COOKING

BOOK TWO

LILLA FRICH, A. B.

INDUSTRIAL BOOK & EQUIPMENT CO.

COOKING

BOOK TWO

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"COOKING BOOK ONE"

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To all those who, through heart interest or life labor, are engaged in the effort toward orderly instruction in hand labor, based upon sound psychology and rooted in a social necessity — this book is respectfully dedicated.

In the whole history of human development and adjustment, no condition has ever before existed in which so many men and women have attempted authorship.

Likewise, the need of authorship, compilation, definite and practical guidance in the highly specialized processes which everywhere touch and articulate with human life was never so great. A militant and world-wide impulse is moving toward a democracy, and a necessity for human efficiency which brooks no hindrance and is impatient of delay.

Considerate thought and definite aim are the hand-maids of all action among individuals, as well as states. Every life must have its preamble, as well as its constitution and by-laws to be observed in carrying out its use and purpose. Human society, in all its social, moral and economic relations, is being considered more and more as an indissoluble union of indestructible elements. A high estimate is now placed upon the value of the individual. He is becoming more and more an integral factor. He is no longer pattern-minded, nor tribal in thought or habit. Patriotism for his race and fellows is not less, because he places a higher value on self-respect and makes judgment and conscience his guide and chief, instead of a painted warrior or a sceptered king.

That the chief of all agencies provided for the preparation of future citizens and a homogeneous society—the American Free School—shall not fail of its mission, the life necessities and life labors, as well as the highest and happiest use of each life, must become more and more its specific concern.

This is manifested through the introduction of hand labor and Vocational instruction to become more and more the basis of educational and teaching processes, and reaches its highest ideal in the well-defined desire for Vocational guidance.

The publications of the Muncie Normal Institute are the result of collaboration, experiment, elimination and practical trial. They are the fruit of compilation, classification, correlation and standardization, as well as inspired authorship. Their justification is found in their popularity and useful help to all who are doing their share in the schools, and in the vast scheme of the Industrial Educational movement, and assisting to make a school solution for a problem which is of sudden origin, but of tremendous force and incalculable importance.

President Muncie Normal Institute

PREFACE.

This text is designed with the idea of pursuing systematically and sequentially the work begun in Book One: the underlying principle of setting forth definite and specific directions to be placed in the hands of each student is continued throughout all the regular type lessons of the book. The all important factor of associating kindred recipes and suggestions for home application with each lesson is carefully developed.

Students who have satisfactorily completed the work of Book One should have no difficulty in following the work presented in this text. The elementary processes and fundamental principles, which are so minutely illustrated in Book One, are re-employed and applied in the pursuit of more elaborate and advanced work. These processes will not be shown by such detailed illustrations except by way of review; all new processes not previously presented will be found fully illustrated.

The general scheme of presenting and working out the class lesson is identical with the plan of Book One, however it will be found that in consideration of the more advanced age, experience and ability of the students, wider opportunity is offered for the personality of each student to assert itself in the work. The exercise of initiative should be encouraged, individual opinions developed, and practical application of the principles of the class lesson should be made to outside work.

The Note Book Work is continued with the belief that considerable emphasis should be placed upon the economic side of the work. It is not sufficient that a girl should simply be able to follow a recipe and produce an attractive dish; she should appreciate the importance, not only of knowing its food value and its proper place in a menu, but she should also concern herself with the cost of the food materials, the time and effort required in the preparation, and, in fact, she should recognize every element which a modern business man considers in producing results most economically.

The subjete of Domestic Science is so broad, and the home conditions are so varied, that it would be impossible to present detailed working directions for home application. It is therefore deemed best to offer some general suggestions along the trend of thought aroused by the class lesson, and leave it to the option of the teacher to employ these ideas, and by means of her own initiative outline specific work suited to the needs of her particular class, and in such harmony with local interests as to produce a lively co-operation between her school and the various factors of the community.

Edited by M. G. BURTON.

SUGGESTION TO TEACHERS.

In the preparation of this text, just as in Book One, every effort has been made to relieve the teacher of clerical work, and such other routine duties as may be entrusted to the students. This plan not only conserves the teacher's time and energy for the more important function of studying the personality and individual needs of each student, but it also tends to place the students upon their own resources, and thus develops their powers of research and self-reliance.

All working directions will be found presented in terms which should be perfectly understandable to the average student, and by requiring each student to rely upon her own interpretation of the printed page the full educational value of the work can be realized.

A Teachers' Guide, containing market orders, housekeepers' directions, references to bulletins, etc., and other general information applying to each lesson has been prepared. It is not the thought that this manual is to curtail the initiative of the teacher, nor to insinuate that she lacks the training and ability to furnish this information to her students. The purpose is simply to set forth in compact form some ideas, references and other data so as to relieve the teacher as much as possible.

The Housekeepers' Directions are placed on perforated pages so they may be torn out and given to the girls who are to perform those duties. These are general directions which may easily be varied to suit the specific needs of different kitchens. They will be found very helpful in marketing because of the lists of food materials which have been carefully estimated for each lesson. The quantity of such materials may readily be varied to suit the number of pupils in the class.

This Manual is furnished without charge to all teachers whose classes are using this Text.

FOOD PRESERVATION.

CANNING VEGETABLES.

In this lesson you will find directions for canning, calling for the simplest apparatus—using any approved jar that will be air tight after sealing. There are any number of canning jars, kettles and devices offered on the market that may be used at home if desired. Tomatoes canned according to directions given in this lesson have been kept for years, in hundreds of cooking schools throughout the country.

School Recipe.

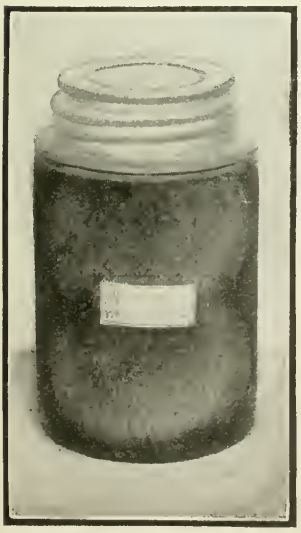
MATERIALS: 2 Large Tomatoes

or

3 or 4 Small Tomatoes.

1 Pint Water (which has been Boiled and Cooled.)

¼ Teaspoonful Salt.



CANNING TOMATOES.

Our Lesson today is on food preservation. The cut shows an illustration of Canned Tomatoes.

Canning is considered the best method of preserving food materials.

The secret of successful canning is, first, the complete sterilization of all of the materials and utensils. To sterilize means to destroy all spores or germs which may cause decay.

Canned materials must be kept in sterilized, air-tight jars.

FOOD PRESERVATION.

To preserve means to save from decay by the use of some preservative agent. Certain bacteria cause the decay of foods. Therefore, foods may be preserved by subjecting them to such treatment as will kill the germs or check their growth and make them inactive. We know that moderate heat, food and moisture are favorable conditions for the growth of germs; opposite conditions will hinder their growth.

The most important method of preserving fruit:

1. **COLD STORAGE.** Freezing checks the growth of bacteria as long as they are in a frozen condition. Meat and fish may be kept indefinitely while frozen. They should not be allowed to thaw out until shortly before using, as they are more susceptible to the action of bacteria than if they had not been frozen. Eggs and fruit may be kept several months by cold storage in dry air just above the freezing point, 32 degrees Fahrenheit. Vegetables are kept in cold storage.

2. **DRYING.** Bacteria require moisture, so food is dried in order to preserve it. Dried fruits contain slightly more moisture than dried meats or fish, but this small amount remains safe by the antiseptic (germ-preventing and killing) properties of the acids in the fruits; the natural sugar found in fruits also assists in preserving them.

3. **SALTING.** Salt has the tendency to absorb moisture from the bacteria so they cannot thrive in food that is well salted. Salt does not kill bacteria, but prevents their growth.

4. **PRESERVING WITH SUGAR.** Sugar, like salt, has a tendency to absorb moisture from the bacteria, thus preventing their growth. Bacteria cannot grow in a thick syrup, though moulds may grow on top. Example: Jams, marmalades, jellies, etc.

5. **SMOKING.** Meats and fish are usually salted, then smoked. (The products of combustion are antiseptic.) These antiseptics do not penetrate the flesh, but remain on the outside, so disease germs on the inside are not killed. It is, therefore, unsafe to eat uncooked meat in any form.

6. **PICKLING.** Few kinds of bacteria can grow in acids, so vinegar is used for pickling.

7. **CHEMICAL TREATMENT.** Chemical food preservatives are often used in canning factories and by dealers in milk, meat and other foods. It has been found that many of these antiseptics are harmful and laws have been passed to restrict their use.

8. **CANNING.** Canning is the process of preserving sterilized foods in sterilized, air-tight jars. In this method the sterilizing is done by means of heat. The temperature of boiling water, sometimes even lower temperature, kills the bacteria. Canning is considered the best method of preserving food.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED PUPILS.

NOTE: In today's Lesson each girl will peel a tomato. You will prepare the water and salt while your partner sterilizes the jar and its cover. See recipe on front page.

Measure 2 cups of water into your saucepan. Place it over the fire. Add ½ teaspoonful salt. This water must be kept perfectly clean, as it is to be used in canning the tomato.

FIGURE 1.

Wash the tomato. Drop it into a pan of boiling water for just a second or two; take it out of the water with the vegetable knife; pierce the skin and you will find that you can easily peel off the skin. See **FIGURE 1.**

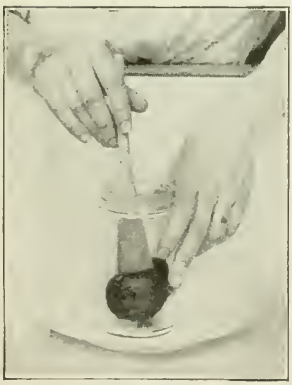


FIGURE 2.

Place your peeled tomato into the pint jar which your partner has sterilized. See **FIGURE 2.** Your partner will place her tomato in the same jar. Cover the tomatoes in the jar to overflowing with the salted water which has been boiling and cooled slightly. The water should be poured gradually into the jar containing the tomatoes until it is filled to overflowing.

Adjust the cover on the jar, but do not screw it down, as the steam must have an outlet while the tomatoes are cooking.

You are to wash the dishes today according to directions already learned.

NOTE BOOK WORK.

Cost of preparing one pint of Canned Tomatoes:

Tomatoes . . . . . cts.

1 Glass can with rubber and lid. . . . . cts.

The price of the can need hardly be counted, because of the fact that if properly handled the can can be used over and over almost indefinitely. The mere cost of the tomatoes is practically the only expense of preparing canned tomatoes.

GENERAL DIRECTIONS FOR CANNING TOMATOES.

Select medium sized round tomatoes. Put them into a colander or wire basket; dip them into boiling water for just a moment. Remove the skin, which you will find will come off very easily after having been scalded. Carefully sterilize the jar, rubber ring and lid, according to General Directions. Adjust the rubber ring. To each quart jar allow one teaspoonful of salt. Place the tomatoes in the jar; fill to overflowing with the salted water, which has been boiled and slightly cooled. If convenient, tomato juice may be used, thus helping to retain the natural flavor and color of the tomatoes. Tomatoes are sometimes cut in pieces so as to fill the jars completely without adding any liquid. Adjust the cover, but do not screw it on, as the steam must have an outlet during the cooking.

Place the jars into a large dishpan or wash boiler, the bottom of which should be covered with several thicknesses of cloth or paper or some sort of rack. This will prevent the jar from coming into such close contact with the heat from the bottom of the vessel.

Surround the jars with sufficient warm water to reach the neck of each jar. Cover the pan or boiler with a closely fitting lid—two large dishpans turned together will do very nicely. Allow the water to come to a boil and to cook for one hour.

Remove the jars, screw the covers on securely. Place the cans upside down.

Keep canned tomatoes in a dark place.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED PUPILS.

In today's Lesson you are to sterilize the jar, rubber and cover, and prepare one or two tomatoes, while your partner will prepare the heated salted water for the canning. Your partner will also prepare a tomato or two. See receipe on front page; follow each paragraph carefully.

Fill your dishpan, placed over a burner, half full of cold water; put cover and jar into it edgewise, that the water may get into both the inside and outside of the jar. See **FIGURE 1.** Light the burner and allow the water to come to a boil. While it is heating, wash the tomato, plunge it into the boiling water, which has been placed for you by the Housekeeper—allow it to remain for a few seconds. Remove it from the water and with a vegetable knife make a thin cut, and you will find that you can draw off the skin of the tomato very easily.

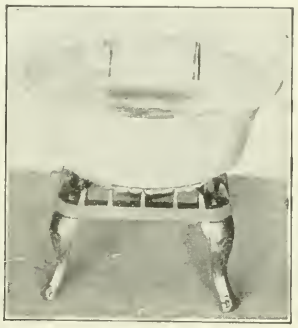


FIGURE 1.

Allow the jars to remain in the boiling water until you are ready to use them.

Put the tomato into the jar. Dip the rubber ring into the hot water, take it out and put it around the neck of the jar. Your partner will add a tomato or two and adjust the cover loosely.

Place the jar into a dishpan prepared by the Housekeeper. See **FIGURE 2.** The bottom of the pan should be covered with several thicknesses of paper or steamer rings on which to rest the cans so they will not come in contact with the bottom of the pan. Cover closely with a second pan, and allow it to cook over the fire for at least one hour.

FIGURE 2.

Remove the jar; screw on the cover securely; place the can upside down to determine whether or not it will leak around the edges of the cover.

You are to **wipe** the dishes today according to directions already learned.

HOME RECIPES.

DIRECTIONS FOR CANNING VEGETABLES.

Select only sound and fresh vegetables.

Examine jars by filling them with water, screw on tops, turn upside down and see if they are air-tight.

How to sterilize jars, etc.—

Sterilize the jars and covers by putting them edgewise into a pan containing cold water. Heat slowly to boiling point. Keep the jars and covers in the hot water until ready for use.

Dip rubber rings into hot water, but do not injure them by boiling. New rubber rings should be used each season.

Prepare the vegetables. Wash, pare or peel: and cut in pieces if neeessary.

Fill the jars with the vegetables, cover to overflowing with water that has been boiled, salted and cooled.

Place the rubber rings on and adjust the covers, but do not screw them down—the steam must have an outlet.

Place the jars on a rest, on a folded cloth, or on several layers of paper in a large kettle or wash boiler. Add enough cold water around jars to reach the neck of jars. Cover the kettle, heat gradually to boiling point, and boil according to time-table.

Take jars out, screw down the covers securely. Place jars upside down.

NOTE: If full jars are desired, immediately after steaming, the covers may be taken off and the jars filled to overflowing with boiling salted water. Then readjust covers and screw down securely.

TIME-TABLE.

Kind.	Method.	Time.
Tomatoes	Sterilization or Canning	1 hour.
String Beans	" " "	3 hours.
Peas	" " "	3 to 4 hours.
Corn	" " "	4 to 5 hours.
Lima Beans	" " "	3 hours.
Asparagus	" " "	3 hours. Boil asparagus 5 minutes before putting in cans.

QUESTIONS.

1. What does "preserve" mean?
2. What causes food to spoil?
3. What is meant by bacteria? Germs?
4. What are favorable conditions for the growth of germs or bacteria?
5. Name opposite conditions.
6. Would these conditions hinder their growth?
7. Name five different ways of preserving food?
8. What is meant by "canning."
9. Explain what you did in your Lesson today.
10. What kind of jar did you use today?
11. Is a special canning steamer necessary?
12. What may be used for canning purposes?
13. What is the secret of successful results in canning?
14. How long should tomatoes be cooked?
15. How long should asparagus be cooked?

SUGGESTIONS FOR HOME APPLICATION.

CANNING OF VEGETABLES AND FRUITS.

Canning is considered the best method of preserving food. When using this method, care must be taken that the micro-organisms on the article and the utensils with which it comes in contact during the process of preparation, are destroyed. The jar must then be sealed so securely that no germs can possibly enter it.

We learned that some micro-organisms produce spores and that these spores are hardier than the parent cell.

While micro-organisms in food heated to the boiling point, for 10 or 15 minutes may be killed, the spores might require an hour or more. When food is canned by placing the cans in boiling water long enough to destroy all spores, the process is known as continued sterilization. We do know organisms are present in the article we wish to preserve. Experiments prove that germs found in fruit and fruit juices may be killed by boiling the fruit from 10 to 15 minutes.

SELECTION OF JARS FOR CANNING.

There are several kinds on the market. The ordinary screw top jar is the one most commonly used. It is inexpensive and with care is satisfactory. The tops, however, break easily and must be replaced often. There is a similar jar that has a fitted glass top held in place by a metal screw cover. If the sterilization is properly done when this jar is used the air is driven out of the jar by steam and upon cooling, a vacuum is formed on the inside which clamps down the glass top against the rubber ring. This seals the jar automatically and the metal ring can then be removed.

The Economy Jar requires no rubber ring, but is fitted with a metal top with the cover screwed on securely aside for 24 hours, the spores will having a groove around the edge. This groove is lined with a substance which, upon heating, melts and forms a seal that takes the place of the rubber ring.

These metal tops must be renewed each year because on opening the jar they must be punctured.

There is another jar considered satisfactory which is provided with a rubber ring and a glass top held in place by a simple wire spring.

As vegetables often spoil after being sterilized because of defective rubber rings, we should buy good ones. Usually black rubbers are more durable than the white ones. It is best to buy good grade jars. Those with wide mouths are the best.

A wash boiler is good for steaming. The bottom should be covered with a rack or false bottom. This may be of wire netting made of galvanized wire or of narrow strips of wood fastened onto 2 strips at each end. A heavy layer of straw or several thicknesses of paper or cloth will answer the purpose. It is absolutely necessary to cover the bottom of the boiler as the jars will break if they come in direct contact with the heat.

FRACTIONAL OR INTERMITTENT STERILIZATION.

Vegetables and fruits may be canned by a process known as fractional or intermittent sterilization. Experiments prove that the spores, which correspond to the seeds of the higher plants, with moisture and a moderate temperature germinate very rapidly. If food is put into sterilized cans and heated to the required temperature (165 degrees Fahrenheit for the material in the center of the can) for 15 minutes the micro-organisms are killed, but if there are any spores present, they will survive. By putting the can, with the cover screwed on securely, aside for 24 hours, the spores will germinate and become organisms like the parent cell. These are killed by reheating at the same temperature for 15 minutes. By repeating the process so that the food in the cans has been heated 3 times after intervals of 24 hours, the micro-organisms are killed, all the spores having developed into micro-organisms.

The covers must be loosened while the cans are in the boiling water and screwed down tightly at all other times. This process is called fractional or intermittent sterilization. By this method the fruit and vegetables retain their natural shape, color, and flavor.

SUGGESTIONS FOR HOME APPLICATION.

DIRECTIONS FOR CANNING SOME VEGETABLES WHICH REQUIRE SPECIAL TREATMENT.

Canned Sweet Potatoes:

Peel and slice the potatoes and boil them in slightly salted water until they are tender. Pack them in jars, adding a sprinkling of sugar and salt for seasoning if desired. Put on the rubbers and screw the covers on loosely. Place the jars in a pan of water and can the same as tomatoes, steaming them for 4 hours one day or 1 hour for three successive days.

Canned Young Beats:

Small, tender beets fresh from the ground should be used for canning. Cut off the leaves so about an inch of stem remains and wash the young beets without bruising the skins. Cook them until tender, drain, and cover with cold water. Remove the skins and pack the beets in jars. Cover with warm salted water and can the same as tomatoes, steaming only one-half hour, or until beets are thoroughly heated.

Beets for Winter Use:

Boil the beets in water until they are tender, and then pack them in jars. Heat together equal parts of water and vinegar with a little salt and vinegar. When it reaches the boiling point, pour it over the beets until it overflows the jar, and seal at once.

Canned Corn on the Cob:

Boil five to ten minutes, according to size, freshness and ripeness; plunge quickly into cold water. Pack, alternating butts and tips; add a little boiling water and one level teaspoonful of salt to each quart. Put on rubbers, then cover loosely. Steam the same as tomatoes, four hours, or one hour three successive days. A quart jar will hold about two ears, a two-quart jar from three to five. A gallon tin can is really more practical because it will hold a good many ears. Begin to pack on the outer edge of the can and work toward the center; place the butt end down in the first row, then the butt end up in the second row, alternate butt ends and top until the can is full. The tin cover may be sealed with melted resin.

FOOD PRESERVATION (Continued).

CANNING FRUITS.

Vegetables or fruits may be cooked in the jar or in a kettle and then placed in a sterilized jar. Successful results in both depends on perfect sterilization. If directions are followed accurately, in today's lesson, the fruit will keep indefinitely.

School Recipe.

MATERIALS: 2 Peaches.

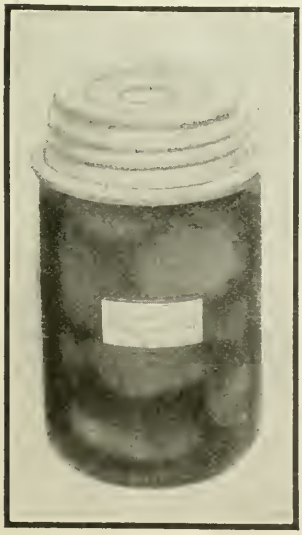
½ Cup Sugar.

½ Cup Water.

1 Clove.

1 Thin Shaving of Lemon Rind.

CANNING PEACHES.



In today's Lesson we are going to preserve fruit, employing a different method from last week's Lesson.

In place of cooking the materials in the can, as we did last week, we are going to cook them in the saucepan and pour them while hot into a sterilized can or jar.

The object is the same in both methods—complete sterilization.

The amount of sugar may be small or large, according to individual taste.

ACID AND SALT SUPPLYING FOODS.

Fruits and vegetables are the principal sources of acid and salt-supplying foods. These food elements are also found in fish, meat, and cereals.

The human body includes compounds of lime, potassium, sodium, iron and common salt, the latter of which is found in every part of the body except the enamel of the teeth.

Foods containing mineral matter are necessary for the formation of bones and teeth. Since cereals are rich in mineral matter they should form an important food in the diet of growing children.

FRUITS.

Fruits are seed vessels of plants. They contain a large amount of water, cellulose, sugar, acids and salts. They not only refresh and cool the system, but stimulate the appetite and act as blood purifiers.

The cellulose helps to carry off waste matter and the acids destroy disease germs in the body. People who eat a large amount of fruit are seldom ill.

Bananas, dates and figs are rich in sugary and starchy substances, and form the staple food in the countries where they grow.

Prunes are dried plums. Raisins are dried grapes.

Eat only sound, ripe fruits. Unripe fruit or fruit that has been kept a little too long may be cooked to make it safe for eating.

You should not eat acid fruits with milk or cream.

HOW TO SERVE FRESH FRUITS.

Small fruits, such as strawberries, raspberries, blackberries, huckleberries and currants should be moderately chilled. The fruit should be handled as little as possible.

It is a good plan after picking them over to put the selected berries into a colander, dipping it in and out of a pan containing cold water.

Strawberries should be washed before being hulled.

Cantaloupes should be thoroughly washed and scrubbed, then chilled. Just before serving, cut them into halves, crosswise, and scoop out the seeds. Serve one-half to each person.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED PUPILS.

NOTE: In canning the peaches, you are to prepare the syrup and cook one peach. Your partner will assist you in preparing the syrup and will likewise cook one peach. **Follow each paragraph closely.**

See Recipe on Front Page.

Measure the sugar into the saucepan; add a thin strip of lemon rind.

Pour boiling water over the peach, allowing it to stand just long enough to loosen the skin, so it can be easily removed.

Remove the skin; cut the peach in halves.

When the sugar and water have boiled five minutes, drop the peach halves into it and cook the peaches until they are soft enough to be easily pierced with a fork.

Carefully put cooked peaches into a sterilized jar, and with a spoon place each so the round side faces the outside of the can. See **FIGURE 1.** It may require the peaches which four or more of the girls have prepared to fill the jar.

FIGURE 1.

After the can has been filled with fruit, pour in the syrup until the can is filled to overflowing.

If you have a silver knife drop it into the boiling water in which your jar was sterilized. Slip the blade around the fruit on the inside of the jar; this will cause the juice to fill in closely around the fruit, and thus avoid leaving any air spaces. Dip the rubber into the boiling water, and place it smoothly on the jar.

The lid must be put on securely.

You are to WIPE the dishes today according to directions already learned.

NOTE BOOK WORK.

HOME RECIPE:

2 Cups water.
3 Lbs. peaches.
8 Peachstones.
1 Lb. sugar.
8 Cloves and a few shavings of lemon rind, if desired.

CANNING PEACHES.

General Directions:

Pour boiling water over peaches, allowing them to stand just long enough to loosen the skins so they can be easily removed.

Remove skins, cut in halves, and unless cooked at once drop into enough cold water to cover, to prevent peaches turning dark.

Measure the sugar and water into a preserving kettle; add a few peach stones, cloves and lemon rind to the boiling syrup. Cook the peaches in the syrup until soft; remove the cloves and peach stones. Pack the peaches closely in hot sterilized fruit jars and pour over them the boiling syrup. Screw cover on securely.

Pears, cherries, apples, yellow tomatoes and plums may be canned like peaches. Plums and tomatoes should be pierced with a needle to keep them from bursting.

Cost of Preparing Home Recipe of Canned Peaches:

Ingredients:	**Cost.**
3 Lbs. peaches	cts.
1 Lb. sugar	cts.
8 Cloves	cts.
Lemon rind	cts.
Total	cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED PUPILS.

NOTE: In **canning the peaches** you are to prepare the syrup and **cook one peach.** Your partner will assist you in preparing the syrup and will likewise cook one peach. **Follow each paragraph carefully.**

See Recipe on Front Page.

Pour one-half cup of water over the sugar measured by your partner.

Place the saucepan containing the sugar and water over the fire.

Add the clove.

Pour boiling water over the peach and allow it to remain in the water just long enough to loosen the skin so it can be easily removed.

Remove the skin; cut the peach in halves; drop halves and peach stone into the boiling syrup and cook them until soft.

Remove peach stone, clove and lemon rind.

Put cooked peach halves into the fruit jar, being careful to place the round side nearest the outside of can. See **FIGURE 1.** It may require the peaches which four or more of the girls have prepared to fill the jar. The last girl should see that the can is filled to overflowing with fruit and juice, using syrup from as many saucepans as is necessary, and put on the cover securely.

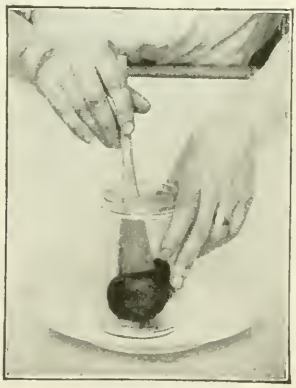


FIGURE 1.

Paste label on the jar, giving name of contents and date of canning.

The rest of the syrup may be kept in jars for fruit sauces.

You are to WASH the dishes today according to directions already learned.

HOME RECIPES.

GENERAL DIRECTIONS FOR CANNING AND PRESERVING FRUIT.

Select fresh, firm and not over-ripe fruit. Prepare the fruit according to kind; remove stems, pare, peel, stone or core.

For canning fruit allow one-third of the weight of the fruit in sugar, and from one to two cups of water to each pound of sugar. Boil the water and sugar five minutes to make a thin syrup; then cook a small quantity of the fruit at a time in the syrup until soft. Pack the fruit closely in hot sterilized fruit jars and pour on enough syrup to overflow jars. Use the blade of a knife to push fruit away from jar to let out the air bubbles. Put on sterilized covers and fasten firmly.

The term, preserving fruit, as ordinarily used, means the cooking of fruit in from three-fourths to its own weight of sugar with little or no water used, according to the fruit.

NOTE: Fruits should be cooked in granite, earthenware or porcelain lined kettles, and silver, wooden or granite spoons used. If cooked in tin or ironware, poisonous substances are likely to be formed.

STRAWBERRY PRESERVES.

4 lbs. strawberries; 3 lbs. sugar; 3 cups water.

Pick over, wash, drain and hull the berries and weigh. Boil the sugar and water fifteen minutes to make a syrup. Fill sterilized jars with the berries cover with syrup; let stand fifteen minutes; add more fruit. Screw on covers, put on a rest (folded paper or a folded cloth), in a kettle of cold water, heat water to boiling point, and cook slowly one hour.

Raspberries and blackberries may be preserved in the same way.

SWEET PICKLED PEACHES.

8 Lbs. fruit.
5 Cups vinegar.
¼ Oz. ginger root.
4½ Lbs. sugar.
1 Oz. stick cinnamon.
½ Oz. whole cloves.

Prepare fruit as for canning; boil the vinegar and sugar and the seasoning (tied in a piece of cheese cloth) ten minutes. Cook the peaches, a few at a time, in the syrup until soft. Put fruit into sterilized jars, fill to overflowing with syrup and screw on covers securely.

Pears, plums, apples, crab apples or quinces may be used, instead of the peaches. The ginger root may be omitted.

SWEET WATERMELON PICKLES.

7 Cups rind of melon.
3 Cups vinegar.
2 Cups sugar.
⅓ Cup cloves.
1-6 Cup stick cinnamon.

Cut rind in strips, remove the green and pink portions. Soak in alum water, allowing two teaspoonfuls powdered alum to each quart of water. Heat slowly to boiling point; cook 10 minutes. Drain, cover with ice water, let stand 2 hours; again drain. Boil the vinegar, sugar and seasonings (tied in cheese cloth) 10 minutes. Add the rind and cook until tender. Put in jar and cover with syrup.

QUESTIONS.

1. What kind of fruit would you select for canning?
2. Name two ways of preserving fruit and vegetables.
3. What is meant by sterilization?
4. How do you sterilize the jars and covers?
5. Did you can tomatoes at home?
6. How do they look and keep?
7. Is it advisable to add preservatives? Why?
8. Give general rules for cooking fruit, according to today's directions.
9. What have you at home that may be used for canning purposes?
10. What is meant by continued sterilization?
11. What is meant by intermittent sterilization?
12. What causes fruit and vegetables to spoil?
13. What are conditions favorable to growth of germs?
14. What will hinder their growth?
15. What are some of the methods of food preservation?

SUGGESTIONS FOR HOME APPLICATION.

While the method of canning given in this lesson is excellent for preserving all of the larger fruits which need considerable cooking to make them tender and sweet throughout, it is not so desirable for berries. Berries fall apart so easily when heated in syrup that they quickly lose their characteristic shape when poured from the preserving kettle into the jars. For this reason, the steaming method used in canning tomatoes is the best one to employ in canning these fruits. The natural flavor and color also seem to be preserved better by this method.

Naturally, some variation in using this method is necessary because of the difference in the flavor of the fruit and the vegetables. Where the air spaces around the vegetables are filled with salted water, those around the fruit should be filled with boiling sweetened water, called a syrup. Sugar is usually higher in price during the canning season than in the winter, and many people prefer to add the sugar at that time to economize on the sugar. If you desire to do this, boiling water alone may be added to fill in the air spaces, provided the jar and its contents are thoroughly sterilized and sealed perfectly air tight.

The thickness or density of the syrup used depends upon the individual taste. A moderately rich syrup is obtained by using one part sugar and three parts water; one part sugar and two parts water makes a rich syrup, and equal parts of sugar and water, a very rich syrup.

These lessons on canning have, no doubt, been given you at a time of the year when fruits and vegetables suitable for canning are plentiful. They should prove very valuable to you if you apply the general principles you have learned in a broad way by canning not only the kind of fruits and vegetables you prepared in class, but any others that happen to be in season.

PROTEINS—TISSUE BUILDING FOODS.

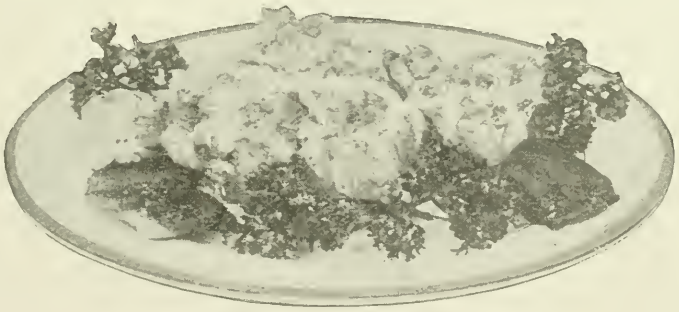
COMPOSITION AND COOKING OF EGGS.

Eggs are selected as the first example of a **protein** food. In eggs, albumen is found in its purest form. It provides an ideal material with which to perform experiments to find best methods of cooking it.

School Recipe.

MATERIALS:

1 Egg.
2 Tablespoons Milk (Scant).
¼ Teaspoon Salt.
Few Grains Pepper.
1 Teaspoon Bacon Fat.
2 Strips of Bacon.



SCRAMBLED EGGS AND BACON.

Eggs furnish a highly nutritious, concentrated food, and as they contain all the elements in the right proportion to support the body they are classed as a typical food.

They should be eaten in combination with foods that are rich in starch, such as bread, potatoes, rice, etc. The digestive organs will then have more to act upon, a certain amount of bulk being necessary.

A pound of eggs (9) is equivalent in nutritive value to a pound of beef. Eggs are cheap for the healthy person only when the cost does not exceed **16** cents per dozen.

PROTEINS—TISSUE BUILDING.

EGGS.

In one of our Study Lessons in Book I, we learned to classify food under five headings.

One of these we called Proteins.

Proteins contain carbon, hydrogen, oxygen and nitrogen. They are the only foods that contain nitrogen and are often called nitrogenous.

The proteins repair the worn-out tissues and are called tissue builders and muscle formers.

Eggs constitute one of the most important of the protein foods.

The eggs of many birds, both wild and domestic are used for food, but the eggs of the domestic hen are most commonly used. A hen's egg consists of eight parts:

1. **SHELL** (carbonate of lime).
2. **MEMBRANE 1** (which lies next the shell).
3. **WHITE** (albumen and water).
4. **MEMBRANE 2** (which encloses the yolk).
5. **YOLK** (oil, albumen, mineral matter and water).
6. **TWO SPIRAL CORDS** (which hold the yolk in place).
7. **EMBRYO** (the little mass which lies next to the yolk).
8. **AIR SPACE** (which is between Membrane 1 and around end of the shell).

Cut will be shown in a later lesson.

AVERAGE COMPOSITION OF EGGS.

Protein	14.9%	Mineral Matter	1.0%
Fat	10.6%	Water	73.5%

EXPERIMENTS WITH ALBUMEN.

Break an egg, separate the yolk from the white. Divide the white into 3 portions (**A, B,** and **C**).

Ex. 1.—Half fill a glass with cold water, add **A.** Beat thoroughly. Note results.

Ex. 2.—Half fill a small saucepan with water; place over heat and when the water boils, add **B.** Boil 2 minutes. Note results.

Ex. 3.—Half fill a small saucepan with boiling water, add **C.** Place where it will neither simmer nor boil. Let stand 5 minutes. Note results.

1. Cold water dissolves albumen.
2. Heat coagulates albumen. Albumen cooked in boiling water is tough and horny.
3. Albumen cooked in water below simmering point is jelly-like and tender.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

NOTE: In today's Lesson you are to prepare the scrambled eggs, while your partner cooks the bacon. **Follow each paragraph closely.**

See Recipe on Front Page.

Break the egg. The proper way of breaking an egg has been shown in an earlier Lesson.

FIGURE 1.

Drop the contents into your bowl.

Beat the egg slightly with a fork. See **FIGURE 1.**

Measure and add the milk, using a little less than the spoon can hold each time.

Measure and add the salt and pepper.

Measure **1** tsp. of bacon fat, put it into your omelet (frying) pan and place it over the fire.

Pour the egg mixture into the pan and cook slowly, scraping continually from the bottom of the pan, using a tablespoon. See **FIGURE 2.**

FIGURE 2.

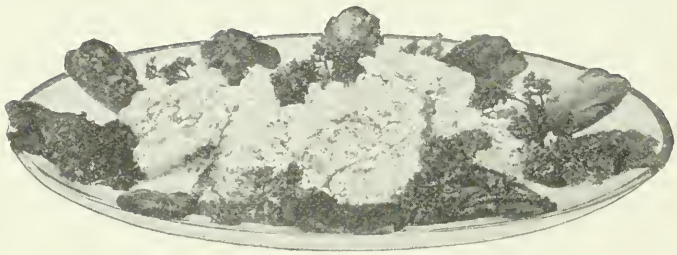
Heat your partner's and your own sauce plate under the burner.

Serve your partner and self with the Scrambled Eggs.

You are to WASH the dishes today according to directions already learned.

NOTE BOOK WORK.

5 Eggs.
½ Cup Milk.
2 Tablespoonfuls bacon fat.
1½ Teaspoonful salt.
1/16 Teaspoonful pepper.
12 Strips of bacon.



SCRAMBLED EGGS WITH BACON.

General Directions:

Beat eggs slightly with a fork in a bowl, add salt, pepper and milk. Melt the butter or bacon fat on a frying pan, pour in the egg mixture, and cook slowly, continually scraping from bottom of pan. When creamy, turn into a hot dish and serve at once. Serve with ham or crisp bacon.

To Pan-Broil Bacon:

Put thin slices of bacon into a large pan; pour over them boiling water to cover the bottom of pan. Boil rapidly until water is evaporated; turn the bacon and cook until the slices are crisp and brown. Serve with scrambled eggs.

Cost of preparing Home Recipe of Scrambled Eggs and Bacon to serve family of six:

Ingredients.		Cost.
5	Eggs	cts.
½	Cup milk	cts.
2	Tablespoonfuls bacon fat	cts.
1½	Teaspoonful salt	cts.
	Pepper	cts.
12	Strips bacon	cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

NOTE: In today's Lesson, you are to prepare the **broiled bacon** strips, while your partner prepares the scrambled eggs. **Follow each paragraph carefully.**

See Recipe on Front Page.

Put the two thin strips of bacon into your frying pan. See **FIGURE 1.**

FIGURE 1.

Pour enough boiling water into the pan to cover the bottom of pan; cook until the water is evaporated; continue cooking the strips of bacon in pan until they are crisp and brown.

Give your partner one teaspoonful of bacon fat when there is no water left in the pan. Save all the fat—it may be used for browning potatoes, meat, etc.

Drain on paper. Surplus fat may be drained off by putting the broiled bacon strips on a piece of paper immediately after they have been broiled. See **FIGURE 2.**

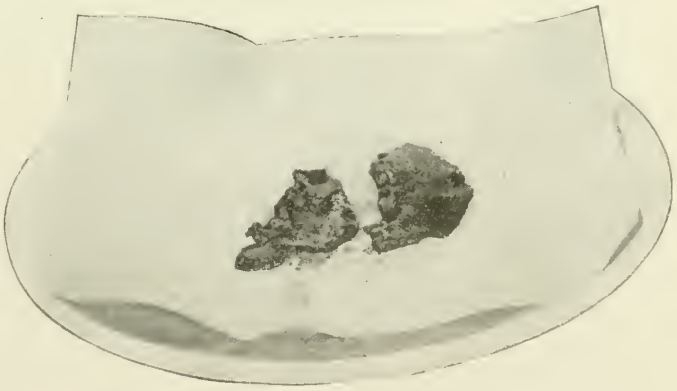


FIGURE 2.

Serve your partner and self with the broiled b a c o n. It should be eaten with the scrambled eggs prepared by your partner.

You are to WIPE the dishes today according to directions already learned.

HOME RECIPES.

COOKED EGGS.

Have ready a saucepan containing boiling water. A general rule is to allow one pint of water to two eggs, and an extra cupful for each additional egg. Place the eggs in the water with a spoon and cover the saucepan. For Soft-Cooked Eggs let them stand in the water on the back of the range where it may be kept hot and just below simmering point from 8 to 10 minutes. For Hard-Cooked Eggs let them stand in the water on back of range where it may be kept hot and just below simmering point from 40 to 45 minutes.

POACHED EGGS.

Prepare a slice of buttered toast for each egg and keep it hot. Have ready a shallow greased pan containing boiling salted water to cover the eggs. Break each egg separately into a saucer and slip it gently into the water, being careful that the water does not reach boiling point. Cook until the white is firm and film forms over the top of the yolk. Remove the eggs from the water with a skimmer or a griddle cake turner. Drain, trim off rough edges, and place each egg on a slice of toast.

STUFFED EGGS.

Cut hard boiled eggs in halves lengthwise or crosswise. Remove yolks and mash them. Add half the amount of deviled ham and enough melted butter to make of consistency to shape. Shape into balls and refill whites. Form remainder of mixture into a nest on circular pieces of bread. Arrange eggs on the nest. Pour over them white sauce and sprinkle with buttered crumbs. Bake in moderate oven until brown.

QUESTIONS.

1. Name the elements found in protein foods.
2. What is their chief office in the body?
3. What are they sometimes called?
4. Under what food heading do eggs come?
5. How should eggs be cooked?
6. Do you consider them a nourishing food?
7. Do you consider them a bulky or a concentrated food?
8. With what kind of foods would you eat eggs? Why?
9. Could we live on protein alone?
10. Could we live without protein?
11. What foods are the best heat and energy producers?
12. Why are eggs selected as the first in our series of protein foods?
13. Where are proteins digested?
14. What digestive fluids act on proteins?
15. Into what are they changed during the process of digestion?

SUGGESTIONS FOR HOME APPLICATION.

In Book I we learned the classification of food. No matter what the food may be, it may be classified under one of the five food principles or foodstuffs, as they are sometimes called.

Protein is listed first as it holds the most important place in our diet. The chief duty of protein in the body is to build and repair tissue and as it is the only food that can perform this duty, it ranks first and foremost. No matter how much food we consume, if protein is lacking we shall starve. In addition to building and repairing tissue, proteins can also furnish heat and energy, but at great expense to the kidneys. Carbohydrates and fats perform this duty and should therefore be combined with proteins. The protein foods differ from the other foodstuffs in that they contain nitrogen. Foods conspicuous in protein content, as a rule, are high priced. They include eggs, meat and fish. Milk, however, is not so high priced. Protein in combination with carbohydrates is found in cereals, peas, beans, lentils and nuts.

Proteins are partly digested in the stomach, where they are acted upon by the digestive fluids in the stomach. Pepsin, in the gastric juice in the stomach, acts on proteins, changing them into peptones, thus making them ready for absorption.

NAMES OF PROTEIN CONTENT IN DIFFERENT FOODS.

Eggs	Albumen
Milk	Casein
Meat	Myosin
Wheat	Gluten
Beans	Legumen

The following table will show the protein content in some common foods:

Cheese about 45%.	Beef about 20%.
Peas and Beans 24%.	Mutton about 18%.
Poultry about 21%.	Eggs about 15%.
Egg White about 20%.	White bread about 8%.

Milk about 3%.

PROTEINS—TISSUE BUILDING FOODS.

USE OF EGGS IN DESSERTS.

Eggs and milk are used in combination in any number of dishes—such as custards, salad dressings and puddings. They are also used in batters and doughs. Egg has the power of thickening when added to a mixture.

MATERIALS:

- ½ Cup Scalded Milk.
- ½ Slightly Beaten Egg.
- 2 Tablespoonfuls Sugar (caramelized).
- 1-16 Teaspoonful Salt.
- ⅛ Teaspoonful Vanilla.

BAKED CARAMEL CUSTARD WITH WHIPPED CREAM.

Eggs and milk are called typical foods, as they are the two foods nature has provided, either of which support life.

The infant lives on milk alone, which furnishes it with all the necessary nutrition to support its life.

Since the egg furnishes the sole source for growth and development of the chick for a considerable time, it is plain that it contains all the elements required to keep up life.

PROTEINS—TISSUE-BUILDING FOODS.

EGGS—(Continued).

Careful experiments show that albumen begins to coagulate at 134 deg. F., and becomes jelly-like at 160 deg. F. When cooked at 160 deg. to 185 deg., F., the albumen is rendered tender and readily digestible. Therefore, eggs should be cooked at a low temperature.

WHY EGGS SPOIL.

Eggs spoil easily. Owing to the porous structure of the shell, bacteria enter, either from the place where the eggs have been lying, or by means of the air that rushes in as the water evaporates. These tiny living germs grow, and thus decomposition takes place.

FRESH EGGS.

1. A fresh egg has a thick, rough shell.
2. A fresh egg sinks when dropped into a basin of cold water.
3. A fresh egg looks clear when held between the eye and a strong light.

HOW TO PRESERVE EGGS.

When eggs come from the market they should be washed and kept in a cool, dry place. Eggs may be kept for a long time by packing them, small end down, in substances that will exclude air. Ex.—bran, salt, etc. Salt, sawdust and liquid glass are often used. Use 1 quart liquid glass to 12 quarts of boiled and cooled water. Pack eggs in stone crocks, cover with liquid glass.

When using several eggs, break each one separately into a cup. If there are any poor eggs among them they may thus be detected.

The yolk may be kept for some time by covering it with cold water.

HOW TO BREAK AN EGG.

Hold the egg in the left hand and crack the shell by striking it sharply with a knife.

TO SEPARATE THE YOLK FROM THE WHITE.

Slip the yolk from one piece of shell to the other several times. Slip the white onto a plate or deep platter and drop the yolk into a bowl.

FOR SLIGHTLY BEATEN EGG, yolk or white, use a fork to do the beating.

FOR A WELL BEATEN YOLK use a Dover egg beater.

FOR A WELL BEATEN WHITE use a wire whisk beater.

DO NOT ALLOW THE BEATEN WHITE TO STAND, but use it immediately. Do not stir after beating.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

In today's Lesson you are to **measure the eggs and salt,** and **caramelize the sugar,** while your partner **scalds the milk** and **combines the ingredients.**

Follow each paragraph closely.

See Recipe on Front Page.

Measure the sugar into your frying pan. Be sure it is perfectly clean and smooth.

Put pan with sugar over the fire, and with a tablespoon keep scraping sugar from sides and bottom of pan (see **FIGURE 1**) until it turns to a light brown syrup.

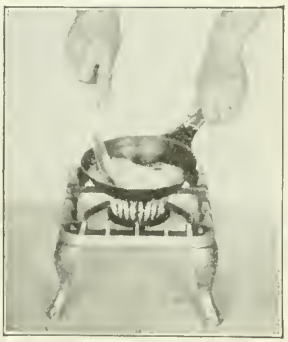


FIGURE 1.

Pass it to your partner.

Measure the beaten egg into your bowl; add the salt.

Pass it to your partner.

Butter the inside of your custard cup.

Pour the mixture which your partner has prepared into the buttered custard cup, and bake in a pan containing hot water.

FIGURE 2.

Custard is done when a clean cut can be made when cut into with a knife. If mixture clings to the knife, it is underdone. Be sure that the water around custard cups is kept below boiling point while cooking custard.

You are to WIPE the dishes today, according to directions already learned.

NOTE BOOK WORK.

4 Cups Scalded Milk.
5 Eggs.
½ Teaspoonful Salt.
1 Teaspoonful Vanilla.
1 Cup Sugar.

Melt the sugar to a light brown syrup in a saucepan over a hot fire, scraping all the time. Add scalded milk slowly and cook until free from lumps. Pour this gradually into the slightly beaten eggs while stirring. Add salt and flavoring, then strain into a buttered mould. Bake as Yellow Custard by placing mould into a pan containing hot water to reach half way to top of mould. Bake about 25 minutes, or until a clean cut can be made with a knife.

CARAMEL CUSTARD.

Cost of preparing Home Recipe of Caramel Custard to serve a family of 6 persons:

Ingredients—

4 Cups Scalded Milk..... cts.
5 Eggs ..... cts.
½ Teaspoonful Salt ..... cts.
1 Teaspoon Vanilla .... cts.
1 Cup Sugar ..... cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

In today's Lesson you are to **measure and scald the milk** and **combine mixtures,** while your partner **caramelizes the sugar** and **measures the egg and salt.**

Follow each paragraph closely.

See Recipe on Front Page.

Measure the milk into the top part of the double boiler, placed over the lower part filled ⅓ full of boiling water.

Add the scalded milk gradually to the caramelized sugar prepared by your partner. See **FIGURE 1**

Put it over a slow fire until all the caramelized sugar is melted, stirring to keep it from burning.

Pour the milk and sugar mixture gradually into the egg mixture measured by your partner. See **FIGURE 2.**

Add the vanilla.

Pass it to your partner.

When baked, serve your partner and self. See **FIGURE 3.**

FIGURE 1.

FIGURE 2.

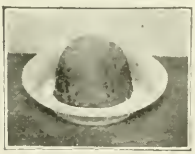


FIGURE 3.

You are to WASH the dishes today, according to directions already learned.

HOME RECIPES.

YELLOW CUSTARD.

4 Cups Scalded Milk.
4 Eggs (if baked in individual custard cups).
6 Eggs (if baked in a large mould).
½ Cup Sugar.
¼ Teaspoonful Salt.
Few grains Nutmeg or Cinnamon.

Beat eggs slightly; stir in the sugar and salt; add slowly the scalded milk; strain into buttered custard cups and sprinkle a little nutmeg on top of each. Set cups in a pan containing hot water, and bake in a moderate oven until custard is firm.

If a clean cut can be made with a knife the custard is done.

Do not let the water in the pan reach the boiling point during baking. Why?

WHITE CUSTARD.

2 Cups Scalded Milk.
⅛ Teaspoonful Salt.
½ Teaspoonful Vanilla.
¼ Cup Sugar.
Whites of 4 Eggs.

Beat the whites slightly; stir in the sugar and salt. Pour on the scalded milk gradually. Add vanilla, strain into a buttered baking dish. Bake as Yellow Custard.

CHOCOLATE CUSTARD.

½ Square Unsweetened Chocolate.
½ Cup Sugar.
2 Tablespoonfuls Water.
½ Teaspoonful Vanilla.
2 Cups Milk.
3 Eggs.
⅛ Teaspoonful Salt.

Scald the milk; melt the chocolate, stir in half the sugar, add the water and cook until smooth and glossy. Add the scalded milk to the chocolate mixture, stirring until well mixed. Beat the eggs slightly, add remainder of sugar and the salt. Pour into it the chocolate and milk mixture; strain into buttered moulds. Bake as Yellow Custard.

CHEESE CUSTARD.

1 Cup Milk. 1 Egg. 2 Tablespoonfuls Cheese. Sprinkling Pepper.

Scald the milk; stir into it the beaten egg; add the cheese and pepper. Bake as Yellow Custard.

CUSTARD BREAD PUDDING.

May be made by pouring any of these mixtures over buttered slices of toast and baking according to directions for Baked Yellow Custard.

QUESTIONS.

1. At what temperature does albumen coagulate?
2. How should egg and egg mixtures be cooked?
3. How do eggs spoil? Explain.
4. How can you tell a fresh egg from a stale one?
5. How may eggs be kept or preserved?
6. How would you break eggs?
7. With what would you beat the whites of eggs?
8. With what would you beat the yolks of eggs?
9. Give composition of eggs.
10. Give nutritive value of eggs.
11. Why are eggs given to persons in a run-down condition?
12. Where are eggs digested?
13. What digestive fluids act on eggs?
14. Into what are they changed during the process of digestion?
15. Name 3 egg and milk dishes.

SUGGESTIONS FOR HOME APPLICATION.

INVALID COOKERY.

Food for an invalid should always be prepared so as to render it most digestible. Eggs and milk are usually prescribed and should be prepared and served in a variety of ways that the appetite may be tempted. Milk may be served warm or cold, plain or flavored in junkets, frozen as in ice-cream, heated with a little vegetable, fermented as in kumyss or soured as in buttermilk, and seasoned as in cream soups, combined with eggs as in eggnogs or custards soft or firm. Eggs may be soft cooked, coddled, poached or made into omelets, or the white or yolk or both added to broths or mixed with fruit juices, or with gelatine as in Spanish Cream pudding and Lemon Pudding. All of the above combinations furnish highly nutritive, easily digested foods.

When the patient is permitted to take fruit juices they will be found very refreshing. They are particularly desirable in fevers.

The foods listed above may be given to a patient when he is in a weak condition, and the digestive organs are not able to take care of heavy foods.

When the temperature is normal, as a rule, the patient will crave more substantial food and it should be furnished. As long as he is confined to bed, or is unable to take any kind of exercise, the food should not tax the digestive organs very severely. Naturally all rich puddings, cakes, pastries, and meats, like veal or pork, that are difficult of digestion should be avoided. Frozen desserts, egg puddings, baked potatoes, chicken breast, squabs, quail, lamb chops, sweetbreads and tender, rare beef carefully prepared furnish valuable nourishment in an easily digested form.

Foods should be given to invalids in small quantities at frequent intervals during the day. In this way it is easier to judge the effect of different foods given and there is less danger of the organs of digestion being overtaxed.

The personal likes and dislikes of the patient should be given careful attention in preparing his food. A food which in itself might be perfectly suited to his needs may actually prove harmful if he is forced to eat it when it is distasteful to him.

In any case, the physician's orders in regard to the diet of the patient should be carefully followed, as the physician is responsible for the recovery of the patient. Failure to obey his orders might cause very serious results.

PROTEINS—TISSUE BUILDING FOODS.

EGGS IN DESSERTS (Continued).

Air may be beaten into the white of egg, filling it full of bubbles, making a light and porous mass. Sweetened fruit pulp may be added to the beaten white of egg and the result is a delightfully fluffy dessert.

SCHOOL RECIPE.

MATERIALS:

PRUNE WHIP.

4 Soaked Prunes. ½ Beaten White of Egg.
1 Tablespoonful Powdered Sugar.

CUSTARD SAUCE.

¼ Cup Scalded Milk. 2 Teaspoonfuls Sugar.
1/16 Teaspoonful Salt. ½ Yolk.
Few Drops Vanilla.

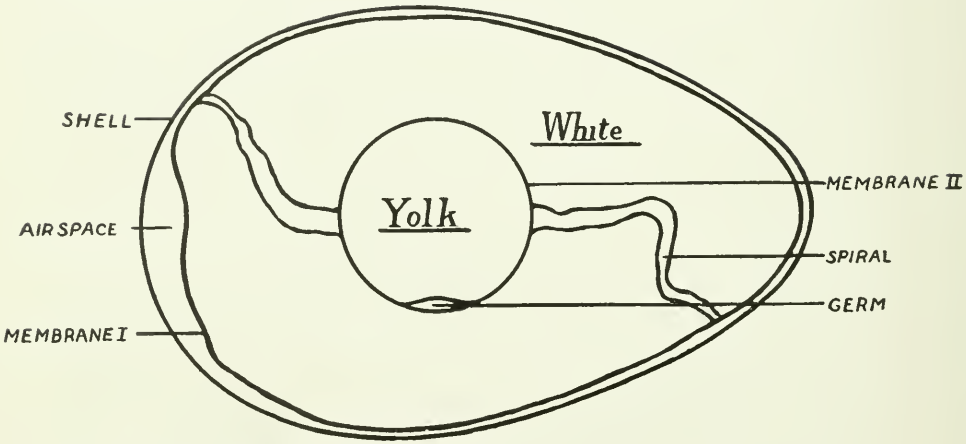
PRUNE WHIP AND CUSTARD SAUCE.

In the above recipe, we have a combination of eggs and milk with fruit pulp. The eggs are beaten separately. This makes a wholesome, nutritious dessert. Prunes are dried plums. They are classed as sub-acid fruits, as they do not contain a large proportion of acid. They are rich in sugar.

EGGS—(Continued).

DIAGRAM OF AN EGG, SHOWING ALL ITS PARTS.

1st. Porous Shell.



2nd. Membrane—1.

3rd. White.

4th. Membrane—2.

5th. Yolk.

6th. Two Spiral Cords.

7th. Embryo or Germ.

8th. Air Space.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

In today's lesson you are to prepare the **custard sauce,** while your partner **prepares the Prune Whip.**

Follow each paragraph closely.

See Recipe on Front Page.

Measure the milk into the top part of a double boiler placed over the lower part, which should be on the fire ⅓ full of boiling water. See **FIGURE 1.**

FIGURE 1.

Measure the yolk into your bowl.

Add the salt and sugar.

Pour the scalded milk gradually into the yolk mixture, while stirring until all is blended. See **FIGURE 2.**

FIGURE 2.

Pour all back into the top of double boiler. See **FIGURE 3.**

Cook and stir constantly until mixture thickens, when a thin coating will form on the spoon.

Take upper part out of lower part immediately; otherwise it may curdle.

If cooked too long it will curdle. If this should happen, beat it vigorously with a Dover egg beater.

FIGURE 3.

You are to WASH the dishes today, according to directions already learned.

NOTE BOOK WORK.

¼ Lb. Prunes.
Whites 3 Eggs.
⅓ Cup Sugar.
1 Teaspoonful Lemon Juice.

Pick over and wash prunes, soak over night or several hours in cold water to cover. Cook in the same water or steam in a strainer over hot water, until soft. Drain off any surplus moisture. Remove the stones and rub prunes through a strainer. Add sugar. Cool mixture.

Beat the whites of eggs until stiff, add prune pulp gradually, add lemon juice. Pile lightly on a serving dish and serve with custard sauce.

Cost of preparing Home Recipe of Prune Whip and Custard Sauce:

Ingredients:	**Cost.**
¼ Lb. Prunes	cts.
3 Eggs	cts.
⅓ Cup Sugar	cts.
¾ Pint Milk	cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

In today's lesson you are to **prepare the prune whip,** while your partner prepares the **custard sauce.**

Follow each paragraph closely.

See Recipe on Front Page.

Force the pulp of soaked and steamed prunes through a strainer or potato ricer. If the strainer is used press very carefully so as not to injure the strainer. See **FIGURE 1.**

FIGURE 1.

Add powdered sugar to the prune pulp.

Measure ¼ of the beaten whites placed at your table by the housekeeper on your plate.

Beat until stiff with the wire beater, add the prune pulp gradually while beating. See **FIGURE 2.**

FIGURE 2.

When all has been added, the mixture should be stiff enough to hold its shape.

Pile lightly on a dish.

Pour custard sauce around it.

Serve your partner and self.

You are to WIPE the dishes today according to directions already learned.

HOME RECIPES.

APPLE SNOW.

Materials:

¾ Cup Apple Pulp.
Whites 3 Eggs.
Powdered Sugar.

Pare, quarter and core 4 sour apples. Steam until soft, and rub through sieve. There should be ¾ cup Apple Pulp. Beat the whites of eggs until stiff; add gradually apples sweetened to taste. Pile lightly on a dish and serve with custard sauce; 1 tablespoonful lemon juice may be added.

NOTE.—Any kind of fruit pulp may be added in place of the apples.

CUSTARD SAUCE.

1½ Cups Scalded Milk.
⅛ Teaspoonful Salt.
¼ Cup Sugar.
½ Teaspoonful Vanilla.
Yolk 3 Eggs.

Beat the yolks slightly, add sugar and salt: stir constantly while adding gradually the hot milk to the yolk mixture in the bowl. Cook in a double boiler, stirring continually until mixture thickens, and a coating is formed on the spoon; chill and flavor. If cooked too long custard will curdle. Should this happen, beating the mixture with a Dover egg beater will restore the smooth consistency. When eggs are scarce, use two yolks and ½ tablespoonful Cornstarch.

FLOATING ISLAND.

Use recipe for Custard Sauce. Scald the milk, beat the whites until stiff. Fold in 2 tablepoonfuls sugar and turn them into the hot milk and cook 3 minutes. Remove whites with a tablespoon into a serving dish. Prepare Custard Sauce and pour it around the cooked whites.

QUESTIONS.

1. What are prunes?

2. What do they contain?

3. Why is prune whip nourishing?

4. How would you make a smooth custard?

5. Would you pour the hot milk into the yolk mixture, or the yolk mixture into the hot milk? Why?

6. Make a drawing showing all the parts of an egg.

7. Name the parts in an egg.

8. Of what is the white composed?

9. Of what is the yolk composed?

10. What does heat do to albumen?

11. What effect has boiling temperature on albumen?

12. What does simmering temperature do to albumen?

13. Which renders albumen easier of digestion?

14. What property does the white of egg possess?

15. How may it be used?

SUGGESTIONS FOR HOME APPLICATION.

EGGS AND MILK AND THEIR NUTRITIVE VALUE.

Eggs and milk are two foods usually prescribed by physicians when a person is in a rundown condition, and it is necessary to renew or build tissue rapidly. Eggs and milk are two natural protein foods that may be eaten raw. Milk contains all the food elements necessary to meet the requirements of nutrition in the young mammals. Eggs contain all the nourishment needed to develop the young chick. In either, all the food elements are present. Although they may not be in the right proportion for adult life, they furnish two of the most important foods provided by nature.

If newly laid eggs, washed clean, are covered with lemon juice and allowed to stand, the shell is dissolved and then all the elements used for the development of the chick are present. This mixture furnishes a desirable food for a person in need of concentrated nourishment. Eggs and milk alone or in combination may be prepared in a variety of ways, pleasing to the eye and palate. Eggs, cooked at a low temperature, are jelly-like throughout; eggs cooked at a high temperature are tough. The former method of cooking requires less work on the part of the digestive organs than the latter. Egg substitutes may be used to produce approximately the same texture, but not the same nutritive value. A true substitute is one that provides equal nourishment.

An egg, besides furnishing a food high in protein and fat content, iron and phosphorus in an ideal form with a single egg yielding 75 calories (calorie: the amount of heat required to raise 1 pound of water 4 degrees F.), also provides a most useful and natural leavening agent. This latter attribute is due to the cohesive property of the egg white, which makes it possible to beat air into it, forming the whole into a light and porous mass. On heating, the enclosed air expands, the albumen coagulates, leaving the bubbles set and firm. As albumen coagulates at a low temperature, all egg mixtures are exposed to moderate heat only. Omelet, Sponge Cake, Angel Food are examples of dishes made light by the introduction of air into the egg whites. These are wholesome, nutritious dishes.

PROTEINS—TISSUE BUILDING FOODS.

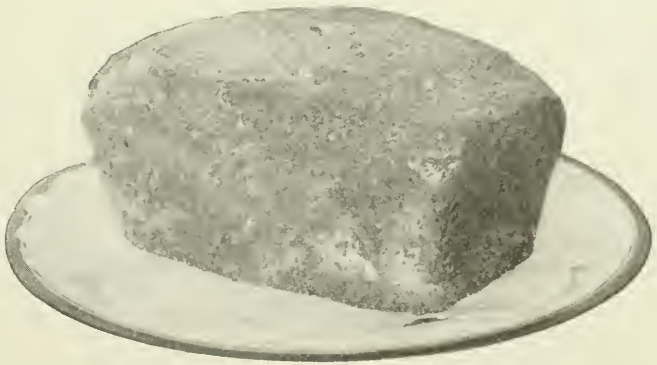
EGGS USED IN SPONGE CAKE.

Sponge Cake provides a good example of the use of eggs as a leavening agent in a batter. Air is beaten into the whites of eggs, then the whites are folded into the mixture, so as to retain the enclosed air; the mixture is then baked, thereby firmly fixing the enclosed air bubbles.

School Recipe.

MATERIALS:

1 Yolk.
4 Tablespoons Sugar.
¾ Tablespoon Water.
1 Teaspoon Cornstarch.
4 Tablespoons Flour.
½ Teaspoon Baking Powder.
Few Grains Salt.
1 Beaten White.
Few Drops Vanilla or Lemon Juice.



CREAM OF SPONGE CAKE.

Sponge Cakes may be made without any baking powder, depending entirely on the air beaten into the eggs to make them light. More eggs are then required. In this lesson you will find a recipe for sponge cake requiring no baking powder. Sponge cake, when properly made, is light and porous, is easily digested and nourishing. With a little fruit and whipped cream, it makes a delicious and nourishing dessert

Review Lesson on Air in Relation to Cookery.

In our lesson on air in relation to cookery, we learned that batters could be made light by the introduction of air. Air at 70 degrees F., when heated sufficiently, expands to about double its volume.

By beating a mixture, a large amount of air is enclosed, and by cutting and folding, the air already introduced is prevented from escaping.

Eggs, by beating, will enclose a large amount of air, as you will notice when beating the whites. Baking coagulates the albumen of the egg, and this forms a wall around each bubble, firmly fixing it in place, thereby making the mixture light and porous. If the mixture is not baked long enough, the wall will not be firm enough to hold the bubbles in place, and the mixture will fall.

All egg mixtures should be baked at a moderate temperature.

Cakes made without butter should be baked in unbuttered tins.

Sponge cakes, on account of the oil in the yolk, may be baked in slightly greased tins, although they are usually baked in unbuttered tins.

A cake is done if a clean straw or knitting needle put into it comes out clean, or when pressed lightly on top with a finger, the cake springs back in place. It should also shrink from the side of the pan.

If a cake is cut into while warm, it will be doughy and compact. Break sponge or angel cakes into suitable pieces for serving or cut with the end of a fork.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

In today's lesson you are to separate the egg, **beat** the **yolk,** add the **sugar** and **cold water,** while your partner measures the dry ingredients, beats the white and combines the mixture for the sponge cake.

See Recipe on Front Page.

Break the egg, slip the yolk in a bowl and the white on a plate. See **FIGURES 1 and 2.**

FIGURE 1.

Beat the yolk with a Dover egg beater until light yellow. See **FIGURE 3.**

Measure and add the sugar gradually.

Continue beating with your wooden spoon for two minutes.

FIGURE 2.

Measure and add the cold water.

Pass it to your partner.

Take out your bread pan and muffin tin.

Write your name on two tiny pieces of paper—put one on top of each mixture.

When cake is baked and cooled divide it in two. Do not cut, but break it apart. Serve your partner and yourself.

FIGURE 3.

You are to WASH the dishes today, according to directions already learned.

NOTE BOOK WORK.

CREAM SPONGE CAKE.

Yolks 4 Eggs.
1 Cup Sugar.
3 Tablespoons Cold Water.
1½ Tablespoon Cornstarch.
1 Cup Flour.
1½ Teaspoons Baking Powder.
¼ Teaspoon Salt.
Whites 4 Eggs.
1 Teaspoon Lemon Extract.

CREAM SPONGE CAKE.

Beat yolks until thick; add sugar gradually and beat 2 minutes. Then add water. Mix and sift cornstarch, flour, baking powder and salt, and add to first mixture. Fold in stiffly beaten whites and flavoring. Bake about 30 minutes in a moderate oven. This cake may be made with 2 eggs, using 2 teaspoons baking powder and 3 additional tablespoons water.

Cost of Preparing Home Recipe of Cream Sponge Cake.

Materials:		**Cost.**
4	Eggs	cts.
1	Cup Sugar	cts.
1½	Tablespoons Cornstarch	cts.
1	Cup Flour	cts.
1½	Teaspoons Baking Powder	cts.
¼	Teaspoon Salt	cts.
1	Teaspoon Lemon Extract	cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

In today's lesson you are to measure the **dry ingredients, beat** and fold in the white and combine the mixtures.

See Recipe on Front Page.

Measure the flour, cornstarch and baking powder into a strainer placed over a bowl. Mix and sift. See **FIGURE 1.**

FIGURE 1.

Beat the white until stiff. See **FIGURE 2.**

Add the sifted flour mixture to your partner's mixture.

Measure and add the vanilla.

Fold the stiffly beaten white into your partner's mixture. See **FIGURE 3.**

FIGURE 2.

Fill your partner's bread pan ⅔ full with the mixture.

If there is any mixture left over, drop it into a muffin tin.

Place pan on baking sheet.

Bake in a moderate oven about **20** minutes, or until done.

FIGURE 3.

Try it with a clean broom straw. If it comes out clean after it has been put into cake, it is done. Remove from pan by turning pan upside down.

Let it stand until cake is cool, when it will come out of itself. If you are in a hurry, run your spatula around sides, when it will slip out easily.

You are to WIPE the dishes today according to directions already learned.

HOME RECIPES.

CHEAP SPONGE CAKE.

Yolks 2 Eggs.
⅔ Cup Sugar.
2 Teaspoons Hot Water.
⅔ Cup Flour.
1 Teaspoon Baking Powder.
1/6 Teaspoon Salt.
Whites 2 Eggs.
½ Tablespoon Vinegar.

Beat yolks until thick; add sugar gradually and continue beating; then add water, flour mixed and sifted with the baking powder and salt. Fold in the stiffly beaten whites of eggs and vinegar. Bake 35 minutes in a moderate oven in an unbuttered or a buttered and floured cake pan.

SMALL SUNSHINE CAKE.

Whites 5 Eggs.
¾ Cup Powdered Sugar.
Yolks 3 Eggs.
½ Teaspoon Vanilla.
½ Cup Flour.
½ Teaspoon Cream of Tartar.

Beat whites until frothy; add cream of tartar. Beat until stiff and dry; add sugar gradually, continue beating; add beaten yolks and flavoring. Fold in sifted flour. Bake as Angel Cake, allowing about 30 minutes for baking.

QUESTIONS.

1. What is the difference between a sponge and layer cake?
2. Why beat the yolk and white of egg separately?
3. Would you consider a sponge cake nourishing?
4. Why?
5. How may it be served as a dessert?
6. Why was your cake light today?
7. Why break a warm sponge cake rather than cut it?
8. Would you consider sponge cake a protein food? Why?
9. Classify food.
10. Name the most important food principle.
11. What is its chief duty in the body?
12. May it be used for other purposes?
13. For what is sugar valuable?
14. Name three carbohydrate foods.

SUGGESTIONS FOR HOME APPLICATION.

SPONGE CAKE.

6 Beaten Egg Yolks.
1 Cup Sugar.
1 Tablespoonful Lemon Juice.
Grated Rind ½ Lemon.
1 Cup Flour.
¼ Teaspoonful Salt.
6 Beaten Egg Whites.

Beat yolks until thick and lemon colored, add sugar gradually, continue beating; add the lemon juice and rind, flour and salt. Fold in the stiffly beaten whites. Bake in a moderate oven.

Sponge Drops may be made by dropping a sponge cake mixture by spoonfuls onto pans lined with paper. Sprinkle with powdered sugar and bake in a slow oven.

Lady Fingers may be made by forcing a sponge cake mixture through a pastry bag and tube on pans lined with paper. They should be about 4 inches long and 1 inch wide. Sprinkle with powdered sugar and bake in a moderate oven.

Chocolate Sponge Cake: Follow directions for Sponge Cake, mixing and sifting cocoa with the sugar.

JELLY ROLL.

3 Eggs.
1 Cup Sugar.
½ Tablespoonful Water.
1 Teaspoonful Baking Powder.
¼ Teaspoonful Salt.
1 Cup Flour.
1 Tablespoonful Melted Butter.

Beat eggs, add sugar, milk and dry ingredients sifted, then butter. Spread in a greased, paper lined, shallow pan. Bake about 15 minutes. Spread with jam and roll in a cloth to hold its shape.

MERINGUES, OR KISSES.

To each stiffly beaten egg white fold in ¼ cup powdered sugar, a few grains of cream of tartar and a few drops vanilla. Drop by spoonfuls onto greased paper on a pan. Bake slowly for 30 minutes.

PROTEINS—TISSUE BUILDING FOODS.

MILK.

Milk contains all the food elements—the carbohydrate is in the form of sugar called **lactose.** If the whole milk is set aside for two or three days, the fat will rise and form quite a layer on top of the milk. If this is skimmed off and beaten, all the fat globules will collect and butter is the result. If the remaining sour milk is heated slowly, the solid part of the milk will separate from the water. This will give an idea of how much fat, solid matter and water there is in milk.

SCHOOL RECIPE.

MATERIALS: Cottage Cheese—
1 Cup Sour Milk.
2 Teaspoonfuls Cream.
Few Grains Salt.

Junket—
½ Cup Milk.
½ Tablespoonful Sugar.
⅛ Teaspoonful Vanilla.
1/6 Junket Tablet.
Few Grains Salt.

COTTAGE CHEESE AND JUNKET.

Cottage Cheese is best when the **curd** is separated from the **whey** at a very moderate heat. Too much heat toughens the **casein** and **albumen** (the protein subtances in milk) just as our experiments proved in the egg lesson.

Junket Tablets are made from **Rennet,** a substance obtained from the inner lining of the calf's stomach. When added to milk, the Junket Tablet coagulates and partly digests it, in the same way that the **Rennin** of the human stomach does.

PROTEINS—TISSUE-BUILDING FOOD—MILK.

MILK is the natural food of the young of all the higher animals. MILK IS A PERFECT FOOD for the infant, as it contains all the food principles in the right proportion to fully nourish it. MILK should be the chief food for a child until the first teeth appear.

Composition:

Protein	3.3%
Carbohydrates (milk sugar, called lactose)	5. %
Fats	4. %
Mineral matter	.7%
Water	87. %

The greatest benefit is obtained from milk when it is heated to blood heat and taken at regular intervals between meals, and then it is more easily digested when taken in sips. Small curds are then formed in the stomach. Large curds are formed when the milk is taken hurriedly in large quantities.

Milk should be heated over hot water unless there is a good reason for doing otherwise. Boiling milk coagulates and toughens the albumen and makes it less digestible.

BUYING MILK.

DO NOT BUY CHEAP MILK. GOOD MILK is a yellowish white liquid, and tastes slightly sweet. MILK undiluted with water clings to the glass.

MILK should have no sediment, and should not look blue around the edges. A good plan is to buy MILK in the evening, and let it stand over night in order to let the cream rise. Skim and serve the cream with the cereal and coffee for breakfast. Use the SKIM MILK for COOKING and Drinking purposes.

MILK QUICKLY ABSORBS ODORS, and should be kept in clean vessels (glass or earthenware) in a cool, clean place.

MILK PRODUCTS.

When milk stands, the fat globules rise to the top in the form of CREAM. Cream is put into a churn and shaken, and the globules of cream gather together as butter, and the liquid left is called BUTTERMILK.

An acid added to milk coagulates the casein, forming a CURD, separating it from the liquid then called WHEY. The CURD is then made into CHEESE, which contains condensed nourishment (casein and fat of milk).

CONDENSED MILK is prepared by evaporating milk to about ½ to ¼ of its volume.

MILK is preserved by STERILIZATION, PASTEURIZATION and EVAPORATION.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

In today's lesson you are to **prepare the Junket,** while your partner **prepares the Cottage Cheese.**

Follow each paragraph closely.

See Recipe on Front Page.

Measure the milk and heat it until lukewarm (so that it is neither hot nor cold to the touch).

Measure and add the sugar, salt and flavoring: stir until the sugar is dissolved.

Dissolve the 1/6 junket tablet in ½ teaspoonful of water. See **FIGURE 1.**

FIGURE 1.

Add the junket and water to the milk mixture. See **FIGURE 2.**

Pour mixture into your custard cup.

Let stand in a cool place until it becomes about the consistency of a baked custard.

Serve your partner and yourself.

FIGURE 2.

You are to WIPE the dishes today according to directions already learned.

NOTE BOOK WORK.

MATERIALS:

1 Qt. Milk.
4 Tablespoonfuls Sugar.
1 Teaspoonful Vanilla.
1 Tablespoonful Liquid Rennet, or
1 Junket Tablet dissolved in
1 Tablespoonful Water.
¼ Teaspoonful Salt.

Heat the milk until lukewarm; add the sugar, salt and flavoring; stir until the sugar is dissolved. Add the junket and water mixture and pour into the serving dish. Let stand in a cool place until firm like a baked custard. Serve with plain or whipped cream or sliced fruit.

JUNKET WITH FRUIT.

Cost of preparing Home Recipe of Junket:

Ingredients:	Cost.
1 Qt. Milk	cts.
4 Tablespoonfuls Sugar	cts.
1 Teaspoonful Vanilla	cts.
1 Junket Tablet	cts.
¼ Teaspoonful Salt	cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

In today's lesson you are to **prepare the Cottage Cheese,** while your partner **prepares the Junket.**

Follow each paragraph closely.

See Recipe on Front Page.

Heat the milk slowly in a double boiler (see **FIGURE 1)** until the curd separates from the whey.

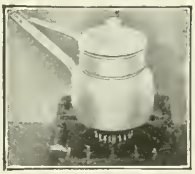


FIGURE 1.

Strain through a piece of cheesecloth. Squeeze curd until quite dry.

Put curd into your bowl and with a spoon or fork mix it with salt, butter and cream. Divide in two parts. See **FIGURE 2.**

FIGURE 2.

Form into two balls, serving one to your partner and one to yourself.

You are to WASH the dishes today according to directions already learned.

HOME RECIPES.

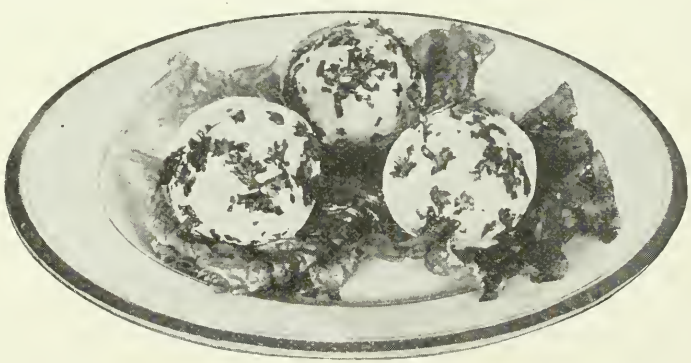
PASTEURIZED MILK.

Sterilize bottles by putting them edgewise into cold water; bring slowly to boiling point and boil 20 minutes. Fill the sterilized bottles ¾ full of milk and cork with cotton which has been baked in the oven, or with sterilized rubber corks. Place bottles on a rest or on several thicknesses of paper in a pan. Fill pan with enough cold water to reach as high as the milk in the bottles. Heat gradually to 160 deg., or until small bubbles appear in the milk next the glass. Keep at this temperature 40 minutes. Cork the bottles quickly and keep in a cold place. Do not remove corks until ready to use the milk.

WHIPPED CREAM.

1 Cup Thick Cream. 3 Tablespoonfuls Sugar. ½ Teaspoonful Vanilla.

Pour the cream into a bowl and set in a pan of ice water. Whip with a wire whisk or Dover egg beater until stiff enough to hold its shape. Add sugar and vanilla. Do not beat the cream too long.



SOUR MILK CHEESE OR COTTAGE CHEESE.

1 Qt. Sour Milk.
1 Tablespoonful Butter.
¼ Teaspoonful Salt.
2 or 3 Tablespoonfuls Cream.

Heat the milk slowly until the curd separates from the whey. Strain through a piece of cheeseeloth. Squeeze curd until quite dry. Put curd in a bowl and with a spoon or fork mix it with salt, butter and cream. Form into balls. These may be rolled in chopped parsley. The curd may be separated from the whey by adding 1 Junket Tablet to a quart of milk heated to 100 deg. F., then beaten until the curd separates from the whey.

Cottage Cheese may be mixed with finely chopped Pimento. Served between slices of bread as sandwiches or shaped into cheese balls and served on lettuce leaves as a salad or with fruit and other salads. It may be mixed with chopped olives or pickles or green pepper and used in the same way.

QUESTIONS.

1. For whom is milk a perfect Food?
2. What does milk contain?
3. At what temperature is milk most easily digested?
4. How should it be drunk? Why?
5. Name three different dishes containing milk in large proportions.
6. How would you prepare Cottage Cheese?
7. How would you prepare Junket?
8. How can you make butter?
9. How much water is there in milk?
10. How much protein is there in milk?
11. How much fat is there in milk?
12. How much mineral matter is there in milk?
13. How is milk pasteurized?
14. How is milk sterilized?

SUGGESTIONS FOR HOME APPLICATION.

Fifty sanitary rules adopted from dairy rules recommended by the U. S. Government Department of Agriculture, Dairy Division, by City Boards of Health in several cities in the United States.

The Owner and His Helper.

1. Read current dairy literature and keep posted on new ideas.

2. Observe and enforce the utmost cleanliness about the cattle, their attendants, the stable, the dairy and all utensils.

3. A person suffering from any disease or who has been exposed to a contagious disease must remain away from the cows and the milk.

4. Keep dairy cattle in a room or building by themselves. It is preferable to have no cellar below and no storage loft above.

5. Stables should be well ventilated, lighted, and drained; should have tight floors and walls and be plainly constructed.

6. Never use musty or dirty litter.

7. Allow no strong smelling material in the stable for any length of time. Store the manure under cover outside the cow stable and remove it to a distance as often as practicable.

8. Whitewash the stable once or twice a year; use landplaster in the manure gutters daily.

9. Use no dry or dusty feed just previous to milking; if fodder is dusty, sprinkle before it is fed.

10. Clean and thoroughly air the stable before milking; in hot weather sprinkle the floor.

11. Keep the stable and dairy room in good condition and then insist that the dairy, factory or place where the milk goes is kept equally well.

The Cows.

12. Have the herd examined at least twice a year by skilled veterinarians.

13. Promptly remove from the herd any animal suspected of being in bad health and reject her milk. Never add an animal to the herd until certain it is free from disease, especially tuberculosis.

14. Do not move cows faster than a comfortable walk while on the way to place of milking or feeding.

15. Never allow the cows to be excited by hard driving, abuse, loud talking, or unnecessary disturbances; do not expose them to cold or storms.

16. Do not change the feed suddenly.

17. Feed liberally, and use only fresh, palatable feed stuffs; in no case should decomposed or moldy material be used.

18. Provide water in abundance, easy to access and always pure; fresh, but not too cold.

19. Salt should always be accessible.

20. Do not allow any strong flavored food, like garlic, cabbage and turnips, to be eaten, except immediately after milking.

21. Clean the entire body of the cow daily. If the hair in the region of the udder is not easily kept clean it should be clipped.

22. Do not use the milk within 20 days before calving, nor for 3 to 5 days afterward.

Milking.

23. The milker should be clean in all respects; he should not use tobacco; he should wash and dry his hands just before milking.

24. The milker should wear a clean outer garment, used only when milking, and kept in a clean place at other times.

25. Brush the udder and surrounding parts just before milking, and wipe them with a clean, damp cloth or sponge.

26. Milk quietly, quickly, cleanly and thoroughly. Cows do not like unnecessary noise or delay. Commence milking at exactly the same hour every morning and evening, and milk the cows in the same order.

27. Throw away (but not on the floor—better in the gutter) the first few streams from each teat; this milk is very watery and of little value, but it may injure the rest.

28. If in milking a part of the milk is bloody or stringy or unnatural in appearance, the whole mess should be rejected.

29. Milk with dry hands: never allow the hands to come in contact with the milk.

30. Do not allow dogs, cats or loafers to be around at milking time.

31. If any accident occurs by which a pail full or partly full of milk becomes dirty, do not try to remedy this by straining, but reject all this milk and rinse the pail.

32. Weigh and record the milk given by each cow, and take a sample morning and night, at least once a week, for testing by the fat test.

Care of Milk.

33. Remove the milk of every cow at once from the stable to a clean, dry room, where the air is pure and sweet. Do not allow cans to remain in stables while they are being filled.

34. Strain the milk through a metal gauze and a flannel cloth or layer of cotton, as soon as it is drawn.

35. Aerate and cool the milk as soon as strained. If an apparatus for airing and cooling at the same time is not at hand, the milk should be aired first. This must be done in pure air, and it should then be cooled to 45 degrees if the milk is for shipment, or to 60 degrees if for home use or delivery to a factory.

36. Never close a can containing warm milk which has not been aerated.

37. If cover is left off the can, a piece of cloth or mosquito netting should be used to keep out the insects.

38. If milk is stored it should be held in tanks of fresh, cold water (renewed daily), in a clean, dry, cold room. Unless it is desired to remove cream, it should be stirred with a tin stirrer often enough to prevent forming a thick cream layer.

39. Keep the night milk under shelter so rain cannot get into the cans. In warm weather, hold it in a tank of fresh cold water.

40. Never mix fresh, warm milk with that which has been cooled.

41. Do not allow milk to freeze.

42. Under no circumstances should anything be added to milk to prevent its souring. Cleanliness and cold are the only preventatives needed.

43. All milk should be in good condition when delivered. This may make it necessary to deliver twice a day during the hottest weather.

44. When cans are hauled far they should be full, and carried in a spring wagon.

45. In hot weather cover the cans, when moved in a wagon, with a clean, wet blanket or canvas.

The Utensils.

46. Milk utensils for farm use should be made of metal and have all joints smooth soldered. Never allow them to become rusty or rough inside.

47. Do not haul waste products back to the farm in the same cans used for delivering milk. When this is unavoidable, insist that the skim milk or whey tank be kept clean.

48. Cans used for the return of skim milk or whey should be emptied and cleaned as soon as they arrive at the farm.

49. Clean all dairy utensils by first thoroughly rinsing them in warm water; then clean inside and out with a brush and hot water in which a cleaning material is dissolved; then rinse and, lastly, sterilize by boiling water or steam. Use pure water only.

50. After cleaning, keep utensils inverted in pure air, and sun if possible, until wanted for use.

PROTEINS—TISSUE BUILDING FOODS.

MILK PRODUCTS—CHEESE DISHES.

In the previous lesson we learned that cheese is made from the solids in the milk, and as these contain the protein and mineral matter, they would naturally furnish highly nutritious food. As cheese is somewhat compact, it is more easily digested when finely subdivided and mixed, or beaten with bulky foods.

SCHOOL RECIPE.

MATERIALS:

- 1¼ Tablespoonfuls Flour.
- Few Grains Salt.
- ½ Teaspoonful Butter.
- 2 Tablespoonfuls Bread Crumbs.
- 2 Tablespoonfuls Grated Cheese.
- About 1 Teaspoonful Milk.

Cheese Straws may be made with the above ingredients, or with a pastry dough. The above makes a more digestible cheese straw.

Cheese Straws are usually served with salads. All dishes prepared with cheese are highly nutritious.

CHEESE.

Cheese is the curd of milk separated and pressed.

Cheese is made chiefly from the milk of cows. Goat's Milk is sometimes used. Cheese may be made from whole milk, milk to which cream has been added, or from skimmed milk.

The curd may be separated by allowing the milk to stand until it is sour. It is then heated slightly and the curd separated from the whey. It may be prepared by the action of rennet. The curd is then pressed to remove the whey. After pressure the curd is set aside and kept at a favorable temperature to ripen—the time required varying from a short time to three or four years. New flavors are developed and the texture altered during the ripening process. The ripening is due to bacteria and moulds. Cheese made from full milk is half fat. Cheese made of skimmed milk is sometimes filled by the addition of cheap fat—lard, etc.

Filled cheese is greasy when warmed, and does not keep well. Various brands of cheese take their names from the places where they are made.

SKIM MILK Cheese are—Parmesan, Edam and Gruyen.

MILK Cheese—Gorgonzola, Cheddar, Gloucester, Cheshire.

MILK and CREAM Cheese—Double Glouecster, and Stilton, Neufchatel Cream Cheese, Camembert and Brie, Brick Cheese, Roquefort.

ONE POUND of Cheese contains as much nutriment as 2 pounds meat. It is a highly concentrated protein food, and therefore should be eaten in small quantities with carbohydrates.

Cheese should be kept covered.

Grate the cheese when it becomes hard and dry.

Any kind of cheese is made more digestible by being finely divided, or dissolved and mixed with other foods, as in cooking.

Cheese may be added to several scalloped dishes (ex., Macaroni and Cheese), or used as flavoring for soups.

Cheese is sufficiently cooked when melted—long cooking makes it tough.

Soda added to dishes prepared with Cheese makes the Cheese dissolve more readily, thereby making it more digestible; ⅛ teaspoonful soda to a cupful of cheese is the usual proportion used.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

In today's lesson you are to measure the flour, salt, butter and crumbs, while your partner grates the cheese, measures the milk and combines the ingredients..

Follow each paragraph closely.

See Recipe on Front Page.

Measure the flour and salt into a strainer placed over a bowl. Stir with a spoon. See **FIGURE 1.**

FIGURE 1.

Measure the butter and add it to the flour.

Rub two pieces of stale bread together to make crumbs. See **FIGURE 2.**

Measure **2** tablespoonfuls of crumbs.

FIGURE 2.

Mix the butter with the flour, chopping it in with a knife.

Add the crumbs.

Pass it to your partner.

Take out your bread board, sprinkle it lightly with flour. Knead as shown in **FIGURE 3.**

FIGURE 3.

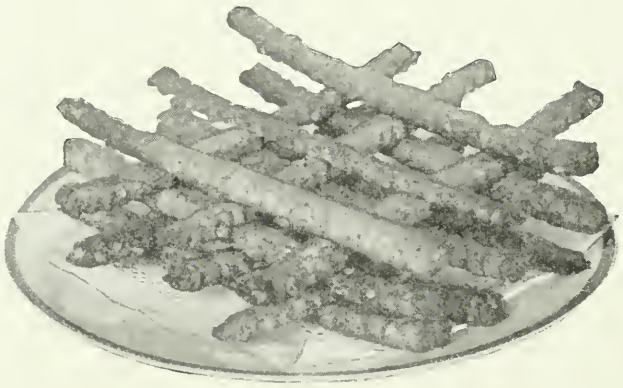
Roll out the dough prepared by your partner to ¼ inch thickness (rectangular piece).

Cut into **2** strips about ½ inch wide. Make a ring of the left-over piece.

You are to WASH the dishes today according to directions already learned.

NOTE BOOK WORK.

5 Tablespoonfuls Flour.
⅛ Teaspoonful Salt.
Few Grains Paprika.
½ Tablespoonful Butter.
½ Cup Soft Bread Crumbs.
½ Cup Grated Cheese.
1 Tablespoonful Milk, or more.



CHEESE STRAWS.

WORKING DIRECTIONS.

Add salt and pepper to the flour, chop in the butter, add crumbs and grated cheese. Mix thoroughly, then add milk to make a dough. Knead until smooth. Roll ¼ inch thick and cut in strips. Lay them on buttered paper in a pan and bake 10 minutes, or until light brown, in a moderate oven.

Cost of preparing Home Recipe of Cheese Straws:

Materials:	**Cost.**
5 Tablespoonfuls Flour	cts.
½ Tablespoonful Butter	cts.
½ Cup Bread Crumbs.....	cts.
½ Cup Grated Cheese.....	cts.
1 Tablespoonful Milk	cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

In today's lesson you are to grate the cheese, measure the milk, combine ingredients and bake the straws.

Follow each paragraph closely.

See Recipe on Front Page.

Grate the cheese; if it is too soft to grate, cut it into fine shavings.

Add it to your partner's mixture.

Work it in with a knife or fork or tips of fingers, until all ingredients are thoroughly mixed.

Add the milk, continue mixing with a knife until a smooth, stiff dough has been formed. It may take a little more milk, but only enough to hold the ingredients together should be added. See **FIGURE 1.**

FIGURE 1.

Pass it to your partner.

Place the strips prepared by your partner onto the buttered baking sheet. See **FIGURE 2.**

Bake on top shelf in the oven until a light brown.

Serve your partner and self.

You are to WIPE the dishes today according to directions already learned.

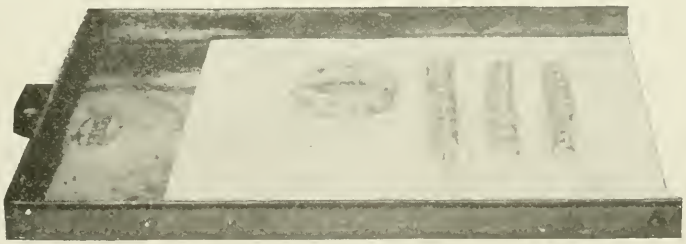


FIGURE 2.

HOME RECIPES.

TOASTED CHEESE SANDWICHES.

Prepare toast; dip quickly in hot salted water. Spread with grated cheese; place in a pan in the oven long enough to melt the cheese.

Put the slices together as sandwiches.

WELSH RARE BIT.

MATERIALS:

½ Lb. Cheese (grated).
¼ Teaspoonful Mustard.
½ Teaspoonful Salt.
Few Grains Cayenne.
⅛ Teaspoonful Soda.
½ Cup Milk.
2 Eggs.
1 Tablespoonful Butter.
Crackers or Toast.

Mix the first 6 ingredients; cook over hot water until cheese is melted; pour this onto the slightly beaten eggs, add the butter, and cook over hot water, stirring constantly until thick and smooth. Pour over slices of toast or crackers and serve at once.

CHEESE FONDUE.

1 Cup Scalded Milk.
1 Cup Soft Bread Crumbs.
2 Cups Cheese (cut fine).
Few Grains Pepper.
1 Tablespoonful Butter.
½ Teaspoonful Salt.
¼ Teaspoonful Mustard (if liked).
3 Eggs.

Mix first 7 ingredients, add well beaten yolks. Cut and fold in the stiffly beaten whites. Pour into a buttered baking dish and bake 20 minutes. Baked in ramekin dishes—called Cheese Ramekins.

CHEESE SOUFFLE.

2 Tablespoonfuls Butter.
2 Tablespoonfuls Flour.
½ Cup Scalded Milk.
⅓ Teaspoonful Salt.
Few Grains Cayenne.
⅔ Cup Grated or Shaved Cheese.
2 Eggs.

Melt the butter, add flour, and when thoroughly mixed add gradually the scalded milk, stirring all the time until smooth and thickened. Then add seasonings and cheese. Remove from fire, add the well beaten yolks, cool; fold in the stiffly beaten whites. Pour into a buttered baking dish and bake about 20 minutes. Serve immediately.

QUESTIONS.

1. What is Cheese?

2. Name three different kinds of Cheese.

3. Compare 1 lb. of Cheese with 2 lbs. of meat as to nourishment contained.

4. Would you call Cheese a bulky or concentrated food?

5. What may be added to Cheese to make it more easily digested?

6. How would you make Cheese Straws?

7. With what are Cheese Straws usually served?

8. What is rennet?

9. What does milk contain?

10. Why does milk sour?

11. How should milk be heated?

12. Name three dishes with milk as the chief ingredient.

13. Name three cheese dishes.

SUGGESTIONS FOR HOME APPLICATION.

Water plays an important part in nutrition. As previously learned in Book I, water constitutes ⅔ the weight of the body; it is a regulator of body processes as a solvent; it carries nutritive material, carries off waste material and regulates the temperature of the body. It is interesting to note that almost all foods, either naturally or during the process of preparation, contain at least ⅔ water when served.

As water is given off constantly through the lungs, skin and kidneys, it is necessary to constantly replenish the supply. It is a good plan to drink a glass of water on rising in the morning, to cleanse the digestive tract. It should not be taken too cold. Water with meals does not interfere, but aids digestion, if not drunk in excess. Foods in a state of dilution are more easily digested; 1 pint or 2 glassfuls of water is not considered too much at 1 meal. This, of course, may be in the form of soups, milk, succulent fruits or vegetables or as water alone.

If water is contaminated, freezing does not kill the micro-organisms; it simply checks their growth, while in the frozen state.

Artificial ice is manufactured by freezing water, changing it to ice by an ammonia process.

In the household, ice is used for preserving food, freezing mixtures and cooling beverages. A refrigerator is a box built with several layers of non-conducting material with an ice chamber, food chambers, and waste pipe to carry away melted ice. The air is cooled by the ice in the chamber.

If you have an opportunity you should study the different kinds of refrigerators. If ice is dirty it should be washed before being put into the chamber.

The refrigerator should be washed out as often as is necessary to keep it perfectly clean. The doors should be kept tightly closed at all times.

PROTEINS—TISSUE BUILDING FOODS.

MILK PRODUCTS—CREAM DESSERTS.

Ice cream and frozen milk and egg dishes are frequently recommended by physicians as valuable food for the sick and convalescent. One reason for this is that it furnishes all the food elements in an attractive form pleasing to the patient.

School Recipe.

MATERIALS:

¼ Cup Cream.
1½ Tablespoonfuls Sugar.
¼ Teaspoon Vanilla.

FREEZING MIXTURE.

½ Cup Rock Salt.
1½ Cups Crushed Ice.

ICE CREAM SERVED IN A CANTALOUPE.

Ice Cream should be frozen cream. Sometimes it is made with a custard foundation, then it is Custard Ice Cream. A pure ice cream is very nutritious. Much of the ice cream on the market is adulterated. Under no circumstances should cheap, impure ice cream be eaten.

Freezing.

Ice and Salt form a freezing mixture, several degrees below the freezing point of water.

Salt melts the ice, withdrawing heat from the contents of the can, and the melting ice dissolves the salt. The smaller the piece of ice, the more quickly the change to liquid; and the more salt used the more quickly the mixture is frozen. If too much salt is used, however, the frozen mixture will be coarsely grained; 3 parts ice to 1 part salt is the best proportion for a smooth, fine-grained cream.

Directions for Freezing.

Scald can, cover and dasher, then chill.

Place the can of the freezer in the pail; put in the dasher. Cover and adjust top. Turn crank to make sure can fits in socket. Remove cover, pour in mixture to be frozen, readjust cover and crank.

Fill the space between the can and pail with alternate layers of ice and salt, allowing three measures of ice to one of salt.

The ice and salt should come a little higher in the pail than mixture to be frozen.

The can should not be more than ¾ full, as the mixture expands in freezing.

Turn the crank slowly at first, then turn crank more rapidly, adding more salt and ice if needed.

Do not draw off the water, unless it stands so high that there is danger of it getting into the can.

After freezing, draw off the water, remove dasher, and with a spoon press the mixture compactly.

Put cork in opening of cover.

Repack, using 4 parts of ice to 1 of salt.

Cover with newspapers, an old blanket, or a piece of carpet.

How to Make Ice Cream or Ices without a Freezer.

Cover bottom of pail with crushed ice. Put in baking powder can, tumbler, or lard pail containing mixture to be frozen, and surround with ice and salt. Turn can or tumbler with hand occasionally, and as soon as it begins to freeze scrape frozen mixture from sides of can, and beat mixture with spoon, continuing until mixture is frozen.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

NOTE: In today's Lesson you should prepare the **ice** and **salt** for freezing, also prepare the **ice cream.**

Follow each paragraph closely.

See Recipe on Front Page.

FIGURE 1.

Put the ice and salt into the dishpan placed at your table by your partner. See **FIGURE 1.**

Measure the cream, sugar and vanilla into your pudding mould (steamer) or tin measuring cup.

Cover it and put it into the ice and salt. See **FIGURE 2.**

FIGURE 2.

After **5** minutes take out your spatula or knife and scrape the sides of the tin containing the cream mixture, and give it a good stirring or beating. See **FIGURE 3.**

Let stand for **5** minutes.

Repeat until mixture is entirely frozen.

Serve yourself.

FIGURE 3.

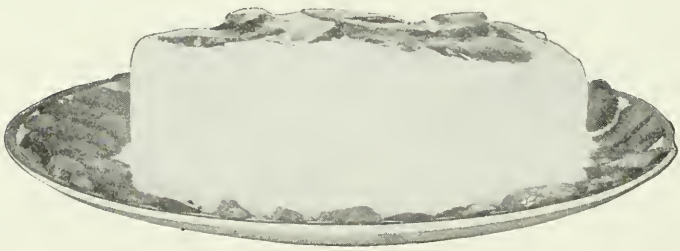
You are to WIPE the dishes today according to directions already learned.

NOTE BOOK WORK.

VANILLA ICE CREAM—I.

1½ Tablespoonfuls Vanilla. ¾ Cup Sugar. 1 Quart Thin Cream.
Mix ingredients and freeze according to directions for freezing.

INDIVIDUAL PORTION ICE CREAM AND PEACHES.



ICE CREAM MOULDED IN BRICK FORM AND PEACHES.

Cost of Preparing Home Recipe of Ice Cream.

Materials:		Cost.
1	Quart Cream	cts.
¾	Cup Sugar	cts.
1½	Tablespoonfuls Vanilla	cts.
	Ice	cts.
	Salt	cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

NOTE: In today's Lesson you should prepare the **ice** and **salt** for freezing, also prepare the **ice cream.** Follow each paragraph closely.

See Recipe on Front Page.

Put the ice and salt into the dish pan placed at your table by your partner. See **FIGURE 1.**

Measure the cream, sugar and salt into your pudding mould (steamer) or tin measuring cup.

Cover it and put it into the ice and salt.

After **5** minutes take out your spatula or knife and scrape the sides of the tin containing the cream mixture, and give it a good stirring or beating.

Let it stand for **5** minutes.

Repeat until the mixture is entirely frozen.

Serve yourself.

FIGURE 1.

You are to WASH the dishes today according to directions already learned.

HOME RECIPES.

VANILLA ICE CREAM—II.

1½ Cups Scalded Milk.
1 Tablespoon Flour.
¾ Cup Sugar.
⅛ Teaspoonful Salt.
1 Egg.
1 Quart Thin Cream.
2 Tablespoons Vanilla.

Mix flour, sugar and salt; add egg slightly beaten, and milk gradually. Cook in double boiler 20 minutes, stirring constantly at first. Should custard have curdled appearance, it will disappear in freezing. When cool, add flavoring and cream. Strain and freeze.

CHOCOLATE ICE CREAM.

Melt four ounces unsweetened chocolate; add one cup water and boil 5 minutes. Add this to Vanilla Ice Cream mixture.

STRAWBERRY ICE CREAM.

1 Quart Thin Cream.
1 Cup Sugar.
1 Box Strawberries.

Wash and hull berries. Sprinkle with sugar. Let stand 1 hour. Mash and rub through strainer. Add the cream and freeze.

CARAMEL ICE CREAM.

Prepare the same as Vanilla Ice Cream II, using 1½ cups sugar. Caramelize 1 cupful of the sugar by putting the dry sugar into a smooth saucepan or spider over the fire, stirring until the sugar melts and looks like a syrup.

NUT ICE CREAM.

Add chopped nuts to Vanilla Ice Cream mixture.

MILK SHERBET.

2 Cups Sugar.
½ Cup Lemon Juice.
1 Quart Milk.

Mix the sugar and strained lemon juice. Pour the milk into the freezer-can, add the lemon mixture. Stir thoroughly, cover and freeze.

Cream and grated pineapple together with the lemon juice makes a very good mixture.

QUESTIONS.

1. Why do we combine ice and salt for freezing mixtures?

2. What proportions of ice and salt would you use when you desire to freeze a fine grained mixture?

3. What proportions for a coarsely grained mixture?

4. Why scald the can, etc., before freezing?

5. How many parts to an ordinary freezer?

6. Can you make ice cream without a freezer?

7. What would you use in place of a freezer? Explain.

8. How was your ice cream today?

9. What is a refrigerator?

10. Of what is it made?

11. How many parts are essential?

12. For what is it used?

13. How should the ice be treated?

14. How can you keep the refrigerator sweet and clean?

15. Is ice cream nourishing?

SUGGESTIONS FOR HOME APPLICATION.

In this lesson you have quite a number of recipes for frozen cream dishes, with the general rules for freezing. A great variety of frozen dishes called ices may be prepared by freezing a mixture of fruit juice sweetened and diluted with water. These will be found very refreshing, and although they are not nourishing like ice cream, they make a delightful accompaniment for the meat course and may also be served for dessert.

Below are some recipes for ices you can try out at home.

LEMON ICE.

4 Cups Water.
2 Cups Sugar.
¾ Cup Lemon Juice.

Make a syrup by boiling water and sugar 20 minutes; add lemon juice, cool, strain and freeze, according to directions for freezing ice cream.

ORANGE ICE.

4 Cups Water.
2 Cups Sugar.
2 Cups Orange Juice.
¼ Cup Lemon Juice.
Grated Rind of 2 Oranges.

Make a syrup as for Lemon Ice; add fruit juices and grated rind; cool, strain and freeze.

RASPBERRY ICE. I.

4 Cups Water.
1⅔ Cups Sugar.
2 Cups Raspberry Juice.
2 Tablespoons Lemon Juice.

Make a syrup as for Lemon Ice, cool, add lemon juice and raspberries mashed and squeezed through double cheese cloth; strain and freeze.

If the natural color of the fruit is desired in the Ice a good brand of fruit coloring may be added before freezing; or use 1 quart berries, 1 cup sugar, 1 cup water and lemon juice to taste. Allow water, sugar and berries to stand 2 hours to extract juice from berries and thoroughly disolve sugar; mash and squeeze through double cheesecloth; add lemon juice to taste, and freeze.

STRAWBERRY ICE.

4 Cups Water.
1½ Cups Sugar.
2 Cups Strawberry Juice.
1 Tablespoon Lemon Juice.

Prepare and freeze the same as Raspberry Ice.

RASPBERRY AND CURRANT ICE.

4 Cups Water.
1⅓ Cups Sugar.
⅔ Cup Raspberry Juice.
1⅓ Cups Currant Juice.

Prepare and freeze same as Raspberry Ice.

PROTEINS—TISSUE BUILDING FOODS.

MEAT—PREPARATION OF TENDER CUTS.

Broiled meat is prepared from tender cuts of meat. Broiling and roasting are the two methods used in preparing tender cuts of meat. Meat only slightly cooked is more easily digested than meat cooked for a long time. Tough cuts may be forced through a food chopper and then broiled or roasted, thereby furnishing easily digested meat at less cost.

School Recipe.

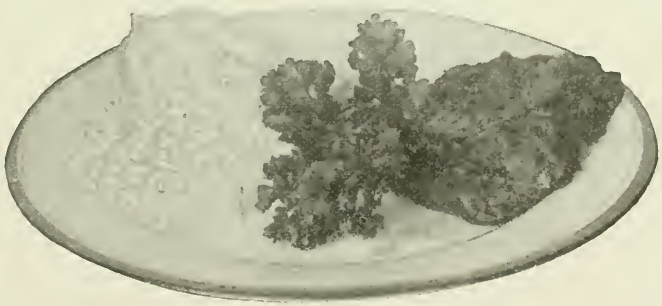
MATERIALS:

Odd Numbers—

Small Piece of Suet.
1 Small Piece of Sirloin Steak.

Even Numbers—

2 Tablespoonfuls Ground Round Beef.
⅛ Tablespoonful Salt.
Few Grains Pepper.
1 Teaspoonful Milk.



BROILED STEAK WITH RICED POTATOES.

When choosing meat for broiling select the tender pieces of meat. These are always the more expensive cuts of meat. Broiling is a quick process of cooking meat, and when properly done all the juices should be retained in the piece of meat. Cheaper cuts, which include the tough cuts, may be put through the food chopper and then broiled to advantage. In today's Lesson we are going to pan broil a tender piece of meat and a tough piece, after it has been finely chopped.

PROTEINS—TISSUE BUILDING FOODS—MEAT.

DEFINITION.—Meat is the name given to the flesh of animals used for food.

Average Composition of Lean Beef.

Proteins	18.36
Gelatin	1.64
Extractives	1.90
Fat	.90
Mineral	1.30
Water	75.90
	100.00

KINDS.

BEEF is the meat of the steer or cow and is the most nutritious of animal foods. The best is obtained from a steer four or five years old.

VEAL is the meat of a young calf killed when six or eight weeks old. The meat from a younger calf is unwholesome. Veal is less nutritious than beef and is not so easily digested.

MUTTON is the name given to the meat of sheep. Mutton is considered almost as nutritious as beef. The fat of mutton is not as easily digested as the fat of beef. Good mutton comes from sheep about 3 years old.

LAMB is the name given to the meat of lambs. Lamb is less nutritious than mutton. Young lamb when killed from 6 to 8 weeks old is called spring lamb. Lamb 1 year old is called a yearling.

POULTRY includes chickens, turkey, geese, duck, etc.

GAME includes wild fowl and wild animals, as partridge, grouse, quails, pigeons, venison, etc.

SELECTION.

Meat should be uniform in color, the flesh should be firm and elastic to the touch.

The flesh of beef should be of a bright red color, and intermingled with fat that is yellowish.

Mutton should be dull red in color, and the fat white.

Lamb and Veal should be lighter in color and the flesh less firm than in beef.

Meat should be removed from the paper as soon as it comes from the market.

Meat should be kept in a cool place.

Always wipe meat with a damp cloth.

METHODS OF COOKING.

The usual methods of cooking are boiling, stewing, steaming, broiling, roasting, baking, frying, sauteing, braising and fricasseeing.

BOILING: Cooking in boiling water.

STEWING: Cooking for a long time below the boiling point.

STEAMING: Cooking over the steam of boiling water.

BROILING: Cooking over a glowing fire.

BAKING: Cooking by the dry, confined heat of the oven.

ROASTING: Cooking before a glowing fire (as commonly used is the same as baking).

FRYING: Cooking in hot fat deep enough to cover the article to be cooked.

SAUTEING: Cooking in a small quantity of fat (commonly called frying).

BRAISING: A combination of stewing and baking.

FRICASSEEING: A combination of frying and stewing.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

NOTE: In today's Lesson, you should **broil a piece of steak,** while your partner broils a Hamburg Steak.

Follow each paragraph closely.

See Recipe on Front Page.

Wipe the piece of meat with a piece of wet cheesecloth. See **FIGURE 1.**

FIGURE 1.

Take out your small frying pan, put it over the fire.

Rub it with a piece of suet.

Put piece of meat into the pan. Count **10**; turn; count **10** again. See **FIGURE 2.**

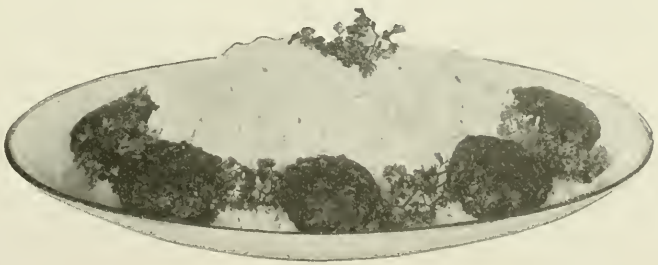
Repeat until it has been turned **6** times, then turn occasionally until meat is cooked as you like it.

FIGURE 2.

Season it with salt and pepper.

Serve your partner and self.

You are to WASH the dishes today according to directions already learned.



HAMBURG STEAK AND RICED POTATOES.

NOTE BOOK WORK.

To Broil Steak:

Wipe meat with a damp cloth and trim off superfluous fat. Rub the wire broiler or frying pan with a little of the fat. Place meat in broiler, and broil over a clear fire, turning every 10 seconds for the first minute. After the first minute, turn occasionally until well cooked on both sides. May be broiled in a frying pan, turning often as directed above.

TIME.—Steak an inch thick requires from 5 to 8 minutes. Serve with MAITRE D'HOTEL BUTTER.

Cream 3 tablespoons butter; add 1 teaspoon lemon juice gradually; ½ teaspoon salt, ⅛ teaspoon pepper and ½ tablespoon chopped parsley.

BROILED STEAK AND BAKED TOMATOES.

Cost of preparing Home Recipe of Broiled Steak:

Materials:	**Cost.**
1 Slice Sirloin Cut 1 Inch Thick	cts.
3 Tablespoons Butter (if liked)	cts.
Total	cts.

Cost of preparing Hamburg Steak:

Materials:	**Cost.**
1 Pound Lower Part of Round	cts.
Onion	cts.
¼ Cup Milk	cts.
Total	cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

NOTE: In today's Lesson you are to prepare **Hamburg Steak,** while your partner prepares Broiled Steak. Follow each paragraph closely.

See Recipe on Front Page.

FIGURE 1.

Measure (see **FIGURE 1**), and mix the ground meat, salt, onion (if liked) and pepper in a bowl. Add the milk gradually and work it with a fork until thoroughly mixed. See **FIGURE 2.**

Shape into **2** round small cakes.

Take out frying pan and place it over the fire.

Rub the bottom of it with a piece of suet or put in a little other fat. See **FIGURE 3.**

FIGURE 2.

Put in the cakes. Count **10,** turn and count **10** again. Repeat until they have been turned **6** times. Then turn occasionally until done as you like them. See **FIGURE 4.**

Season with salt and pepper.

Serve your partner and self.

You are to WIPE the dishes today according to directions already learned.

FIGURE 3.

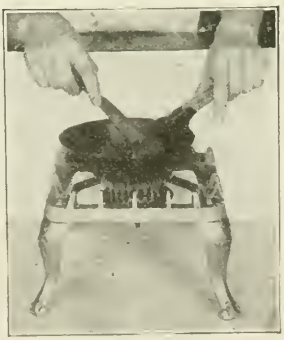


FIGURE 4.

HOME RECIPES.

METHODS OF COOKING MEAT.

BROILING is cooking by direct exposure to heat, over hot coals or over a flame (gas flame).

Cooking with little or no fat in a hot frying pan is called "PAN-BROILING."

The object is to retain the juices.

The method employed is to **expose the surface of the meat to great heat,** turning frequently.

By turning frequently the surfaces are seared and the juices retained.

EXPERIMENTS.

Put a piece of meat into a wire broiler, hold over a flame **1** minute. What happens? The juice comes to the top, and when turned the juice drops into the fire.

Put a piece of meat into a wire broiler, hold over a flame and count **10.** Turn, count **10,** and repeat. Raise broiler, count **10,** and turn. Repeat. Cut and examine.

The tender cuts of beef, mutton and lamb, and some kinds of game are used for broiling.

Young chicken, small fish, lobsters and oysters may be broiled.

Pork and veal should not be broiled, as they require long cooking.

Dark meats, as beef, mutton, etc., may be cooked rare.

Lamb, chicken, and light meats should be well done.

The best cuts for broiling are steaks from the loin of beef (all between the first rib and rear end of hipbone, except sirloin, porterhouse) from the top of round and rump, and the rib or loin chops of mutton and lamb.

The meat should be cut "across the grain" from ¾ inch to 1½ inches thick. Dampers of the stove should be open during broiling, so that the smoke, etc., may be carried to the chimney.

HAMBURG STEAK.

Chop finely **1** pound lean raw beef; season highly with salt, pepper and a few drops of onion juice. Add ¼ cup milk gradually, and shape into cakes. Heat a frying pan, rub with the fat of meat, and pan-broil the steaks, turning cakes often during the cooking.

PAN-BROILED CHOPS.

Heat the frying pan very hot. Trim the chops, remove the fat, and wipe the chops. Put into frying pan. When **1** side is seared, sear the other, turn often the first minute. Cook from **6** to **8** minutes. Stand chops in the pan so the edges may be cooked.

TIME TABLE FOR BROILING.

Steak **1** inch thick	**5** to **8** minutes
Steak 1½ inches thick	**7** to **12** minutes
Chickens	**20** to **30** minutes
Squabs	**10** to **12** minutes

QUESTIONS.

1. Under what food heading does meat come?
2. Give average composition of beef.
3. Name different kinds of meat.
4. From what animal is each obtained?
5. How can you tell whether meat is of good quality or fresh?
6. Where should meat be kept?
7. How would you clean a piece of meat?
8. Name 10 different ways of preparing meat.
9. Tell how to prepare meat according to the different methods.
10. When is meat more easily digested—when slightly or thoroughly cooked?
11. Name 3 ways of cooking meat.
12. Name 3 ways of cooking tough cuts.
13. Name 2 ways of cooking tender cuts.
14. What is usually served with meat?
15. What are the chief values of meat?

SUGGESTIONS FOR HOME APPLICATION.

Meat is the flesh of animals used for food. The names given depend on the animal furnishing the meat. The tender cuts lie along the back between the shoulder and hip joints, while the tough cuts are around the limbs and where they are exercised more or less. The tender cuts are used for broiling and roasting, while the tough cuts are used for soups, stews and braised roasts.

Meat is chiefly valuable for its content of protein, fat and mineral salts.

The nitrogenous extractives in soups are stimulating, but have no food value. Meat is one of the high priced articles of food and, while it furnishes choice food, it should not be used in excess. Fish, eggs, milk, peas, beans, cereals and some nuts may be used as meat substitutes in the diet. Too much meat in the diet is apt to cause putrefaction in the intestines and also to produce too much acid in the body.

Green vegetables, fresh fruits and plenty of water will counteract this tendency.

Pork may contain trichina, a tiny parasite, which, if taken into the human body may cause a very dreaded disease called trichinosis. Pork should always be cooked well done before eating in order to kill any trichina which it may contain.

Meat if allowed to spoil may contain poison developed by bacteria and cause ptomaine poisoning.

PROTEINS—TISSUE BUILDING FOODS.

MEATS—PREPARATION OF TOUGH CUTS.

Soup stock is a stimulant and not a nutrient, as so many people believe. It may be changed into a nutrient by adding it to the slightly beaten white of egg, after which it must not be reheated, as it would coagulate the albumen. This lesson demonstrates the theory learned in the egg lessons, that cold water dissolves albumen, while heat coagulates it.

School Recipe.

MATERIALS:

1 Small Piece of Meat.	½ Cup Water.
2 Small Pieces of Suet.	¼ Teaspoon Salt.
1 Slice Turnip.	2 Pepper Corns.
1 Slice Carrot.	½ Slice Onion.

SOUP STOCK.

The meat and vegetables should not be thrown away. They may be served in the soup or may be taken out and used for meat pie, croquettes, hash with rice or molded in rice. A large proportion of nourishment is still retained, although the juices and flavor have been extracted. If the meat and vegetables are combined with a sauce made with some of the stock, it makes a tasty dish.

PROTEINS. TISSUE BUILDING FOODS.

METHODS OF COOKING MEAT.

OBJECT:

1. **To extract the juices,** as in Soups, Broths and Beef Teas.

2. **To retain the juices,** as in Broiling, Roasting, Boiling and Frying.

3. **Combination of both,** as in Stewing and Braising, where part of the juices are retained and part extracted.

EXPERIMENTS.

1. Put a piece of beef (2 inches) into a glass half filled with cold water. Let stand 20 minutes. Does the water look just the same?

2. Scrape or cut a piece of beef (2 inches) into small pieces. Put into a glass half filled with cold water. Compare with No. 1.

3. Put a small piece of beef into a heavy glass. Pour on boiling water. What happens?

What effect does COLD water have on albumen?

What effect does BOILING water have on albumen? Compare this with the white of egg experiments.

In today's Lesson our object is to extract the juices of meat. As we learned that cold water dissolves albumen, we will put the meat into cold water. If the meat is cut into small pieces more surface is exposed to the cold water. The meat should soak at least 1 hour in the cold water, after which it should be heated gradually to the simmering point, not above this temperature (rather below).

The small gray particles that rise to the top are bits of albumen coagulated. When the albumen is coagulated and skimmed off the nourishing part is taken out of the soup. So soup made in this way is a stimulant but not a nutrient.

If a nutrient is desired follow the recipe for bottled beef tea or cook the soup below 132 degrees Fahrenheit.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

NOTE: In today's Lesson, you are to prepare the **vegetables**, while your partner prepares the meat for the Soup. Follow each paragraph closely.

See Recipe on Front Page.

Cut the turnip and carrot into tiny cubes. To do this cut the carrot into slices; the slices into strips and the strips into cubes. See **FIGURES 1, 2** and **3.** Soak in cold water.

FIGURE 1.

Measure the seasonings.

Cut the onion into small pieces.

FIGURE 2.

Add turnip, carrot, onion and seasonings to the saucepan containing the meat after it has soaked **20** minutes.

If the soup is served clear eat the meat and vegetables separately. At home they may be served with rice or potatoes in a stew.

FIGURE 3.

Serve your partner and self with the soup.

You are to WIPE the dishes today according to directions already learned.

NOTE BOOK WORK.

Materials for Brown Soup Stock:

2 Pounds Raw Meat.
1 Pound Browned Meat and Bone (may be left-over).
3 Quarts Cold Water.
1 Stock Celery (may be omitted).
Bit of Bay Leaf.
Sprig of Parsley.
4 Tablespoons Cubed Carrot.
4 Tablespoons Cubed Turnip.
4 Tablespoons Finely Chopped Onion.
1 Tablespoon Salt.
6 Pepper Corns.

Working Directions:

Cut the meat into small pieces; put into a kettle having a tightly fitting cover. Cover the meat with the cold water. Saw the bone, add it to the meat and water; add the browned meat. If only raw meat is used brown ⅓ of it in the suet in a frying pan. Add it to the raw meat and bone. Cover it tightly; let soak 1 hour, then simmer from 4 to 5 hours. The last hour of cooking add the vegetables and seasoning. After the vegetables are cooked, strain. Save the meat and vegetables to be used for meat pie, etc.

Cost of preparing Home Recipe for Brown Soup Stock:

Materials:	**Cost.**
2 Pounds Meat	cts.
1 Pound Browned Meat and Bone	cts.
Celery	cts.
Bay Leaf	cts.
Parsley	cts.
Carrot	cts.
Turnip	cts.
Onion	cts.
Salt	cts.
Pepper Corns	cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

NOTE: In today's Lesson you are to prepare the **meat,** while your partner prepares the vegetables for the soup. Follow each paragraph closely.

See Recipe on Front Page.

Wipe the meat with a damp piece of cloth; cut it into 6 small pieces. See **FIGURE 1.**

FIGURE 1.

Put 4 pieces into the saucepan and cover them with cold water; let stand.

Take out frying pan. Put into it the piece of suet; add the remaining 2 pieces of meat and brown them thoroughly in the pan. See **FIGURE 2.**

Pour a little of the water in which the meat is soaking into the frying pan.

Pour all back into the saucepan. See **FIGURE 3.**

Your partner will add the vegetables and seasonings.

Put over a slow fire and let cook slowly about 45 minutes. See **FIGURE 4.**

If a clear soup is desired, strain out the meat and vegetables. Add a little slightly beaten white of egg; stir; boil 1 minute over the fire. Let it simmer 5 minutes. Remove scum and strain through double thicknesses of cheesecloth.

FIGURE 2.

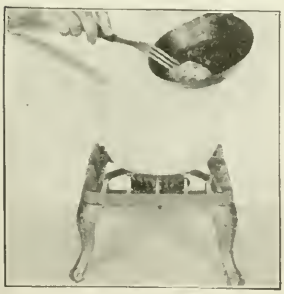


FIGURE 3.

FIGURE 4.

You are to WASH the dishes today according to directions already learned.

HOME RECIPES.

HOW TO CLEAR SOUP.

Wash an egg, break it; beat the white slightly, crush the shell. Stir it into the strained soup. Place over the fire and stir constantly until boiling point is reached. Boil 2 minutes. Simmer 20 minutes. Remove the scum and strain through double thicknesses of cheesecloth placed over a strainer.

HOW TO PREPARE BEEF TEA.

1 Pound Lean Beef.

1 Pint Cold Water.

Salt to taste.

Scrape or cut the meat into small pieces and put it with the cold water into a glass jar or top of a double boiler. Let stand 30 minutes. Place on a trivet in a kettle containing cold water, or over lower part of double boiler. Heat slowly. Let stand at a low temperature (130 degrees Fahrenheit) 2 or 3 hours. Strain through a coarse strainer, and press the meat to obtain all the juices. Beef tea prepared below coagulating point of albumen is a nutrient.

BROILED BEEF ESSENCE.

Take one pound steak from the round cut ¾ inch thick. Wipe meat, place in a heated broiler. Broil 3 minutes, put on a hot plate, cut into small pieces. Express the juice with a lemon squeezer, potato ricer or vegetable press, and turn into a cup. Set in a dish of hot water.

NOTES.

Use all the trimmings in making soup stock.

For white stock use veal or chicken.

For brown stock use beef, part of it browned, and the vegetables browned.

Stock without vegetables keeps best in hot weather.

QUESTIONS.

1. What does cold water do to the albumen in meat?
2. What does boiling water do to the albumen in meat?
3. How would you extract the juices in the preparation of meat soups?
4. How would you prepare a **nutrient** meat soup or broth?
5. How would you prepare it to make it only a stimulant?
6. What animal furnishes veal?
7. What animal furnishes lamb?
8. What animal furnishes mutton?
9. What animal furnishes beef?
10. How may the juices of meat be extracted?
11. How may the juices of meat be retained?
12. How may the juices of meat be partially extracted and retained?
13. How may soup meat be used?
14. How may tough cuts of meat be used?
15. How may tender cuts of meat be used?

SUGGESTIONS FOR HOME APPLICATION.

There are 3 kinds of soup:

1. Meat Soups (Stock).
2. Milk Soups (Cream).
3. Plain Soups.

The water in which meat has been cooked is called meat stock. This makes a stimulating but not a nutritious soup.

The cream soups are highly nutritious, as they are made with milk.

Soups made with succulent vegetables are rich in mineral salts and are valuable as appetizers and blood purifiers. If starchy vegetables are added, they contain nourishment.

Peas and beans are two vegetables that contain the same kind of nourishment as meat and, therefore, soups prepared from them may be used as meat substitutes.

Odd bits of meat and bone left over from steaks and roasts, etc., may be used in making stock.

Soup stocks may be divided into 2 classes: brown soup stock and white soup stock. In the former dark meat is used, part of which is browned in a little fat to give color and flavor to the stock. White soup stock is made from light meat, either veal or chicken. The meat is not browned in this, as a light color and delicate flavor are desired. Vegetables are added to both kinds of soup stock. Spices and herbs are also added. The meat is soaked in cold water and then gradually heated to the simmering point in order to draw out the maximum amount of juices.

Stock is the basis of many kinds of soups—cooked meat and vegetables; vegetables alone, rice, tapioca or sago; spaghetti or vermicelli may be cooked and served in the soup.

Cream soups may be made by combining equal quantities of white stock and white sauce, and enough vegetable pulp and the water in which the vegetables were cooked to give the flavor of the vegetables.

Bouillon is usually made from lean beef, ⅓ or ½ of the meat browned, the soup delicately seasoned and cleared.

Consomme is usually made from beef, veal and fowl in combination. It is highly seasoned with vegetables, spices and sweet herbs and is always clarified.

PROTEINS—TISSUE BUILDING FOODS.

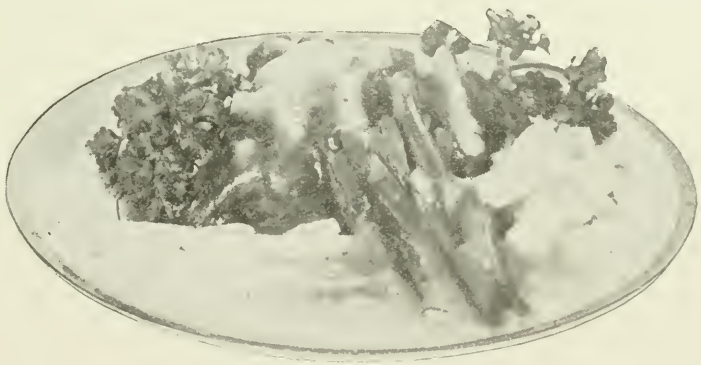
MEAT—PREPARATION OF TOUGH CUTS.

There are so many different ways of preparing the tougher cuts of meat that the housewife has an endless number of recipes to choose from. The principal rule to remember in the cooking of these cuts is **that long, slow, moist cooking will render the toughest cut of meat tender.**

School Recipe.

MATERIALS:

¼ Pound Piece of Meat.
1 Inch Cube Suet.
1 Slice Carrot.
1 Slice Turnip.
¼ Onion.
½ Pound Potato.

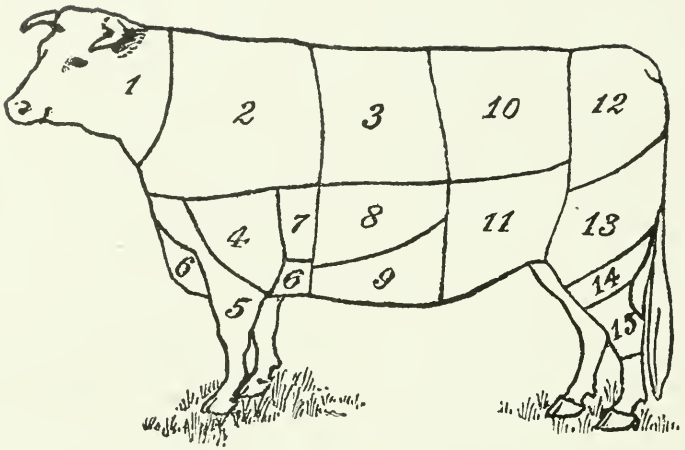


BEEF A LA MODE.

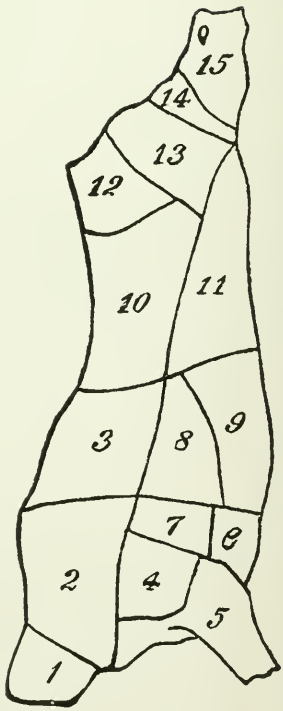
Beef a la Mode is another example of a way to prepare an inexpensive cut of meat so it will look attractive, taste good, and give nourishment.

This method, we have learned, is called "BRAISING."

The meat should be dredged with flour, sprinkled with seasoning and browned on all sides in hot fat, then half covered with hot water, and allowed to cook slowly until the meat is tender.



1. Neck.
2. Chuck.
3. Ribs.
4. Shoulder.
5. Fore Shank.
6. Brisket.
7. Cross Ribs.
8. Plate.
9. Navel.
10. Loin.
11. Flank.
12. Rump.
13. Round.
14. Second Cut Round.
15. Hind Shank.



United States Department of Agriculture.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

NOTE: In today's Lesson you are to prepare the **vegetables**, while your partner prepares the meat. Follow each paragraph closely.

See Recipe on Front Page.

Cut the carrot into strips lengthwise.

Cut the turnip into strips lengthwise. See **FIGURE 1.**

FIGURE 1.

Leave the onion just as it is.

Cut the potato into ¼ inch slices. See **FIGURE 2.**

FIGURE 2.

Soak all the vegetables (except the onion) in a bowl of cold water.

When your partner has prepared the meat add the salt, pepper and vegetables to the saucepan containing the browned meat and water and cook all slowly until the meat and vegetables are tender.

Thicken the gravy with the flour and water mixed until perfectly smooth. See **FIGURE 3.**

FIGURE 3.

You are to WASH the dishes today according to directions already learned.

NOTE BOOK WORK.

Beef a la Mode:

2 Pounds Beef.
3 Tablespoonsful Flour.
Water.
1 Turnip (cut in strips).
1 Carrot (cut in strips).
2 Onions Sliced.
4 Potatoes (cut in slices).
Salt and Pepper.

Working Directions:

Insert 12 large strips of salt pork fat or pieces of suet into a 4 pound piece of round beef. Tie with a string. Season with salt and pepper, dredge with flour. Put a piece of suet in a hot pan, brown the meat on all sides in this. Put into a kettle with vegetables and water to half cover beef, cover closely and cook slowly 4 or 5 hours in oven or on top of range.

POT ROAST.

When beef is similarly prepared (without the strips of fat and vegetables) and cooked in thickened water, it is called Pot Roast.

Cost of preparing Home Recipe of Beef a la Mode:

Materials:	**Cost.**
2 Pounds Beef	cts.
3 Tablespoonfuls Flour	cts.
1 Turnip	cts.
1 Carrot	cts.
2 Onions	cts.
4 Potatoes	cts.
Salt and Pepper	cts.
Total	cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

NOTE: In today's Lesson you are to prepare the **Meat,** while your partner prepares the Vegetables. Follow each paragraph closely.

See Recipe on Front Page.

Wipe the meat. See **FIGURE 1.** Gash it in **4** places.

FIGURE 1.

Cut the suet into **6** thin strips.

Lay **4** of the suet strips in the gashes. See **FIGURE 2.**

Tie securely with a string.

Dredge the piece of meat with flour, salt and pepper.

Put the piece of meat into the frying pan with the remaining suet. See **FIGURE 3.**

FIGURE 2.

Brown the meat on all sides in the frying pan.

Put the browned piece of meat into a saucepan. Pour ¾ cup of boiling water into the frying pan; add this to the saucepan containing the meat. See **FIGURE 4.**

Cover saucepan; cook slowly. See **FIGURE 5.**

Pass it to your partner.

You are to WIPE the dishes today according to directions already learned.

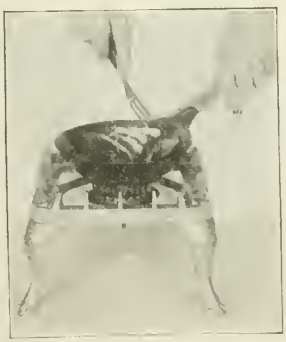


FIGURE 3.

FIGURE 4.

FIGURE 5.

HOME RECIPES.

CHICKEN STEW.

Dress, clean and cut up a fowl, and put into a stew pan. Cover with boiling water and cook gently until tender; after the first hour of cooking add 2 teaspoons salt, ⅛ teaspoon pepper, bit of bay leaf, sprig of parsley, and a slice of onion, if liked. Thicken stock with flour mixed with cold water.

Curried Chicken may be made by adding 1 tablespoon curry to the sauce.

CHICKEN PIE.

Put stewed chicken in a baking dish, cover with short cake dough, omitting sugar, and bake until done.

BOILED LAMB OR MUTTON.

Wipe meat, cover with boiling water, simmer three hours. Serve with caper sauce, boiled turnips or cauliflower or spinach and potatoes.

LAMB, CREOLE STYLE.

2 tablespoons butter.
1 tablespoon finely chopped onion.
1 tablespoon finely chopped green pepper.
1 cup broth.
½ cup tomato puree.
½ teaspoon salt.

Cook first three ingredients, add broth, tomato and seasonings. Reheat boiled lamb in sauce. Serve with boiled rice.

BLANQUETTE OF VEAL.

Wipe meat. Cut veal into small pieces. Put into a stew pan, cover with water, add carrots cut into strips, onion cut into eighths, sprigs of parsley and cloves, bit of bay leaf and pepper corns tied in a bit of cheese cloth. Cover and let simmer until meat is tender. Thicken stock by adding 1 cup of thick white sauce. A yolk of egg and 1 tablespoon lemon juice may be added just before serving.

VEAL STEW.

Veal may be stewed according to recipe for Stewed Chicken.

VEAL PIE.

Veal pie may be made according to recipe for Chicken Pie.

QUESTIONS.

1. Name the cuts of meat in a beef creature.
2. Name four tough cuts.
3. Name three tender cuts.
4. Name two ways of preparing tough cuts.
5. Name two ways of preparing tender cuts.
6. Give the directions for roasting meat.
7. Why intense heat at first?
8. Why reduce heat later?
9. How would you prepare the Gravy?
10. From what animals are meats derived?
11. What are the chief food values of meat?
12. How may you judge good meat?
13. What are the prices of the different cuts of meat?
14. About how much meat for braizing is needed to serve six people?
15. Give general rules for braizing meat.

SUGGESTIONS FOR HOME APPLICATION.

METHODS OF COOKING MEAT.

ROASTING is cooking by exposure to direct action of dry heat on a spit or in an oven.

The object of roasting is to retain the juices and develop a special flavor. The tender cuts of meat should be selected for roasting—the choicest cuts being the sirloin, rump, rib, etc., of beef; the loin, leg and shoulder of lamb, mutton or veal: the chine and rib of pork. Chicken, turkeys, geese, ducks, etc., are used for roasting.

GENERAL DIRECTIONS.

Wipe the meat with a damp cloth. Dredge with flour, pepper and salt on all sides. Put pieces of fat on the meat and in the pan (melted fat may be used). Place meat on a rack in the pan. Put into a hot oven. The heat of the oven should be intense at first until the surfaces are seared (about 10 minutes) and then the heat should be reduced and water added to cover the bottom of pan.

The meat should either be covered closely or basted frequently with equal quantities of fat drippings and water. After the last basting, sprinkle with salt and pepper. Place meat on a hot platter and garnish.

GRAVY.

Pour fat from pan, allow 2 tablespoonfuls of fat to 3 tablespoonfuls flour for each cup of gravy. Put fat in the pan, add the flour and stir over a hot fire until well browned, add the boiling water or stock, boil 3 minutes, season to taste with salt and pepper and strain.

TIME TABLE FOR ROASTING.

Beef, round .....per lb.	12 to 15 min.
Beef, ribs (well done).....per lb.	12 to 15 min.
Beef, ribs (rare).....per lb.	8 to 10 min.
Mutton leg (well done).....per lb.	15 min.
Mutton leg (rare).....per lb.	10 min.
Mutton loin (rare).....per lb.	8 min.
Mutton shoulder (stuffed).....per lb.	15 min.
Lamb (well done).....per lb.	20 min.
Veal (well done).....per lb.	25 min.
Pork (well done).....per lb.	30 min.
Chicken .....per lb.	15 min.
Goose .....per lb.	18 to 20 min.
8 Lb. Turkey.....	About 2 hrs.

PROTEINS—TISSUE BUILDING FOODS.

MEAT—PREPARATION OF VEAL.

Veal is the meat of a young calf killed when 6 or 8 weeks old. All immature meat is less nutritious and more difficult of digestion than mature meat. No matter how veal is prepared it should be thoroughly cooked to make it palatable and digestible.

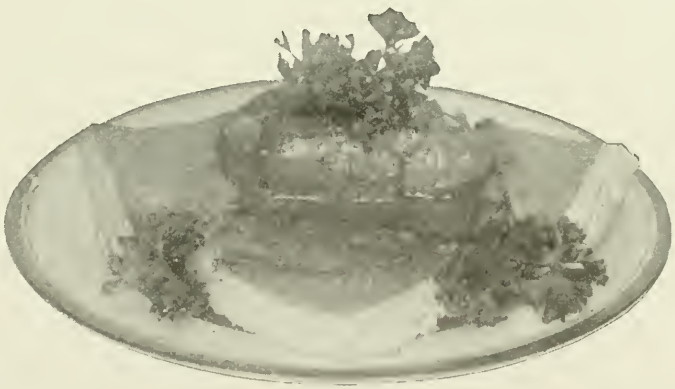
School Recipe.

MATERIALS:

1 Thin Piece of Veal (2 x 3 Inches).
3 Tablespoons Bread Crumbs.
½ Teaspoon Butter or Veal Fat.
Few Drops Onion Juice.
Few Grains Celery Salt.
⅛ Teaspoon of Salt.
Few Grains of Pepper.

SAUCE:

4 Tablespoons Milk.
1 Teaspoon Flour.
1 Teaspoon Water.



VEAL BIRD ON TOAST.

The above recipe is a good way of preparing veal cut from the fleshy part of the round or shoulder. When the stuffing is delicately seasoned and the birds cooked until tender they taste very much like stuffed birds. Meat goes a great deal farther when prepared in this way, and therefore offers an economical way of preparing veal. Veal should always be thoroughly cooked.

BEEF.

Name of Cut	How to Prepare
LOIN, including all sirloin cuts	Roast
	Broil
RUMP	Fairly good for broiling.
Back of Loin	Roast
Back of Loin	Stew
Back of Loin	Pot Roast
ROUND	Braise
	Beef a la Mode
	Beef Juice
	Beef Tea
	Fairly good for roasting and broiling
PRIME RIBS	Fine for roasting
BLADE	Fairly good for roasting
CHUCK	Braise
	Pot Roast
	Stew
NECK	Soup
	Stew
BRISKET	Corn or Boil
CROSS RIBS	Pot Roast or Inferior Steak
PLATE	Corn or Boil
NAVEL	Corn or Boil
FLANK	Stew
	Roll and Braise
SHIN	Soup
SKIRT STEAK	Stew

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

NOTE: In today's Lesson you are to prepare the **meat**, while your partner prepares the stuffing. Follow each paragraph closely.

See Recipe on Front Page.

Measure and heat the milk in a saucepan over a slow fire.

Mix the flour and water, stir until smooth; add a little of the hot milk to it; stir. (See **FIGURE 1.**) Pour back into the saucepan and cook until thickened. Add salt. Turn off the fire.

FIGURE 1.

Pound the thin piece of meat with the end of the rolling pin. See **FIGURE 2.**

Spread the meat with the stuffing prepared by your partner. Roll up (see **FIGURE 3**) and tie with a string, being careful not to leave any opening to let out the stuffing. See **FIGURE 4.**

FIGURE 2.

Sprinkle the roll with flour, salt and pepper.

Pass it to your partner.

Cook birds until tender when tried with a fork. Serve your partner and self with a half-bird and sauce.

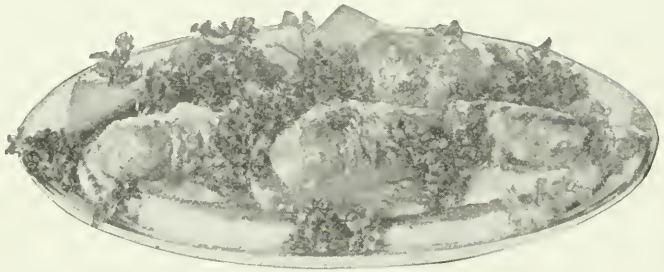
FIGURE 3.

FIGURE 4.

You are to WIPE the dishes today according to directions already learned.

NOTE BOOK WORK.

6 Thin Slices of Veal (about 3 x 4 inches).
2 Cups Soft Bread Crumbs.
2 Tablespoons Melted Butter or Melted Fat.
2 Tablespoons Chopped Parsley (may be omitted).
½ Teaspoon Onion Juice (if liked).
2 Tablespoons Finely Cut Celery, or
⅛ Teaspoon Celery Salt.
⅛ Teaspoon Pepper.
½ Teaspoon Salt.
¼ Cup Hot Water.



VEAL BIRDS ON TOAST.

Working Directions:

Wipe thin slices of veal cut from the leg or shoulder. Pound the meat on both sides, and cut into pieces about 3 x 4 inches. Spread pieces with STUFFING, roll and tie, sprinkle with salt and pepper, dredge with flour. Brown in hot butter or melted fat in a frying pan. Put in stew pan, cover with a thin white sauce and cook slowly until tender. Serve, on small circular or square pieces of toast, cover with the sauce, and garnish with parsley. The trimmings may be used for making a white stock, which may be added to the sauce or stuffing.

STUFFING.

2 Cups Soft Bread Crumbs.
2 Tablespoons Melted Butter.
2 Tablespoons Chopped Parsley.
½ Teaspoon Onion Juice (if liked).
¼ Cup Hot Water.
2 Teaspoons Celery (cut) or
⅛ Teaspoon Celery Salt.
½ Teaspoon Salt.
⅛ Teaspoon Pepper.

Cost of Preparing Home Recipe of Veal Birds:

Materials:	Cost.
6 Slices Veal	cts.
2 Cups Bread Crumbs	cts.
2 Tablespoons Butter or Fat	cts.
2 Tablespoons Parsley	cts.
½ Teaspoon Onion Juice	cts.
2 Tablespoons Celery	cts.
Pepper and Salt	cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

NOTE: In today's Lesson you are to prepare the **Stuffing,** while your partner prepares the Meat. Follow each paragraph closely.

See Recipe on Front Page.

Prepare the crumbs by rubbing two pieces of stale bread together. See **FIGURE 1.**

FIGURE 1.

Measure the crumbs; add the melted butter, onion juice (by grating the onion over the crumbs) (see **FIGURE** 2), celery salt, salt and pepper.

FIGURE 2.

Mix with a fork and taste.

Pass it to your partner.

Measure **1** tablespoon of suet, put into your frying pan. See **FIGURE 3.** Place over the fire.

FIGURE 3.

Put the veal bird or roll into it. Brown on all sides. Put into the large saucepan containing all the birds. Mark yours with a piece of paper put onto the end of a toothpick.

Pour your partner's white sauce into your frying pan (see **FIGURE** 4), then pour contents into saucepan containing the birds.

FIGURE 4.

You are to WASH the dishes today according to directions already learned.

HOME RECIPES.

WHITE SAUCE.

2 Tablespoons Flour.
2 Tablespoons Water.
1½ Cups Milk.
¼ Teaspoon Salt.
Few Grains Pepper.

Heat the milk in a double boiler or in a saucepan over a low fire. Mix the flour and water until smooth, add more cold water until thin enough to pour. Pour into the hot milk while stirring it constantly until mixture is thickened.

METHODS OF COOKING MEATS.

BRAIZING is the cooking of meat with a small amount of water in the oven in a tightly covered pan or kettle. It is a combination of stewing and baking meat. The meat should be cooked in an oven at a low temperature for a long time; by so doing tough pieces of meat become tender.

ROLLED FLANK OF BEEF OR ROLLED ROUND OF BEEF.

Flank Steak, or 1 Pound of Thinly Cut Round Steak.
2 or 3 Small Pieces Suet.
1 Onion.
¼ Cup Carrot, Cubed.
2 Cups Stock or Water.

Wipe the meat, trim the edges, pound on both sides, spread with stuffing, roll and tie. Sprinkle the roll with salt and pepper, dredge with flour and brown on all sides in hot drippings, and lay it on the onion and carrot in a pan with the suet on top. Pour the water or stock into the pan. Cover tightly and cook slowly in the oven or on top of the stove.

For round steak, cook slowly, covered, for 1 hour, or more in moderate oven.

For flank steak, cook slowly, covered for 3 hours or more, or until tender.

Serve with brown gravy made by thickening the liquid in the pan.

Individual rolls may be made.

The above is sometimes called **Mock Duck.**

QUESTIONS.

1. From what animal do we get **veal?**
2. How should **veal** be cooked?
3. What cut would you select for veal birds? Why?
4. How would you prepare veal birds?
5. Could beef be used in the same way?
6. What is meant by **Braizing?**
7. Under what food principle do meats come?
8. What is their function in the body?
9. Name two light meats.
10. Name two dark meats.
11. How should immature meat be cooked?
12. How may mature meat be cooked?
13. What is meant by white stock?
14. What is meant by brown stock?
15. How would you remove a course?
16. How would you pass a dish?
17. How would you refill the glasses with water?

SUGGESTIONS FOR HOME APPLICATION.

As previously stated, the tender cuts are located along the back bone, between the shoulder and hip joints. These are less in number than the tougher cuts and therefore command higher prices. While the tender cuts are the choicest and require less cooking than the tougher cuts, they do not rank higher in nutritive value. If the tougher cuts are cooked a long time to render them tender, they require longer time for complete digestion. This is no tax on the digestive organs of a healthy person. If digestion is weak, the tougher cuts may be forced through a food chopper and then cooked slightly, when they will be even more easily digested than the larger, tender pieces of meat. The fine subdivision of any food renders it more easy of digestion, because the digestive fluids can attack every particle of the food more easily and change it to the necessary soluble state for absorption.

On a foregoing page will be found a diagram of the beef creature, showing the different cuts of meat. On another page will be found the best methods for their preparation.

It is a good plan to visit a local meat market and become acquainted with the different cuts—and report on the observations and conclusions drawn from such a visit.

Most of the internal organs of the beef creature are also used for food, and as a rule sell at a lower price than even the cheaper cuts; the tongue is boiled and served hot or cold; the heart is stuffed and baked in a slow oven; the kidneys are used in stews; the inner lining of the cow's stomach, called tripe, is fried; the liver is fried and served with bacon; the thymus gland of the calf, called sweet breads, is boiled and served in white sauce as a great delicacy, and even the brains are utilized as food, although not very generally liked.

Below are a few directions for preparing some of these organs that you may wish to use at home:

BOILED TONGUE.

Wash thoroughly and if salty soak several hours in cold water. Put in kettle, cover with cold water and bring slowly to boiling point. Boil five minutes, remove scum and cook at a lower temperature until tender. Cool slightly in water in which it was cooked, then take from water and remove skin. It is served hot as meat dish for dinner; sliced cold for luncheon; or it may be ground, mixed with salad dressing and nuts and used for filling for sandwiches.

BAKED CALF'S HEART.

Calf's heart is preferable to beef heart, because it is more tender and has a more delicate flavor.

Wash the heart, remove veins, arteries and clotted blood. Stuff with a good poultry dressing and sew. Sprinkle with salt and pepper, roll in flour, and brown in hot fat. Place in small deep baking pan, half cover it with boiling water, cover closely and bake slowly two hours, basting every fifteen minutes. Add more water if necessary. Remove heart from pan, and make a brown sauce of the liquor in the pan. Season to taste with salt and pepper and pour around the heart before serving.

PROTEINS—TISSUE BUILDING FOODS.

PREPARATION OF FISH.

Fish is regarded as a most valuable meat substitute. It contains the same kind of nutrients and at a lower cost. Stale fish may be poisonous, so great care should be exercised in its selection.

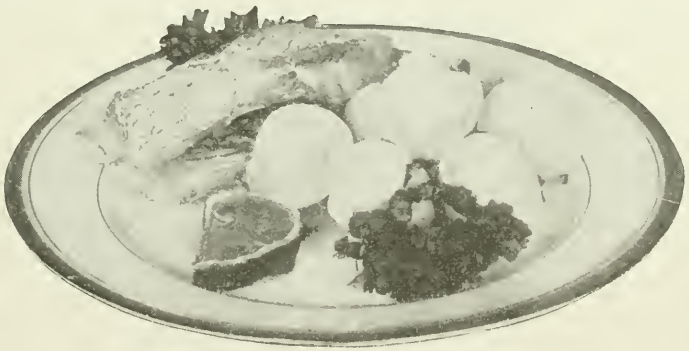
School Recipe.

MATERIALS:

1 Piece of Fish.
1½ Teaspoons Salt.
1½ Teaspoons Vinegar.
1 Cup Water.

HOLLANDAISE SAUCE.

1 Teaspoon Butter.
1 Teaspoon Flour.
¼ Cup Fish Stock.
½ Yolk.
1 Teaspoon Lemon Juice.



BOILED FISH WITH POTATO BALLS.

Individual Serve.

Fish is the animal food next in importance to meat. One should be very careful in selecting fish to make sure that it is strictly fresh.

Steaming, baking, and broiling are the three methods that are considered the best ways of preparing fish, because these methods retain the juices.

In today's lesson, we are going to boil fish. In boiling, part of the juices are extracted but if a sauce is made from the stock and it is served with the fish we lose none of the nourishment.

When salt and vinegar have been added to the water, it is called salted and acidulated water. The water gives flavor and the vinegar makes the flesh firm.

FISH—TISSUE BUILDING FOODS.

FISH is the animal food next in importance to meat. The fish flesh is less stimulating and nourishing than meat but it is considered more easily digested.

Fish is classified into the **white-fleshed** and **red-fleshed.**

In the white-fleshed fish, most of the oil is located around the liver, while in the red-fleshed the oil is distributed throughout the flesh.

White-fleshed Fish:—EX.—Whitefish, Haddock, Cod, Flounder, Smelt, Perch, Pickerel, Sun-fish, Croppies, etc.

Red-fleshed Fish:—EX.—Salmon, Shad, Lake Trout, Butter Fish, Herring, etc.

The white-fleshed fish is more easily digested than the red-fleshed, therefore, it is selected for invalids, convalescents or those suffering from weak digestion.

Fish should be eaten while fresh and in season. Stale fish is poisonous.

HOW TO SELECT FRESH FISH.

Select a fish that has bright eyes and gills, shiny scales, firm flesh and is free from a disagreeable odor.

HOW TO CLEAN FISH.

Remove the scales by drawing a knife over the fish, beginning at the tail and working toward the head.

Wipe the fish inside and out with a cloth, wet in cold salted water, then wipe with a clean dry cloth kept for the purpose. Head and tail may or may not be taken off, according to the manner of cooking.

HOW TO SKIN A FISH.

Rub fingers with salt so that the fish may be held without slipping. Remove fins along the back with a sharp knife. Cut off a narrow strip of skin the entire length of the back. Loosen the skin from the bony part of gills and draw it off very carefully, one side at a time.

HOW TO BONE A FISH.

Clean, then begin at the tail and run a sharp knife under flesh close to the back, working toward the head. Turn and repeat on the other side. Pick out any small bones that may remain.

METHODS OF COOKING FISH.

Broiling, baking and steaming are the best methods of cooking fish.

Fish suitable for broiling are—Split mackerel, whitefish, cod, shad, trout, etc., sliced halibut and salmon, white smelts and small fish.

Fish suitable for baking whole are—Whitefish, cod, haddock, small salmon, shad, etc.

Fish suitable for boiling are—Salmon, halibut, cod, haddock, trout, etc.

Fish suitable for frying are—The white-fleshed fish.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

NOTE: In today's Lesson, you will prepare the **fish,** and your partner will prepare the sauce. Follow each paragraph closely.

See Recipe on Front Page.

Put the salt, vinegar and water into your saucepan. Place it over the fire.

Wipe the piece of fish.

Put it very carefully into the saucepan containing boiling salted acidulated water, using your wire whisk beater. See **FIGURE 1.**

Let it cook gently until flesh will leave the bone when tried with a fork. Take out with the wire whisk beater. See **FIGURE 2.**

While the fish is cooking, make a lemon boat by cutting a lemon in half and scalloping edges with a knife or pair of scissors; remove the inside and serve the sauce in the lemon boat.

Put onto a hot plate.

Serve your partner and self.

You are to WASH the dishes today according to directions already learned.

FIGURE 1.

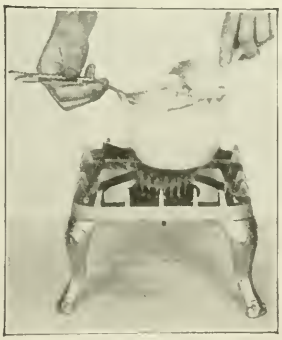
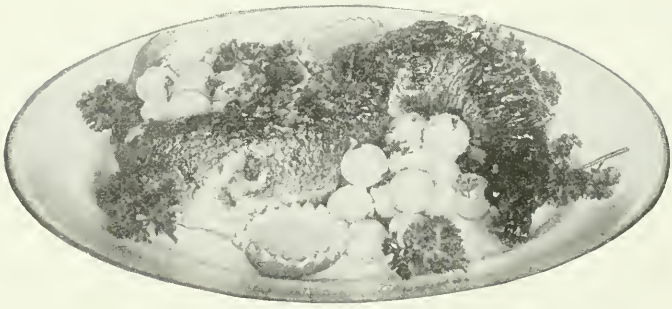


FIGURE 2.

NOTE BOOK WORK.

1 fish.
2 teaspoons salt.
2 tablespoons vinegar to each quart water.



BOILED FISH.

Working Directions:

Clean and wipe the fish; tie in a cheese cloth to hold the fish together and to prevent the scum from adhering to the fish. Place the fish on a rack or frying basket to keep the shape and to make it easier to remove from the water. Cook gently in boiling salted acidulated water to cover the fish, using 2 teaspoons salt and 2 tablespoons vinegar to each quart of water. The salt gives flavor and the vinegar or lemon juice keeps the flesh white. Allow about 15 minutes to the pound. The fish is cooked when the flesh is firm and separates easily from the bone.

Remove from water, take off the cheese cloth, put on a hot platter, and serve with Hollandaise Sauce.

Cost of Preparing Boiled Fish:

Materials	Cost
Fish	cts.
2 teaspoons salt	cts.
2 tablespoons vinegar	cts.

FRIED FISH.

Clean and wipe the fish. Season with salt and pepper, roll in cornmeal, flour or crumbs, dip in egg and crumbs again. Cook in deep fat; drain on soft paper. Serve on a hot dish.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

NOTE: In today's Lesson, you are to prepare the sauce, while your partner prepares the fish. Follow each paragraph closely.

See Recipe on Front Page.

Measure and melt the butter in your saucepan, and add the flour. See **FIGURE 1.**

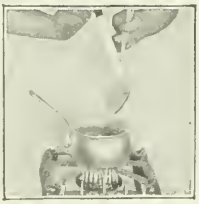


FIGURE 1.

Stir while adding the fish stock (**4** tablespoons of the water in which the fish is cooking).

Boil **5** minutes.

Measure the half yolk into your custard cup.

Remove saucepan from the fire; pour some of the hot mixture gradually into the yolk in the custard cup while stirring constantly. See **FIGURE 2.**

FIGURE 2.

Pour back into saucepan containing hot mixture, add the lemon juice and seasonings to taste. Do not reheat.

Serve your partner and self with the sauce. Pour it over the cooked fish.

You are to WIPE the dishes today, according to directions already learned.

HOME RECIPES.

FISH STUFFING.

1 cup crumbs (bread or crackers, or half and half).
¼ cup melted butter.
¼ teaspoon salt.
(Few drops onion juice, if liked.)
⅛ teaspoon pepper.
⅛ teaspoon celery salt.
¼ cup water.

Mix ingredients in order given. If a dry filling is desired, the water may be omitted. Three tablespoons catsup, chopped parsley, capers, pickles, or oysters may be added.

DRAWN BUTTER SAUCE.

2 cups boiling water.
½ cup butter.
4 tablespoons flour.
⅛ teaspoon pepper.
½ teaspoon salt.

Melt ½ the butter, add the flour. Stir while adding the boiling water gradually. Boil 5 minutes. Add seasoning and remaining butter.

CAPER SAUCE.

Add ½ cup capers, drained, to drawn butter sauce.

EGG SAUCE.

Add two "hard cooked" eggs finely chopped to drawn butter sauce.

HORSERADISH SAUCE.

To serve with salmon.

6 tablespoons grated horseradish.
2 tablespoons of vinegar.
¼ teaspoon salt.
½ teaspoon sugar.
½ cup thick slightly sour cream.
Few drops cayenne.

Mix ingredients except cream. Beat cream until stiff. Combine, beat until thoroughly mixed and serve.

HOLLANDAISE SAUCE 1.

2 tablespoons butter.
2 tablespoons flour.
Salt and pepper.
1 cup fish stock.
2 yolks.
2 tablespoons lemon juice.

Melt the butter, add the flour. Stir while gradually adding the fish stock (water in which the fish has been cooked). Boil 6 minutes. Remove from fire, pour some of the mixture on to the slightly beaten yolks, pour this back into the sauce. Beat and add the lemon juice and seasonings. Do not reheat.

HOLLANDAISE SAUCE 2.

½ tablespoon vinegar or 1 tablespoon lemon juice.
½ cup butter.
Yolks 2 eggs.
¼ teaspoon salt.
½ cup hot water.
⅛ teaspoon paprika.

Cream the butter, add the yolks and beat thoroughly. Then add the lemon juice, salt, paprika, and hot water. Cook in a double boiler, stirring constantly until like thick cream. Remove from fire and beat with a Dover egg beater about 5 minutes.

BROILED FISH.

Clean and wipe the fish; remove head and tail and split down the back. If a thick fish is used, cut in slices. Grease a wire broiler, lay in the fish and cook over a clear fire, cooking the flesh side first. Turn it and cook the skin until crisp. Sliced fish should be turned often while broiling. Fish is cooked when flesh is firm.

QUESTIONS.

1. What is fish?
2. How does fish compare with meat in nutritive value?
3. Classify fish.
4. Which is the more easily digested?
5. Name three different methods of preparing fish.
6. What is meant by boiling salted acidulated water?
7. Of what use is it as a boiling medium?
8. What kinds of fish would you select for boiling, broiling, baking, etc.?
9. Compare cost of fish with that of meat.
10. Where is the oil in red-fleshed fish?
11. Where is the oil in white-fleshed fish?
12. Which kind would you select for frying?
13. Which kind would you select for broiling?
14. How are fish caught?
15. How are they kept?

SUGGESTIONS FOR HOME APPLICATION.

Because fish spoils so easily, several means are used for its preservation.

1. Cold storage.

2. Smoking and salting—smoked salmon, herring and finnan haddie are favorites. Salted cod is commonly used.

3. Preserving in oil—sardines and small herring are put up in oil and are considered as delicacies.

4. Canning of fresh fish and shell fish—canned salmon is the most common, although cod and Tuna fish are now being used extensively for canning purposes. Oysters, lobsters, shrimps, clams and scallops are also canned and used extensively.

"To reduce the cost of living, eat more salmon, especially of the cheaper grades, and less meat." This is the advice of Dr. Hugh M. Smith, federal commissioner of fisheries, in a statement enumerating the important factors in favor of salmon as an article of food, as compared with meat. He asserts that not only is canned salmon cheaper than meats, but will keep indefinitely if unopened, while the latter spoil quickly.

To prove his assertion that salmon is cheaper than meats, Dr. Smith compares the average retail prices of these in Washington on February 10, 1914. One pound of canned red salmon of the best quality will cost about 18 cents, he says, while the same quantity of bone, muscle, blood and brain building material and body fuel in other foods would cost: Eggs, strictly fresh (at 34c per dozen), 36c; steak, sirloin (at 27½c per lb.), 33c; mutton, leg (at 19c per lb.), 32c; chicken, average (at 25c per lb.), 21½c; ham, smoked (at 18½c per lb.), 13½c; and pink salmon (canned, at 9c per can), 12½c.

PROTEINS—TISSUE BUILDING FOODS.

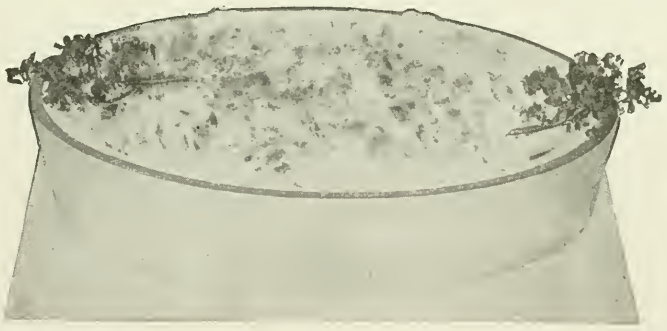
SHELL FISH—PREPARATION OF OYSTERS.

Shell fish, as a class, do not rank high as nutrients. To some people, they cause disagreeable digestive disturbances. The oyster is the most important of the shell fish, so far as its popularity and digestibility is concerned.

School Recipe.

MATERIALS:

4 Oysters.
1 Tablespoon Oyster Liquid and Water.
4½ Tablespoons Crumbs.
2 Teaspoons Melted Butter.
1/5 Teaspoon Salt.
Few Grains Pepper.



SCALLOPED OYSTERS.

One quart of oysters is equal to one quart of milk in the amount of nourishment contained. So milk is a less expensive food.

Oysters are considered a good food. They give variety to the diet. They are easily digested when properly cooked. They should not be cooked too long nor at too high a temperature.

SHELL FISH.

The shell fish commonly used are oysters, clams and scallops. Lobster, shrimps and crabs, although crustaceans, are usually called shell fish.

An Oyster has two shells. The one on which the oyster lies is deeper and rounder than the one that covers it. The oyster has two strong muscles, one to open the shell to take in food and water, and the other to close it.

The body is composed of the liver (containing glycogen, animal starch) surrounded by fluted layers called gills.

Oysters are 5 years old before suitable for eating. They are in season from September to May. They have about the same composition as milk. They are nutritious and of easy digestibility.

According to Stutzer 14 oysters contain the same amount of nourishment as an egg, 223 as 1 pound of beef. One quart of oysters is equal to 1 quart of milk in the amount of nourishment contained. Raw oysters are more easily digested than cooked, but cooking destroys dangerous germs that may be present.

The protein in oysters is very delicate so they should not be cooked too long nor at too high a temperature.

HOW TO OPEN OYSTERS.

Force a thin, sharp knife under the back end of the shell that covers the oyster (the flatter of the two) and push forward until it cuts the muscle. Remove the top shell and separate the oyster from the undershell.

HOW TO CLEAN OYSTERS.

Drain off the liquid of the oyster through a wire strainer placed over a bowl. Pour cold water over the oysters. With the fingers examine each oyster separately to see that no bits of shell are left clinging to them.

Clams rank next to oysters in food value. Little neck clams are served at dinner when Blue Points are not in season. At the beach clams are sometimes cooked with seaweed over the fire. This is called a Clam bake. Clam chowder, which is a stew, is a typical New England dish.

Scallops. The central muscle forms the edible part. They are in season from October to April.

LOBSTER—CRABS—SHRIMPS.

Their flesh is similar in composition to that of other fish, but is tough and difficult to digest.

Lobster. The portions of lobster not edible are the lungs, stomach and intestinal vein.

Crabs are in season during the spring and summer.

Shrimps are in season from May to October. Always remove the intestinal vein from the shrimp. It looks like a thread along the entire length of the shrimp.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

NOTE: In today's Lesson you are to prepare the **crumbs,** while your partner prepares the oysters. Follow each paragraph closely.

See Recipe on Front Page.

Roll the crackers to make 4½ tablespoons of crumbs. See **FIGURE 1.** Add the melted butter; mix with a fork.

FIGURE 1.

Butter the custard cup. See **FIGURE 2.**

Divide buttered crumbs into three parts. See **FIGURE 3.** Put 1½ tablespoons of crumbs (one part) into the baking dish.

FIGURE 2.

Your partner will cover them with 2 oysters and liquor.

Cover oysters with ⅓ of the crumbs. Your partner will add the second layer of oysters.

Cover the whole with the remaining third of buttered crumbs. Pass to your partner.

FIGURE 3.

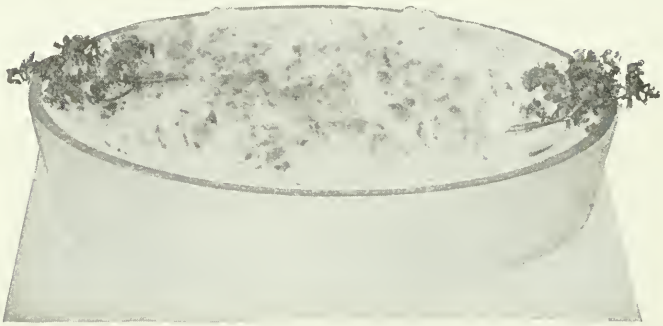
Serve your partner and self.

You are to WIPE the dishes today according to directions already learned.

NOTE BOOK WORK.

MATERIALS:

1 Pint Oysters.
⅓ Cup Oyster Liquor or Milk.
1½ Cups Cracker Crumbs or Stale Bread Crumbs.
⅓ Cup Melted Butter.
1 Teaspoon Salt.
⅛ Teaspoon Pepper.



SCALLOPED OYSTERS.

Working Directions:

Butter the Baking Dish:

Mix the crumbs and butter. Divide crumbs into three parts. Cover bottom of baking dish with ⅓ of the buttered crumbs. Put ½ of oysters on top of crumbs; cover oysters with one-half of liquor. Cover with layer of crumbs; repeat with oysters and liquor. Cover the whole with the remaining ⅓ of crumbs. Bake 30 minutes in a hot oven. Never allow more than two layers of oysters for scalloped oysters. If three layers are used the middle layer will be underdone, while the other two are properly cooked.

Cost of preparing Home Recipe of Scalloped Oysters:

Materials:	**Cost.**
1 Pint Oysters	cts.
Milk	cts.
Cracker Crumbs	cts.
Butter	cts.
Salt	cts.
Pepper	cts.
Total	cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

NOTE: In today's Lesson you are to prepare the Oysters while your partner prepares the Crumbs. Follow each paragraph closely.

See Recipe on Front Page.

FIGURE 1.

Pick over oysters. See that there are no bits of shell attached.

Dip oysters quickly into water to rinse them.

Arrange **2** oysters on the layer of crumbs prepared by your partner; cover with ½ tablespoon liquor and water. Season with salt and pepper. See **FIGURE 1.**

FIGURE 2.

Your partner will cover this with a layer of crumbs.

Arrange remaining **2** oysters on top of the second layer of crumbs.

Moisten with ½ tablespoon of liquor; sprinkle with salt and pepper.

Your partner will cover this with the remaining ⅓ of crumbs. See **FIGURE 2.**

FIGURE 3.

Put on a baking sheet in the oven to bake **15** minutes or until browned. See **FIGURE 3.**

You are to WASH the dishes today according to directions already learned.

HOME RECIPES.

OYSTERS ON THE HALF SHELL.

Serve the oysters on the deep halves of the shell, allowing 6 to each person. Arrange shells on crushed ice on plates small ends toward the center. Place ¼ of a lemon in the middle of each plate.

OYSTER STEW.

1 Pint Oysters.
1 Quart Scalded Milk.
3 Tablespoons Butter.
½ Tablespoon Salt.
⅛ Teaspoon Pepper.
Celery Salt, if liked.

Clean the oysters; heat the milk to boiling point. Add salt, pepper and oysters to the scalded milk. Heat to boiling point, reduce heat slightly and cook until edges of oysters begin to curl. Add the butter and serve.

CREAMED OYSTERS.

1 Cup Oysters.
1 Cup White Sauce.
⅛ Teaspoon Celery Salt.

Clean the oysters, add the oysters to the hot white sauce and cook until edges begin to curl. Serve on toast in timbale cases, patty shells, etc.

FRIED OYSTERS.

Clean the oysters, lay them on a clean cloth and pat them gently to dry them. Season with salt and pepper. Dip the oysters in cracker or bread crumbs, egg and crumbs again. Fry in deep hot fat, drain on soft paper. Serve on a platter and garnish with parsley.

QUESTIONS.

1. What kind of fish is an oyster?

2. Do oysters contain a great deal of nourishment?

3. Compare the nutritive value of oysters with a well known food. How do they compare?

4. How should oysters be cooked?

5. Name 3 different ways of serving oysters.

6. Name 2 shell foods.

7. How would you prepare lobsters?

8. How would you prepare shrimp?

9. Are shell fish as a class considered easy of digestion?

10. Give 2 ways of preparing oysters.

11. How are fish preserved?

12. How may canned fish be cooked?

13. How can you tell fresh fish from stale?

14. How would you cook crappies?

15. How would you cook whitefish?

SUGGESTIONS FOR HOME APPLICATION.

Oysters live in salt water. In the so-called oyster beds of the sea, where they are cultivated, there is very little danger of bacteria infection. Sometimes, however, they are grown near sewerage outlets where human wastes are emptied, and sometimes oysters taken from salt water are placed in a body of nearly fresh water and left for two or three days. The oysters absorb a great deal of water and during this time swell a great deal. This process is called "floating," and many people prefer "floated" oysters to those taken directly from the salt water. If the fresh water is pure, there is no objection, but oftentimes this floating is carried on in streams carrying wastes from sewers. The oysters absorb the contaminated water, and may be infected with typhoid bacilli. If these are served raw, of course, there is danger. Cooking will kill the bacteria and render them harmless.

Raw oysters are served on the half shell with lemon juice or horseradish as directed on your home recipe page. They are also served with a cocktail sauce in cocktail glasses. They are served as the first course for dinner or luncheon when served on the half shell or in a cocktail.

OYSTER COCKTAIL.

8 Small Raw Oysters.
1 Tablespoon Tomato Catsup.
½ Tablespoon Vinegar or Lemon Juice.
2 Drops Tobasco Sauce. Salt to Taste.
1 Teaspoon Celery, Finely Chopped.
½ Teaspoon Worcestershire Sauce.

Mix ingredients, chill thoroughly, and serve in cocktail glasses, or cases made from green peppers placed on a bed of crushed ice.

Oysters served in brown sauce in timbale cases or patty cases make a nice dish to prepare in the chafing dish for luncheon or late in the evening.

OYSTERS IN BROWN SAUCE.

1 Pint Oysters.
¼ Cup Butter.
¼ Cup Flour.
1 Cup Oyster Liquor.
½ Cup Brown Stock.
1 Teaspoon Worcestershire Sauce.
⅛ Teaspoon Pepper.

Wash and cook oysters in their own liquor until the edges curl, drain and keep warm, reserving the liquid. Brown butter a chestnut brown, add flour and brown it; then add oyster liquor, milk and seasonings. Cook, stirring constantly until it thickens. Add the oysters and when they are heated through serve on wafers or in timbale or patty cases.

PROTEINS—TISSUE BUILDING FOODS.

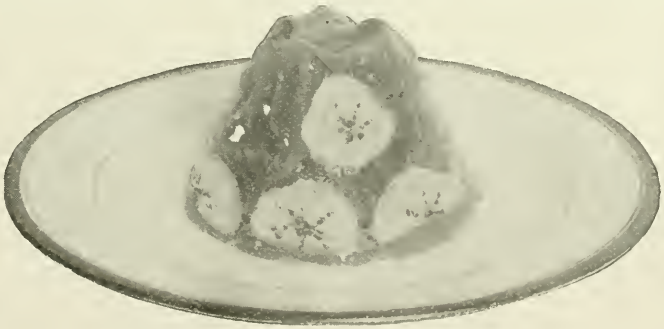
PREPARATION OF GELATINE DESSERTS.

Gelatine is obtained from the bones, skin and connective tissues of animals. If this is needed for these parts in the animals, it is also needed in the human body. Gelatine is regarded as valuable in our diet, although its nutrient content is not high. Its principal use in cookery is in desserts and aspic jellies.

School Recipe.

MATERIALS:

1 Rounding Teaspoon Gelatine.
1 Tablespoon Cold Water.
⅓ Cup Boiling Water.
2 Tablespoons Sugar.
1 Tablespoon Lemon Juice.
½ Teaspoon Lemon Rind.
5 Slices Banana.
4 Thin Slices of Figs.



LEMON JELLY WITH FRUIT.

Gelatine is called a proteid sparer. Gelatine contains nitrogen—but, alone, it cannot supply the body with all the nitrogen it needs. It can replace part of the protein in the diet and perform its duties in the body. It is therefore a valuable food.

GELATINE.

A PROTEIN SPARER.

Gelatine is obtained from cleaned bones, skin and connective tissues of animals.

These are cooked in boiling water for a long time, thereby extracting the gelatinous substances.

Commercial Gelatine is prepared by treating the connective tissues, etc., with a weak solution of caustic lye kept at a moderate temperature 10 days, then raised to a higher temperature, the lye drained off, the tissues, etc., rinsed in clear water, purified with sulphur and again thoroughly washed. The tissues are drained thoroughly, melted over steam and the liquid gelatine strained off and poured into thin layers to cool. Gelatine is also made from fish bones. The purest form of gelatine, called Isinglass, is made from the air bladder of the sturgeon.

Gelatine is highly nitrogenous. It is composed of carbon, hydrogen, oxygen and nitrogen and so has the composition of a proteid food, but is not a tissue builder. It is called a protein sparer. Its power as a protein sparer is about twice that of a carbohydrate.

Gelatine is very easily digested. It is digested by the pepsin of the pancreatic juices in the stomach and by the trypsin of the pancreatic juices in the smaller intestines.

Gelatine is not soluble in cold water.

Gelatine is soluble in hot water.

Gelatine should not be cooked in boiling liquid, as it will not solidify.

GENERAL RULES.

Use 2 tablespoons granulated gelatine to 3½ cups liquid.

Soak gelatine in cold water 20 minutes. Dissolve gelatine in boiling water by pouring the boiling water onto the soaked (hydrated) gelatine—or gelatine may be dissolved by placing the soaked gelatine over boiling water. Do not stir it much while it is dissolving.

Be sure that all the gelatine is dissolved before adding fruit juices, then add fruit juices, sugar and a few grains of salt, strain through a fine cloth, put in a cool place or on ice to harden.

Remove gelatine from mold by putting mold into a pan of warm water until the jelly loosens. Place inverted on the serving dish.

MEAT JELLIES.

Gelatine may be combined with cooked, sliced or ground seasoned meat. Ex.—Jellied veal or chicken. If a knuckle of veal or a fowl is cooked long enough and the stock reduced to about ¾ cup from 4 pounds of meat and bone there is enough gelatine extracted to mold the loaf without adding extra gelatine.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

NOTE: In today's Lesson you are to prepare the **Gelatine**, while your partner prepares the fruit and mold. Follow each paragraph closely.

See Recipe on Front Page.

FIGURE 1.

Measure the gelatine into your mixing bowl. See **FIGURE 1.** Add the cold water. See **FIGURE 2.**

Let stand 5 minutes.

FIGURE 2.

In the meantime, heat water to boiling point in your saucepan. Measure ⅓ cupful of it. Add this to the soaked gelatine.

Measure and add the sugar.

Your partner will add the lemon juice and rind.

When gelatine mixture is set and firm, dip it quickly into a pan of hot water (just for a second).

FIGURE 3.

Turn upside down onto a serving dish. See **FIGURE 3.** Shake and it will come out in a mold.

Serve your partner and self.

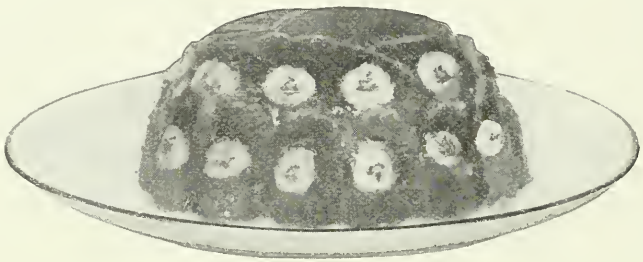
You are to WASH the dishes today according to directions already learned.

NOTE BOOK WORK.

LEMON JELLY.

Materials:

2 Tablespoons Granulated Gelatine.
½ Cup Cold Water.
2½ Cups Boiling Water.
1 Cup Sugar.
½ Cup Lemon Juice.
Rind 1 Lemon.



Working Directions:

Soak gelatine 20 minutes in cold water, then dissolve in boiling water.

Add sugar, the lemon juice and rind, strain into a mold and chill.

Beating the lemon jelly, while it is jelly-like, with a Dover egg beater will make it white and fluffy. It may be served as a Snow Pudding.

PUDDING A LA MACEDOINE.

Prepare lemon jelly mixture. Place a mold in a pan of ice water, pour in mixture ½ inch deep. When firm, decorate with fruit. Cover fruit with some of the lemon jelly mixture. When firm, add more fruit and mixture. Repeat until all is used, each time allowing mixture to stiffen before fruit is added. Oranges, bananas, dates, figs, etc., may be used.

NOTE: The coloring tablet found in the gelatine packages may be used to color the jelly mixtures.

Cost of preparing Home Recipe of Lemon Jelly with Fruit:

Materials:	**Cost.**
2 Tablespoons Gelatine	cts.
1 Cup Sugar	cts.
½ Cup Lemon Juice	cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

NOTE: In today's Lesson you are to prepare the fruit while your partner prepares the gelatine mixture. Follow each paragraph closely.

See Recipe on Front Page.

Measure and add the lemon juice and rind to your partner's mixture.

Cut the fig into very narrow strips. See **FIGURE 1.**

FIGURE 1.

Take out your custard cup.

Rinse it in cold water.

Add **2** tablespoons of your partner's gelatine mixture to it. Put it into your dishpan containing ice cold water.

Cut **1** slice of banana—put it in the center of the liquid in the custard cup.

FIGURE 2.

Radiate the **4** strips of figs.

Let stand until firm.

Add **3** tablespoons of gelatine mixture.

Dip the **4** slices of bananas so the slices face the sides of the custard cup.

Let stand until firm.

Pour remaining gelatine mixture into it.

Let stand until firm.

Pass it to your partner.

You are to WIPE the dishes today according to directions already learned.

HOME RECIPES.

SNOW PUDDING 1.

Materials:

2 Tablespoons Granulated Gelatine.
½ Cup **Cold** Water.
2½ Cups Boiling Water.
1 Cup Sugar.
½ Cup Lemon Juice.
Rind 1 Lemon.

Soak gelatine 20 minutes in cold water, then dissolve in boiling water.

Add sugar, the lemon juice and rind, strain into a mold and chill.

When jellylike, beat the lemon jelly with a Dover egg beater until white and fluffy.

SNOW PUDDING 2.

May be made by preparing ½ the recipe of Lemon Jelly. When thick, beat with a Dover egg beater until frothy, add the stiffly beaten whites of 3 eggs and continue beating until stiff enough to hold its shape. Serve this with a Custard Sauce.

CUSTARD SAUCE.

1½ Cups Scalded Milk.
⅛ Teaspoon Salt.
¼ Cup Sugar.
½ Teaspoon Vanilla.
Yolk 3 Eggs.

Beat the yolks slightly, add sugar and salt; stir continually until mixture thickens and a coating is formed on the spoon; chill and flavor. If cooked too long, custard will curdle. Should this happen, beating the mixture with the Dover egg beater will restore the smooth consistency. When eggs are scarce, use 2 yolks and ½ tablespoon cornstarch.

MARSHMALLOW PUDDING.

Prepare mixture as for Snow Pudding, adding one-half the amount of sugar, omitting the lemon juice, but adding 1 teaspoon vanilla and the beaten whites of three eggs. Beat vigorously. Serve with whipped cream to which crushed and sweetened fruit has been added.

QUESTIONS.

1. How would you class **gelatine?**
2. From what is gelatine obtained?
3. How is it prepared?
4. What food value has gelatine?
5. How would you hydrate gelatine?
6. How is gelatine dissolved?
7. Why is it necessary to dissolve it?
8. Name 3 recipes where gelatine is 1 of the ingredients.
9. What is gelatine called?
10. For what is it principally used in cookery?
11. What function has it in the body?
12. What are proteins?
13. What is their chief office in the body?
14. Give general rules for broiling meat.
15. Give general rules for roasting meat.

SUGGESTIONS FOR HOME APPLICATION.

RECIPES FOR MEAT JELLIES.

JELLIED CHICKEN.

Jellied chicken may be made by omitting the thickening in the recipe for chicken stew and boiling the stock down to ¾ cupful. The meat should be removed when it is ready to fall from the bones. Decorate bottom of a mold with hard cooked eggs and parsley, fill mold with the meat freed from skin and bone. Season stock highly and pour it on the chicken. Put in a cold place to mold; a little dissolved gelatine may be added to the stock.

ASPIC JELLY.

1 quart white or brown stock, highly seasoned and clarified, **4** tablespoonfuls gelatine soaked in ¾ cup cold water, juice **1** lemon.

Add soaked gelatine and lemon juice to the hot stock.

Taste and season, if necessary. Mold and chill.

Stuffed tomatoes, stuffed olives, boned birds, stuffed chicken or salmon may be molded in aspic jelly mixture. Finely chopped olives, almonds and celery may be used as stuffing for the tomatoes.

PROTEIN—TISSUE BUILDING FOODS.

PREPARATION OF GELATINE DESSERTS.

An invalid always appreciates variety in the diet, if permissible. Gelatine desserts are usually allowed, and, if the physician permits its use, any number of attractive combinations may be made with eggs or eggs and milk.

School Recipe.

MATERIALS:

Lemon Sponge.

1 Teaspoon Gelatine.
2 Tablespoons Cold Water.
2 Tablespoons Sugar.
1 Yolk.
1 White.
1 Tablespoon Lemon Juice.
½ Teaspoon Lemon Rind.

Whipped Cream:

¼ Cup Thick Cream.
1 Teaspoon Sugar.
¼ Teaspoon Vanilla.

LEMON SPONGE.

The above is a delicious, nourishing pudding. It is easily digested and contains even more nourishment than an eggnog. The eggs are raw and beaten so that the digestive juices can reach each particle easily—the gelatine holds it in shape and the lemon gives flavor. The whipped cream furnishes fat in a desirable form.

DINNER.

A SIMPLE DINNER may consist of 2 courses, meat or fish with vegetables and a dessert.

A Dinner may consist of 3 courses—soup, meat or fish with vegetables, and a dessert.

A Dinner may have more courses, as soup with rolls, croutons or baked crackers; fish, meat with vegetables, salad, dessert, coffee.

Arrange the Cloths, Knives and Forks as given in General Directions, Book 1.

Place at the right of each knife a soupspoon and a teaspoon, or more if needed.

A carving knife and fork should be placed at the right of the host, who usually serves the meat, and the tablespoons beside the dish to be served.

Bread sticks or dinner bread is placed in the folds of the napkin.

If the serving is done by the host or hostess, the hostess should serve the soup, vegetables, salad, dessert and tea or coffee; the host, meat or fish.

With a waitress, the hostess serves the soup, salad, dessert and coffee; the host, meat or fish; while the waitress passes the plates as food is served, and also serves the vegetables and entrees.

Place a ladle with the handle at the right, beside the tureen, before the hostess, and hot soup plates directly in front, almost touching tureen, to prevent dripping on the cloth.

In serving, soup should be dipped away from, not toward the person. The same rule holds good in eating it.

After the cover has been removed from the tureen, the waitress should stand at the left of the one who is serving, hold the tray in the left hand, and with the right place the filled plate on the tray. Take it to the right of each person, and, with the right hand, set it in front close to the edge of the table.

After the first course, remove the soup tureen and the plates, one at a time, on a tray, or by taking one in each hand. Never pile one on the other.

Arrange the meat and the plates for the second course.

If anything is served with the course, the dish containing it should be placed on the tray, with the handle of the serving spoon or fork toward the person. Pass it to the left side of each.

In removing a course, take large dishes or platters first; then the plates and knives and forks.

The carving knife and fork should be placed side by side on the platter.

The serving tray should be covered with the napkin.

Before the dessert is placed on the table, remove all dishes except the dessert spoons and glasses. Remove crumbs.

Place the dessert in front of the hostess, serving spoon or fork at her right, plates and saucers in front or at the left.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

NOTE: In today's Lesson you are to break the egg and beat the white of egg for the pudding and prepare the whipped cream, while your partner prepares the gelatine mixture. Follow each paragraph closely.

See Recipe on Front Page.

Break the egg, see **FIGURE 1,** slipping the white on a plate and the yolk in a bowl. See **FIGURE 2.**

FIGURE 1.

Pass the yolk to your partner.

Measure the lemon juice and add it to your partner's gelatine mixture, when it is dissolved.

Beat the white of egg on a plate with a wire whisk beater. See **FIGURE 3.** Pass it to your partner.

FIGURE 2.

Measure the cream into your mixing bowl, put bowl into your dishpan, containing cold water. Beat cream with Dover egg beater until stiff, not too long, for then it will separate—add sugar and vanilla.

FIGURE 3.

Serve it with the pudding.

You are to WIPE the dishes today according to directions already learned.

NOTE BOOK WORK.

LEMON PUDDING.

Materials:

1½ Tablespoons Granulated Gelatine.
½ Cup Cold Water.
½ Cup Sugar.
4 Yolks.
4 Whites.
Juice and rind of 1 lemon.

LEMON SPONGE OR PUDDING WITH WHIPPED CREAM.

Working Directions:

Soak the gelatine in the cold water. Dissolve over boiling water. Beat yolks until thick and lemon-colored. Add sugar gradually, beat thoroughly; add the dissolved gelatine mixed with the lemon juice and rind. Stir until it begins to thicken, then fold in the stiffly beaten whites. Place in a mold and chill. Serve with sweetened and flavored whipped cream.

WHIPPED CREAM.

3 Tablespoons Sugar. 1 Cup Thick Cream.
½ Teaspoon Vanilla.

Pour the cream into a bowl and set in a pan of ice water. Whip with a wire whisk or Dover egg beater until stiff enough to hold its shape. Add sugar and vanilla. Do not beat the cream too long.

Cost of preparing Home Recipe of Lemon Sponge and Whipped Cream:

Materials:	**Cost.**
1½ Tablespoons Granulated Gelatine	cts.
½ Cup Sugar	cts.
4 Eggs	cts.
1 Lemon	cts.
1 Cup Cream	cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

NOTE: In today's Lesson you are to prepare the gelatine mixture while your partner breaks the egg and beats the white of egg for the pudding and prepares the whipped cream. Follow each paragraph closely.

See Recipe on Front Page.

Measure the gelatine into your custard cup, add the cold water, let stand **5** minutes.

FIGURE 1.

Beat the yolk (passed to you by your partner) with a Dover egg beater until lemon colored. See **FIGURE 1.**

Put soaked gelatine into your saucepan, which should be ⅓ full of boiling water. Cover with saucepan cover, let stand until gelatine is dissolved. Stir once or twice to mix gelatine with the water—add sugar to egg yolk, continue beating; stir in the lemon juice and rind.

FIGURE 2.

When gelatine is dissolved, add it to the yolk, sugar and lemon mixture—stir until it begins to thicken—then fold in the stiffly beaten whites, see **FIGURE 2,** passed to you by your partner. Pour into custard cup, which has been rinsed in cold water. Let stand until stiff. Turn out on a dish. See **FIGURE 3.** Pile on whipped cream and serve your partner and self.

FIGURE 3.

You are to WASH the dishes today according to directions already learned.

HOME RECIPES.

SPANISH CREAM.

1½ Tablespoons Granulated Gelatine.
3 Cups Milk.
3 Egg Yolks.
½ Cup Sugar.
⅛ Teaspoon Salt.
3 Egg Whites.
1 Teaspoon Vanilla.

Reserve ¼ cup milk to soak gelatine. Scald the remaining 2¾ cups milk. Separate the eggs, beat the yolks, add the sugar and salt; stir in the scalded milk slowly and cook in double boiler until custard thickens, stirring all the time. Remove from fire, add the soaked gelatine and stir until dissolved, then strain. Beat the whites until stiff, fold into mixture. Flavor and turn into cold wet mold. Chill.

ORANGE CHARLOTTE.

2½ Tablespoons Granulated Gelatine.
½ Cup Cold Water.
½ Cup Boiling Water.
1 Cup Sugar.
1 Cup Orange Juice.
Grated rind of 1 orange.
2 Tablespoons Lemon Juice.
Whip from 3 cups cream.

Soak gelatine in cold water. Dissolve in boiling water. Add sugar, fruit juice and rind. Set bowl in ice water, stir constantly until it begins to thicken, then fold in whip from cream, adding ½ at a time. Line a mold with orange sections. Fill mold and chill.

Strawberries, raspberries, pineapple, etc., may be used in place of the orange.

QUESTIONS.

1. Compare the nutritive value of the puddings in this and the previous lesson.

2. Which would you choose for dessert after a light meal?

3. Which would you choose to serve as a dessert after a heavy meal?

4. Are these desserts suitable for invalids?

5. What happens to cream if it is beaten too long?

6. Is cream a valuable food?

7. Why? Give your reasons.

8. What does the Spanish Cream recipe remind you of?

9. How would you place the knives, forks and spoons on the table?

10. How would you place the china and glasses?

11. What is meant by protein?

12. Name 5 protein foods.

13. How should foods containing albumen be cooked?

14. Where are proteins digested?

15. Into what are they changed preparatory to absorption.

NOTE: It would be well for you to prepare a paper of 300 to 500 words stating what things you have learned thus far which you think will be of value to you in your work at home.

SUGGESTIONS FOR HOME APPLICATION.

MENUS.

I.

Halibut Timbales
Egg Sauce Riced Potatoes
Hot Cross Buns—Butter
Fruit Salad Cheese Crackers

For Halibut Timbales use beef loaf recipe, substituting ground halibut for meat.

II.

Fish Souffle.
Creole Sauce Boiled Potatoes
Bread Butter
Peach Shortcake.

For fish souffle use bread omelet recipe, substituting fish flakes for bread and bake mixture in the oven.

III

Scalloped Fish Flakes.
Cabbage Salad French Fried Potatoes
Rolls
Rice and Date Pudding with Grape Sauce

For scalloped fish flakes use scalloped egg and ham recipe in Book I, substituting fish flakes for the ham.

IV.

Meat Loaf
Brown Gravy Franconia Potatoes
Scalloped Tomatoes
Snow Pudding—Whipped Cream

V.

Beef Soup (Bouillon)
Rolls Pickles
Cottage Pie
Irish Moss Blanc Mange—Chocolate Sauce

For cottage pie use meat pie recipe, covering meat with mashed potato instead of biscuit dough.

VI.

Tomato Soup
Imperial Sticks—Relish
Pan Broiled Flank Steak
Creamed Carrots—Riced Potatoes
Apricot Tapioca Pudding with Cream

FATS—HEAT AND ENERGY STORERS.

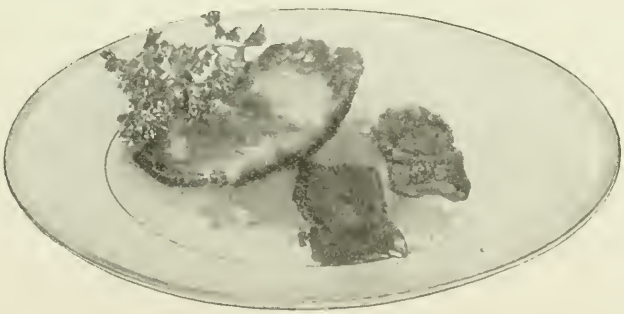
PREPARATION OF BACON.

In the liver of all animals we find glycogen or animal sugar stored. This is the only part of meat that contains any form of carbohydrate. It is usually served with bacon to give additional flavor and supply the fat in which it is lacking.

School Recipe.

MATERIALS:

1 Small Piece of Liver.
2 Slices of Bacon.
1 Tablespoon Bacon Fat.
½ Tablespoon Flour.
¼ Cup Boiling Water.
⅛ Teaspoon Salt.
Few Grains Pepper.



SMALL PORTION OF LIVER AND BACON.

Calf's liver is more delicate than beef's liver. Liver and bacon is a popular breakfast dish and provides an acceptable change in our meat dishes. It may also be served for luncheon or dinner.

Next to butter, bacon furnishes the most wholesome kind of fat for the body.

FATS AND OILS—HEAT GIVERS.

Source. Fats and oils are obtained from the animal and vegetable kingdom. They contain 3 substances—Stearin (solid), Palmitin (semi-solid), Olein (liquid).

Uses in the Body. The fats and oils store up heat and energy; they also act as a lubricant.

In the Animal Kingdom fat is found in layers under the skin, around the kidneys and other vital organs, about the joints, between the vertebrae, in all the tissues, in the blood stream and around the nerves. The source of fat in the body is to a certain extent from the fat of food, also from decomposition of the proteids and a large proportion of carbohydrates.

Fat is the Most Valuable to poorly nourished people, convalescents, consumptives, diabetics, nervous people, growing children and those who have poor blood (anemics).

Examples of Animal Fats are fat of meats, as in bone-marrow, suet, fat of fish, fat of milk and eggs. Among the animal fats, cream and butter are the most important on account of their easy assimilation.

Examples of Vegetable Fats are the fats found in seeds, fruits and nuts.

Cream, butter, olive oil, bacon, cornmeal, oatmeal, nuts, and chocolate are foods valuable for the fat they contain.

When a recipe calls for melted shortening, melt fat over hot water.

To add butter to soups and sauces after they are taken off the fire is considered the best way. Overheated butter loses some of its flavor and is difficult to digest.

Never throw away pieces of fat; try them out and save them for cooking purposes.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

LIVER AND BACON.

NOTE: In today's Lesson you are to prepare the **bacon** while your partner prepares the liver.

See Recipe on Front Page.

Remove rind of bacon.

Put frying pan over the fire with boiling hot water, add slices and cook until water evaporates, continue cooking; brown bacon on both sides, until crisp. (See illustration, **FIGURE 1.**)

FIGURE 1.

Give your partner one tablespoon of the fat.

Drain on soft paper. (See **FIGURE 2.**)

Arrange the cooked liver on a plate, pour over it the gravy, place the bacon slices near the edge of plate.

Serve your partner and self.

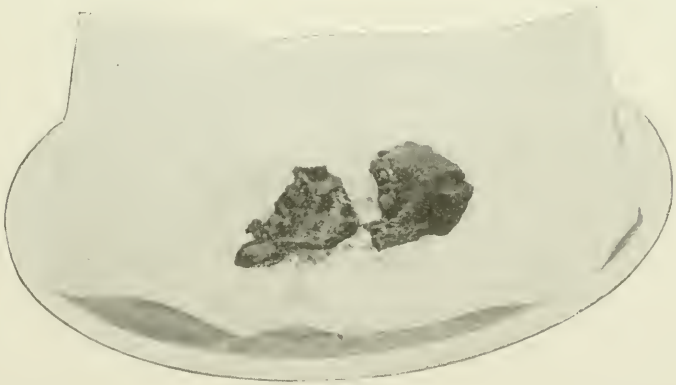


FIGURE 2.

You are to WASH the dishes today according to directions already learned.

NOTE BOOK WORK.

1 Lb. Liver.
6 Slices Bacon.
2 Tablespoons Bacon Fat.
4 Tablespoons Flour.
2 Cups Boiling Water.

BAKED LIVER AND BACON.

Brown 6 slices of bacon in frying pan. Cut 1 lb. of liver into ¼-inch slices. Cover with boiling water, let stand 5 minutes to draw out the blood; drain, remove the veins and skin. Wipe the liver, sprinkle with salt and pepper, and cook in hot bacon fat until brown on both sides, turning occasionally. Make a gravy, using 2 tablespoons of the bacon fat and 4 tablespoons of flour. Brown the two in a pan, add 2 cups of boiling water gradually and stir until smooth, season with salt and pepper. Put the browned slices of liver into the gravy and cook slowly 15 minutes. Put liver and gravy on a hot dish, arrange the crisp bacon around the edge and serve.

The liver may be baked. Gash a large piece of liver in 6 places. Insert strips of salt pork fat. Season with salt and pepper. Dredge with flour. Bake slowly 2 hours. See illustration.

Materials:	**Cost.**
1 Lb. Liver	cts.
6 Slices Bacon	cts.
4 Tablespoons Flour	cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

NOTE: In today's Lesson you are to prepare the **liver** and your partner will prepare the bacon.

See Recipe on Front Page.

FIGURE 1.

Pour boiling water over the pieces of liver (see **FIGURE 1**) and let stand **3** minutes to draw out the blood.

Drain, remove skin and veins.

FIGURE 2.

Measure **1** tablespoon of the bacon fat in your frying pan. Cook liver in the hot bacon fat until brown on both sides.

Remove liver; add the flour to the fat in the pan (see **FIGURE 2**); brown the two; add gradually the boiling water, stirring until perfectly smooth, while adding it to the fat (see **FIGURE 3**). Put in the browned liver slices and cook very slowly in the gravy **15** minutes. Pass it to your partner.

FIGURE 3.

If the gravy is too thick, add enough hot water to it to make it the consistency of thick cream.

You are to WIPE the dishes today according to directions already learned.

HOME RECIPES.

BACON 1.

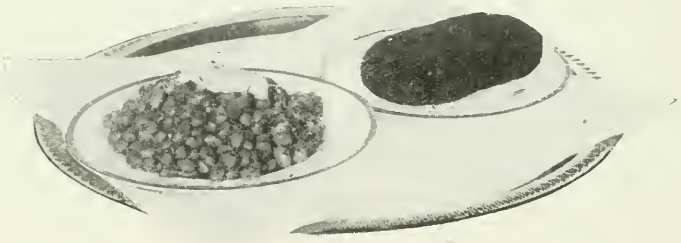
Take off the rind and cut bacon into thin slices; put in frying pan; cover with boiling water (about ½ inch deep). Cook in a hot frying pan, turning slices frequently until crisp and brown. Drain on soft paper.

BACON 2.

Put thin slices of bacon in a broiler placed over a dripping pan and bake in a hot oven until bacon is crisp. Turn once during baking. Drain on soft paper. Oysters may be wrapped in thin slices of bacon and baked in this way.

BACON OMELET.

Cook an omelet in bacon fat instead of butter and serve garnished with crisp bacon slices.



BAKED BEANS AND BROWN BREAD.

1 Quart Beans.
¼ Pound Salt Fat Pork.
1 Teaspoon Salt.
1 Teaspoon Mustard.
¼ Cup Molasses.

Pick over and wash pea beans; cover with cold water and soak over night. In the morning, drain, cover with fresh water and cook slowly below boiling point, until soft, then drain. Put ¼-inch slices of salt pork fat in bottom of an earthen bean-pot or covered crock. Mix the salt, mustard and molasses in a cup; fill the cup with boiling water, and pour the mixture over the beans. Add enough more boiling water to cover the beans. Cover bean-pot, and bake in a moderate oven 8 hours. If baked a long time they become dark and have a rich flavor. One cup butter may be used instead of the pork.

QUESTIONS.

1. Name 3 fats.
2. Give chief office of fat in the body.
3. For whom is fat a most valuable food?
4. What fats are the most easily digested?
5. From what do we obtain fats and oils?
6. Name some sources of vegetable fats.
7. How would you melt fat for use in batters and doughs?
8. When would you add butter to soups and sauces? Why?
9. How can you economize on fat in the household?
10. What is meant by shortening?
11. How would you cook bacon?
12. How would you cook liver?
13. How would you make a brown sauce?
14. How would you make a white sauce?
15. How would you thicken soups?

SUGGESTIONS FOR HOME APPLICATION.

Fat is regarded as a very important constituent in the diet of the nervous person—also in cases of tuberculosis and anemia it plays an important part. Fluid and emulsified fats are easiest of digestion, and these are found in cream, egg yolk and olive oil. Butter is one of the most valuable fats provided for human food. Since it (in common with other fats) decomposes when exposed to a high temperature, it should not be heated to a high degree. In sauces and soups, it should be added the last thing before serving, if possible. Spreading bread with butter generously is really butter in its most pleasing form. Cream is one of the most delicious fats and may be used in a variety of ways.

Bacon fat is regarded as a fat easy of digestion and is frequently recommended by physicians. This should not be browned too much, but rather cooked in water first and then cooked to a golden brown.

Olive oil with salad greens or succulent vegetables and fruits provides fat in the diet. It should be purchased by the gallon, rather than in small bottles, the latter being more expensive.

Where the body is ill from lack of fat, cod liver oil is recommended. This, of course, is given as medicine.

Cornmeal, oatmeal and nuts, as a class, are rich in fats, and where a person eats freely of foods containing a high fat content in a digestible form the system will not need fat as medicine. It is only where the body has been deprived of one of the necessary food elements for a length of time that it shows signs of this lack and physicians are forced to prescribe the neglected element in the form of medicine.

FATS—HEAT AND ENERGY STORERS.

USE OF FATS IN FRYING.

School Recipe.

VEAL CUTLETS:

1 Small Piece of Cooked Veal.
1½ Tablespoons Hard Bread Crumbs.
Slightly Beaten Egg (1 for each 8 pupils).
2 Tablespoons Water, added to egg.
Salt.
Pepper.

FRENCH FRIED POTATOES:

½ Potato cut in fourths lengthwise.

TOMATO SAUCE:

½ Cup Tomato.
¼ Sliced Onion.
Bit of Bay Leaf.
1 Clove.
2 Peppercorns.
1 Teaspoon Flour.
1 Teaspoon Water.
Salt and Pepper to Taste.

FRENCH FRIED POTATOES AND VEAL CUTLETS.

Fried foods are not easily digested and should therefore be served only occasionally; but, if coated with eggs and crumbs before frying, the hot fat coagulates the albumen of the eggs and forms a coating around the food, which prevents the fat from soaking into it.

Fat as a Frying Medium.

FRYING.

Frying means cooking in hot fat deep enough to cover the material to be cooked. The fat used for cooking may be Olive Oil, Lard, Beef Drippings, Cottonlene, Cottosuet, Cocoa Butter, Peanut Oil or Crisco.

A combination of ⅔ lard and ⅓ Beef Drippings is considered better than lard alone.

TO TRY OUT FAT.

Cut the fat into bits, put into a pan in the oven or over a fire with enough cold water to cover, and let simmer slowly for several hours. When the fat is melted and nearly free from water, strain it. Another way is to put the small pieces of fat in the top of a double boiler.

TO CLARIFY FAT.

Melt the fat, add raw potato, cut in ¼-inch slices, and allow fat to heat gradually. When fat ceases to bubble, and potatoes are well browned strain (through muslin or double thickness of cheesecloth placed over a strainer) into a pan or jar.

POINTS ABOUT FRYING.

Fat should be hot enough to form a crust on the food cooked in it.

So long as fat bubbles it is not hot enough.

Anything that cools the fat tends to make the food greasy.

Do not put too much food into the fat at the same time, as it lowers the temperature.

Reheat the fat after each frying.

All fried food should be drained on soft paper to absorb excess fat.

RULES FOR TESTING FAT FOR FRYING.

When the fat begins to smoke, drop into it an inch cube of bread.

If this browns in **40** seconds, the fat is hot enough for cooked mixtures, ex.—croquettes, codfish balls, etc.

Use same test for uncooked mixtures, allowing **1** minute for bread to brown, ex.—doughnuts, etc.

NOTE.—Nearly all food not containing eggs is dipped in eggs and crumbs, flour or meal, to protect it from absorbing fat. The heat of the fat hardens the albumen of the egg and forms a coating.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

NOTE: You are to prepare the French fried potatoes and tomato sauce, while your partner prepares the breaded veal cutlets.

See Recipe on Front Page.

Wash and pare half a potato, then cut it into quarters lengthwise.

Soak the pieces in a bowl of cold water.

While potatoes are soaking, measure the tomato and seasonings for tomato sauce into your saucepan, heat it over the fire to boiling point. Boil 5 minutes.

FIGURE 1.

Dry the potatoes by placing them on a towel-pat.

Fry potatoes by putting them on a wire beater and dropping into hot fat. See **FIGURE 1.**

FIGURE 2.

While the tomato is cooking, measure the flour and water into your saucer. Beat until smooth. See **FIGURE 2.** Add more cold water to make it thin enough to pour. Rub the tomato and seasonings through a strainer into your bowl. Return to saucepan. Place the saucepan back on the fire. Add the flour mixture to the hot liquid, stirring all the time until thickened. See **FIGURE 3.** Cook 5 minutes. Season to taste. Pour around the cutlets which your partner has placed on serving dishes. Serve with the French fried potatoes.

FIGURE 3.

You are to WIPE the dishes today according to directions already learned.

NOTE BOOK WORK.

Cost of preparing Home Recipe of Veal Cutlets and Tomato Sauce:

VEAL CUTLETS:

Materials:	Cost.
Seasonings	cts.
1 Cup Bread Crumbs	cts.
1 Beaten Egg	cts.
1 Lb. of Veal	cts.

TOMATO SAUCE:

2 Cups Tomato	cts.
1 Slice Onion	cts.
Bay Leaf	cts.
Cloves	cts.
Peppercorns	cts.
Salt	cts.
Flour	cts.
Seasonings	cts.
Total	cts.

TOMATO SAUCE:

2 Cups Canned Tomato.
1 Slice Onion.
Bit of Bay Leaf.
4 Cloves.
6 Peppercorns.
½ Teaspoon Salt.
2 Teaspoons Flour.

Boil first 6 ingredients 15 minutes. Strain. Mix the flour and water until smooth. Thin out with more water. Add gradually to hot tomato juice, stirring until thickened. Boil 5 minutes.

FRENCH FRIED POTATOES.

Wash and pare small potatoes, cut in eighths lengthwise, and soak 1 hour in cold water.

Take from water, dry between towels, and fry in deep fat.

Drain on paper and sprinkle with salt.

Do not have the fat too hot, as the potatoes must be cooked.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

NOTE: In today's lesson you are to prepare the breaded veal cutlets.

See Recipe on Front Page.

Sprinkle the piece of cooked veal with salt and pepper.

Measure the bread crumbs onto a plate.

Dip the cutlet into the bread crumbs—cover the entire surface.

Dip the breaded cutlet into slightly beaten egg to which 2 tablespoons water have been added by the housekeeper. This should be on a plate at your table. Cover the entire cutlet with the egg. See **FIGURE 1.**

FIGURE 1.

Dip in crumbs again.

Place egged and crumbed cutlet on your wire whisk beater.

Dip carefully into hot fat which has been tested as to temperature, according to directions already learned. See **FIGURE 2.**

Cook until delicately browned.

Serve your partner and self.

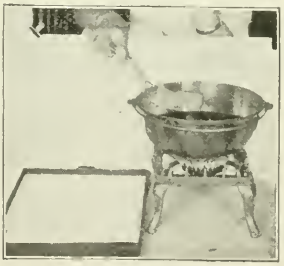


FIGURE 2.

You are to WASH the dishes today according to directions already learned.

HOME RECIPES.

Home Recipe for Veal Cutlets:

1 Lb. of Veal cut from the shoulder or round—
cut in ½-inch slices.
Bit of Bay Leaf.
6 Peppercorns.
1½ Teaspoon Salt.
1 Slice Onion.
1 Beaten Egg.
Salt and Pepper.

BREADED VEAL CUTLETS AND FRENCH FRIED POTATOES.

BREADED VEAL CUTLETS.

Use ½-inch thick slices of veal cut from the leg. Wipe meat. Cover with boiling water, add bay leaf, peppercorns, salt and onion. Cook until meat is tender. Remove slices of meat. Remove skin and bone and cut into pieces for serving. Small pieces may be fastened together with a toothpick.

Put a heap of fine crumbs on a board or large plate. (Use for crumbing dried bread crumbs which have been rolled and sifted, or stale bread crumbs forced through a colander). Break an egg, add 2 tablespoons water, beat slightly. Dip cutlet, seasoned with salt and pepper, in the crumbs, dip in egg, and then in crumbs again. Fry in smoking hot fat until a light brown and drain on soft paper.

Serve with Tomato or Bechamel Sauce.

BECHAMEL SAUCE:

¾ Cup White Stock (water in which veal has been cooked).
¾ Cup Milk.
2 Tablespoons Flour.
2 Tablespoons Cold Water.
1 Tablespoon Butter.
Salt and Pepper.

Scald the milk, thicken it with the flour and water mixed to a smooth paste and thinned out enough to pour easily. Cook until thickened, add the stock, salt, pepper and butter; stir, taste, and add more seasoning, if necessary.

QUESTIONS.

1. What is meant by frying?

2. What kind or kinds of fat may be used for frying?

3. What is meant by "**trying out**" fat?

4. What is meant by **clarifying** fat?

5. How hot should the fat be for frying purposes?

6. Why should fried food be drained on soft paper after it is taken out of the fat?

7. How would you test the fat for cooked mixtures?

8. How would you test the fat for uncooked mixtures?

9. Why do eggs play an important part in fried mixtures?

10. Name **3** foods rich in fat.

11. In what state is fat most easily digested?

12. What does heat do to fat?

13. When would you add butter to soups and sauces? Why?

14. What is the chief office of fats in the body?

SUGGESTIONS FOR HOME APPLICATION.

Frying is not a method of cooking to be recommended. Many people are very fond of the brown crust or surface that is the result of frying. As previously stated, it is the part of the food that comes in contact with the browned fat that is rendered difficult of digestion.

We learned that albumen coagulates at a low temperature and when a mixture is covered with egg and then fried the heat of the fat coagulates the albumen, forming a seal protecting the inside of the food from coming in contact with the fat. This leaves the outside layer only of the food difficult of digestion, which is only a small proportion of the entire mixture.

In frying food, these 3 things should be remembered.

Select mixtures rich in eggs or cover mixture with eggs.

Fat soaks fat, so never fry a mixture which is rich in fat.

A person who is engaged in outdoor work or one who exercises considerably can take care of fried food better than one leading a sedentary life.

FATS—HEAT AND ENERGY STORERS.

USE OF FATS IN FRYING (Continued.)

Croquettes are usually made from leftover materials. They may be made from one kind of material alone or in combination. When meat or fish is used, it is finely chopped, and seasoned to taste. Left-over vegetables such as peas, may be mixed with the meat.

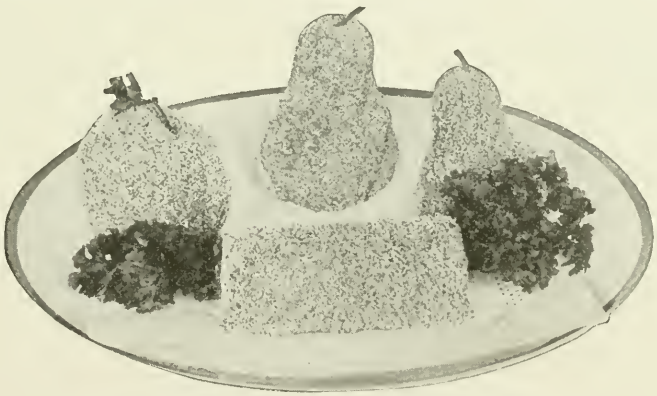
School Recipe.

VEAL CROQUETTES:

¼ Cup Chopped Cooked Veal.
⅛ Teaspoon Salt.
2 Tablespoons Thick Sauce (level).
⅛ Beaten Egg.
1 Piece Dry Bread or 2 Tablespoons Rolled Crumbs.

POTATO CROQUETTES:

¼ Cup Riced Potatoes.
Few Grains Celery Salt.
⅛ Teaspoon Chopped Parsley.
½ Teaspoon Butter.
⅛ Beaten Egg.
1 Piece Dry Bread or 2 Tablespoons Rolled Crumbs.



VEAL AND POTATO CROQUETTES.

In the last lesson you prepared meat dipped in egg and crumbs to exclude the fat when it was fried.

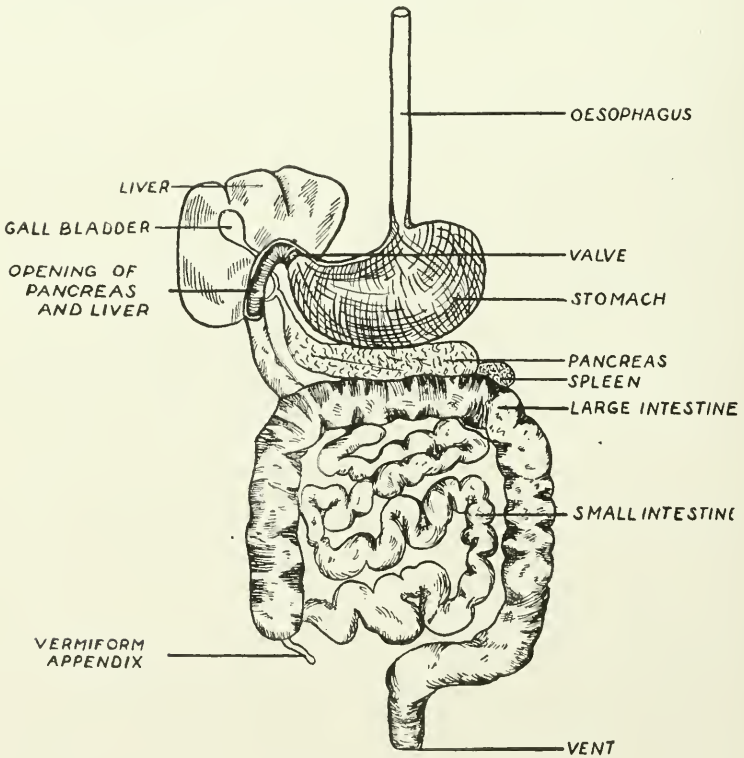
In this lesson you will prepare left-over meat by grinding it and binding it with a thick sauce, then dipping it in egg and crumbs before frying. Mashed potatoes, rice and cereals and cheese hold together without the sauce, but in both cases the croquette needs the coating of egg to keep the fat from soaking into the food.

FATS—Continued.

Digestion of Fats.—Fat is acted upon by the steapsin of the pancreatic juice and the bile in the smaller intestines, where it is divided into such tiny globules that they can be readily absorbed by the cell walls.

Why Fried Food and Pastry Are Hard to Digest.—Fat is not acted upon by the saliva in the mouth, nor the gastric juices in the stomach; so when particles of food which should be acted upon by these fluids are entirely coated with grease, they cannot be reached and therefore enter the smaller intestines undigested. Here the fat is removed from them by the action of the pancreatic juice, which does its best to digest all; but as it was not intended to do the work, much of the food is passed on undigested. In pastry there is also another reason, namely that so little water is added to the fat coated starch granules that they cannot swell and burst sufficiently. Starch granules must absorb water, swell and burst before they can be digested.

Remember it is the part of the food that comes in contact with the hot fat that is rendered difficult of digestion.



DIGESTIVE TRACT.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

In today's lesson you are to prepare the **veal croquette,** while your partner prepares the potato croquette.

See Recipe on Front Page.

Roll a piece of dry bread to make crumbs.

Measure the chopped meat into your bowl (see **FIGURE 1**), add the salt, sauce which the housekeeper has prepared, and yolk of egg.

FIGURE 1.

Mix thoroughly with a fork. (See **FIGURE 2.**)

Shape into a ball.

Roll on a board into a cylinder or pyramid shape. Roll in crumbs on a plate. See **FIGURE 3.**

Dip into the diluted egg on a plate. See that the entire surface is covered with egg.

FIGURE 2.

Roll in crumbs again.

With your wire whisk beater dip it into the hot fat, which should be hot enough to lightly brown an inch cube of bread in **40** seconds.

Take out beater. Leave croquette in fat until light brown. Take it out of the fat with the beater and drain off the fat by putting it in a pan covered with paper.

You are to WASH the dishes today according to directions already learned.

FIGURE 3.

Testing Temperature of Fat with a Cube of Bread.

NOTE BOOK WORK.

POTATO CROQUETTES.

2 Cups Riced Potatoes.
¼ Teaspoon Celery Salt.
8 Drops Onion Juice.
1 Teaspoon Chopped Parsley.
⅛ Teaspoon Pepper.
2 Tablespoons Butter.
¾ Teaspoon Salt.
1 Egg Yolk.

Mix ingredients in order given. Shape, dip in crumbs, eggs and crumbs again. Fry in hot fat.

RICE CROQUETTES.

2 Cups Steamed Rice.
1 Well Beaten Egg or 2 Yolks.
1½ Tablespoon Butter.
½ Teaspoon Salt.
⅛ Teaspoon Pepper.
Few Grains Paprika.

Mix ingredients. Follow directions. Sweet Rice Croquettes may be made by omitting the pepper, paprika and parsley, adding 2 tablespoons sugar and the grated rind of ½ lemon.

Cost of preparing Home Recipe of Veal or Potato Croquettes:

Materials for Veal Croquettes:	**Cost.**
2 Cups Ground Veal	cts.
1 Well Beaten Egg or 2 Yolks	cts.
1 Cup Milk	cts.
⅓ Cup Flour	cts.
2⅓ Tablespoons Butter	cts.
Seasonings	cts.

Materials for Potato Croquettes:	**Cost.**
2 Cups Riced Potatoes	cts.
2 Tablespoons Butter	cts.
1 Egg Yolk	cts.
Seasonings	cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

In today's lesson you are to prepare the potato croquette, while your partner prepares the veal croquette.

See Recipe on Front Page.

Rice the cooked potatoes (see **FIGURE 1**). Measure ½ cup into your bowl.

FIGURE 1.

Add the celery salt, ⅛ teaspoon chopped parsley, the ½ teaspoon melted butter and ⅛ yolk.

Mix thoroughly with a fork (see **FIGURE 2**).

Shape into any desired shape.

Roll in crumbs, beaten egg and crumbs again.

FIGURE 2.

Place on your wire whisk beater, drop gently into smoking hot fat which has been tested according to directions on odd numbers' page.

Fry until a golden brown.

Drain on soft paper.

Serve your partner and self.

You are to WIPE the dishes today according to directions already learned.

HOME RECIPES.

FRYING—CROQUETTES.

Left-overs of cooked meat, fish, vegetables, or macaroni may be used in croquettes.

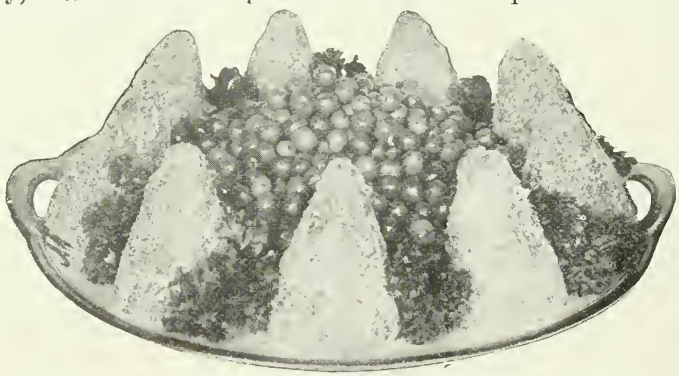
The usual mixture consists of 2 parts meat, etc., to 1 part of well seasoned thick sauce, which holds it together.

GENERAL DIRECTIONS.

Cool the mixture. Use 2 tablespoons of mixture to each croquette. Form into balls, cylinders, or to imitate pears, apples, etc., using cloves for stems and for eyes if shaped into birds.

Put a heap of fine crumbs on a board or large plate. (Use for crumbing dried bread crumbs which have been rolled and sifted, or stale bread crumbs forced through a colander.) Break an egg, add 2 tablespoons water, beat slightly; roll the shaped croquette mixture in the crumbs, dip in egg and then in crumbs again. Fry in smoking hot fat until a light brown and drain on soft paper.

Place a napkin on a hot platter and arrange the croquettes on it. Garnish with parsley, etc. A sauce may be served with croquettes.



VEAL CROQUETTES WITH GREEN PEAS.

Working Directions: VEAL CROQUETTES.

2 Cups Chopped Veal (cooked).
½ Teaspoon Salt.
Few Grains Cayenne.
⅛ Teaspoon Pepper.
Few Drops Onion Juice.
1 Cup Thick Sauce.
Yolk 1 Egg.

Mix ingredients in order given. Cool, shape, dip in crumbs, eggs, and crumbs again. Fry in deep fat. Chicken croquettes may be made in the same way, substituting chicken for veal.

Thick Sauce:

2⅓ Tablespoons Butter.
½ Teaspoon Salt.
1 Cup Liquid (stock or milk).
⅓ Cup Flour.
Few Grains Pepper.

(In making Thick White Sauce, use either white stock or milk.)

Heat the liquid. Mix flour with an equal quantity of cold water until smooth. Thin out with more cold water, add to the hot liquid, stirring all the time until thickened. Boil 5 minutes.

QUESTIONS.

1. What kinds of food materials would you use for croquettes?
2. Why is this an economical way of using food materials?
3. Name combinations that may be used for croquettes.
4. In what different forms may croquettes be shaped?
5. Where is fat digested?
6. By what juices is fat acted upon?
7. Why is fried food difficult to digest?
8. Why are potato croquettes preferable to potatoes warmed over in fat?
9. Why is a well-cooked cornstarch pudding a better dessert than pie?
10. How do you test fat for frying?
11. What is the test for cooked mixtures?
12. What is the test for uncooked mixtures?
13. How is fat tried out?
14. How is fat clarified?
15. What is the difference between frying and sauteing?

SUGGESTIONS FOR HOME APPLICATION.

A great many different things furnish suitable food substance for man, but the stomach is not able to handle these substances unless they are properly prepared. Before food can be digested and fitted for assimilation it must be reduced to a liquid; in order that the digestive organs may properly accomplish this wonderful task they should receive this food finely cut to pieces. This is the function of the teeth. Their extreme importance can be appreciated only when we realize that our health in a large measure depends upon proper mastication of our food.

The teeth include **2** incisors, **1** canine, **2** bicuspids and **3** molars, or grinders, on each side of each jaw.

Teeth decay easily if not taken care of and therefore should receive the best of care. Bacteria enter the mouth, and while they do not affect sound teeth they will attack soft food left between the teeth after eating, turning it sour. The sourness is due to acid, which dissolves the lime in the enamel of the teeth, producing soft spots and cavities. Acids do not act on the hard enamel easily unless it is cracked or broken. Two things should be remembered: Not to crack the enamel with hard substances; not to allow food to lodge between the teeth, but to cleanse them thoroughly after each meal.

Carbohydrates will sour or be turned to acid by bacteria more readily than other foods.

Teeth should be examined by a reliable dentist twice a year.

FATS—HEAT AND ENERGY STORERS.

PREPARATION OF DOUGHNUTS.

When selecting a recipe for doughnuts choose one that calls for a little shortening only—as fat soaks fat. If the recipe calls for several eggs, it is better than one with only a little egg in proportion to the other ingredients. Doughnuts should not be greasy.

School Recipe.

MATERIALS:

2 Tablespoons Sugar.
1 Teaspoon Butter.
⅓ Beaten Egg.
2 Tablespoons Milk.
½ Cup Flour, plus enough to roll.
⅔ Teaspoon Baking Powder.
Few Grains Cinnamon.
Few Grains Nutmeg.
1/6 Teaspoon Salt.

DOUGHNUTS.

We should avoid eating fried foods—as they are always more or less difficult to digest. Foods to be fried should either contain egg or be dipped in egg before frying.

Egg coagulates at a low temperature and therefore acts as a seal when the mixture is coated with it.

A large proportion of egg in the mixture reduces the danger of absorbing fat.

DIGESTION.

Before the food that we eat becomes blood, so it can be transformed into bone, nerve, muscle, skin, hair, etc., it undergoes a number of changes.

The processes which bring about these changes are:

1. Digestion.
2. Absorption.
3. Assimilation.
4. Elimination.

Digestion is the process by which the food taken into the body is changed by the action of the digestive fluids into a liquid form, so that it can be absorbed by the cell walls.

Absorption is the process by which the digested food passes through the cell walls (villi) into the blood and lymph stream, so that it can be carried to the parts where it is needed.

Assimilation is the process by which the absorbed food is made like the different parts of the body. When a cell needs nourishment or repair it selects from the blood stream the necessary material for its use.

Elimination is the process by which useless material like undigested food and waste materials formed by chemical changes are excreted by the skin, lungs, kidneys and the large intestines.

FIVE IMPORTANT ORGANS OF DIGESTION.

	Organ	Digestive Fluid	Ferment	Nature of Ferment	Acted Upon Substance
1.	Mouth	Saliva	Ptyalin	Alkaline	Starch
2.	Stomach	Gastric	Renin, pepsin and hydrochloric acid	Acid	Proteids
3.	Small Intestines	**Intestinal**		Acid and alkaline	Starch, proteids, fats Starch Proteids
4.	Pancreas	Amylopsin, Trypsin, Steapsin		Alkaline	Fats*
5.	Liver	Bile		Neutral	Fats*

*The pancreas secretes the pancreatic juice and the liver secretes the bile, but no food is digested in them.

The pancreatic juices pour their digestive fluids into the intestines, and these complete the process of digestion, as they act upon all foods.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

In today's lesson you are to cream the butter and sugar and measure the liquid ingredients, while your partner measures the dry ingredients, combines the liquid mixture and rolls the dough.

See Recipe on Front Page.

Measure the **1** teaspoon of butter into your bowl. Work it with your wooden spoon until creamy. (See **FIGURE 1.**) Add the **1** tablespoon of sugar gradually and continue stirring.

FIGURE 1.

Measure the beaten egg (see **FIGURE 2**) and the milk into your cup. Add the remaining tablespoon of sugar. Add this to the creamed butter and sugar.

Your partner will measure and add the dry ingredients.

FIGURE 2.

Cut out **2** doughnuts. (See **FIGURE 3.**)

Test the fat with a **1**-inch cube of bread—if the bread turns a golden brown in **60** seconds, the fat is of right temperature to fry the doughnuts.

Drop the doughnuts carefully into the hot fat, holding your hand close to the fat so that it will not splash.

Turn doughnuts as soon as they come to the top, and continue turning until browned all over.

FIGURE 3.

Drain on paper.

Sprinkle with powdered sugar.

You are to WIPE the dishes today according to directions already learned.

NOTE BOOK WORK.

DOUGHNUTS.

MATERIALS:

1 Cup Sugar.
2½ Tablespoons Butter.
3 Eggs.
1 Cup Milk.
3½ Cups Flour—add enough to roll.
5 Teaspoons Baking Powder.
¼ Teaspoon Cinnamon.
½ Teaspoon Grated Nutmeg.
1½ Teaspoons Salt.

Working Directions:

Cream the butter; add ½ of the sugar. Beat eggs until light, add milk, remaining sugar, and combine mixtures. Add the flour mixed and sifted with baking powder, salt and spices, then enough more flour to make a dough stiff enough to roll. Toss ⅓ of the mixture onto a floured board, knead slightly, pat and roll out to ¼ inch thickness. Shape with a doughnut cutter, dipped in flour. Fry in deep fat and drain on brown paper. **Doughnuts should rise to the top almost immediately when put into smoking hot fat,** when they may be turned. Continue turning until browned all over.

Cost of preparing Home Recipe of Doughnuts:

Materials:	**Cost.**
1 Cup Sugar	cts.
2½ Tablespoons Butter	cts.
3 Eggs	cts.
1 Cup Milk	cts.
3½ Cups Flour	cts.
5 Teaspoons Baking Powder	cts.
Seasonings	cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

In today's lesson you are to measure the dry ingredients, combine the mixture and roll the dough.

See Recipe on Front Page.

Measure the ½ cup flour into your sifter, placed over the bowl. (See **FIGURE 1.**)

FIGURE 1.

Measure and add the baking powder, few grains cinnamon and few grains nutmeg, and 1/6 teaspoon salt, to the flour in the sifter.

Shake the sifter—or stir with a spoon (see **FIGURE 2**).

FIGURE 2.

Add the sifted flour mixture gradually to the liquid ingredients prepared by your partner. Mix it with a spoon until perfectly smooth (see **FIGURE 3**).

If necessary, add flour until when mixture is touched with the finger tip, it will not stick to it. Cut this additional flour into the mixture with a knife.

FIGURE 3.

Flour your board.

Roll mixture to ½ inch thickness.

Dip doughnut cutter into flour. Shape 2 doughnuts (see **FIGURE 4**).

Your partner will shape the other 2. She will fry the doughnuts.

FIGURE 4.

You are to WASH the dishes today according to directions already learned.

HOME RECIPES.

DOUGHNUTS—Continued.

DOUGHNUTS II.

5 Cups Flour.
1 Teaspoon Soda.
3 Teaspoons Cream of Tartar.
1 Teaspoon Salt.
¼ Teaspoon Cinnamon.
⅛ Teaspoon Grated Nutmeg.
1 Cup Cream.
3 Beaten Eggs.
1 Cup Sugar.

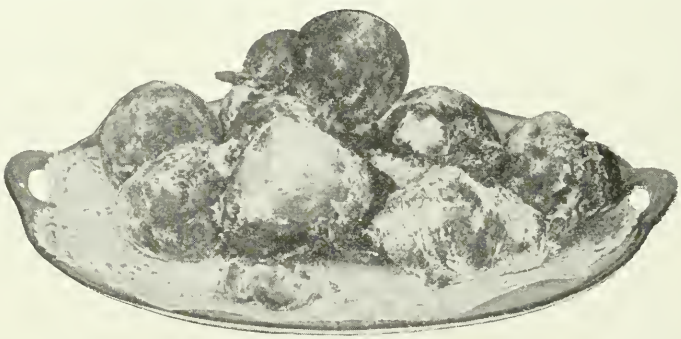
Mix and sift flour, soda and cream of tartar and seasonings. Beat the eggs and add it to the sugar and cream. Add to dry ingredients and mix with a knife; add enough flour to make a dough stiff enough to roll. Pat, roll and shape as in Recipe I.

SOUR MILK DOUGHNUTS.

4 Cups Flour—add enough to knead.
1 Teaspoon soda.
½ Teaspoon Cinnamon.
1 Teaspoon Baking Powder.
½ Teaspoon Salt.
1 Teaspoon Melted Butter.
¾ Cup Sour Milk.
½ Cup Sweet Milk.
1 Cup Sugar.
1 Well Beaten Egg.

Mix according to directions for Doughnut Recipe II.

Add enough flour to knead, pat, roll, shape and fry as in Recipe I.



APPLE FRITTERS.

2 Apples Cut in Cubes.
1 Cup Flour.
2 Teaspoons Baking Powder.
3 Tablespoons Sugar.
¼ Teaspoon Salt.
⅓ Cup Milk.
1 Egg.

Mix and sift dry ingredients; add milk to the well-beaten egg; combine mixtures, then add the apples. Drop by spoonfuls and fry in deep fat. Drain on brown paper and sprinkle with powdered sugar.

QUESTIONS.

1. Why is fried food difficult of digestion?

2. What is added to fried mixtures to reduce the tendeney of absorbing fat?

3. How do you make doughnuts?

4. How can you tell when the fat is of the right temperature for frying doughnuts?

5. What should be done to doughnuts immediately after frying?

6. Why shouldn't you eat fried food every day?

7. Name 3 fats useful as foods.

8. Name 2 fats useful as frying mediums?

9. What is suet?

10. What is lard?

11. How may fats be clarified?

12. Give recipe for apple fritters.

13. How are the ingredients combined?

14. May other fruit be used in place of apples?

SUGGESTIONS FOR HOME APPLICATION.

A great many people suffer from indigestion. Much of this could be avoided if they would observe the proper methods of living. It is very much better to keep ourselves well by observing the rules of health than to spend time and money and undergo untold suffering trying to cure the ailments which have been brought on by disregard to nature's laws. If we would take proper care of our digestion, a very large per cent of our ills would be cured.

Indigestion is due to many causes: to improperly selected or incorrectly prepared food, or to disregard of proper mastication. The American people, as a rule, do not take sufficient time to eat. This subject has been discussed in an earlier chapter.

It is the purpose of the digestive fluids, aided by water, to dissolve the food, making it ready for assimilation. Gastric indigestion is due to disturbances in the stomach, while intestinal indigestion is due to disturbances in the intestines, etc.

The digestion of the carbohydrate begins in the mouth and is completed in the intestines, while the digestion of the protein begins in the stomach and is completed in the intestines.

Too much acidity in the stomach may be relieved by avoiding foods rich in carbohydrate, selecting a diet rich in animal constituents, such as milk, eggs, fish and bacon. In such a case salt, pepper, mustard, spices, pickles, starch, sugar, acids and all strong condiments should be avoided—alkaline waters are often recommended. Foods containing gelatine are also considered very good in taking care of superacidity.

STEAMED MIXTURES.

PREPARATION OF BROWN BREAD.

Bread well deserves the title of Staff of Life, and, as it is used daily in every household in some form or another, a variety is desirable. Usually bread mixtures are baked, but steaming may well be employed to advantage in the cooking of them, thus providing a pleasing change.

School Recipe.

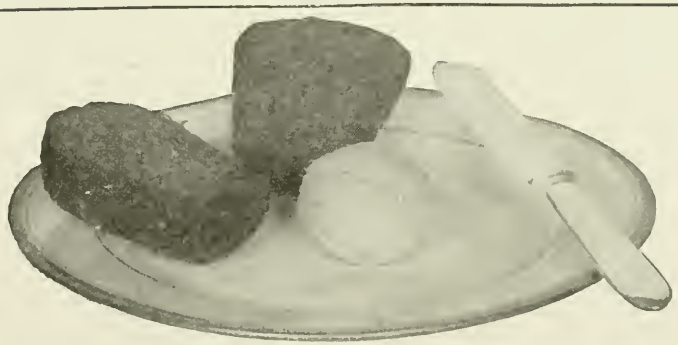
MATERIALS:

BROWN BREAD.

3 Tablespoons Graham Flour.
⅛ Teaspoon Salt.
2 Tablespoons Cornmeal.
1/5 Teaspoon Soda.
1 Level Tablespoon Molasses.
3 Tablespoons and 1 Teaspoon Milk.

WHOLE WHEAT PUDDING.

3 Tablespoons Whole Wheat Flour.
1/16 Teaspoon Soda.
1/16 Teaspoon Salt.
1 Level Tablespoon Molasses.
1 Tablespoon Milk.
1 Teaspoon Beaten Egg.
½ Teaspoon Melted Butter.
2 Tablespoons Raisins.



STEAMED BROWN BREAD.

Usually steamed bread mixtures are made from coarsely ground grains; ex., Graham flour, cornmeal, etc. It offers a variety in the preparation of flour mixtures and furnishes a wholesome and nutritious food.

STEAMING.

Steaming is cooking over the steam from boiling water.

Steaming may be done in a perforated steamer over a kettle containing boiling water.

A cooker or sterilizer may be used.

Cooking in the upper part of a double boiler, where the steam does not come in direct contact with the food, is called dry steaming.

Foods cooked in the upper part of a double boiler do not reach the boiling point of water, which is 212 degrees F.

A double boiler is most useful for making custards, scalding milk and cooking cereals, as it insures even cooking, prevents it from wasting or drying on the boiler, makes stirring unnecessary, and removes all chances of burning, so long as there is water in the lower part of the double boiler.

Steaming is a slower process than boiling.

Tough meats, hams, fruit cakes, puddings, etc., require a long, moist heat.

Fish, potatoes, sweet corn, rice, peas, beans, squash, cucumbers and pumpkins may be steamed to advantage.

GENERAL DIRECTIONS FOR STEAMED MIXTURES.

A mold, a tin pail or a can with a tightly-fitting cover may be used.

Grease the inside of the mold thoroughly.

The molds may be covered with buttered paper, tied down securely, or the inside of the cover may be buttered.

The can should be filled ⅔ full.

Place the mold on a trivet or several layers of soft paper in a large kettle, containing enough boiling water to reach half way to the top of the mold.

Keep the water boiling all the time during steaming. Add more boiling water, if it is necessary.

Cover the kettle during the steaming, and be careful not to jar it while cooking.

If the school is provided with individual steamers, they should be used—otherwise small baking powder cans may be used. They should be placed in the saucepan, covered with several thicknesses of paper or cloth.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

In today's lessons you are to prepare the **Steamed Bread,** while your partner prepares the Steamed Pudding.

See Recipe on Front Page.

Measure the graham flour, salt, cornmeal and soda into your strainer placed over a bowl. Sift contents into the bowl. (See **FIGURE 1.**)

Measure the molasses (be sure it is a level tablespoon) and the milk (see **FIGURE 2**) into your saucer.

Butter the inside of your steamer and cover.

Take out the steamer ring.

Place the steamer in the ring. See **FIGURE 3.**

Add the liquid ingredients to the dry ingredients.

Beat until smooth.

Pour mixture into steamer.

Put on steamer cover.

Place steamer in a saucepan containing boiling water, to reach half way to top of steamer. See **FIGURE 4.**

Cover saucepan closely.

Cook 25 minutes. See **FIGURE 5.**

Remove steamers and turn out the bread.

You are to WASH the dishes today according to directions already learned.

FIGURE 1.

FIGURE 2.

FIGURE 3.

FIGURE 4.

FIGURE 5.

NOTE BOOK WORK.

STEAMED BREAD.

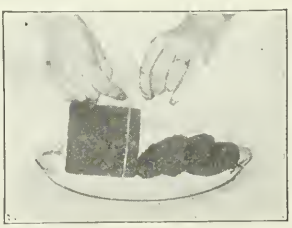
1½ Cups Graham Flour.
1 Teaspoon Salt.
1 Cup Indian Meal.
½ Tablespoon Soda.
½ Cup Molasses.
1⅔ Cups Milk.

Working Directions:

Mix and sift the dry ingredients. Add molasses and milk. Fill cans ⅔ full, and steam 3 hours in a large mold. Less time is required if cooked in a small baking powder or cocoa can.

Cost of preparing Home Recipe of Steamed Bread:

Materials:	**Cost.**
1½ Cups Graham Flour	cts.
1 Cup Indian Meal	cts.
½ Cup Molasses	cts.
1⅔ Cups Milk	cts.
½ Tablespoon Soda	cts.
1 Teaspoon Salt	cts.



How to Cut Hot Brown Bread with a String.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

In today's lesson you are to prepare the **Steamed Pudding.**

See Recipe on Front Page.

Measure the whole wheat flour, soda and salt into the sifter placed over your bowl.

Sift contents into the bowl. (See **FIGURE 1.**)

FIGURE 1.

Measure and cut the raisins. (See **FIGURE 2.**)

Measure the molasses, egg and milk into your saucer.

FIGURE 2.

Butter the inside of your steamer mold and cover.

Take out the steamer ring. Place mold in ring.

Add the liquid ingredients and raisins to the dry (see **FIGURE 3**) and beat all until thoroughly mixed and smooth. Pour mixture into steamer.

FIGURE 3.

Place steamer in a saucepan, containing enough boiling water to reach half way to top of mold.

Cook **25** minutes. (See **FIGURE 4.**)

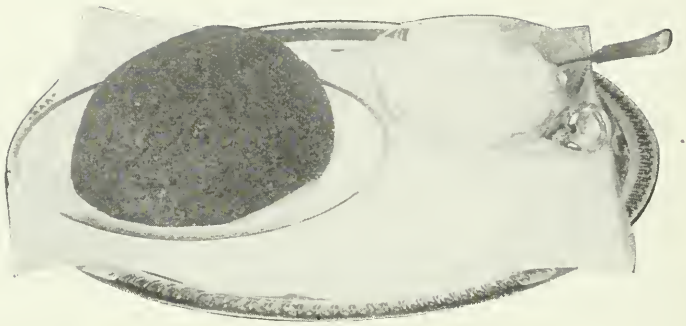
Remove steamer and turn out pudding.

Serve your partner and self.

FIGURE 4.

You are to WIPE the dishes today according to directions already learned.

HOME RECIPES.



ENTIRE WHEAT PUDDING.

1½ Cups Entire Wheat Flour.
½ Teaspoon Soda.
½ Teaspoon Salt.
½ Cup Molasses.
½ Cup Milk or Water.
1 Egg Beaten.
2 Tablespoons Butter Melted.
1 Cup Chopped Raisins.

Mix and sift dry ingredients. Add molasses and milk. Add beaten egg and melted butter, then the raisins. Chopped figs or dates may be used. Steam 2½ hours in a large mold.

HARD SAUCE.

½ Cup Butter.
1 Cup Powdered Sugar.
½ Teaspoon Lemon Extract.
⅔ Teaspoon Vanilla Extract.

Cream the butter, add sugar gradually, and flavoring.

HUNTER'S PUDDING.

⅔ Cup Chopped Suet.
⅔ Cup Molasses.
⅔ Cup Milk.
2 Cups Flour.
⅔ Teaspoon Soda.
1 Teaspoon Salt.
⅓ Teaspoon Clove.
⅓ Teaspoon Mace.
⅓ Teaspoon Allspice.
⅓ Teaspoon Cinnamon.
1 Cup Chopped Raisins in 2 Tablespoons Flour.
¼ Cup Chopped Nut Meats.

Mix in the order given. Serve with yellow sauce.

YELLOW SAUCE.

2 Eggs. 1 Cup Powdered Sugar. 1 Teaspoon Vanilla.

Beat yolks of eggs; add sugar gradually.
Fold in stiffly beaten whites; flavor.

PLUM PUDDING WITHOUT EGGS.

1 Quart Cooked Mashed Carrots.
1 Pound Finely Chopped Suet.
¾ Pound Currants.
½ Pound Citron.
¾ Pound Raisins.
} Dredge with Flour.

½ Cup Sugar.
2 Cups Flour.
1½ Teaspoons Salt.
1 Teaspoon Cinnamon.
½ Teaspoon Clove.
½ Grated Nutmeg.
} Sift together.

Mix ingredients in order given. Steam 3½ hours in a buttered mold.

QUESTIONS.

1. What is meant by steaming?
2. How may it be done?
3. What is the difference between direct and dry steaming?
4. What is a double boiler?
5. For what is the double boiler most useful?
6. Give general directions for steamed mixtures.
7. Name 4 grains used for food.
8. Name 4 kinds of flour used in batters and doughs.
9. When are coarse breads desirable?
10. Why is cornmeal usually mixed with white flour in batters?
11. Where is starch digested?
12. Into what are starchy foods changed during digestion?
13. How should all foods containing starch be cooked? Why?
14. How would you prepare Plum Pudding without Eggs?

SUGGESTIONS FOR HOME APPLICATION.

DATE PUDDING.

⅓ Cup Butter.
¼ Cup Sugar.
1 Egg.
¾ Cup Milk.
2 Cups Sifted Flour.
4 Teaspoons Baking Powder.
1 Cup Dates, cut into small pieces.

Cream the butter, add sugar, well beaten egg, and milk, then the flour sifted with the baking powder. Add dates; drop mixture into greased molds, and steam 30 minutes.

LEMON SAUCE.

½ Cup Sugar.
1 Tablespoon Cornstarch.
1½ Cups Boiling Water.
1 Teaspoon Butter.
1½ Teaspoons Lemon Juice.

Mix sugar and cornstarch; add boiling water gradually, stirring until thickened. Boil five minutes. Add butter and lemon juice. Serve.

PLUM PUDDING.

2 Cups Finely Chopped Suet.
2 Cups Seeded Raisins, washed and dried.
2 Cups Currants, washed and dried.
1 Cup Finely Cut Citron.
1⅓ Cups Brown Sugar.
1 Cup Flour.
1 Grated Nutmeg.
1 Tablespoon Salt.
1 Tablespoon Mace.
1 Tablespoon Cinnamon.
3 Cups Bread Crumbs.
¼ Cup Cream.
6 Eggs, beaten separately.
1 Cup Orange Juice.
Rind 1 Orange.
Rind 1 Lemon.

Mix the fruit and flour, which has been sifted with the seasonings. Moisten the bread crumbs with the cream, add the beaten yolks of eggs, sugar, suet, orange juice and fruit mixture. Fold in the stiffly beaten egg whites. Steam six hours in a large mold. Serve with hard sauce or lemon sauce.

BREAD MAKING.

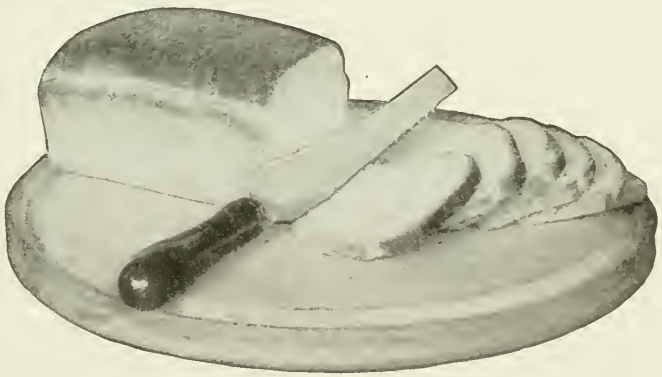
PREPARATION OF WHITE BREAD.

In previous lessons, attention has been paid to the making of bread mixtures, requiring no kneading. In today's Lesson, directions for kneaded bread are given. A bread mixer saves time and labor and does away with the handling of the dough with the hands.

School Recipe.

MATERIALS:

2 Tablespoons Scalded Milk.
1 Tablespoon Boiling Water.
1 Teaspoon Butter.
1/5 Teaspoon Salt.
½ Teaspoon Sugar.
1 Yeast Cake mixed with
1 Tablespoon Lukewarm Water.
⅔ Cup Flour (plus).



BREAD.

To be able to make a perfect loaf of bread should be the ambition of every girl. Bread is called the Staff of Life because it plays such an important part in our daily diet.

Well baked bread and butter with a glass of milk provides a wholesome luncheon for a growing child. Bread and milk fed children are usually healthy and happy.

YEAST AND ITS ACTION.

Review Lesson on Yeast and Bread Making.

Compressed Yeast is usually obtained from the froth of beer.

RECIPE FOR HOME MADE YEAST.

5 Small or 4 large grated Potatoes.
½ Cup Sugar.
2 Tablespoons Salt.
1 Quart Boiling Water.
1 Yeast Cake mixed with ½ cup lukewarm water.

Add grated potatoes to boiling water and boil 5 minutes, while stirring. Cool, add sugar, salt and yeast cake mixture. Pour into a stone or glass jar, cover and let stand in a warm place for 3 hours or more. Each time mixture reaches top of jar, stir it down. Do this until fermentation ceases, then put away in a cool place. Cover.

Use ½ cup of this in place of one yeast cake when making bread or biscuits.

Use until there is only ½ cupful left, then prepare according to recipe above, using ½ cupful of home made yeast in place of the yeast cake.

Mechanical processes in bread making are:

1. Mixing.
2. Beating.
3. Kneading and Molding.

MIXING.

The flour should be thoroughly mixed with a sufficient quantity of liquid that each grain of flour may be thoroughly hydrated (water-soaked), the sugar dissolved and the gluten sufficiently moistened.

BEATING.

The mixture should be thoroughly beaten to enclose as much air as possible and to distribute these air cells. Beating the mixture will make it elastic. The longer it is beaten the less kneading is required.

KNEADING.

The mixture should be kneaded thoroughly to make the gluten elastic, to break the bubbles and to distribute evenly the carbon dioxide, thereby forming a fine-grained loaf.

Molding is simply the shaping of the dough into loaves.

BAKING.

Bread is baked: 1. To cook the starch. 2. To expand the gases and to harden the cell walls. 3. To kill the yeast plants. 4. To evaporate the alcohol formed. 5. To brown the crust.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

You are to prepare a loaf of White Bread. Your partner will also prepare one.

See Recipe on Front Page.

Measure the salt, butter and sugar into your small saucepan, measure and add to it the scalded milk and boiling water, which the housekeeper has heated for you. (Be sure to measure all the spoon will hold of milk and water.) Let it stand until lukewarm.

FIGURE 1.

Measure a tablespoon of lukewarm water into your muffin tin and be sure it is neither hot nor cold when tested with your finger.

Break the yeast cake into small pieces; add it and mix it with the lukewarm water in your muffin tin or custard cup (see **FIGURE 1**); add it to the liquids in the saucepan, which should be lukewarm.

FIGURE 2.

Measure the flour into a strainer placed over the saucepan containing the liquids; shake half the flour into it; beat mixture thoroughly with the wooden spoon. Add the other half and beat vigorously again. Add flour until, when dough is touched with your finger, it will not stick to it. Dust your board with flour. Knead the dough until it is smooth and elastic. Be careful not to add too much flour.

FIGURE 3.

When thoroughly kneaded, put into saucepan. Put saucepan into your dish pan ⅓ full of water that is hot to your finger and still not hotter than you can bear to hold your finger in for a minute. (See **FIGURE 2.**)

Cover saucepan; allow mixture to stand until it has risen to double its bulk. While mixture is rising, butter your bread pan. (See **FIGURE 3.**)

When mixture has doubled its bulk, knead again, shape into a loaf, put into bread-pan, write your name on a piece of paper and drop it on top of mixture in the pan.

Place on baking sheet; put baking sheet in a warm place, cover it with a cloth and let it rise again to double its bulk. Put in the oven and bake from **25** to **30** minutes.

You are to WIPE the dishes today according to directions already learned.

NOTE BOOK WORK.

Cost of Preparing Home Recipe for Bread:

Materials:	Cost.
1 Cup Scalded Milk	cts.
1 Tablespoon Butter	cts.
1 Tablespoon Lard	cts.
1 Tablespoon Sugar	cts.
1 Yeast Cake	cts.
6 Cups Flour	cts.
1½ Teaspoon Salt	cts.

ENTIRE WHEAT BREAD.

1 Cup Boiling Water.
1 Cup Scalded Milk.
⅓ Cup Molasses.
1 Teaspoon Salt.
4⅔ Cups Coarse Entire Wheat Flour.
2⅔ Cups Flour.
1 Yeast Cake dissolved in ¼ cup lukewarm water.

Add sweetening and salt to milk; cool, and when lukewarm add yeast cake and 5 cups flour mixed and sifted. Beat well, add enough flour to make a dough stiff enough to knead. Knead, cover and let rise to double its bulk. Knead again, shape, place in greased bread-pans, having pans ½ full. Let rise and bake.

RYE BREAD.

May be made as directed for whole wheat bread, using rye flour in place of the whole wheat.

Remember to let dough rise to double its bulk each time.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

You are to prepare a loaf of White Bread. Your partner will also prepare one.

See Recipe on Front Page.

Measure the salt, butter and sugar into your small saucepan, measure and add to it the scalded milk and boiling water, which the housekeeper has heated for you. (Be sure to measure all the spoon will hold of milk and water.) Let it stand until lukewarm.

FIGURE 1.

Measure a tablespoon of lukewarm water into your muffin tin and be sure it is neither hot nor cold when tested with your finger.

Break the yeast cake into small pieces; add it and mix it with the lukewarm water in your muffin tin or custard cup (see **FIGURE 1**); add it to the liquids in the saucepan, which should be lukewarm.

FIGURE 2.

Measure the flour into a strainer placed over a saucepan containing the liquids; shake half the flour into it; beat mixture thoroughly with the wooden spoon. Add the other half and beat vigorously again. Add flour, until when dough is touched with your finger, it will not stick to it. Dust your board with flour. Knead the dough until it is smooth and elastic.

FIGURE 3.

When thoroughly kneaded, put into saucepan. Place saucepan in dish-pan ⅓ full of water that is hot to your finger and still not hotter than you can bear to hold your finger in for a minute. (See **FIGURE 2.**)

Cover saucepan; allow mixture to stand until it has risen to double its bulk. While mixture is rising, butter your bread-pan. (See **FIGURE 3.**)

When mixture has doubled its bulk, knead again, shape into loaf, put into bread-pan, write your name on a piece of paper and drop it on top of mixture in the pan.

FIGURE 4.

Place on the baking sheet; put baking sheet in a warm place, cover it with a cloth and let it rise again to double its bulk. (See **FIGURE 4.**) Put in the oven and bake from 25 to 30 minutes.

You are to WASH the dishes today according to directions already learned.

HOME RECIPES.

BREAD.

1 Cup Scalded Milk.
1 Cup Boiling Water.
1 Tablespoon Butter.
1 Tablespoon Lard.
1½ Teaspoon Salt.
1 Tablespoon Sugar.
1 Yeast Cake mixed with
¼ Cup Lukewarm Water.
6 Cups Flour.

Working Directions:

Add butter, lard, salt and sugar to the milk and water; let stand until lukewarm; add yeast cake mixed with the lukewarm water, 5 cups flour. Stir until smooth, then add enough flour (gradually) to make a dough stiff enough to knead. Turn the dough onto a floured board, knead until smooth and elastic to the touch. Return to bowl, cover closely, and let it stand in a warm place until double its bulk. Knead again and shape into loaves, and place in greased pans. Cover. Let it rise until double its bulk. Bake in a hot oven 50 to 60 minutes. Have the crust brown on all sides.

QUESTIONS.

1. Name ingredients necessary for bread making.

2. Name conditions that check the growth of yeast.

3. Name conditions that encourage the growth of yeast.

4. Can you make home-made yeast? How?

5. After home-made yeast is started, how can you keep a supply of it on hand?

6. Name mechanical processes in bread making.

7. What effect does each one have upon the mixture?

8. How long should a loaf of bread be baked?

9. How can you tell when it is done?

10. When and where did you learn some of the above?

11. What food principles are present in a loaf of bread?

12. Is toasted bread easier of digestion than untoasted bread? Why?

13. Give directions for toasting bread.

14. Give directions for making cream or milk toast.

SUGGESTIONS FOR HOME APPLICATION.

YEAST (Review).

Floating around everywhere are microscopic organisms that resemble plants. Among these are Yeast plants. These feed on sweet and nitrogenous materials and multiply very rapidly. The old-fashioned way of making bread was leaving a sponge in a warm place to ferment naturally. Now cultivated varieties are added, but these were derived from wild yeasts originally. Compressed, dry or liquid yeasts are used for bread. In any variety there are a collection of yeast plants massed together in a way that they will keep for some time. The strength of yeast depends upon the care with which it is made and preserved. Liquid yeasts are apt to be full of bacteria which set up lactic fermentation.

Compressed yeast is made from grains, such as corn, rye and barley malt, in factories. The grain is ground in a mill, mashed with water, cooked and allowed to cool, and fermented with yeast of a previous making. At the proper stage of fermentation, the yeast is separated from the fluid, washed, filtered, pressed, cut into cakes and wrapped. Every yeast cake contains millions of tiny plants.

Air, warmth, moisture and a nitrogenous surrounding are necessary for their growth. All these conditions are provided when they are mixed with flour and liquid.

Heat will kill the yeast plants while cold checks the growth. Therefore, in bread making the yeast plants should never come in contact with anything hot until baking time, or be exposed to cold unless it is desirable to retard fermentation. The amount of yeast used depends on the length of time desired for the process. As much as two yeast cakes may be used to a cupful of liquid, if it is desirable to make a loaf of bread in 2 hours. One yeast cake to a cupful of liquid for a 3 hour process, and ¼ yeast cake for a 5 hour process. One yeast cake to a quart of liquid or for 4 loaves of bread for a 5 hour process. One yeast cake to 2 quarts of liquid or 8 loaves of bread, if allowed to rise over night.

CAKE MAKING.

PREPARATION OF LAYER CAKE.

One of the objects in a course in cookery is to teach how to make all the different kinds of food preparations used in the very best and most economical way possible. Each one must judge for herself what is best for her particular household.

School Recipe.

MATERIALS:

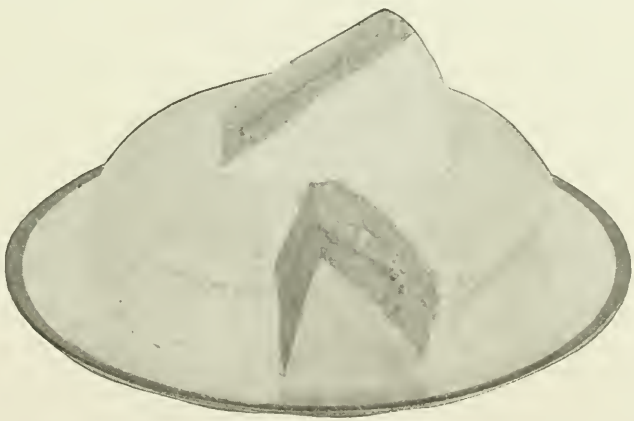
1 Tablespoon Butter.
3½ Tablespoons Sugar.
2 Tablespoons Beaten Egg.
1/6 Orange Rind.
2 Tablespoons Milk.
7 Tablespoons Flour.
⅔ Teaspoon Baking Powder.

ORANGE FILLING.

4 Tablespoons Sugar.
1 Tablespoon Flour.
½ Beaten Egg.
Grated Rind ¼ Orange.
2 Tablespoons Orange Juice.
¼ Teaspoon Lemon Juice.

ORANGE FROSTING.

1 Teaspoon Orange Juice.
⅓ Teaspoon Lemon Juice.
Rind ½ Orange.
½ Yolk of Egg.
Confectioners' Sugar.



ORANGE CAKE.

Cakes may be divided into two classes: those made with butter or other shortening and those made without butter or other shortening. Cakes should be regarded as a luxury. Only the best materials should be used so that it may be delicate, dainty and attractive. Pastry flour should be used in cake making, as less shortening is required and the results are much better than when bread flour is used.

CAKE.

GENERAL DIRECTIONS.

See that the fire is right.

Have materials and utensils ready, including a plate on which to lay sticky spoons, etc.

Butter the pans; buttered paper may be used to line the pan or the pans may be buttered and then sprinkled with flour.

Measure dry ingredients, then liquid.

Cream the butter with a wooden spoon in an earthen bowl which may be warmed slightly. Creaming butter makes it soft.

Beat the yolks with a Dover egg-beater.

Beat the whites with a spider-web or a Dover egg-beater.

Fill pans ⅔ full with the cake mixture.

Sponge cake requires a more moderate oven than cake made with butter.

Cake is done when it shrinks from the sides of the pan, or when a clean broom straw put into the center comes out clean or when pressed lightly with the tip of finger, the cake springs back into place.

TESTS FOR TEMPERATURE OF OVEN.

If a piece of letter paper turns a deep yellow in 5 minutes, the oven is right for cake made with butter.

The same test may be used for sponge cake, the paper turning a light yellow in 5 minutes.

The time may be divided into four periods:

1. Rise and not brown.
2. Continue to rise and brown in spots.
3. Light brown.
4. Deeper brown and shrink from sides of pan.

TO REMOVE CAKES FROM PANS.

After allowing the baked cake to remain in the pan about 3 minutes, invert pans on a board covered with a piece of old linen.

If cake sticks to the pan, place a damp cloth on the bottom of the pan for a few minutes.

NOTE: If bread flour is used in place of pastry flour, take 2 tablespoons less for each cup. It is considered more economical to use pastry flour for cakes as less shortening is required than when bread flour is used. Cover baking powder can, sugar jar, flour bin, etc., as soon as you have measured the necessary quantities.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

In today's Lesson you are to prepare the filling and the frosting, while the even number prepares the cake mixture.

Fill the lower part of your double boiler ⅓ full of water, mix the sugar and flour in the top part of double boiler, add the beaten egg.

Measure the orange and lemon juice and add to the egg mixture.

Cook **10** minutes in the double boiler stirring constantly. Remove from fire when done. Cool.

Prepare frosting while filling mixture is cooling.

Measure the orange juice, rind and lemon juice. Let stand **3** minutes. Strain into bowl. Add egg yolk. Stir in confectioners' sugar until frosting is thick enough to spread on cake. It should be so thick that it will not run.

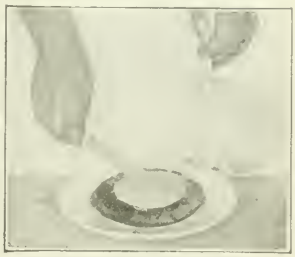


FIGURE 1.

Put filling on the bottom of ½ of cake layer prepared by your partner. (See **FIGURE 1.**)

Put the bottom of the other half on top of this.

Spread frosting on top of cake. (See **FIGURE 2.**)

FIGURE 2.

Serve your partner and self.

You are to WASH the dishes today according to directions already learned.

NOTE BOOK WORK.

Cost of Preparing Home Recipe of Orange Cake:

Materials:	Cost.
¼ Cup Butter	cts.
1 Cup Sugar	cts.
2 Eggs	cts.
Rind ½ Orange	cts.
½ Cup Milk	cts.
1⅔ Cups Flour	cts.
2½ Teaspoons Baking Powder	cts.

Cost of Preparing Home Recipe of Orange Filling:

Materials:	Cost.
½ Cup Sugar	cts.
2 Tablespoons Flour	cts.
1 Egg	cts.
Rind ½ Orange	cts.
¼ Cup Orange Juice	cts.
1 Teaspoon Lemon Juice	cts.

Cost of Preparing Home Recipe of Orange Frosting:

Materials:	Cost.
1 Tablespoon Orange Juice	cts.
1 Teaspoon Lemon Juice	cts.
Yolk 1 Egg	cts.
Confectioners' Sugar	cts.
Grated Rind 1 Orange	cts.

CHOCOLATE CAKE.

½ Cup Butter.
1 Cup Sugar.
2 Eggs.
½ Cup Milk.
1½ Cups Flour.
2½ Teaspoons Baking Powder.
2 Ounces Bitter Chocolate.
½ Teaspoon Vanilla.

Cream the butter; add sugar gradually, eggs well beaten, and milk. Add flour mixed and sifted with baking powder. Beat thoroughly, then add chocolate and vanilla. Bake in layers. Frost with White Mountain Cream Frosting to which 3 tablespoons of grated chocolate has been added.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

In today's Lesson you are to prepare the layer cake mixture.

See Recipe on Front Page.

Butter or grease your pie tin.

Dust it with flour.

Measure the butter into your bowl, and cream it by working it or stirring it with your wooden spoon. (See **FIGURE 1.**)

FIGURE 1.

Add the sugar gradually, continue stirring until all is creamy and all of the sugar is added.

Add the beaten egg, orange rind and milk.

Measure, mix and sift the flour and baking powder into the sugar mixture. (See **FIGURE 2.**)

FIGURE 2.

Beat until perfectly smooth and thoroughly mixed.

Drop mixture into your greased pie tin. Spread mixture so that it will come a little higher near the edges as it is apt to rise too much in the center. Do not fill pie tin more than ⅔ full. If any mixture is left over bake it in the individual muffin tin.

Put your name written on a piece of paper on top. (See **FIGURE 3.**)

FIGURE 3.

Put pie tin on baking sheet.

Bake in oven about 8 minutes or until a light brown and until mixture shrinks from sides of pan. Be sure that it is done.

Turn out on your plate. When cool, cut it in halves with the tines of a fork. Cutting fresh cake with a knife will make it heavy along the line on which it is cut.

Your partner will spread it with filling and frosting.

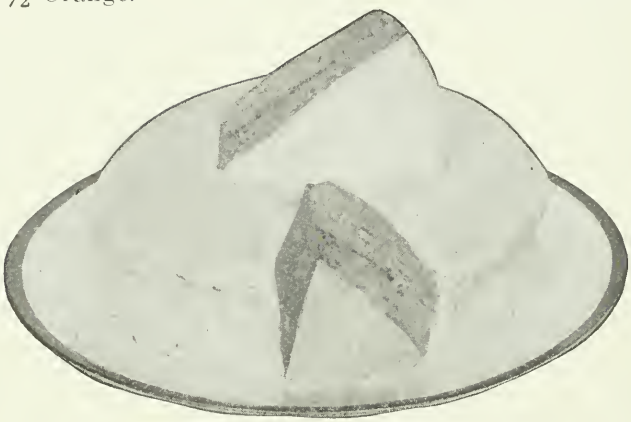
You are to WIPE the dishes today according to directions already learned.

HOME RECIPES.

ORANGE CAKE.

MATERIALS:

¼ Cup Butter.
1 Cup Sugar.
2 Eggs.
Rind ½ Orange.
½ Cup Milk.
1⅔ Cups Flour.
2½ Teaspoons Baking Powder.



Cream the butter; add sugar gradually, eggs well beaten, and milk. Then add flour, mixed and sifted with baking powder and orange rind. Bake in round layer cake pans. Put Orange Filling between layers, and cover top with Orange Frosting.

May be baked in individual tins and frosted with confectioners' or White Mountain Cream Frosting. Decorate with nuts, angelica, candied cherries, etc.

ORANGE FILLING.

½ Cup Sugar.
2 Tablespoons Flour.
1 Egg slightly beaten.
Grated Rind ½ Orange.
¼ Cup Orange Juice.
1 Teaspoon Lemon Juice.

Mix sugar and flour; add other ingredients in order given. Cook 10 minutes in a double boiler, stirring constantly. Cool before spreading.

ORANGE FROSTING.

1 Tablespoon Orange Juice.
1 Teaspoon Lemon Juice.
Yolk 1 Egg.
Confectioners' Sugar.
Grated Rind 1 Orange.

Add rind to the fruit juices; let stand 15 minutes, strain and add gradually to yolk of egg slightly beaten. Stir in sugar until of right consistency to spread.

QUESTIONS.

1. How do you cream butter?
2. Why cream butter before the sugar?
3. How would you get ready for making cake?
4. What is the best kind of flour to use for cake? Why?
5. How do you prepare the pans for baking?
6. How can you test the oven?
7. How can you tell when the cake is done?
8. If cake should stick to the pan what can you do to loosen it?
9. Would you consider cake a staple food or a luxury?
10. What may be used for shortening in cake making?
11. How may a cake mixture be varied?
12. What is the difference between a plain and a chocolate cake?
13. How would you make Orange Filling?
14. How would you make Orange Frosting?
15. How would you make Chocolate Cake?

SUGGESTIONS FOR HOME APPLICATION.

GERMAN COFFEE CAKE.

1 Cup Scalded Milk.
⅓ Cup Shortening.
¼ Cup Sugar.
½ Teaspoon Salt.
¼ Yeast Cake, mixed with
¼ Cup Lukewarm Water.
1 Well Beaten Egg.
½ Cup Raisins, cleaned and stoned.
¼ Cup Citron, cut in small pieces.
Flour.

Put the shortening, sugar and salt in a bowl, add the scalded milk. When lukewarm add the yeast cake mixture, egg, flour to make a stiff batter, raisins and citron. Beat vigorously, cover and let rise over night. In the morning beat again, drop mixture into a well greased shallow pan. Spread with egg mixture. Mix 1 well beaten egg, ⅓ cup sugar, ⅓ cup flour, 1 teaspoon cinnamon and 3 tablespoons melted butter. Allow cake mixture to rise to double its bulk, then bake about 30 minutes or until done.

RAISED DOUGHNUTS.

2 Tablespoons Butter.
¼ Cup Sugar.
½ Teaspoon Salt.
1 Cup Scalded Milk.
½ Yeast Cake, mixed with
¼ Cup Lukewarm Water.
Flour to make a dough.
1 or 2 Beaten Eggs.

Put butter, sugar and salt in a bowl. Pour on the scalded milk. When lukewarm, add the yeast cake mixture. Add flour to make a dough stiff enough to knead, cover and let rise double its bulk. Work the egg into the mixture. Shape, place on floured board, let rise 1 hour, turn and let rise again; fry in deep fat, drain on paper, cool and roll in powdered sugar.

SALLY LUNN.

2 Tablespoons Butter.
1 Tablespoon Sugar.
½ Teaspoon Salt.
½ Yeast Cake, mixed with
¼ Cup Lukewarm Water.
1 Beaten Egg.
2 Cups Flour.

Combine ingredients according to rule for yeast mixtures. Pour into greased pan after first rising. Sprinkle with sugar after second rising and bake.

CINNAMON BUNS AND ROLLS.

2 Cups Milk.
½ Cup Butter.
2 Tablespoons Sugar.
1 Yeast Cake, mixed with
¼ Cup Lukewarm Water.
2 Eggs.
Flour to make a soft dough.

CAKE MAKING.

PREPARATION OF WHITE CAKE.

Small cakes are more economical than large cakes because a little mixture will make many small cakes. If the small round cupped iron pans are used, a single recipe will make 40 or more cakes.

School Recipe.

MATERIALS: WHITE CAKE.

1 Tablespoon Butter.
3 Tablespoons Sugar.
1½ Tablespoons Milk.
5 Tablespoons Pastry Flour.
½ Teaspoon Baking Powder.
½ Beaten White of Egg.
1/6 Teaspoon Vanilla.
2 Tablespoons Boiling Water.

White Mountain Cream Frosting:
½ Cup Sugar.
½ Beaten White.

SMALL CAKES.

The recipes given for cake may be used in the making of small cakes. Mix the ingredients according to the recipe. Bake in small tins. Cool and frost with any kind of frosting. Decorate with walnuts, citron strips, raisins, dates, figs, candied fruit or angelica.

The above are baked in round muffin tins.

POINTS TO BE REMEMBERED IN CAKE MAKING:

Liquids used are water, milk, molasses, coffee, eggs, etc.

The fats, called shortening, include butter, butterine, lard, chicken fat, cottolene, coto-suet, crisco, etc.

They are included among the liquids, as fat melts when heated.

The sugar should be fine granulated or powdered.

The flour should be pastry flour as it requires less shortening than bread flour.

High Grade Baking Powder should be used. Review notes on Baking Powder.

If sour milk or cream is used, soda should be used.

GENERAL DIRECTIONS.

1. Get all the utensils and materials ready. Have a plate on which to lay sticky spoons, etc.

2. Light the oven.

3. Grease and flour the tins.

4. Measure and mix the ingredients. Test the oven before adding the flour.

NOTE: Sift the flour before measuring. Mix and sift the flour and baking powder before adding to mixture. A butter cake requires from ⅓ to ½ as much butter as sugar and about ½ as much liquid as flour. A cake with fruit should be a little stiffer than one without.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

In today's lesson you are to prepare the cake, while your partner prepares the frosting.

See Recipe on Front Page.

FIGURE 1.

Grease the tin. (See **FIGURE 1.**) Sprinkle it with flour.

Measure the butter into your bowl. Let your partner cream it with a wooden spoon. Measure and add the sugar gradually, while your partner continues stirring until all is creamy.

Measure, mix and sift the flour and baking powder. (See **FIGURE 2.**)

FIGURE 2.

Measure the milk. Add ½ of it to the creamed butter. Add ½ of the sifted flour; beat mixture **thoroughly.** Add the remaining ½ of milk and the remaining ½ of sifted flour. Beat **thoroughly.**

Fold in ½ of the stiffly beaten white prepared by your partner; add the vanilla.

Spread mixture in tin, pushing it well away from the middle.

Place tin on a baking sheet with your name on top.

FIGURE 3.

Bake **10** minutes, or until done, in a moderately hot oven. (See **FIGURE 3**). Cool. Cut in halves with fork tines.

Pass it to your partner.

You are to WIPE the dishes today according to directions already learned.

NOTE BOOK WORK.

WHITE CAKE.

½ Cup Butter.
1½ Cups Sugar.
⅔ Cup Milk.
2⅓ Cups Flour.
3 Teaspoons Baking Powder.
White 4 Eggs.
1½ Teaspoons Vanilla.

COCOANUT CAKE.

Cream the butter; add sugar gradually, then milk alternately with the flour sifted with the baking powder. Fold in the stiffly beaten whites. Add the flavoring and bake in layers. Frost with White Mountain Cream Frosting.

If cocoanut frosting is desired, add cocoanut to frosting before spreading the cake.

Cost of preparing Home Recipe of White Cake:

Materials:	Cost.
½ Cup Butter	cts.
1½ Cups Sugar	cts.
⅔ Cup Milk	cts.
2⅓ Cups Flour	cts.
3 Teaspoons Baking Powder	cts.
Whites 4 Eggs	cts.
1½ Teaspoons Vanilla	cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

In today's lesson you are to prepare the **frosting,** and assist your partner to mix the cake.

See Recipe on Front Page.

Help your partner with the mixing of the cake mixture. Cream the butter, then cream the butter and sugar. Do not cook the frosting until after the cake is out of the oven.

FIGURE 1.

Have a bowl of cold water near at hand.

Measure the boiling water and sugar into your saucepan. Place the saucepan over the fire just as the cake is taken out of the oven. Beat the white of an egg on your plate. Give ½ to your partner and keep the other ½ for frosting.

FIGURE 2.

Watch the boiling syrup carefully. Drop a small amount in cold water. Pick it up with your fingers (see **FIGURE 1**)—if it can be taken up and if it feels gummy, remove syrup from fire immediately.

Another test is to dip a fork into the boiling syrup, and if it forms a 2 inch thread, it is just right to remove from the fire. If it cooks longer, frosting will be sugary.

Pour syrup into beaten white very slowly, and continue beating it while adding the syrup. Beat (see **FIGURE 2**) until it is thick enough to spread without running. If beaten too long or not put onto the cake quickly enough, it will sugar.

Frost the bottom of 1 half layer, put the bottom of the other half on the top of it. Frost top of cake.

You are to WASH the dishes today according to directions already learned.

HOME RECIPES.

PLAIN CAKE.

¼ Cup Butter.
½ Cup Sugar.
1 Egg.
½ Cup Milk.
1½ Cups Flour.
2½ Teaspoons Baking Powder.

Cream the butter; add sugar gradually and egg well beaten. Mix and sift flour and baking powder; add alternately with mixture. Bake 30 minutes in a shallow pan.

PLAIN FROSTING.

White 1 Egg.
2 Teaspoons Cold Water.
½ Teaspoon Vanilla.
¾ Cup Confectioners' Sugar.

Beat the white of an egg until stiff; add water and sugar gradually. Beat thoroughly and add the flavoring. Use more sugar if needed.

WHITE MOUNTAIN CREAM.

1 Cup Sugar.
⅓ Cup Boiling Water.
White 1 Egg.
1 Teaspoon Vanilla.
½ Tablespoon Lemon Juice.

Boil sugar and water in a saucepan until it "spins a thread" 2 inches long, or until it forms a soft ball in cold water. Pour syrup gradually into beaten white of egg; beat constantly until of right consistency to spread. Add flavoring and pour over cake.

CHOCOLATE FROSTING.

1½ Cups Sugar.
⅔ Cup Milk.
1 Square Chocolate.
1 Teaspoon Butter.
½ Teaspoon Vanilla.

Put butter in a saucepan; when melted, add the sugar and milk and chocolate. Boil 13 minutes, or until it makes a very soft ball when tried in cold water. Cool. Beat until creamy. Add flavoring and pour over cake.

QUESTIONS.

1. Name liquids used in cake making.
2. Name fats that may be used in cake making.
3. What are they called?
4. What kind of sugar is usually used?
5. What kind of flour is considered best for cake making? Why?
6. Why is baking powder used?
7. What is the action of baking powder?
8. Give general directions for cake making.
9. Name 4 kinds of cake mixtures.
10. Name 3 ways of baking cake mixtures.
11. Name 3 kinds of fillings.
12. Name 3 kinds of frostings.
13. Give general directions for mixing ingredients.
14. What is the difference between this and the quick cake mixtures.
15. How do you test frosting when it is ready to remove from the fire?

SUGGESTIONS FOR HOME APPLICATION.

Quiek cakes are the most economical eakes as to ingredients and time of labor in their preparation.

Sponge and angel cake mixtures (butterless cakes) are the most wholesome and nutritious cake mixtures because they are rich in eggs.

Rich butter cakes are more difficult of digestion.

Only the best ingredients should be used in cake making. Rancid butter should never be used in batters and doughs. If it is unfit to use on bread it is also unfit to use in mixtures where the flavor may be disguised, but where its indigestibility is not decreased.

Mixtures rich in sugar should always be served at the close of the meal, when there is not such a temptation to indulge too much. We need some sweets. Sugar is the greatest energy produeing food, and children have a natural craving for some sweet food. This should be provided in the most wholesome form.

COOKIES.

PREPARATION OF DROP NUT COOKIES.

There are all sorts of cookies—plain and rich. The ingredients, when properly combined and cooked, furnish a good, wholesome, sweet food. They should not be eaten too freely, or the excess of sweet may result in indigestion.

DROP COOKIES.

School Recipe.

MATERIALS:

PEANUT COOKIES.	BOSTON COOKIES.
½ Tablespoon Butter.	⅔ Tablespoon Butter.
1 Tablespoon Sugar.	½ Tablespoon Sugar.
1 Tablespoon Beaten Egg.	2 Teaspoons Beaten Egg.
2 Tablespoons Flour.	1/16 Teaspoon Soda.
¼ Teaspoon Baking Powder.	⅓ Teaspoon Hot Water.
Few Grains Salt.	3½ Tablespoons Flour.
2 Level Teaspoons Milk.	Few Grains Salt.
3 Tablespoons Finely Chopped Peanuts.	½ Teaspoon Cinnamon.
	1 Tablespoon Chopped Nuts.
⅛ Teaspoon Lemon Juice.	½ Tablespoon Chopped Raisins.

NUT COOKIES.

Nuts are highly nutritious, as they are rich in protein and fats. They are used by vegeterians in place of meat. Peanuts are rich in protein, and furnish a large proportion of nourishment. They make a nice addition to the lunch box.

FOOD VALUE OF NUTS.

The term nut is applied indiscriminately to a variety of fruits or parts of fruit having a woody covering enclosing a meaty kernel.

They differ from fruits in that they are so highly nutritious. Bulk for bulk, they are among the most nutritive foods nature has given us. To a certain extent, they may be considered valuable meat substitutes. As the table below shows, they are rich in fat; in protein the most commonly used range from 3 to 30 per cent, in carbohydrate from 5 to 40 per cent. (Table.) U. S. Department of Agriculture, M. E. Jaffa. Nuts, as a rule, are not readily digested in the stomach. The reasons given for this is their concentration in fat and cellulose, the latter of which forms the compact framework throughout their structure. To overcome this, nuts should be either thoroughly masticated, or finely ground before being served.

Experiments prove that the finer the subdivision of the nut meat the easier, more rapid and more complete is their digestion and assimilation. They should be regarded as a highly nutritious food and eaten as such, and furnish a part, not an addition, to a hearty meal.

U. S. DEPARTMENT OF AGRICULTURE. FARMERS BULLETIN 332.

AVERAGE COMPOSITION OF NUTS AND NUT PRODUCTS.

Kind of Food	Refuse	Edible Portion						
		Water	Protein	Fat	Carbohydrates		Ash	Fuel Value per Pound
					Sugar, Starch, etc.	Crude Fiber		
	%	%	%	%	%	%	%	Calories
Nut and Nut Products:								
Acorn, fresh	17.80	34.7	4.4	4.7	50.4	4.2	1.6	1,265
Almond	47.00	4.9	21.4	54.4	13.8	3.0	2.5	2,895
Beech nut	36.90	6.6	21.8	49.9	18.0		3.7	2,740
Brazil Nut	49.35	4.7	17.4	65.0	5.7	3.9	3.3	3,120
Butternut	86.40	4.5	27.9	61.2	3.4		3.0	3,370
Candle nut	.....	5.9	21.4	61.7	4.9	2.8	3.3	3,120
Chestnut, fresh	15.70	43.4	6.4	6.0	41.3	1.5	1.4	1,140
Horn Chestnut or Water Chestnut	.....	10.6	10.9	.7	73.8	1.4	2.6	1,540
Cocoanut	34.66	13.0	6.6	56.2	13.7	8.9	1.6	2,805
Filbert	52.08	5.4	16.5	64.0	11.7		2.4	3,100
Hickory nut	62.20	3.7	15.4	67.4	11.4		2.1	3,345
Peanut	27.04	7.4	29.8	43.5	14.7	2.4	2.2	2,610
Pecan	50.10	3.4	12.1	70.7	8.5	3.7	1.6	3,300
Pine nut, Pinon	40.60	3.4	14.6	61.9	17.3	.....	2.8	3,205
Pine nut, Spanish or pignolia, (shelled)	.....	6.2	33.9	48.2	6.5	1.4	3.8	2,710
Pistachio	.....	4.2	22.6	54.5	15.6		3.1	3,250
Walnut	58.80	3.4	18.2	60.7	13.7	2.3	1.7	3,075
Peanut butter	.....	2.1	29.3	46.5	17.1		5.0	2,825
Cocoanut candy	.....	3.9	2.4	11.9	76.7	4.5	.6	2,000
Peanut candy	.....	3.0	10.3	16.6	66.9	2.1	1.1	2,115
Cocoanut milk	.....	92.7	.4	1.5	4.6		.8	155
Cocoanut, desiccated	.....	3.5	6.3	57.4	31.5		1.3	3,125

WORKING DIRECTIONS TO BE FURNISHED BY ALL ODD NUMBERED GIRLS.

In today's lesson you are to prepare the **peanut cookies,** while your partner prepares the Boston cookies.

See Recipe on Front Page.

FIGURE 1.

Measure the butter into your bowl.

Work it with your wooden spoon until creamy.

Measure and add the sugar gradually.

Measure and add the well beaten egg. Beat until creamy, then add the milk.

Measure, mix and sift the flour, baking powder and salt. Add it to the butter and sugar mixture. See **FIGURE 1.**

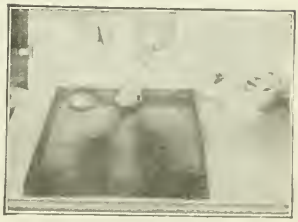


FIGURE 2.

Measure and add the peanuts and lemon juice. Beat the mixture thoroughly.

Drop mixture by teaspoonfuls onto an unbuttered pan about 2 inches apart. See **FIGURE 2.**

Put ½ peanut on top of each in the center.

Bake from 12 to 15 minutes in a slow oven.

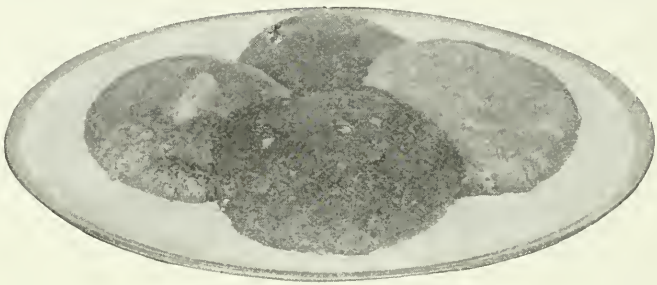
You are to WIPE the dishes today, according to directions already learned.

NOTE BOOK WORK.

PEANUT COOKIES.

MATERIALS:

2 Tablespoons Butter.
¼ Cup Sugar.
1 Egg, Well Beaten.
½ Cup Flour.
½ Teaspoon Lemon Juice.
1 Teaspoon Baking Powder.
¼ Teaspoon Salt.
2½ Tablespoons Milk.
¾ Cup Chopped Peanuts.



WORKING DIRECTIONS.

Cream the butter, add sugar gradually; add well beaten egg. Mix and sift baking powder, salt and flour; add to first mixture; then add milk, peanuts and lemon juice. Drop from the tip of a spoon on an unbuttered baking sheet 1 inch apart, and place ½ peaunt on top of each. Bake 12 to 15 minutes in a slow oven. This makes 24 cookies.

Cost of preparing Home Recipe for Peanut Cookies:

Materials:	Cost.
2 Tablespoons Butter	cts.
¼ Cup Sugar	cts.
1 Egg	cts.
½ Cup Flour	cts.
1 Teaspoon Baking Powder	cts.
¼ Teaspoon Salt	cts.
2½ Tablespoons Milk	cts.
¾ Cup Chopped Nuts	cts.
½ Teaspoon Lemon Juice	cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

In today's lesson you are to prepare the **Boston Cookies.**

See Recipe on Front Page.

Measure and cut the raisins (see **FIGURE 1**) and nuts into small pieces.

FIGURE 1.

Measure the butter into your bowl. (See **FIGURE 2.**) Cream it with a wooden spoon.

FIGURE 2.

Add sugar gradually, continue creaming.

Measure and add the beaten egg.

Beat until creamy, measure the hot water, add soda to it and pour it into the creamed sugar mixture.

Measure, mix and sift the flour, salt and cinnamon, add ½ of it to the creamed sugar mixture. Add the nuts and raisins to the remaining half and cut it in with a knife.

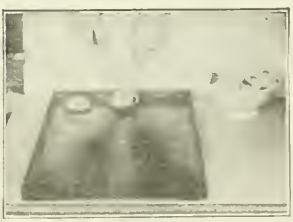


FIGURE 3.

Drop mixture by teaspoonfuls onto a buttered baking sheet. Drop these about **2** inches apart. See **FIGURE 3.**

Bake in a moderately hot oven about **15** minutes.

You are to WASH the dishes today according to directions already learned.

HOME RECIPES.

BOSTON COOKIES.

MATERIALS:

⅔ Cup Butter.
1 Cup Sugar.
2 Eggs.
⅔ Teaspoon Soda.
1 Tablespoon Hot Water.
2¼ Cups Flour.
⅓ Teaspoon Salt.
1 Teaspoon Cinnamon.
½ to 1 Cup Chopped Nuts.
⅓ Cup Raisins.

WORKING DIRECTIONS.

Cream the butter, add sugar gradually, and eggs well beaten. Add soda dissolved in water, ½ flour mixed and sifted with salt and cinnamon. Then add nut meat and fruit mixed with remaining flour. Drop by spoonfuls onto a buttered tin, 1 inch apart, and bake in a moderately hot oven.

ALMOND COOKIES.

½ Cup Butter.
½ Cup Sugar.
1 Beaten Egg.
½ Cup Finely Chopped Almonds.
1 Teaspoon Cinnamon.
½ Teaspoon Cloves.
Grated Rind ½ Lemon.
2 Tablespoons Lemon Juice.
¼ Teaspoon Soda.
2 Cups Flour.

Cream the butter, add the sugar gradually, add well beaten eggs, chopped almonds, lemon rind, lemon juice, flour, seasonings and soda mixed and sifted. Roll to ¼ inch thickness, cut into desired shapes and bake in a moderate oven.

QUESTIONS.

1. Why are nut cookies nourishing?
2. For what may nuts be substituted in our diet?
3. In what food element are nuts rich?
4. How should nuts be prepared for eating?
5. Name 3 kinds of nuts and their composition.
6. Name 3 recipes prepared with nuts.
7. Were your cookies good today?
8. Under what food heading does sugar belong?
9. What does sugar do in the body?
10. In what are nuts rich?
11. What is the chief duty of proteins in the body?
12. What is the chief duty of fat in the body?
13. What is the chief duty of carbohydrates in the body?
14. Name 3 carbohydrate foods.
15. Name 3 protein foods.

SUGGESTIONS FOR HOME APPLICATION.

WALNUT BREAD.

4 Cups Flour.
1½ Tablespoons Baking Powder.
½ Teaspoon Salt.
1 Cup Chopped Walnuts.
½ Cup Raisins.
¾ Cup Sugar.
1 Beaten Egg.
1½ Cups Milk.

Mix and sift flour, baking powder and salt. To ½ of it add the nuts and raisins, mix. To the beaten egg add the sugar gradually, continue beating, then add the milk. Add this to the remaining sifted flour; stir in the floured raisins and nuts. Put in well greased pans, let stand 20 minutes and bake 60 minutes in a moderate oven.

VEGETARIAN MEAT LOAF.

2 Cups Dried Crumbs.
1 Cup Nut Butter.
1 Beaten Egg.
½ Teaspoon Sage.
1 Teaspoon Salt.
⅛ Teaspoon Celery Salt.
Few Grains Pepper.
1 Tablespoon Chopped Parsley.
Milk or water to moisten.

Mix ingredients in order given. Knead and shape into a loaf, put into a well greased pan; bake, basting often.

NUT SOUFFLE.

2 Cups Soft Bread Crumbs.
1 Cup Scalded Milk.
1 Cup Finely Chopped Nuts.
1 Teaspoon Salt.
Few Grains Pepper.
5 Beaten Whites of Eggs.

Cook and stir the crumbs and milk over the fire until smooth; remove from fire, add the seasonings and nutmeats. Fold in the stiffly beaten whites. Turn into a well greased baking dish and bake in a quick oven until puffy and quite firm, about 15 minutes. Serve at once.

NUT CHEESE.

½ Cup Almonds.
1 Cup Roasted Peanuts.
1 Cup Pine Nuts.
1 Cup Filberts.
1 Cup Pecans.

Raisins, figs and dates forced through a chopper, may be added, using ½ cupful of each. Knead, then pack in glass jars. This may be used for sandwich fillings or sliced and served as meat.

COOKIES AND BEVERAGES.

PREPARATION OF ROLLED COOKIES.

All batters and doughs are more or less alike. Cookie mixtures are really stiff cake mixtures. Usually too much flour is added to cookie mixtures—this does not make as good cookies as when less flour is used.

ROLLED COOKIES.

MATERIALS:

SUGAR COOKIES.

½ Tablespoon Butter.
1 Tablespoon Sugar.
½ Tablespoon Beaten Egg.
½ Teaspoon Milk.
3 Tablespoons Flour (plus enough to make a dough).
3/16 Teaspoon Baking Powder.
Few Grains Salt.
Few Grains Nutmeg.

COFFEE.

2 Level Tablespoons Coffee.
1 Teaspoon Beaten Egg.
1 Tablespoon Cold Water.
1 Cup Boiling Water.

SUGAR COOKIES.

The above recipe is for plain sugar cookies; richer cookies may be made by using more shortening. The recipe may be varied by the addition of spices, cocoanut, chocolate, etc. A design may be made on top by the use of raisins, almonds, citron or small candies.

BEVERAGES.

A beverage is any drink. All beverages contain a large percentage of water.

Use freshly boiled water for making hot beverages.

Use freshly drawn water for making cold beverages.

Beverages are: 1. Water. 2. Natural Fruit Juices. 3. Aromatics. Examples: Tea, coffee, cocoa, chocolate.

TEA.

Tea is a native of China, Japan and Northeast India, but is grown in this country—ex., South Carolina.

Tea is made from the leaves of an evergreen plant.

Tea leaves have to be wilted, rolled and dried by artificial heat in order to develop their flavor.

Green Tea is made from freshly picked young leaves, which are prepared by drying them by heat or steam; later they are sweated or roasted soon after gathering. Example: Gunpowder, Hyson and Japan.

Black Tea is made from the leaves left in a heap on the ground in the sun, allowing them to ferment, in order to darken and develop a different flavor before being rolled. Example: Oolong, English Breakfast, etc.

Tea contains a stimulating substance called THEIN, and TANNIN.

Do not use a tin teapot, because of the tannin in the tea.

Tea increases perspiration, and helps tired nerves to recover.

People who do severe muscular labor are refreshed by a cup of tea.

COFFEE.

Coffee is made from the seeds of the coffee plant grown in Africa, Mocha, Costa Rica, Brazil, Ceylon and Jamaica.

The seeds of the berries of the coffee trees are roasted in order to develop the aroma.

COFFEE contains a stimulating substance called CAFFEINE, and TANNIN. Tannin is the injurious substance found in tea and coffee. It is extracted by boiling, therefore tea should always be infused and not allowed to boil or steep too long. Filtered coffee is preferable to boiled coffee. Children and young people who have not stopped growing should not drink tea or coffee.

Tea and Coffee should never be taken on an empty stomach unless for medicinal purposes.

COCOA AND CHOCOLATE.

COCOA and Chocolate are prepared from the seeds of the cocoa beans dried and roasted.

Cocoa Beans contain so much fat when ground they become not powder, but paste. This paste forms Chocolate.

Cocoa is made by grinding the Cocoa Beans, extracting the oil, leaving a dry powder.

Chocolate and Cocoa are a food as well as a stimulant. They contain theobromine, a substance similar to caffeine.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

In today's lesson you are to cream the **butter** and **sugar** for the cookies and prepare the coffee.

See Recipe on Front Page.

Measure the butter and cream it with a wooden spoon in your bowl. (See **FIGURE 1.**) Add sugar gradually. Continue stirring until all the sugar is added.

FIGURE 1.

Pass it to your partner.

Measure **1** cupful of water, put it over the fire to boil. See **FIGURE 2.**

Measure **1** tablespoon of coffee into your custard cup. Add the teaspoonful of egg mixed with **1** tablespoon cold water.

FIGURE 2.

Add the coffee mixture to the boiling water in the saucepan over the fire. Cover closely; let boil **3** minutes.

Add **1** tablespoon cold water. Turn out the flame. Let stand **2** minutes. Pour into a heated cup.

Serve some adult person, as children should drink neither tea nor coffee.

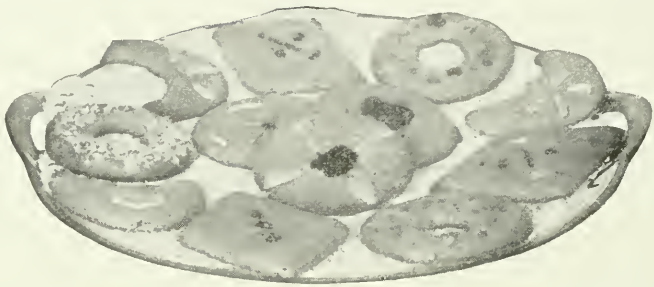
Cream and sugar may be added.

You are to WASH the dishes today, according to directions already learned.

NOTE BOOK WORK.

MATERIALS:

½ Cup Butter.
1 Cup Sugar.
2 Eggs, beaten.
2 Tablespoons Milk.
3 Cups Flour.
2 Teaspoons Baking Powder.
¼ Teaspoon Salt.
½ Teaspoon Grated Nutmeg.



Sugar Cookies Cut Into Fancy Shapes.

WORKING DIRECTIONS.

Cream the butter, add sugar gradually. Add well beaten eggs, milk, and the flour mixed and sifted with the baking powder and the nutmeg. Add flour to make a stiff dough. Place small portion of dough on a well-floured board, pat and roll to ⅛ inch thickness. Cut, place on a buttered baking tin, and bake in a moderate oven until light brown. One egg may be omitted, and then less flour will be required.

Cost of preparing Home Recipe of Sugar Cookies—I:

Materials:	**Cost.**
½ Cup Butter	cts.
1 Cup Sugar	cts.
2 Eggs	cts.
2 Tablespoons Milk	cts.
3 Cups Flour	cts.
2 Teaspoons Baking Powder	cts.
¼ Teaspoon Salt	cts.
½ Teaspoon Grated Nutmeg	cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

In today's Lesson you are to finish preparing the cookies after your partner has creamed the butter and sugar.

See Recipe on Front Page.

Measure and add the beaten egg to your partner's mixture. Beat until creamy, measure and add the milk.

Measure, mix and sift the flour, baking powder and spices.

Add them to the butter and sugar mixture.

Cut in enough flour (see **FIGURE 1**) so that the dough will not stick when touched gently with your finger.

FIGURE 1.

Toss and roll out on a floured board. (See **FIGURE 2.**)

Cut with a cutter dipped in flour.

Place cookies on a buttered pan.

Sprinkle with sugar.

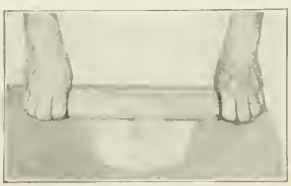


FIGURE 2.

Bake in a moderately heated oven until a light brown.

Serve your partner and yourself.

You are to WIPE the dishes today, according to directions already learned.

HOME RECIPES.

SUGAR COOKIES—II.

1 Cup Sugar. 1 Teaspoon Soda in 2 Tablespoons Milk.
½ Cup Lard or Butter. 3 Eggs, beaten.
1 Tablespoon Lemon Juice. Flour to make dough stiff enough to roll.

Cream the butter, add sugar gradually, and well beaten eggs, lemon juice, soda and milk, and enough sifted flour to roll. Cut and bake.

Vanilla Cookies.

Substitute 1 teaspoon vanilla for the nutmeg in Sugar Cookies I.

Chocolate Cookies.

Add 3 tablespoons grated chocolate or cocoa to Recipe I.

Cocoanut Cookies.

Add ½ cup shredded cocoanut to the dry ingredients in Recipe I. Roll ¼ inch thick.

BEVERAGES.

TEA.

To Make Tea. Allow 1 teaspoonful of tea to 1 cup of boiling water. Scald the teapot with boiling water, put in the tea, pour on the boiling water, and let it stand covered from 3 to 5 minutes.

COFFEE.

To make filtered coffee, allow 1 tablespoon of pulverized coffee to 1 cup boiling water. Scald the coffee pot. Put coffee in strainer and strainer in coffee pot; put on the range. Add gradually the boiling water and allow it to filter. Cover between additions of water. If desired stronger, refilter.

BOILED COFFEE.

⅔ Cup Coffee. ½ Cup Cold Water. 1 Egg. 6 Cups Boiling Water.

Scald graniteware coffee pot. Wash the egg, break and beat it slightly. Dilute with ½ of cold water; add crushed shell and mix with coffee. Turn into coffee pot; pour on boiling water, and stir thoroughly. Place on fire and boil 3 minutes. If not boiled, coffee is cloudy; if boiled too long, too much tannic acid is developed. The spout of the coffee pot should be stuffed with soft paper to prevent the escape of fragrant aroma. Add remaining water, let it stand 10 minutes on back of range.

Left-over coffee may be used, if poured off the grounds immediately. Keep it in a cool place until needed. Never reheat coffee on the grounds.

BREAKFAST COCOA.

2 Cups Scalded Milk. Few Grains Salt. 2 to 4 Tablespoons Sugar.
2 Cups Boiling Water. 2 Tablespoons Prepared Cocoa.

Mix dry ingredients in saucepan; stir in boiling water gradually and boil 5 minutes; add milk and cook 5 minutes longer, or until smooth and free from lumps. Mill with a Dover egg beater to prevent albuminous skin from forming.

QUESTIONS.

1. What is meant by a **beverage?**
2. What is meant by freshly drawn water?
3. What is meant by freshly boiled water?
4. Name four beverages.
5. Where is tea grown?
6. Is tea a **stimulant** or a **nutrient?**
7. Where is coffee grown?
8. Is coffee a **stimulant** or a **nutrient?**
9. How would you prepare tea?
10. How would you prepare coffee?
11. What is cocoa?
12. What is chocolate?
13. What is the difference between cocoa and chocolate?
14. Are cocoa and chocolate **nutrients** or **stimulants,** or **both?**

SUGGESTIONS FOR HOME APPLICATION.

In this lesson you have been studying about different beverages and will find recipes given for the perparation of tea, coffee and cocoa. Below are a number of recipes for cooling, refreshing beverages prepared from fruit juices.

LEMONADE.

½ Lemon (Juice).
About 2 Tablespoons Sugar.
⅔ Cup Water.

Mix together and add chipped ice if desired. Stir well to dissolve the sugar.

ORANGEADE.

½ Lemon (Juice).
1 Orange (Juice).
1⅓ Cups Water.
About 3 Tablespoons Sugar.

Prepared the same as lemonade.

GRAPE JUICE.

10 Pounds Grapes.
1 Cup Water.
3 Pounds Sugar.

Put grapes and water in granite or aluminum stew pan. Heat until stones and pulp separate; let drain in jelly bag, add sugar, heat to boiling point, and bottle in sterilized bottles. After they are corked dip the corked end in melted paraffine to thoroughly seal. This may be diluted one-half with water when served. The sugar may be omitted and added to taste when the grape juice is served.

FRUIT PUNCH.

1 Cup Water.
2 Cups Sugar.
1 Cup Tea Infusion.
1 Quart Apollinaris.
2 Cups Strawberry Syrup.
Juice 5 Lemons.
Juice 5 Oranges.
1 Can Grated Pineapple.
1 Cup Maraschino Cherries.

Make syrup by boiling water and sugar ten minutes; add the strawberry syrup, lemon juice, orange juice and pinepaple; let stand thirty minutes to cool, strain, and add ice water to make one and one-half gallons of liquid. Add cherries and apollinaris. Serve in punch bowl with large piece of ice. This quantity will serve fifty.

FRUIT PUNCH II.

1 Quart Cold Water.
2 Cups Sugar.
2 Cups Chopped Pineapple.
½ Cup Lemon Juice.
1 Cup Orange Juice.
1 Quart Bottle Grape Juice.

Boil sugar, water and pineapple twenty minutes; add fruit juice, cool, strain and dilute with ice water.

PASTRY MAKING.

PREPARATION OF TWO CRUST PIE.

If pie is served, the crust should be made as tender and flaky as possible, as this is much more easily digested than tough, soggy pastry.

As the crust is rather difficult of digestion, even at its very best, it is a wise plan to roll it as thin as possible, as less of it is consumed in a serving in this way.

School Recipe.

PASTRY.

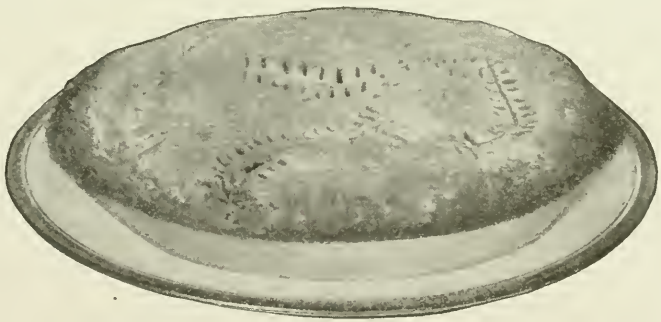
MATERIALS:

½ Cup Flour.
1/6 Teaspoon Salt.
2½ Tablespoons Butter.
About 1 Tablespoon Cold Water.
1 Large Apple.
Few Grains Salt.

APPLE FILLING.

MATERIALS:

2 Tablespoons Sugar.
¼ Teaspoon Butter.
Few Grains Cinnamon.
Few Grains Nutmeg.
¼ Teaspoon Lemon Juice.
Few Gratings Lemon Rind.



APPLE PIE.

Pie is decidedly an American dish. It is, when properly made, a palatable but not a wholesome dessert.

But as long as we do have a pie occasionally, we should know how to make it right. It may be considered and used as a luxury, but not as a daily food. There are so many wholesome desserts to choose from that we ought to select pie as our dessert only occasionally. All the egg and milk desserts and gelatine desserts are wholesome, nutritious, and palatable.

PASTRY.

Pastry, if it is to be served at all, should be light, tender and flaky. It is then more easily digested.

Winter wheat flour, called pastry flour, should be used, as it makes the pastry more tender than bread flour. Less shortening is required when pastry flour is used, than when bread or spring wheat flour is used.

The lightness of the pastry depends on the amount of air enclosed and its expansion in baking.

The flakiness depends upon the number of layers of shortening and paste formed by folding and rolling.

GENERAL DIRECTIONS.

Use butter, lard or drippings for the shortening.

Rub in shortening with the tips of the fingers or chop in with a knife.

Add enough cold water to make a stiff dough, using a knife for mixing.

All the ingredients must be cold.

Handle the dough as little as possible, and keep it as cold as possible, as heat melts the fat and makes it difficult to handle the dough.

Use as little flour as possible during the rolling.

Cut the pastry a little larger than the dish, to allow for shrinkage.

RECIPE FOR PASTRY.

1½ Cups Flour. ½ Teaspoon Salt. ⅓ to ½ Cup Shortening.
Cold Water to make a stiff dough (about 4½ Tablespoons).

Mix and sift flour and salt. Rub in shortening with tips of fingers or cut it into the flour with two knives. Add the cold water, using a knife for mixing. Knead the dough lightly into a ball. Cut in two; roll into circular pieces to fit pie tin; or

Work ½ of the butter or shortening into the flour, add cold water to make a stiff dough, as in Recipe I.

Toss on a floured board, roll out into a rectangular piece. Dot with remaining ½ of butter. Fold or roll up like a jelly roll; cut in halves and roll out for top and bottom crust.

This makes a flaky crust. The top crust should be gashed in several places to let out the steam.

WHY FRIED FOOD AND PASTRY ARE HARD TO DIGEST.

Fat is not acted upon by the saliva in the mouth nor the gastric juice in the stomach; so, when particles of food which should be acted upon by these fluids are entirely coated with grease they cannot be reached, and therefore enter the smaller intestines undigested. Here the fat is removed from them by the action of the pancreatic juices, which do their best to digest all, but as they were not intended to do all the work, much of the food is passed on undigested. In pastry there is also another reason, namely, that so little water is added to the fat coated starch granules that they cannot swell and burst sufficiently. Starch grains must absorb water, swell and burst before they can be digested.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

In today's lesson you are to prepare the apple filling while your partner prepares the pastry for the crust.

See Recipe on Front Page.

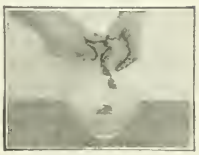


FIGURE 1.

Measure the sugar, salt, cinnamon, nutmeg, lemon juice and rind into your saucer. Mix.

Pare and core the apple (see **FIGURE 1**), cut it into eighths.

Roll out ½ of pie crust to fit pie tin. (See **FIGURE 2.**)

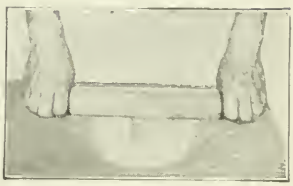


FIGURE 2.

Cover bottom of pie tin (see **FIGURE 3**), allowing crust to come over edge of tin.

Cover the crust with apples.

Spread the apples with the sugar mixture. Dot with butter.

FIGURE 3.

Pass it to your partner.

You are to WIPE the dishes today according to directions already learned.

NOTE BOOK WORK.

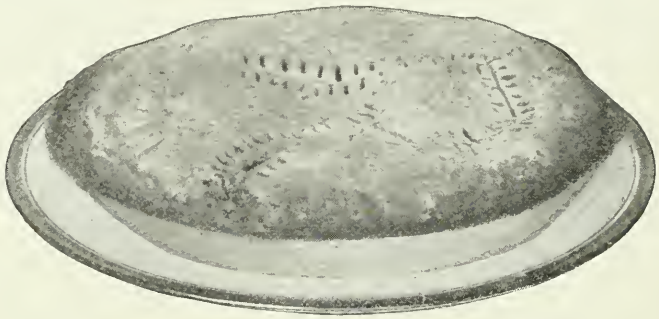
RECIPE FOR PASTRY.

MATERIALS:

1½ Cups Flour.
½ Teaspoon Salt.
⅓ to ½ Cup Shortening.
Cold Water to make a stiff dough (about 4½ tablespoons).

WORKING DIRECTIONS.

Mix and sift flour and salt. Rub in or cut shortening into the flour with two knives. Add the cold water, using a knife for mixing. Knead the dough lightly into a ball. Cut in two; roll into circular pieces to fit pie tin.



APPLE PIE.

MATERIALS:

5 Sour Apples.
⅛ Teaspoon Salt.
½ Cup Sugar.
1 Teaspoon Butter.
¼ Teaspoon Cinnamon.
1 Teaspoon Lemon Juice.
⅛ Teaspoon Nutmeg.
2 Gratings Lemon Rind.

Line pie plate with paste. Pare, core and cut apples and fill the pie. Mix the dry ingredients and lemon juice and sprinkle over apples. Dot over with butter. Wet edges of under crust, cover with upper crust, pressing the edges close together. Bake in a hot oven 40 to 45 minutes, or until fruit is cooked.

Cost of preparing Home Recipe of Pastry and Apple Pie:

Materials:	**Cost.**
1½ Cups Flour	cts.
½ Teaspoon Salt	cts.
⅓ to ½ Cup Shortening	cts.
5 Sour Apples	cts.
½ Cup Sugar	cts.
1 Teaspoon Butter	cts.
Seasonings	cts.
1 Teaspoon Lemon Juice	cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

In today's lesson you are to prepare the pastry for the pie.

See Recipe on Front Page.

Measure, mix and sift the flour and salt.

Measure the butter and work it into the flour with a knife or tips of fingers. (See **FIGURE 1.**)

Add the cold water gradually and mix with a knife, cutting to make a stiff dough. (See **FIGURE 2.**)

Do not add more water than just enough to hold the dough together.

Toss on a floured board.

Knead slightly.

Divide into halves.

Pass ½ to your partner.

Roll out the other ½ to circular piece. Make incisions with the knife. (See **FIGURE 3.**)

Moisten edges of under crust prepared by your partner. (See **FIGURE 4.**)

Place top crust over under crust.

Press edges with the fork tines dipped in flour. Trim off edges by cutting around with a knife. (See **FIGURE 5.**) Bake in a moderately hot oven 25 minutes or until apples are tender and crust is nicely browned.

You are to WASH the dishes today according to directions already learned.

FIGURE 1.

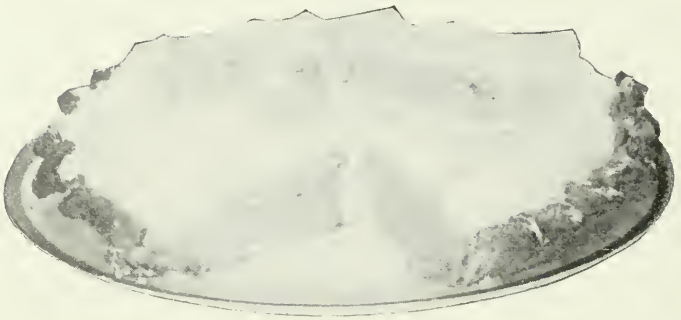
FIGURE 2.

FIGURE 3.

FIGURE 4.

FIGURE 5.

HOME RECIPES.



LEMON PIE.

MATERIALS:

1 Cup Sugar.
3 Tablespoons Cornstarch.
¾ Cup Boiling Water.
1 Teaspoon Butter.
2 Egg Yolks.
Juice 1 Lemon.
Grated Rind 1 Lemon.

WORKING DIRECTIONS.

Mix cornstarch and sugar; add to boiling water, stirring constantly. Cook until clear: add the butter, beaten yolks, lemon juice and rind. Cool. Line plate with paste. Prick the paste and bake. Fill with lemon mixture, and cover with meringue and bake until meringue is brown.

MERINGUE.

MATERIALS:

White 2 Eggs.
2 Tablespoons Sugar or Powdered Sugar.
½ Tablespoon Lemon Juice.
Or ¼ Teaspoon Vanilla.

WORKING DIRECTIONS.

Beat the whites until stiff, fold in sugar, and add flavoring.

RHUBARB PIE.

MATERIALS:

1½ Cups Rhubarb.
1 Scant Cup Sugar.
1 Egg.
2 Tablespoons Flour.

WORKING DIRECTIONS.

Skin and cut rhubarb in ½ inch pieces. Mix sugar and flour; add egg. Line a plate with crust, cover with rhubarb, spread with egg mixture; cover with crust. Bake until fruit is cooked.

QUESTIONS.

1. Is pie considered a wholesome dessert?

2. Why do we serve pie?

3. How should it be made?

4. What kind of flour makes the best pie?

5. Why is pastry flour more economical than bread flour for pies and cakes?

6. Name 3 kinds of shortening that may be used for pie making.

7. Name 2 reasons why pie crust is difficult to digest.

8. Name 2 kinds of pie filling.

9. Which is better—a 2 or a 1 crust pie? Why?

10. What part of the pie is difficult of digestion? Why?

11. How would you prepare lemon filling?

12. How would you prepare meringue?

13. How would you prepare rhubarb filling?

SUGGESTIONS FOR HOME APPLICATION.

RAISIN PIE.

1 Cup Sugar.
4 Tablespoons Flour.
1 Cup Molasses.
Juice and Grated Rind 2 Lemons.
1 Cup Seeded Raisins.
1 Cup Water.

Measure and mix the flour and sugar, add the molasses, water, lemon juice and rind and the seeded raisins. Line pie tin with pastry. Fill with the raisin mixture and then cover raisin mixture with pastry the same as apple pie.

COCOANUT CREAM PIE.

1½ Cups Scalded Milk.
⅓ Cup Sugar.
¼ Teaspoon Salt.
3 Tablespoons Cornstarch.
Yolks 3 Eggs.
1 Tablespoon Butter.
½ Cup Shredded Cocoanut.
½ Teaspoon Vanilla.
3 Egg Whites.
3 Tablespoons Sugar.

Add the sugar, cornstarch and salt to the yolks. Pour the scalded milk into this, return to double boiler, stir and cook until thickened. Add the butter, cocoanut and vanilla. Pour into a pie tin lined with pastry. Bake. Cover with Meringue.

MERINGUE.

Beat the egg whites until stiff, add the sugar gradually, continue beating, spread over pie, sprinkle with shredded cocoanut, brown in oven.

MINCE PIE.

Line pie tin with pastry, cover with mince meat mixture, cover with pastry, as in apple pie, and bake.

MINCE MEAT.

1½ Cups Chopped Beef (roast or steak).
1 Pint Chopped Apple.
½ Cup Chopped Suet or ⅓ Cup Butter.
1⅓ Cups Sugar.
1 Cup Molasses.
Grated Rind and Juice of 2 Lemons.
½ Cup Syrup from Sweet Pickle Jar.
1 Teaspoon Salt.
1 Teaspoon Mace.
Grating of Nutmeg.
¼ Teaspoon Cloves.
½ Teaspoon Cinnamon.
⅔ Cup Raisins (Sultanas preferred).

Mix all together. Cook 1½ hours. Put in jars. Less spice may be used, or 2 or 3 tablespoonfuls of "left-over" jelly may be added. This recipe makes 3 pies.

POULTRY—PREPARATION OF SUITABLE COMBINATIONS.

In today's lesson directions for roast chicken are given. The same directions may be followed for the preparation of roast turkey, goose or duck. The main thing to remember in the roasting of meat is the cooking of the protein content. The meat is first exposed to a high temperature to sear the surface, and then lowered to finish cooking the albuminous juices.

GLAZED SWEET POTATOES AND MINT JELLY.

School Recipe.

GLAZED SWEET POTATOES.

MATERIALS:

½ Cooked Sweet Potato.
1 Tablespoon Brown Sugar.
1 Teaspoon Butter.
Few Grains Salt.

MINT JELLY.

MATERIALS:

2 Tablespoons Boiling Water.
1 Teaspoon Gelatine.
1 Tablespoon Cold Water.
1 Tablespoon Lemon Juice.
1 Tablespoon Sugar.
1 Tablespoon Mint Leaves.
½ Teaspoon Spinach Juice.

ROAST CHICKEN—GLAZED SWEET POTATOES.
CRANBERRY JELLY.

This lesson gives directions for the preparation of a chicken. The same rule may be followed for the preparation of Roast Turkey. In Book One directions are given for making Cranberry Jelly, which is usually served with Roast Chicken and Roast Turkey. Glazed Sweet Potatoes and Mint Jelly are also good as a variety.

POULTRY.

SELECTING POULTRY, select a chicken with firm flesh, yellow skin and legs.

A CHICKEN is known by soft feet, smooth skin and soft cartilage at end of breast bone.

A YOUNG CHICKEN has an abundance of pin feathers. Long hairs denote age.

Choose Spring Chicken for Broiling. A young, plump chicken for roasting. A fowl for stewing.

To Dress and Clean Poultry.

Pick out pin feathers, remove hairs and down by singeing over a flame. Cut off head, using a small-pointed knife or a cleaver. Cut through the skin around the leg, 1½ inch below the leg joint, care being taken not to cut tendons, snap the bone and pull off foot if bird is young. If it is old, pull out tendons one at a time with a skewer or nail.

Make a cut through the skin below the breast bone just large enough to admit the hand. Keep the fingers close to the breast bone until the heart and liver are reached, loosen on either side down toward the back. Loosen all membrane and remove entrails, gizzard, heart and liver. The lungs and kidneys lie in the hollow near the backbone and between the ribs.

Cut off the neck close to the body, leaving enough skin to fasten under the back. Remove windpipe and the crop. Remove oil bag and wash bird by letting cold water run through it. (Do not soak the bird in cold water.) Wipe inside and outside with a damp cloth.

To Clean Giblets.

Cut the liver from the gall bladder, cut the heart open and remove the clotted blood. Cut the outer coat of the gizzard and draw it off, leaving the sac containing the sand, etc. Wash and cook in boiling, salted water.

To Stuff Poultry.

Use enough stuffing to fill the skin, that the bird may look plump when sewed. Where cracker stuffing is used, allowance must be made for the swelling of the crumbs. Sew the skin or use skewers.

To Truss Poultry.

Draw the thighs and wings close to the body, and fasten with steel skewers, or tie with a string. Fasten the neck skin under the back.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

In today's lesson you are to prepare the **Mint Jelly.**

See Recipe on Front Page.

Pour the boiling water with the mint leaves into a saucepan. Let stand **5** minutes over a low flame.

Measure the gelatine into your custard cup. Cover it with and soak it in the cold water.

Let stand **5** minutes.

Add the lemon juice and sugar.

Put strainer over custard cup.

Pour mint leaves and hot water into strainer, allowing the water to run through into the custard cup. (See **FIGURE 1.**) Add spinach juice to color the jelly green.

FIGURE 1.

FIGURE 2.

Place custard cup in a saucepan containing boiling water and let stand until gelatine is dissolved.

Pour into a custard cup rinsed in cold water. Let stand until firm in cold water.

Turn upside down (see **FIGURE 2**) and if jelly does not come out easily, wring out cloth in hot water. Hold it over the cup and it will come out.

You are to WASH the dishes today according to directions already learned.

NOTE BOOK WORK.

GLAZED SWEET POTATOES.

MATERIALS:

6 Cooked Sweet Potatoes.
⅓ Cup Brown Sugar.
¼ Teaspoon Salt.
1 Tablespoon Butter.

WORKING DIRECTIONS.

Cream the butter; add sugar gradually; add salt; cut cooked sweet potatoes into thick slices lengthwise or crosswise or into cubes. Arrange in buttered baking dish; spread with sugar mixture. Bake in oven until a golden brown.

MINT JELLY.

MATERIALS:

2 Tablespoons Granulated Gelatine.
½ Cup Cold Water.
2 Cups Boiling Water.
1 Cup Sugar.
½ Cup Lemon Juice.
1 Bunch Mint Leaves.
Spinach Juice to Color.

Soak gelatine in the cold water for 20 minutes. Wash, dry and remove leaves from stalk—chop leaves and add to the 2 cups of water. Let come to a boil. Strain; pour boiling water into the soaked gelatine. Add sugar, lemon juice and spinach juice to color it green. Stir occasionally until gelatine is dissolved. Rinse molds in cold water, pour in the jelly mixture; put in a cold place—to stiffen.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

In today's lesson you are to prepare the **Glazed Sweet Potatoes.**

See Recipe on Front Page.

Cut the cooked sweet potato into slices or cubes. (See **FIGURE 1.**)

Butter your pie tin.

Place slices on pie tin. (See **FIGURE 1.**)

Cream the butter and sugar and salt.

Spread butter and sugar mixture on the Sweet Potatoes.

FIGURE 1.

Bake in the oven until a golden brown.

Serve your partner and yourself.

You are to WIPE the dishes today according to directions already learned.

HOME RECIPES.

ROAST CHICKEN.

Dress, Clean, Stuff and Truss a Chicken.

Place on its back on a rack in a dripping pan (or on thin slices of pork fat in a pan a trifle larger than the chicken). Rub the entire surface with salt and spread legs and breast with 3 tablespoons of butter or melted chicken fat and 3 tablespoons of flour. Place in a hot oven, and when flour is well browned, reduce the heat and baste every 10 minutes if not roasted in a self-basting pan.

For basting, take 4 tablespoons of the fat in the pan, and mix with 1 cup boiling water.

A 4 pound chicken requires about 1½ hours.

For the stuffing, the chicken fat may be melted and used in place of the butter.

Stuffing.—I.

1 Cup Cracker or Bread Crumbs.
¼ Cup Melted Butter.
Sage (if liked).
¼ Teaspoon Salt.
Few Grains Pepper.
⅓ Cup Milk (Scalded).
1 Teaspoon Chopped Parsley.

Omit milk if you like a drier dressing.

Stuffing.—II. (Chestnut.)

2 Cups French Chestnuts.
⅓ Cup Butter.
1 Cup Cracker Crumbs.
¾ Teaspoon Salt.
Few Grains Pepper.
¾ Cup Cream.

Shell and blanch chestnuts. Cook in boiling, salted water until soft. Drain and mash. Add ½ the butter, salt, pepper and cream. Melt remaining butter, mix with cracker crumbs, then combine mixtures.

Stuffing.—III.

1½ Cups Dried Bread Crumbs.
6 Tablespoons Melted Butter.
¼ Teaspoon Salt.
¾ Teaspoon Cinnamon.
1 Cup Apple Sauce.

Mix ingredients in order given.

Stuffing.—IV.

½ Cup Dried Bread Crumbs.
1 Cup Cracker Crumbs.
½ Cup Butter.
1 Pint Oysters.
Salt and Pepper.

Mix in order given.

Stuffing.—V.

2 Cups Freshly Grated Bread Crumbs.
1 Teaspoon Salt.
¼ Teaspoon Pepper.
Sage (if liked).
⅓ Cup Melted Butter.
1 Well-Beaten Egg.
1 Tablespoon Water.
⅓ Cup Scalded Milk.

Mix in order given.

QUESTIONS.

1. What does our study page contain today?
2. How would you select poultry?
3. How can you tell when a chicken is young?
4. How would you dress or clean a chicken?
5. What is meant by **pin feathers?**
6. How can you remove **pin feathers?**
7. Name the parts inside of chicken to be removed.
8. What do giblets include?
9. How would you clean giblets?
10. How would you stuff poultry?
11. How would you truss poultry?
12. Give general rules for roasting.
13. What effect does a high temperature have on albumen?
14. What effect does a low temperature have on albumen?
15. May this be applied to meat cookery?

SUGGESTIONS FOR HOME APPLICATION.

CARVING.

UTENSILS FOR CARVING.

If one can afford to supply the house with several utensils it will be found that a breakfast carver, a slicer, a jointer, a game carver and a pair of game scissors will be found very convenient.

If one cannot afford to have the above, a medium sized meat carver will answer all purposes very well. One that has a long blade, slightly curved and tapering at the end, is to be recommended. The fork should be long, too, with the tines curved, and a guard.

TO CARVE A ROAST CHICKEN.

Insert the carving fork across the middle of the breast bone, and with a carving knife cut through the skin between the breast and the thigh. Bend the leg outward and cut it off close to the body and through the joint. Cut through the tip of the shoulder down through the wing joint. Cut the breast into thin slices, slanting from the front of the breastbone down toward the wing joint.

FRIED SPRING CHICKEN.

Dress, clean and cut up a chicken. Plunge in cold water; drain but do not wipe. Sprinkle generously with salt and pepper, and coat with flour, having as much flour adhere to chicken as possible. Fry out one-half pound salt pork; cut in pieces, and cook chicken slowly in fat until tender and well browned. Lard and butter, lard alone or butter alone may be used for frying. Serve with white sauce.

FRICASSEED CHICKEN.

This method is used in cooking a fowl which needs long cooking to make it tender. Dress, clean and cut up in pieces suitable for serving. Cover with boiling water and salt to taste. Cook very gently until tender. The length of time will depend upon the age of the fowl. Place chicken on a platter and keep hot. Make a sauce of the stock, allowing 2 tablespoons of thickening to each cup of liquid. A cup of cream added just before serving improves the sauce, or half each of stock and milk make a very good tasting sauce. Pour the sauce over the chicken. (Be careful that there is no grease floating on top of the sauce.)

If young chicken is used, it may be sauted first, then cooked one-half hour to one hour in the sauce, depending on the tenderness.

LEGUMES—MEAT SUBSTITUTES.

PREPARATION OF PEA TIMBALES.

Peas, beans and lentils are sometimes called the "poor man's meat," as they have meat value and may be purchased at a small cost. They are slower of digestion, however, than meat and fish, but may be eaten freely by those who are engaged more or less in muscular labor.

GREEN PEA TIMBALES.

School Recipe.

MATERIALS:

GREEN PEA TIMBALES.

- 2 Tablespoons Green Pea Pulp.
- ½ Teaspoon Melted Butter.
- Salt and Pepper to Taste.
- 1 Tablespoon Stale Bread Crumbs.
- ¼ Yolk.
- ¼ Beaten White.

WHITE SAUCE.

- ¼ Cup Milk.
- ½ Tablespoon Flour.
- ½ Tablespoon Cold Water.
- Salt and Pepper.

In these days of high prices, we must reduce the amount of meat in the diet. Dried peas, beans and lentils will take the place of meat because they contain vegetable albumen called easein. These may be used in soups, scalloped dishes, croquettes, timbales, etc. Oatmeal bread, whole wheat bread, macaroni and cheese dishes also have meat value and may be used as meat substitutes.

SEEDS.

Seeds constitute one of the most important food groups. The seeds of plants contain the embryo from which the new plant grows.

The seed usually contains a store of nourishment on which the new plant feeds for its growth for a longer or shorter period after it has sprouted.

The stored material varies in different plants, some containing a large proportion of starch, others oil, etc. The seeds are usually protected with an outer covering or coverings, ex., pod which covers peas and beans, husk on an ear of corn, bran layers and skin of cereals and hard shell of nuts, etc. The seeds commonly used for food are these:

1st: Legumes or pulses—Peas, beans, lentils and peanuts.

2nd: Nuts—Walnuts, etc.

3rd: Cereals—Wheat, corn, etc.

Legumes are among the most important food plants. Next to cereals they are the most valuable and most extensively used of all the vegetable foods. As a class, even when green, they are richer in protein than any of the other vegetable foods. For this reason they can be substituted for meat: and have been so widely used for this purpose that they are often spoken of as "the poor man's beef."

The chief protein found in the pulses is legumin, sometimes called "vegetable casein." Legumin unites with the salts of lime and the compound resulting is not soluble in water. Therefore, peas and beans do not cook readily in hard water which always contains some lime salts. A little soda added to the water will soften it and the legumes.

The legumes contain a rather high per cent of carbohydrates, but are poor in fats, and should therefore be eaten with foods rich in fat or fats, such as salt pork or butter to make them a perfect food.

The protein in legumes is not as completely digested as the protein in meat, but careful cooking will remedy this greatly. Although, even then, they are more suitable for persons engaged in outdoor labor than for those of sedentary habits.

Peas, beans and other legumes should be soaked **8** to **48** hours in cold water, preferably soft: ¼ teaspoon soda to **1** cup beans and **4** quarts water will aid in softening them.

To soften every particle, burst and swell the starch grains, to cook the protein compounds without too high a temperature, and to develop a good flavor, they should be cooked at the simmering point a long time.

The addition of seasonings, onions or herbs makes the dish palatable. The addition of fat provides a food that meets all the requirements of nutrition.

They are more completely digested when combined with other foods, with the skins removed, and when finely divided. Hence, we obtain more nutriment from them when they are prepared as soups than in any other way.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

In today's lesson you are to prepare the bread crumbs for the pea timbales for your partner and make the **White Sauce.**

FIGURE 1.

See Recipe on Front Page.

Prepare the bread crumbs by rubbing 2 pieces of stale bread together (see **FIGURE 1**). Pass them to your partner.

To make the white sauce first measure and scald the milk.

FIGURE 2.

Measure the flour into your sauce plate, add an equal amount of cold water, beat until perfectly smooth. (See **FIGURE 2.**) Thin out with a little more cold water.

Add to scalded milk, stirring all the time, until thickened. (See **FIGURE 3.**)

FIGURE 3.

Season with salt and pepper.

Serve the white sauce with the pea timbales.

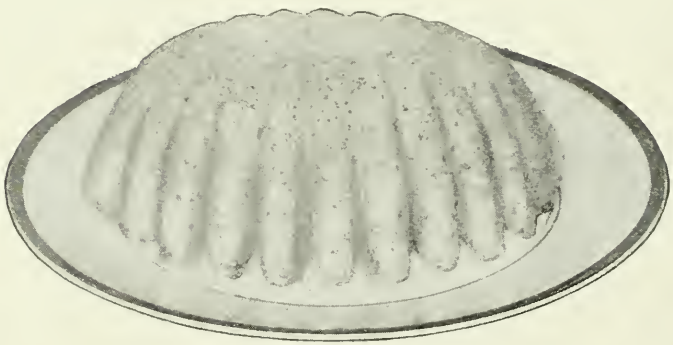
You are to WIPE the dishes today according to directions already learned.

NOTE BOOK WORK.

Pea Timbales.

MATERIALS:

1 Cup Dried Green Peas.
2 Tablespoons Butter.
½ Cup Stale Bread Crumbs.
½ Teaspoon Salt.
⅛ Teaspoon Pepper.
1 or 2 Beaten Eggs.



Working Directions:

Soak peas in enough cold water to cover. Cook slowly about 3 hours. Force peas through a strainer, add butter, salt, pepper, bread crumbs and beaten egg.

Butter and crumb a mold. Turn pea mixture into mold, steam 40 minutes or bake 25 minutes in a slow oven. May be served with boiled Salt Pork.

Cost of preparing Home Recipe of Pea Timbales:

Materials:	**Cost.**
1 Cup Dried Green Peas	cts.
2 Tablespoons Butter or Other Fat	cts.
1 Cup Stale Bread Crumbs	cts.
Seasoning	cts.
1 or 2 Eggs	cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

In today's lesson you are to prepare the **Pea Timbales.**

See Recipe on Front Page.

Measure the pea pulp; force it through strainer into your bowl (see **FIGURE 1**), add the melted butter, salt and pepper.

FIGURE 1.

Measure and add the stale bread crumbs and the yolk passed by housekeeper.

Fold in the stiffly beaten white, (see **FIGURE 2**) prepared and passed by housekeeper.

FIGURE 2.

Butter your steamer mold or custard cup. Put a teaspoon of rolled crumbs into your mold, shake it until thoroughly crumbed; pour remaining crumbs back into the dish at the supply table. Pour into it the pea pulp mixture.

Put steamer in the ring. (See **FIGURE 3.**)

FIGURE 3.

Place steamer and ring in the saucepan filled with boiling water to reach half way to top of mold. (See **FIGURE 4.**)

Cover and cook 25 minutes.

Remove from mold and serve yourself and partner.

FIGURE 4.

You are to WASH the dishes today according to directions already learned.

HOME RECIPES.

SAVORY LIMA BEANS.

MATERIALS:

½ Pound Lima Beans.
1 Slice Onion.
1 Clove.
1 Small Bunch Herbs.
1½ Cups White Sauce.
1 Beaten Egg.

WORKING DIRECTIONS:

Soak the beans in cold water to cover, for 3 hours. Put soaked beans into a saucepan, cover with milk and water; add onion, clove and herbs. Simmer about 4 hours. Remove onion, clove and herbs; drain off the liquid.

Pour the white sauce over the beans and reheat. Remove from fire, stir in the slightly beaten egg. Serve.

MACARONI AND CHEESE CROQUETTES.

MATERIALS:

2 Cups Cooked Macaroni Cut in Small Rings.
½ Cup Milk.
2½ Tablespoons Flour.
6 Tablespoons Grated Cheese.
1 Egg Yolk.
¼ Tablespoon Salt.
Few Grains Pepper.

WORKING DIRECTIONS:

Make a sauce by thickening the milk with the flour, mixed with cold water. Add the chopped macaroni, cheese, egg yolk and seasonings. Cool on a plate. Shape into croquettes. Dip in crumbs, egg and crumbs. Fry in deep fat.

QUESTIONS.

1. Name 3 vegetables that will take the place of meat in our diet.

2. What do they contain to give them meat value?

3. Are they easily digested?

4. Are they more easily digested alone or in combination with other foods?

5. Name 3 objects in the preparation of dried beans, peas and lentils.

6. What may be done to attain the above?

7. What kind of food should be added in the preparation of peas, beans and lentils?

8. Name 3 ways of preparing dried peas.

9. Name 2 ways of preparing dried beans.

10. From what part of the plant are peas obtained?

11. Why are peas a valuable food?

12. Are peas, when properly cooked, easy of digestion?

13. How should peas be prepared before cooking?

14. How should they be cooked?

SUGGESTIONS FOR HOME APPLICATION.

GREEN LIMA BEANS.

Cover shelled beans with boiling water, using just enough water to cook beans without burning them. Simmer from 1 to 1½ hours, or until tender, adding salt the last ½ hour of cooking. Season with butter, salt and pepper. May be served in a white sauce.

LIMA BEANS.

Soak from 12 to 24 hours. Drain and cook in boiling, salted water until soft; drain, season with butter, salt and pepper, or serve in white or cream sauce. The skins may be removed after the first hour of cooking. The hull is indigestible.

CREAM OF LIMA BEAN SOUP.

1 Cup Lima Bean Pulp.
4 Cups Milk.
2 Tablespoons Flour.
2 Slices of Onion.
¼ Cup Cooked Carrots (Cubed).
2 Tablespoons Butter.

Cook carrots and onion in 1 tablespoon of butter for 5 minutes. Thicken the milk with flour diluted with cold water. Add the onion and carrot cooked in the butter and the bean pulp to the thickened milk. Season with salt and pepper and serve.

LIMA BEAN SOUFFLE.

1 Cup Lima Bean Pulp.
2 Yolks of Eggs.
2 Beaten Egg Whites.
¼ Teaspoon Salt.
Few Grains Pepper.

Mix the pulp with beaten yolks, salt and pepper. Fold in the stiffly beaten whites; turn into a buttered baking pan and bake in a moderately hot oven 20 minutes or more.

LIMA BEAN CUSTARD.

1 Cup Lima Beans.
¼ Teaspoon Salt.
1 Cup Sugar.
½ Tablespoon Butter.
3 Beaten Eggs.
1 Cup Milk.
1 Teaspoon Vanilla.

Soak beans in cold water to cover. Drain, cook in boiling water until soft. Force through a sieve, add the other ingredients in order given. Bake in well greased custard cups, placed in a pan of hot water. When a clean cut can be made with a knife, the custard is done.

INVALID COOKERY.

PREPARATION OF INVALID DISHES.

INVALID COOKERY.

School Recipe.

Materials:

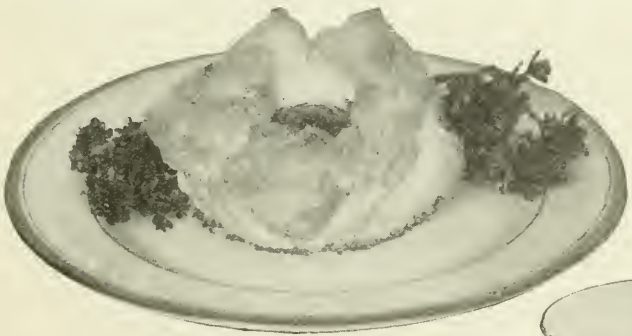
EGG IN NEST.

- ½ Beaten White.
- 1 Yolk.
- 1 Round Slice of Bread.
- Salt and Pepper.
- ½ Teaspoon Butter.

Materials:

ORANGE ALBUMEN.

- ½ Egg White.
- Juice ½ Orange.
- 1 Teaspoon Lemon Juice.
- 1 Tablespoon Sugar.
- 3 Tablespoons Cracked Ice.



EGG IN NEST.

In preparing food for the sick we should select food materials that are nutritious and easily digested. They should be carefully selected and prepared, as the appetite of the sick usually needs to be tempted to get the patient to take sufficient nourishment.

EGG NOG.

INVALID COOKERY.

The selection, preparation and serving of food for invalids is of greatest importance.

The food should be suited to the digestive powers of the patient, should be perfectly cooked and served attractively in small quantities. In serious illness consult the physician in attendance and follow his directions exactly. Death may result from giving forbidden articles of food.

All food is changed into liquid during the process of digestion before it can be absorbed into the blood. Liquid food can therefore be digested with the smallest amount of exertion to the body.

Diets are classed as { Liquid. / Semi-solid or soft diet. / Solid or full diet.

Liquids—Stimulants.—Boiled beef tea, broths, coffee and tea, oatmeal water, toast water, albumenized milk, albumenized fruit waters, egg-nogs, chocolate, cocoa, bottled beef tea, etc.

Refreshing beverages are lemonade, orangeade, grape juice, currant water, tamarind water, apple water, etc.

The fruit waters are cooling, refreshing, and mildly stimulating, and are given to fever patients.

Fruits are valuable for the salts and acids they contain.

Semi-Solids.—Gruels: Arrow-root, farina, oatmeal, crackers, Indian meal. Mushes: Cooked cereals. Cream soups, oyster stew, cooked eggs, custards, soft toast, gelatine desserts, etc.

Solids.—Raw oysters, chicken, broiled chops, baked potato, hot sandwiches. Foods that are nutritious and easily digestible are included in the full diet.

Gruels and the various breakfast foods, thoroughly cooked, with or without fruits, are valuable.

Corn and oatmeal gruels should not be given in inflammatory cases, as they are heat-producing.

The starch in arrow-root is more easily digested than any other form of starch.

Cooked eggs, dropped eggs on toast, scrambled eggs, omelets, etc., soft custards, baked custards, and the fruit whips made with white of egg, and sweetened fruit are all nutrients and easily digested.

Frozen cream and cream whips with gelatine are very valuable dishes in the sick room, as they are both highly nutritious and palatable.

The creamy soups, oyster stew, etc., with toast or crackers, make a desirable lunch for a convalescent.

Set the tray just as daintily as possible.

Use the best china, etc.; lay a blossom on the tray, or anything to please the eye.

Serve hot dishes hot; cold dishes cold.

Serve one course at a time. Have surprises in store.

In contagious diseases all dishes, plates, knives, forks, etc., should be sterilized (by putting them in cold water, bringing to boiling point and boiling two hours) after each time they have been used. Burn all particles of food left over.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

In today's Lesson you are to prepare the egg in nest.

See Recipe on Front Page.

Cut slice of bread into circular piece by placing tumbler over slice and cutting around edge of glass. (**FIGURE 1.**)

FIGURE 1.

Toast bread on **one** side.

Break egg (see **FIGURE 2**). Divide the white in halves: beat ½ of the white of egg, giving unbeaten half to the even number.

Add a few grains of salt and pepper to white.

FIGURE 2.

Pile beaten white on toasted side of bread.

Drop yolk in the center. Sprinkle with a little salt and pepper. Put butter on top of yolk.

Place bread on a tin.

Bake in a moderate oven until a light brown. (See Frontispiece.)

FIGURE 3.

Serve your partner and self.

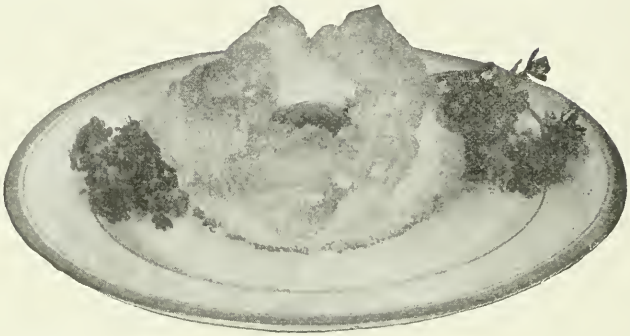
You are to WIPE the dishes today, according to directions already learned.

NOTE BOOK WORK.

EGG IN NEST.

MATERIALS:

1 Beaten White of Egg.
1 Yolk of Egg.
1 Round Slice of Bread.
Few Grains of Salt and Pepper.



WORKING DIRECTIONS:

Toast bread on one side. Beat white of egg; add a few grains of salt and pepper—pile on toasted side of bread. Drop unbeaten yolk in center—sprinkle with salt and pepper. Place on a tin—bake in a slow oven until a golden brown.

ORANGE ALBUMEN.

White 1 egg.
Juice 1 sour orange.
3 Tablespoons crushed ice.
Sugar to taste.

Beat white of egg slightly, add orange juice and crushed ice. Mix in a glass and sweeten to taste. Lemon may be used in the place of the orange.

Cost of Preparing Orange Albumen.

Materials	Cost
1 Orange	cts.
1 Egg White	cts.
Ice	cts.
Sugar	cts.

EGG IN NEST.

Materials:	
1 Egg	cts.
1 Slice bread	cts.
Salt and pepper	cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

In today's lesson you are to prepare the orange albumen.

Extract the orange juice. Pour it into a glass. Measure and add the lemon juice and sugar. Add the crushed ice. With a folk slightly beat the one-half egg white passed to you by your partner.

Add the slightly beaten egg white to the orange and ice mixture. Stir with a plated spoon until thoroughly mixed.

Divide into two glasses. Serve your partner and self.

You are to WASH the dishes today according to directions already learned.

HOME RECIPES.

INVALID COOKERY.

Liquids—Barley Water.

1½ Tablespoons pearl barley.
1 Quart cold water.
Sugar to taste.
2 Tablespoons lemon juice or more.

Soak barley in cold water over night; boil in the same water several hours. Strain, add lemon and sugar. Strawberry, raspberry or grape juice may be added. Soothing and refreshing. Valuable in bronchial or pulmonary trouble.

Rice Water.

1 Tablespoon rice.
2 Cups water.
Salt.
Milk, cream, or fruit juice.

Barley and rice waters are known as astringents. If stick cinnamon be cooked with the rice or barley it will help produce a laxative condition.

Toast Water.

Equal measures of stale bread, toasted, and boiling water. Let stand one hour. Season, strain, serve hot or cold. Given in extreme cases of nausea.

Milk Albumen.

White 1 egg, ½ cup milk, few grains salt.

Egg Nog.

1 egg, ¾ tablespoon sugar, ⅔ cup milk, 1 teaspoon vanilla or other flavoring. Beat egg slightly, add sugar, salt and flavoring, and then add the milk gradually. Strain and serve.

Soft Diet—Oatmeal Gruel.

½ cup oatmeal (rolled oats), 1½ quarts water, ½ cup cream, 1 teaspoon salt.

Cook oatmeal in the water and salt for three hours or more. Strain. Add cream. Nourishing and fattening. Valuable in anaemic and tubercular cases.

QUESTIONS.

1. Why is the selection of food for invalids important?
2. What should be considered in this selection?
3. Into what is food changed during the process of digestion?
4. How are sick room diets classified?
5. Classify liquids.
6. Name two nutrient liquids.
7. Name two stimulating liquids.
8. Name two semi-solid foods.
9. Name two solid foods.
10. What should be done with dishes used in contagious diseases?
11. Name two foods which contain all the food elements in an easily digested form.
12. Why is the white of egg so valuable in sick room cooking?
13. Name three ways of preparing egg dishes.
14. Name three ways of preparing egg and milk dishes.
15. How is oatmeal gruel prepared?

SUGGESTIONS FOR HOME APPLICATION.

SPECIAL DIETS FOR THE SICK—CONSTIPATION.

A surprisingly large number of persons are afflicted with this trouble, which usually has a train of other ailments following in its trend.

Some of the causes of constipation are lack of exercise, lack of water, too much concentrated food, too few vegetables, or too little fruit in the diet, careless habits of eating, too many sour or spicy foods and eating indigestible foods.

A few of the best laxative fruits are apples, grape fruit, figs, dates and prunes. Fruits are more laxitive if eaten between meals, or one half hour before breakfast.

Coarse breads, oatmeal, Pettyjohn's breakfast food and vegetables are some foods which furnish bulk to the diet. This aids in the peristallic movements of the digestive organs, and, hence, aids the bowels.

Foods like cheese, candy, eggs, boiled milk, pickles and spices should be avoided.

TUBERCULOSIS.

The recovery of a patient suffering from tuberculosis depends almost entirely upon his diet and the abundance of fresh air with which he is surrounded.

The appetite should be carefully watched and every effort made to supply food to gratify it, as the patient should be kept well nourished, but wholesome, easily digested foods should be provided.

Fried foods, because of the difficulty with which they are digested, are undesirable, but a plentiful supply of fat in an easily assimilated form should be used. Olive oil, bacon, butter and cream should be used freely in the diet.

Any of the following foods may be given unless the patient's individual taste, or some special weakness prevents his taking some of them.

Cream soups and broths; fish, boiled or broiled; tender meats that can be roasted or broiled, like chicken, steaks and roasts; cereals; vegetables rich in minerals, such as spinach, lettuce, string beans, tomatoes; (asparagus and potatoes are also allowed). Simple desserts, and beverages that are not stimulating like water, cocoa, milk.

References: Hutchison "Food and Dietetics."

Bulletin: Practical Dietetics, Iowa State College, Ames, Iowa.

ACID AND SALT SUPPLYING FOODS.

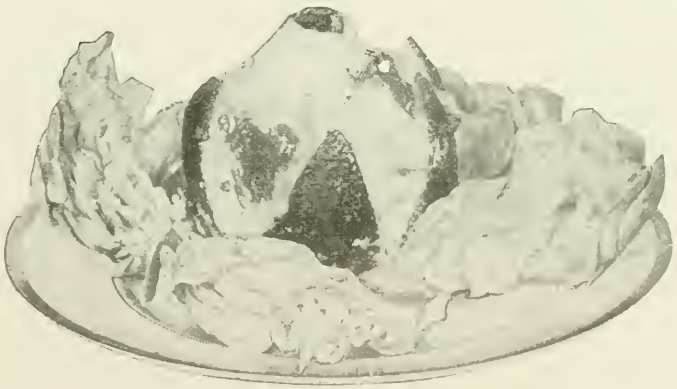
PREPARATION OF SALADS.

Salads offer a splendid opportunity to display artistic taste in devising attractive ways of garnishing. The fruits and vegetables in their natural colorings may be arranged most delightfully.

FRUIT SALAD.

FRUIT SALAD MIXTURE:
- ½ Orange.
- ½ Banana.
- 2 Walnuts.
- Salad dressing to moisten.

SALAD DRESSING:
- 1 Yolk.
- 1½ Tablespoon sugar.
- 1½ Tablespoon vinegar.
- ⅛ Teaspoon salt.
- 1 Beaten white.
- 2 Tablespoons whipped cream.



FRUIT SALAD SERVED IN ORANGE CUP.

As we learned in Book One—fruits and vegetables are valuable for their acids and salts in addition to the pure water, starch, cellulose, sugar and other substances which they contain. Almost any fruit or vegetable may be served as a salad alone or in combination with salad dressing. Salad dressings containing oil are the most nutritious—they supply the fat lacking in vegetables and fruits.

ACID AND SALT SUPPLYING FOODS.

Fruit and Vegetables are the principal sources of acid and salt supplying foods. The minerals are also found in fish, meat and cereals.

The human body includes compounds of lime, potassium, sodium, iron and common salt, the latter of which is found in every part of the body except the enamel of the teeth.

Foods containing mineral matter are necessary for the formation of the bones, teeth, nails, and hair, and also to aid digestion, circulation, etc.

Phosphorus and lime which are so necessary in the formation of bones and teeth are found abundantly in the cereals.

The cereals should, therefore, form an important food in the diet of growing children.

FRUITS.

Fruits are seed vessels of plants. They contain a large amount of water, cellulose, sugar, acids and salts. They not only refresh and cool the system, but stimulate the appetite and act as blood purifiers.

The cellulose helps to carry off waste matter. The acids destroy germs in the body. People who eat a large amount of fruit are seldom ill.

Bananas, dates and figs are rich in sugar and starchy substances and form the staple food in the countries where they grow.

Prunes are dried plums. Raisins are dried grapes.

Eat only sound, ripe fruit. Unripe fruit, or fruit that has been kept a little too long, may be cooked to make it safe for eating.

Do not eat acid fruits with milk or cream.

Wash fruit before serving it.

SALADS.

Simple salads consist of fresh vegetables or fruits which require no cooking, as lettuce, endive, cress, etc., served with a dressing. Cooked vegetables, meat, fish, eggs, cheese or fruits are also used for salads.

A salad must be served cold.

The salad should be prepared daintily, and arranged attractively.

Lettuce and other salad plants should be fresh, crisp and clean.

Wash thoroughly leaf by leaf, chill in very cold water, and dry by pressing between clean dry towels.

Do not add the salad dressing to greens until just before serving.

Use a fork in mixing salad ingredients.

Do not leave a metal spoon or fork in the salad ingredients any length of time, a poisonous compound may be formed.

Salad greens are valuable for the water and potash salts they contain.

Meat, fish or egg salad served with a cooked or mayonnaise dressing, contains a great deal of nourishment, and when served should be one of the chief foods of the meal.

Serve a vegetable or a fruit salad with a hearty meal.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL ODD NUMBERED GIRLS.

In today's lesson you are to prepare the salad dressing and your partner the fruit mixture.

See Recipe on Front Page.

FIGURE 1.

Separate the egg (see **FIGURE 1**). Drop the yolk into the top part of double boiler and the white on a plate (see **FIGURE 2**).

FIGURE 2.

Measure the sugar, salt and vinegar, add to the yolk in the top part of the double boiler (see **FIGURE 3**).

Mix thoroughly.

Place upper part of boiler over lower part containing boiling water. Cook slowly and stir until thickened. Lift upper part out of lower part of double boiler. Cool.

FIGURE 3.

Beat the white of egg until stiff. Fold into yolk mixture (see **FIGURE 4**).

Fold in the beaten cream.

FIGURE 4.

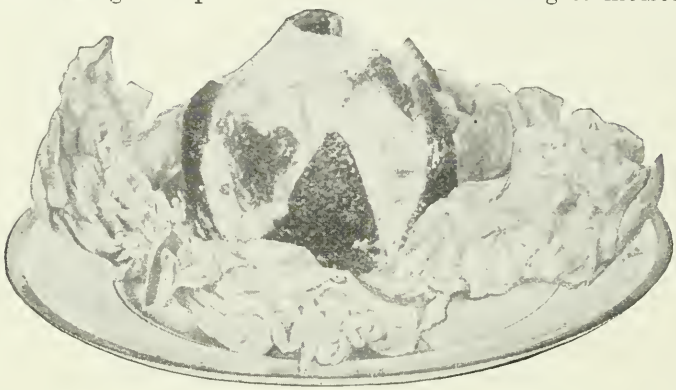
Moisten fruit, prepared by your partner, with the salad dressing. Pass it to your partner.

You are to wash the dishes today, according to directions already learned.

NOTE BOOK WORK.

MATERIALS:

3 Oranges.
3 Bananas.
½ Pound Malaga Grapes.
4 Slices pineapple (cubed).
12 Walnuts.
Salad dressing to moisten.



Fruit Salad Served in Orange Cup.

Mix fruit with whipped cream or fruit salad dressing. May be served in orange cups.

FRUIT SALAD DRESSING.

MATERIALS:

3 Yolks.
⅓ Cup sugar.
⅓ Cup vinegar.
¼ Teaspoon salt.

Whipped Cream.

Mix the yolks, sugar, salt and vinegar. Cook in a double boiler until thickened, stirring all the time. Remove from fire; when cool, add the desired quantity of whipped cream.

Prepared mustard may be added to this dressing, using less sugar; it is then suitable for meat or vegetable combination. The stiffly beaten white may be folded into the salad dressing and less cream used.

Cost of Preparing Fruit Salad and Dressing:

Materials	Cost
3 Oranges	cts.
3 Bananas	cts.
½ pound Malaga Grapes	cts.
4 Slices Pineapple	cts.
12 Walnuts	cts.
3 Yokes	cts.
⅓ Cup Sugar	cts.
⅓ Cup Vinegar	cts.
½ Pint Whipped Cream	cts.

WORKING DIRECTIONS TO BE FOLLOWED BY ALL EVEN NUMBERED GIRLS.

In today's lesson you are to prepare the orange cup and fruit mixture.

See Recipe on Front Page.

Every other even number cuts an orange in halves—cutting through the skin zig-zag, making six deep points. If the knife is inserted deep into the flesh of the fruit with each cut, the orange will separate in halves easily.

FIGURE 1.

Keep one half, pass second half to second even number. Scoop out the pulp. Cut pulp into small pieces. (See **FIGURE 1.**)

Remove skin from banana half—cut banana into thick slices. (See **FIGURE 2.**)

Put banana slices in a bowl.

Put orange pieces on top.

Break walnuts into pieces.

Pass mixture to your partner, who will mix it with salad dressing.

Put lettuce leaf inside of orange cup. Fill with salad mixture.

Serve on a lettuce leaf. (See frontispiece.)

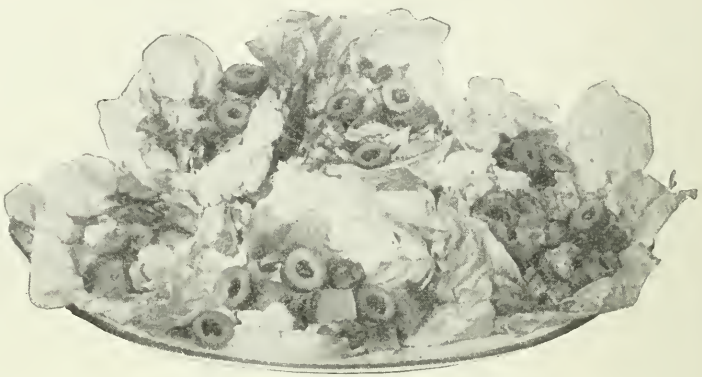
FIGURE 2.

You are to wipe the dishes today, according to directions already learned.

SALADS.—Water Lily Salad.

Remove shells from hard-cooked eggs. Cut eggs in halves crosswise or lengthwise, cutting in such a way that the edges will be cut into sharp points. Remove yolk, mash and season with salt, pepper and melted butter, or moisten with salad dressing. Refill whites with yolk mixture and arrange halves on lettuce leaves. Serve with cooked salad dressing.

MEAT SALAD.—
Meat Salad
(Chicken or Veal)



Remove bones and gristle, fat and skin, from cold, cooked meat. Cut meat into ½ inch cubes and mix it with an equal amount of celery which has been scraped, chilled and cut in in small pieces. *Marinate with French dressing. Add mayonnaise dressing to moisten. Arrange on lecture leaves; garnish with curled celery.

WALDORF SALAD. { 1 Cup celery, 1 Cup nut meats, 1 Cup cubed apple } Enough salad dressing to moisten.

Cut slice from tops of green or red apples; scoop out the inside pulp, leaving just enough to hold the skin in place. Fill the shells with the salad mixture and serve on lettuce leaves.

TOMATO SALAD.

8 medium sized tomatoes, 2 cups celery or cucumber cut in cubes, 1 cup mayonnaise dressing.

Scald and peel tomatoes; slice off their tops. Scrape out the seeds and a little of the pulp, and fill cavities with the celery or cucumber, mixed with mayonnaise dressing, or fill with shredded pineapple and nuts mixed with mayonnaise dressing. Tomato may be cut to imitate a tiger lily by cutting into sixths almost to the stem end. Serve on lettuce leaves.

FRENCH SALAD DRESSING.

½ Teaspoon salt. ⅛ Teaspoon paprika. 4 Tablespoons oil.
¼ Teaspoon pepper. 2 Tablespoons vinegar.

Mix ingredients in order given, stirring vigorously.

*To MARINATE means to moisten a salad mixture with French dressing and then allow it to stand until well seasoned.

MAYONNAISE DRESSING.

½ Teaspoon salt. Yolk 1 egg. ¾ to 1 cup olive oil.
½ Teaspoon sugar. 1 Tablespoon lemon juice.
⅛ Teaspoon paprika. 1 Tablespoon vinegar.

Mix dry ingredients; add yolk. When well mixed, add ½ teaspoon vinegar. Add oil gradually, at first drop by drop, stirring constantly. When very thick, add a few drops of vinegar or lemon juice, and continue to beat, adding oil and vinegar alternately, until the mixture is smoothly blended. The dressing should be thick enough to hold its shape.

QUESTIONS.

1. For what are fruits and vegetables valuable?
2. What kinds of mineral matter does the human body contain?
3. What do they help form in the body?
4. Name a food frequently used containing a large percentage of mineral matter.
5. What are fruits?
6. What do fruits contain?
7. What kind of fruit should we select for eating?
8. What should be done to fresh fruit before serving it?
9. Why?
10. How did you prepare the fruit salad today?
11. Name another combination for fruit salad that will be just as good.
12. Does garnishing have any bearing on digestion of food?
13. Name the digestive fluids in the mouth.
14. Name the digestive fluids in the stomach.
15. Discuss the importance of the appearance of a dish when it is ready to serve.

THE HOUSEHOLD BUDGET PROBLEM.

We hear much about the business of housekeeping these days, and it is interesting to note the rapid changes that are taking place in the management of the home. With the changing of the home from an industrial center and a place of production, to one of consumption only, the manager of it has become the chief spender of the family income. With this responsibility on her shoulders, the housewife is coming to realize the necessity of applying the same business methods in the management of the home as the manager of a business house does in his establishment that the money may be wisely spent.

Efficiency principles are advantageously applied in the world of business and these same principles may be applied as successfully in the business of housekeeping.

Running the household on business principles calls for a household budget. In order to make this out intelligently there must be a full appreciation of the family income and its limitations that proper divisions may be made. A living standard must be established, one that is well within one's income, if peace, harmony and comfort shall prevail in the household.

The natural divisions are:

First—Shelter—which may be rent or taxes and repairs on a house and carfare for the provider to and from the place of business. In selecting the house, sanitary conditions should be the first consideration—social requirements second.

Second—Operating expenses—including cost of heating, lighting, ice and service. A minimum income naturally requires that the work in the household be accomplished by the members of the family.

Third—Food—including groceries, meat, dairy products, classified under necessities and luxuries.

Fourth—Clothing.

Fifth—Higher Life—including church and charity, education, periodicals and books.

After establishing the standard of living from necessity or choice, a percentage for each department should be allowed.

Mrs. Ellen Richards and others, after careful study of living conditions and tabulations of expenses recorded by a number of housewives, found the average percentages on a $1,000 income are: Rent, etc., 20 per cent; operating expenses, 10 per cent; food, 30 per cent; clothing, 15 per cent; higher life, 20 per cent.

A minimum income must provide the necessities of life—shelter, food and clothing. Health is the working man's capital, and his physical welfare depends largely on the way these requirements are met. All the elements needed for nutrition must be provided, but the choice must be limited to the foods that will give the maximum amount of nourishment at a minimum cost. This necessitates the purchasing of foodstuffs only when in season, substituting peas, beans, lentils and fish for meat frequently; buying of the cheaper cuts of meat and combining them with vegetables—using liberally of the cereal foods and wasting nothing of the purchased material. The choice of clothing is one that requires good judgment, as well as common sense. We are constantly tempted by fashions rather than by quality and durability.

HOUSEHOLD ACCOUNTS.

After a household budget has been made out, a household account system is necessary.

Almost every purchase nowadays is accompanied by an itemized slip. These may be kept in envelopes, separating groceries, meat and dry goods and other purchases, filed alphabetically in a box of suitable size to hold them in place, as in a filing case. Then if any account is overdrawn, or less expenditure in a department is desirable, one can easily find whether too much has been spent for luxuries, and just where further economies may be made. To draw the line between luxuries and necessaries is a difficult task, but is required where strict economy must be exercised. To do this intelligently, a general knowledge of the requirements of the human body is necessary.

"Order, contentment, hospitality and godliness are the house blessings."

The words house and home are often confused. The former expresses the place where the home-maker surrounds herself, while the latter expresses the family life which is lived within the walls of the house. No matter how humble the house may be, if the atmosphere is right there is no place like **home**. It is the atmosphere and the associations which give to the home its strong hold on its members.

Such a home stands for rest, comfort, harmony, health and inspiration for the spiritual development of each member of the family. It provides a place of refuge where troubles, as well as joys, are shared. Upon the home rests the strength of the nation. The welfare of the individual depends on the right home training and care, and the welfare of the nation depends on the kind of citizens the home produces. The home atmosphere is created by the ideals of the family or the home-makers who reign in their little kingdoms. It is the place for character building of the individual members. The physical welfare depends on the way the requirements of the body machinery are met. Air, water, food, clothing and shelter to protect it from the elements are the essentials to life. As the mental and moral depend upon the physical, its welfare is of great importance.

he physical requirements have been dealt with in the lessons included in this course. The right selection and preparation of food has been emphasized as of prime importance to produce the necessary force to run the human machine. Cleanliness of person and surroundings are essential to health. Selection of clothing is of vital importance as the body must be properly protected.

The home is the place for fostering religious ideals—which is the foundation of character building. There is a tendency to leave most of the training of growing children to the school and church—but we cannot deny that the home training leaves the deepest impression on the child mind.

"Man does not live unto himself alone" and an early start in life in feeling one's responsibility and duty to others is essential.

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