatoes, the hot milk should be poured gradually over the cold potato and the potato should be well beaten to remove all lumps. Use basic recipe for cream vegetable soups.

Cream of Tomato Soup

1 qt. medium white sauce
2 t. sugar
1 slice onion
1 pint pulp

Cook the tomato and onion until tender, then strain through a sieve. Reheat and add the sugar. Make a medium white sauce according to general directions. Slowly add the heated tomato to it. Serve at once. Do not combine until ready to serve. It is not necessary to add soda to the tomato when combining with the thickened milk.

Greens

Spinach.— Look over carefully, remove the withered leaves, and wash very thoroughly in several waters. Put into a kettle with a very small amount of boiling salted water and cook in a covered vessel about one hour or until tender. Serve without draining off the juices; add salt, pepper and butter. Vinegar may be used in small quantity.
Variation.— Drain the spinach, mould and garnish with slices of hard-boiled egg. Poached eggs may be served on this spinach.

Other Greens.— Beet tops, dandelion, turnip tops, lamb’s quarter, sour dock and horseradish leaves may be prepared in the same general way. When dandelion and beet tops are slightly old, they require blanching to remove the bitter flavor.

To blanch, put in a kettle of boiling water and boil five minutes. Drain and rinse with cold water. After this blanching put into boiling salt water and boil from 30 to 60 minutes, or until tender.

All greens should be young and tender when selected for table use.

Green or String Beans
The pods should be gathered while young and tender, before they have been wilted by the hot sun, and as near the time of using as possible. Remove the ends and strings and break or cut into small pieces. Wash in cold water.

To blanch, drain and put into boiling salt water, boil rapidly about twenty minutes with the cover partly off. Put into colander and let cold water run over them.

Green Beans—Plain

1 quart beans  
½ pint water  
2 tb. butter  
1 t. salt

After the beans have been blanched, put them into a pan with the boiling water, butter and salt and cook from 10 to 20 minutes over a hot fire. Stir frequently to keep them from burning. When cooked too long, the beans become yellow or brown.

Green Beans with Milk
If desired, a cup and a half of milk may be added to the above, just before the beans are removed from the fire.

Green Beans and Bacon or Salt Pork
Cut one or two slices of bacon or salt pork into cubes, put into a pan and cook until a golden brown on all sides. Then add the hot cooked beans, mix well and cook from 10 to 20 minutes. Serve hot. When one enjoys the flavor of onion, a couple of slices may be added to the bacon or salt pork.

Peas with Butter

1 qt. peas  
1 pt. of water  
2 tb. butter  
1 t. salt

When the peas are nearly cooked, add the butter and 1 to 2 tea spoonfuls of sugar if necessary. Several leaves of lettuce added to the water in which peas are cooked gives a desirable flavor if the peas are somewhat old.

Boiled Cabbage
Remove the bruised outside leaves and cut in quarters, cutting down through the stem. Soak ½ hour in a pan to which 1 tablespoon-
ful of salt has been added; this is to draw out any insects that may be hidden between the leaves. Have a good-sized kettle half full of rapidly boiling water to which has been added 1 teaspoonful of salt to each quart of water. Put the cabbage in and cook from thirty-five minutes to one hour, depending upon the age of the cabbage. The water should be kept boiling all the time and the kettle should be uncovered that the strong-smelling gases may be carried off in steam. Cabbage contains considerable sulphur and, if improperly cooked, is hard to digest. Over-cooking toughens the texture, destroys the color and injures the flavor.

As soon as the cabbage is tender it should be removed from the water and drained; the stock should be removed and the quarters cut into smaller sections. The juice may be saved and used as a flavoring for soups.

Serve hot with butter, pepper and salt, using 1 tablespoonful of butter and \( \frac{1}{2} \) teaspoonful of salt to each pint of cabbage. One cup of thin white sauce may be used instead of the butter.

**Variations.**—A small head of cabbage may be boiled whole. When tender, drain head and cut into eighths, allowing the eighths to fall apart from heat as the petals of a flower. Pour melted butter into the center.

A small head of cabbage may be boiled until tender, the center removed and the cavity filled with a mixture of ground meat of cheese crumbs, seasoning, and a few left-over vegetables. The mixture should be blended with an egg. Sprinkle crumbs over the top. Place the stuffed cabbage in a buttered baking dish and heat in the oven to brown crumbs and cook egg. Remove and serve plain or with tomato sauce.

**Milk Gravy (White Sauce)**

Milk gravy is made from the basic white-sauce recipe, the only difference being the fat. Milk gravy is usually made with bacon fat but any other good fat may be substituted.

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\begin{align*}
2 \text{ level tb. bacon fat} & \quad 1 \text{ c. milk} \\
3 \text{ tb. flour} &
\end{align*}
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Melt the fat and stir in the flour, mashing all lumps. Cook for one or two minutes, then slowly add the milk, stirring briskly to prevent the gravy from lumping. If necessary, add more milk.

**Onions**

The white onion, the Spanish onion, and the Bermuda onion, being more delicate in flavor, are best suited for a table vegetable. Select onions of uniform size, cut off the roots and peel the onions under water. Put into a kettle of rapidly boiling water, adding 1 teaspoonful of salt to one quart of water.

When the stronger onions are used they should be blanched; that is, after the onions have boiled for five minutes the water should be poured off and the onions drained. Again cover the onions with boiling salted water and boil about 1 hour or until tender. Pour off the
water, drain and add milk, about 1 pint for a quart of onions. Warm a tablespoonful of butter and mix with it one tablespoonful of flour. Mix with it a little hot milk. When blended stir into the milk and let simmer five minutes, add salt and pepper and serve hot.

Variations.— Make creamed onions or scalloped onions according to general directions.

Stewed Carrots
Wash and scrape carrots, cut into slices or dice. Put into boiling water. Boil gently until tender or about 45 to 60 minutes, and drain off the water. To each pint of carrots add 1 cup of milk, 1 tablespoonful of butter, 1 tablespoonful of flour, ½ teaspoonful of salt, and a bit of pepper. Put milk in with the carrots, rub together the butter and flour, mix with a little milk and stir into the carrots. Bring to the boiling point and serve hot. Meat stock may be added instead of milk.

Variations.— Make scalloped carrots according to general recipe.

Finely chopped raw carrots make delicious salad when combined with chopped peanuts and served with boiled salad dressing.

Dried Corn
Dried corn should be soaked from 8 to 24 hours before cooking. Start cooking the corn in the cold water in which it has been soaked, adding more if necessary. Continue the cooking slowly. When cooked, season with salt and butter. Use the proportion of 2 tablespoonfuls of butter for each quart of corn.

Variation.— Dried corn may be cooked in milk instead of water.

Sliced Tomatoes
There are two ways of peeling tomatoes. When the tomatoes are very ripe the skins may be loosened by rubbing the blade of a knife flat against the tomato skin. Then, with the point of the knife, the skin may be easily removed. This method of peeling, is desirable as no hot water is required and the tomatoes do not have a cooked taste.

The other method, familiar to all, is that of pouring boiling water over the tomatoes and allowing them to stand for one minute in order to loosen the skins.

After the tomatoes are peeled and chilled, they are cut into slices about one-third-inch thick.

Head Lettuce Salad
Remove all brown or bad-looking leaves. Wash the head of lettuce and dry it between the folds of a clean dish towel. Cut the head into quarters. Serve with boiled dressing.

Boiled Dressing

1½ tb. butter
½ t. salt
1½ tb. sugar
1 t. mustard

2 egg yolks
¾ C. milk
¼ C. vinegar
1 tb. flour
Melt the butter and stir in the salt, mustard, sugar and flour which have been mixed together. Beat the yolks of eggs slightly and mix with the milk. Gradually pour the milk over the butter, sugar, and flour, stirring constantly. Cook until the mixture thickens and then gradually add the vinegar. When cold, mix as much as needed. This dressing may be made in larger quantities as it keeps well.

**Oil Dressing**

The true French dressing, as used by the people of France, is made of equal parts of olive oil and vinegar to which salt and pepper is added. This is not stirred or beaten together but the lettuce leaves or other “salad vegetables” are placed directly in the bowl containing the oil dressing.

In America, the French dressing is made to suit individual tastes. The following proportions may be used:

- 2 tb. vinegar
- ¼ C. oil
- ½ t. pepper
- Paprika may be added

Stir ingredients until well blended. Keep in a stoppered bottle and shake before using.

**Variations.**—One-half tablespoon finely chopped Bermuda onion or sweet pepper may be added. Catsup may be added in small quantity.

**Cold Slaw (Cole Slaw)**

Select a small, heavy cabbage; remove the outside leaves, and cut into quarters; with a sharp knife, slice very thinly. Soak in cold water until crisp; drain, dry between towels, and mix with salad dressing or sour-cream dressing.

**Apple-Celery Salad (Waldorf Salad)**

Use equal proportions of fresh apple and crisp celery, cut into small cubes. Combine with salad dressing. Nuts may be added.

**Variation.**—If no salad dressing is available at home, make a dressing of whipped cream to which a very small amount of vinegar is added.

**QUICK BREADS AND TOAST**

**Whole-Wheat Muffins**

- 1 C. whole-wheat flour
- ¾ C. white flour
- ¼ C. sugar
- 4 t. baking powder
- 1 t. salt
- 1 C. milk (sweet or sour)
- 1 egg
- 3 tb. melted fat

Add ½ t. soda if sour milk is used. Dissolve it in the sour milk just before adding.

Mix and sift the dry ingredients; add milk gradually, then well-beaten egg and melted butter. Bake in a hot oven in buttered pans for twenty-five minutes. This makes six servings.

Graham or rye muffins may be made in the same way.
Corn Bread

2 C. sour milk

1 ½ tb. fat

1 egg

2 C. corn meal

½ t. salt

3/4 t. soda

¼ t. baking powder

Beat the egg slightly, add the milk, then the dry ingredients and stir in the melted fat.

The batter should be rather thin. Bake in a shallow pan from ½ to ¾ hours.

Dry Toast

Oven toast is preferable to that made in a toaster over the fire because it is more thoroughly dried out.

Cut stale bread in thin, even slices, not over one-fourth inch thick and place them on the rack in the oven. Turn the pieces often, until the bread is a uniform golden-brown color. Coarse-grained cereal breads are darker when toasted. Let the moisture dry out of the bread before the outside browns, then the toast is crisp throughout. This can be done by partially toasting the bread in the oven and browning it over the coals. A long-handled fork is a convenience for browning the toast in this way.

The other method for making dry toast is to place the slice over a wire toaster, close the toaster, and hold it over the coals, at some distance at first until the bread dries out, then near to the coals to brown the toast.

French Toast (To use stale bread)

2 eggs

¼ t. salt

2 t. sugar

1 C. milk

6 slices of stale bread

Beat eggs slightly; add salt, sugar and milk. Dip the slices of stale bread in this to soften them. Half slices do not break apart in handling as easily as whole slices. Pile the slices on a plate as they are removed from the egg mixture. Brown one side and then the other on a hot greased griddle or frying pan. Serve instead of griddle cakes, or with a sauce for dessert.

EGG COOKERY

Eggs Cooked in the Shell

Soft Eggs.—Place the eggs in a pan of cold water, cover and heat gradually to the boiling point.

Medium Soft.—Proceed as in above directions but remove the pan from the stove as soon as the boiling point is reached. Allow the eggs to stand in the water three minutes.

Medium Hard.—Proceed as above and let stand seven minutes.
Eggs, Cooked Hard.—Same directions as above except pan is
removed to back of the stove and eggs are allowed to simmer forty-five
minutes. If the hard-cooked eggs are not to be eaten hot, they should
be immediately dropped into cold water.

Variations.—White sauce, either plain or flavored with cheese,
vegetable juice or meat juice, may be poured over the hard-boiled eggs
to make a hot supper dish.

When eggs are started cooking in cold water, they are cooked more
uniformly and the white is more tender. A high temperature toughens
the white.

Dropped or Poached Eggs

Since the whites of eggs dissolve readily in cold water, and hot
water hardens the albumen or whites, when the shell has been removed,
it is necessary to drop the eggs into boiling water so that an outer
covering be immediately formed to protect the remainder of the egg.
Use a pan with a large, smooth base and from three to four inches deep;
an iron frying pan is excellent.

Fill the pan 2/3 full of boiling salt water. Allow 1/2 tablespoonful
of salt to each quart of water. The eggs should be absolutely fresh.
Break each egg separately into a cup or small dish and drop carefully
into the boiling water. The water in the pan should completely cover
the eggs. When the last egg is in, cover and let simmer, but not boil,
3 minutes. There should be a white film over the yolk and the white
should be quite firm and jelly-like. When removing from the water,
care should be taken not to break the outer covering. Serve on a hot
platter. Cold muffins may be sliced across and toasted and the eggs
served on the toast when desired.

When one has ruffin rings, they may be placed in the pan and the
eggs may be poached in milk and the milk poured over the toast. This
is especially good for invalids.

Scrambled Eggs

Break eggs into a bowl, add one tablespoonful of milk or water,
1/8 teaspoonful of salt and a bit of pepper for each egg. Stir all to­
gether, have a pan heated moderately, melt just enough fat to thoroughly
grease the bottom of the pan; pour the egg mixture into the pan and as
soon as it begins to whiten at the bottom, scrape away from the bottom
of the pan with a spoon or knife, allowing the uncooked portion to
come in contact with the pan. The egg should be removed in large
flakes and not finely chopped. The pan should be removed while the
egg is quite moist as it will continue to cook some after it has been
placed in the serving dish.

Variations.—French Omelet.—Proceed as for scrambled eggs.
When the mass becomes creamy, cease to stir and allow the mass to
brown on the under side. Fold and turn onto a hot platter.
DESSERTS

Sugar Cookies

1 C. sugar 4 C. flour
1/2 C. fat 2 t. baking powder
1/4 C. milk 1/4 t. salt
1 egg

Cream the fat, add the sugar, the beaten egg, the liquid, and the flour which has been sifted with the baking powder and the salt. Salt is omitted if a salted fat is used for shortening. Keep the dough cold and use as little flour as possible. When rolling, roll thin and cut with a well-floured cookie cutter. Put the cookies in a greased, floured pan and bake in a moderate oven. When done, spread the cookies on a flat surface until cool.

A little sugar may be sprinkled over the top before baking.

Variations.—Three tablespoonfuls of caraway seeds may be added to the cookies, or one-half cup of cocoanut is good.

Oatmeal Cookies—Basic Recipe

1 C. sugar 1/2 C. boiling water
1/4 C. fat 1 1/4 C. rolled oats
1 egg 1 C. flour
2 t. cinammon 1/2 C. chopped raisins
1/4 t. cloves 1/4 t. vanilla
1/4 t. salt 1/2 t. soda

Mix the sugar, fat, spices, and boiling water; add the rolled oats, then the egg, the soda, salt and flour sifted together, and last, the chopped raisins which have been mixed with a couple of tablespoonfuls of the flour.

Drop by small spoonfuls on a shallow pan and bake in moderate oven. This recipe makes about three dozen cookies.

Rice Pudding

4 C. milk 1/2 t. salt
1/3 C. Sugar 1/3 C. rice
3/4 t. vanilla or 1 t. cinnamon

Wash the rice several times, mix the ingredients, pour into a buttered dish, set in a pan of water, and bake three hours in a slow oven. Stir several times during the first hour of baking to prevent the rice from settling. If the dish is rather deep and covered the pudding will remain more creamy. One-half cup of raisins may be added.

Baked Custard

Custards are wholesome and nutritious desserts made of milk and egg. The egg is used as the thickening agent.

These may be from condensed milk where fresh milk is not available, using equal parts of water and condensed milk.
1 qt. milk 1 t. vanilla or cinnamon or
4 to 6 eggs ½ t. nutmeg
¼ t. salt ¼ C. sugar

Beat eggs just enough to mix well the yolk and white. Add salt, then the sugar, and then the milk and flavoring. Mix thoroughly and pour into cups or into one large dish. Place in a pan of hot water and bake in a moderate oven. When the custard seems done, place a knife down through the center. If the custard is firm none of the mixture will stick to the knife. Serve in the dish in which it was baked. When the custard is baked in one dish, if the eggs are rather small or if it is desired to have the custard retain its shape so it can be removed from the dish, it is well to use 6 eggs.

Soft Custard

1 qt. milk ½ C. sugar
yolks of six eggs ½ t. salt

Whole eggs can be used but the yolks make a smoother custard. The custard should be cooked in a double boiler or a pan set in boiling water. Since it is necessary to stir the mixture constantly after the eggs have been added, it is well to scald the milk first. Beat the yolks well and add the salt and sweetening; then gradually stir in the scalded milk. Do not add the eggs to the hot milk as they are apt to cook before they are thoroughly mixed with the milk.

Return the mixture to the double boiler and cook until there is a thin coating on the spoon. Pour through a strainer into a cool dish. If cooked too long the custard will curdle. As soon as it begins to curd, the pan should be taken from the hot water and placed in cold water and the custard briskly beaten with a Dover egg beater.

Corn Starch Pudding or Blanc Mange

2 C. milk (condensed milk diluted 1/16 t. salt
with equal amount of water may ½ t. vanilla
be used). 1 egg white
4 tb. sugar

Reserve ½ cup milk and put the remainder into a double boiler to heat. Mix the sweetening, salt, corn starch and ¼ C. of milk together. When the milk in the double boiler is hot, add to it the corn starch mixture, stirring constantly until the milk is well thickened. Cook about twenty minutes, stirring occasionally. Have the egg white beaten stiff and stir it and the flavoring in just before removing from the fire. Pour into the mold which has been rinsed in cold water.

Chill and serve with a soft custard made from the egg yolk, 1 cup of milk, 2 tablespoonfuls sweetening and ¼ teaspoonful vanilla; or with fruit juice.

Variations.—1 square or 1 oz. of chocolate may be melted and cooked with ¼ C. water and 2 tb. of sweetening, and added to the corn starch just before it is poured into the mold;
or \( \frac{1}{2} \) C. grated cocoanut may be steamed and added:
or grated pineapple may be added;
or one or two pieces of fruit may be placed in the bottom of the
mold before the corn starch is poured into it.

**Chocolate Bread Pudding**

1 C. bread crumbs (left-over
muffins may be used) 1 egg
2 C. scalded milk \( \frac{3}{4} \) t. salt
1 oz. or square of chocolate \( \frac{1}{2} \) t. vanilla
\( \frac{1}{2} \) C. sugar

Add the crumbs to the scalded milk and allow them to soak until
soft. Add the chocolate which has been cut in small pieces, to the boili­
ing water and cook until a smooth paste is formed. Add the choco­late, beaten egg, sugar and salt to the milk and crumbs. Put in a
greased dish and bake in a moderate oven thirty or forty minutes.
Serve with cream.

**Apple Sauce**

8 apples 1\( \frac{1}{2} \) cup sugar
2 cups water

Wipe, pare, core and quarter the apples. Make a syrup by boiling
the sugar and water together for seven minutes. Put the apples into
the syrup and cook until tender. Grated lemon rind or a thin slice
of lemon may be cooked with the syrup. Spices may be added in small
amount if desired.

Another method for making apple sauce does not require the
making of a syrup.

**Apple Sauce**

\( \frac{1}{2} \) C. sugar 8 apples

Add enough water to keep the apples from sticking. Cook slowly,
covered; stir occasionally. When tender, beat until smooth. For
flavoring add nutmeg, cinnamon or lemon juice.

Sugar may be added to this apple sauce at beginning or near the
end of the cooking. If added first, the apples are sweeter and keep
their shape better. When added last, the apples are not such good
color or shape.

**Baked Apple**

8 apples 8 tb. water
\( \frac{1}{2} \) C. sugar \( \frac{1}{2} \) t. lemon juice (if desired)

Wash, core and place in baking pan. Add the sugar to the cavities
of the apples. Cover the bottom of the baking dish with the boiling
water. Bake in a medium hot oven. Prick with toothpick or fork to
test tenderness.

**Variations.**—Cavities may be filled with raisins. Brown sugar
may be added instead of white sugar. Cinnamon and butter may be
added to the sugar in the apple cavities. Serve with or without cream.
Prune Whip

1 cup prune pulp 1 or 2 egg whites
½ cup sugar ½ t. lemon juice

Use left-over prunes which were soaked over night and cooked slowly in the same water. Drain off the juice, seed the prunes and chop them slightly. Add sugar, lemon juice, and egg whites. With a wire egg-beater or whisk, beat the mixture until light and fluffy. Chill and serve in sauce dishes.

Raw Fruit

Serve raw fruit as often as possible. Apples should be thoroughly cleaned. Different arrangements of fresh fruit encourage the family to notice the fruit plate or basket on the table.

Many pleasing variations may be worked out in serving oranges. Peel the oranges and break the quarters part way down. In the center of the fruit, sprinkle shredded cocoanut.

MEAT AND CHEESE

Dried Beef

Dried beef should be cut very thin and freshened. Cover the beef with a liberal amount of cold water. Let it stand a few minutes and then very slowly bring the water to the boiling point. Drain.

Dried Beef Gravy

½ lb. dried beef 1½ C. milk
2 tb. butter Pepper
3 tb. flour

Melt the butter, stir in the flour letting it cook for a minute or two, slowly add the milk, stirring to keep the mixture from lumping. Add the freshened dried beef and season with a little pepper.

The freshened dried beef may be browned in the butter first and then the flour and milk added. This gives a darker gravy and an extra tablespoonful of butter will be needed. The extra butter should be added after the beef is browned.

The gravy may be served with potatoes, boiled rice, or in slices of toast.

Stewed Chicken

The simplest way to cut up a dressed chicken for stewing is: Separate their second joints from the drumstick. Cut off the wings; remove and fold them compactly. Separate the breast from the back, the wishbone from adjoining meat, and the breast into two parts. Then cut the back into two or four pieces.

Place the pieces of chicken in a kettle and cover them with boiling water and cook until tender, adding salt when nearly done. The chicken should be cooked in a covered vessel.
Variations.—Fricasseeed chicken may be made by thickening the liquid in which the chicken is stewed. Serve this gravy on the platter with the chicken.

Stewed chicken, allowed to cool, may be removed from the bone and cut into small pieces or cubes and served with white sauce as creamed chicken or escalloped chicken. (See general directions for creamed dishes).

Chicken a la' King is simply creamed chicken with a white sauce to which egg yolk and chopped pimento has been added.

Boiled Ham

Scrape the outside of the ham, cutting off any rusty portion. Wash well, and if rather dry or very salty let the ham stand in cold water from eight to ten hours. Cover the ham with cold water and bring slowly to the boiling point, boil gently for four to five hours for a ten-pound ham. For a larger ham, allow fifteen minutes for each extra pound. Remove the scum from the top frequently. If the ham is to be served cold, let it cool in the water in which it is boiled. If it is to be served hot, after standing in the water an hour or two, the skin should be removed, the ham covered with crumbs and placed in the oven from thirty to forty minutes.

Ham Baked in Milk

When one has an abundance of milk, a thick slice of ham (two or three inches thick) may be covered with milk and baked two or three hours. It should be well browned. After the ham has been taken from the dish, make a gravy by adding milk and a little thickening of flour. This is good served with baked potatoes.

Boiled Dinner

Corned beef, 4 to 6 lbs.  
Potatoes, 8 medium sized  
Carrots, 8 medium sized  
Cabbage, 1 small head  
Turnips, 8 medium sized

Salt pork may also be a part of the boiled dinner, if one desires. Ham is often used in place of corned beef. Trim, wash, and place the meat in a kettle of cold water. Bring the water slowly to the boiling point, skim and boil gently or simmer five to six hours.

Prepare the vegetables for cooking and if medium sized or larger cut into halves or quarters. When the kettle is large the vegetables should be cooked in the kettle with the meat, in which case, the vegetables are added according to the length of time required to cook each. For the carrots the time required is 45 minutes; turnips, 30 to 60 minutes; potatoes, 40 to 50 minutes; cabbage, 35 to 60 minutes.

The age of the vegetables makes a difference in the time required for cooking. Do not over-cook the vegetables. If the kettle is too small, finish cooking the meat, remove it from the kettle and place the vegetables in the water in which the meat was cooked. The meat may be closely covered and put in the oven to keep warm.
Boiled dinner is attractively served on a larger platter having the meat in the center and the vegetables carefully arranged around the meat. Beets may also be served with the boiled dinner but they should be cooked separately.

**Cheese**

Cheese is a valuable protein food and should be served oftener than it is. Serve slices or cubes of cream cheese with salted crackers. Leftover dried cheese should be grated and used as a flavoring in creamed or scalloped dishes.

Cottage cheese can be served in a variety of ways. Add nuts or pimento and serve on lettuce as a salad. Jelly and cottage cheese on crackers makes a good lunch dish.

**Roast Beef**

Trim and wipe the meat and place it skin down on a rack in a self-basting roaster or dripping pan.

Place the meat in a hot oven to sear the surface and prevent the escape of the juices. As soon as the meat becomes brown, add a small quantity of water, and decrease the heat.

Baste the meat every fifteen minutes. Turn the roast over once. Bake it for from fifteen to twenty minutes for each pound of meat.

Place the roast on a hot platter, garnish, and serve it.

**Roast Beef Gravy—I**

Remove all but four tablespoonfuls of the fat from the pan in which the roast has been baked; add from two to four tablespoonfuls of flour and mix thoroughly. Then add two cupfuls of water, cook the gravy for ten or more minutes, stirring constantly; season and serve it with roast beef.

**Roast Beef Gravy—II**

When the roast is removed from the pan, pour off all the fat, and add three cupfuls of boiling water. Set the pan over heat, and boil the water until it dissolves the material in the pan, stirring constantly. Thicken the solution, cook it thoroughly, strain if necessary, and serve.