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Food Club Manual

Susan Z. Wilder

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FOOD CLUB MANUAL

BY
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EXTENSION SPECIALIST IN FOODS AND NUTRITION

Second Year

"TO MAKE THE
BEST BETTER"

Extension Service
South Dakota State College
W. F. Kumlien, Director

Issued in furtherance of Acts of Congress, May 8 and June 30, 1914
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In your club food work you have had the demonstration in the canning of fruits and vegetables. You figured out the amount of fruits and vegetables necessary for the early fruit and vegetable budget for your family. Actually canned enough for one individual for a year.

At that time you studied the need for the fruits and vegetables in the diet. What are these needs? Why not review them? The average American diet is too one sided. Too much meat and starch foods and too little fruits and vegetables are used. The fruits and vegetables are rich in mineral substances, lime, phosphorous and iron which are needed by the growing girl to build bone tissues, teeth and to aid in different body processes. The iron is needed by the blood particularly. Spinach stands first as in supplying iron. The fruits and vegetables also contain vitamins which are absolutely necessary for health and growth. The green leaf vegetables, dandelion, spinach greens and many of the vegetables used as salads supply Vitamin A. Nearly all the fruits and vegetables furnish Vitamin B. In fact this is not as hard to get into the diet because of its wide distribution, whole grain cereals, also contain Vitamin B. Tomatoes, oranges, and lemons are rich in Vitamin C. The tomatoes canned seem to lose less of its vitamin content than some of the other fruits. The consensus of opinion is that the vitamin content of canned fruits and vegetables is only partially destroyed by the heat in canning. It is best to be on the safe side and to use some fresh and vegetables in the diet along with the canned. The juice of one lemon added to a can of fruit just before serving will put back into it the vitamin partially destroyed. A few fruits can be bought. Apples are good. Many fresh vegetables can be used if stored in sand. The fruits and vegetables have flavors which add to the palatability and variety of the diet. These are important factors that need to be kept in mind in planning well balanced meals.

The fruits and vegetables are basic forming. For the body to be in health and perform it's normal functions the fluids of the body must be kept neutral, that is, neither base or acid. Therefore you see immediately the need for the fruits and vegetables to counter-act the effect of a too high meat diet.
The fruit and vegetable are fuel foods in that they contain carbohydrates, starches and sugars. Those that contain a high percent of water are low in the starch and sugar content. A third carbohydrate called cellulose is not digested by the body and consequently cannot be used as food. However it is a very necessary body help because it gives bulk to the waste as it passes through the alimentary canal and so aids in the prevention of constipation. You can separate out the cellulose if you will grate a potato, put it in a cloth and wash out the starch. The woody hard fiber left is cellulose. With this review in mind you are ready to take up the preparation of the canned fruits and vegetables in the diet.

Cooking Vegetables

Some of the nutritive value of vegetables is lost in the cooking if they are peeled and the water in which they are cooked is thrown away. Practically all the nutritive value is retained if they are cooked in the skins and peeled afterwards. When vegetables are steamed there is very little loss of nutrients. The water in which the vegetables are cooked is excellent used as the liquid in white sauce.

Cooking Fruits

Most fruits contain an acid. When sugar is boiled with an acid the sugar is inverted. Invert sugar has a different flavor from the granulated. Two views are given, one is that it is not as sweet as the granulated sugar and the other that it has a different flavor but that it is as sweet as the granulated sugar. The flavor does not seem as good therefore the sugar should be added after cooking unless preserves or jelly is to be made. Fruit cooked in a syrup keeps it's shape better.

Salads

Both canned fruits and vegetables can be used for salads.

General Rules

1. Select the most perfect products. 2. Drain them well.
3. Have the ingredients cold.
4. Mix lightly so as to avoid a
   mousy appearance when served.

The same salad dressing can be used for both the fruit and vegetable;
generally that used for fruits contains a small amount of sugar. Pepper is
not used in the salad dressing for fruit.

**Salad Dressing for Fruits**

| 2 egg yolks   | ¼ c. vinegar |
| ½ c. sugar   | 2 T. butter, level |

Cream butter and sugar, add well beaten yolks and vinegar. Cook in double
boiler until thick. Stir constantly.

**Sour Cream Dressing**

| 1 c. sour cream | 1 T. vinegar |
| 1 T. powdered sugar |

Beat cream until stiff. Add the sugar and vinegar gradually. Use for
fruits.

**Cooked Salad Dressing - Vegetable or Fruit**

| 2 eggs | 1 tsp. salt |
| 2 T. flour | ¼ c. vinegar |
| 2 T. butter | ½ c. water |
| 1 tsp. dry mustard |

Mix all dry ingredients. Add eggs well beaten. Add hot vinegar and water. Add the butter. Mix well, cook
in double boiler stirring constantly. One-fourth cup of peanut butter may be added to salad dressing for
variety. Add one tablespoon of sugar for fruit.

**Mayonnaise Dressing**

| 2 egg yolks | 1 ts. salt |
| 1 c. olive oil, cold | ½ ts. mustard |
| 3 tb. vinegar | cayenne |

Mix the dry ingredients with the egg yolk. Add the oil by drops beating
constantly. As soon as it begins to thicken, add a small amount of vinegar
and then the oil. Continue to alternate the two until the whole amount is used.
Mayonnaise dressing should be thick and smooth. If it is curdled the oil has
been added too quickly. Curdled mayonnaise salad dressing may be remedied by
beating an egg yolk and then adding the dressing gradually. Beat constantly.
Thousand Island Dressing

Chopped pickles, olives, tiny pieces of American Cream Cheese, pineapple, green pepper, bits of onion may be added to the cooked salad dressing or mayonnaise dressing for variety.

Fruit Salad

1 c. sliced fruit (well drained)
1 c. marshmallows, cut in fourths
1 c. chopped peanuts or walnuts
½ c. salad dressing (medium thick)
½ c. whipped cream

Mix salad dressing with marshmallows and fruit. Sprinkle with nuts. Garnish with whipped cream. Any kind of fruit if firm, can be used for this salad. Two cups of fine chopped cabbage may be used with recipe to good advantage.

Fruit and Cheese Salad

For individual salad one-half pear, peach or apricot may be served on lettuce leaf with two tiny balls of cottage cheese. Garnish with cream salad dressing and cut into it nuts or fine cut cherries.

Berry Salad

Berries may be used for salad if very carefully drained. Cover lightly with sour cream dressing. Garnish with nuts and bits of berries or use cherries.

Peas or Bean and Cheese Salad

1 qt. canned peas or
1 qt. canned beans (cut in half inch length)
1 c. of diced American Cream Cheese
½ c. diced sweet pickles
1 tb. fine cut onion
1 c. of cooked salad dressing

Drain peas. Mix all ingredients lightly. Serve. The peas can be placed in a bowl first. Pickles sprinkled on top, then cheese and finally the salad dressing, to which onion added.

Peas and Bean Salad

1 pt. can beans
1 pt. can peas
2 c. shredded cabbage
½ c. cooked salad dressing
½ c. ground walnuts

Mix first four ingredients lightly together. Serve with nuts sprinkled over top.

Lettuce and Tomato Salad
Whole Tomato Salad

4 whole canned tomatoes - medium size
\( \frac{1}{2} \) c. canned salad dressing
\( \frac{1}{2} \) c. cut walnuts or peanuts

Drain tomatoes. Cut tomato in halves, serve on green garrish with two tablespoons of dressing. Sprinkle nuts over the top.

Tomato Jelly Salad

<table>
<thead>
<tr>
<th>1 qt. canned tomatoes</th>
<th>1 tsp. cloves</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tsp. salt</td>
<td>2 T. gelatin</td>
</tr>
<tr>
<td>1 tsp. sugar</td>
<td>1-3 c. cold water</td>
</tr>
</tbody>
</table>

Soak gelatin in cold water. Bring to a boil the first four ingredients. Strain and add mixture to soaked gelatin. Put in molds rinsed in cold water. Serve on green garnish canned salad dressing.

Tomatoes Stewed

Bring 1 qt. of tomatoes to a boil. Salt to taste. 1 cup of bread crumbs, rather coarse, or \( \frac{1}{2} \) cup broken crackers may be added. If desired two tablespoons of sugar may be added.

Scalloped dishes are prepared with either bread crumbs or white sauce or both.

Scalloped Tomatoes

<table>
<thead>
<tr>
<th>1 qt. tomatoes with juice</th>
<th>1 tsp. salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>( \frac{1}{2} ) c. bread crumbs</td>
<td>2 T. sugar</td>
</tr>
</tbody>
</table>

Cover bottom of greased baking dish with dry crumbs. Mix tomatoes with salt and sugar, cover crumbs with mixture. Place buttered crumbs on top. Bake in hot oven until crumbs are brown.

Bread Crumbs

To one cup of crumbs (dry bread or crackers rolled) add one tablespoon of melted butter. Mix well.

White Sauce

<table>
<thead>
<tr>
<th>WHITE SAUCE</th>
<th>_pct.:</th>
<th>Flour :</th>
<th>Milk :</th>
<th>Salt:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thin, cream soups, milk toast, etc.</td>
<td>1 tt.</td>
<td>1 lb.</td>
<td>1 C.</td>
<td>( \frac{1}{2} ) ts.</td>
</tr>
<tr>
<td>Medium, for vegetables, gravies, sauces</td>
<td>1 tt.</td>
<td>2 lb.</td>
<td>1 C.</td>
<td>( \frac{1}{2} ) ts.</td>
</tr>
<tr>
<td>Thick, for vegetables, meat, fish</td>
<td>1 tt.</td>
<td>3 lb.</td>
<td>1 C.</td>
<td>( \frac{1}{2} ) ts.</td>
</tr>
<tr>
<td>Very thick, croquettes, mixtures</td>
<td>1 tt.</td>
<td>4 lb.</td>
<td>1 C.</td>
<td>( \frac{1}{2} ) ts.</td>
</tr>
</tbody>
</table>
A white sauce may be combined by one of these methods:

No. 1 - The fat and flour may be creamed, placed on the end of a spoon and melted off in the milk, heated in a double boiler. The salt is added last.

No. 2 - Paste Method for Scalloped Dishes.

The flour may be moistened with a small amount of milk to a creamy paste, the rest of the milk heated and added slowly to the paste. The fat and salt are added last. The white sauce is cooked in the double boiler. If the paste is added to the hot milk there is a greater possibility of having a lumpy white sauce unless the paste is quite thin, the milk is not too hot and the paste is added gradually and the milk stirred constantly.

No. 3 - This method cannot be used unless a larger amount of fat is used.

The fat is melted, the flour added to the fat and when both are well blended the milk is added. Stir constantly when adding the milk and until the white sauce is cooked.

The thin white sauce is used as a basis for cream soups, the medium for gravies, and creamed vegetables, the thick for scalloped dishes either of vegetables or meat, the very thick white sauce for vegetable and meat croquettes.

Spinach Salad

1 c. spinach (cooked)  4 hard boiled eggs
1 c. cottage cheese  ⅛ c. cooked salad dressing

Place a layer of spinach on salad plate, then a layer of cottage cheese. Garnish with salad dressing. Garnish

Fruit Surpriso No. 1

1½ c. flour  2 eggs
⅔ c. milk  1 T. fat
3 tsp. baking powder  ⅛ tsp. salt
8 peaches, canned or dried

To two mashed peaches, add the milk and well beaten egg yolks. Sift in the dry ingredients, add the fat. Fold in the well beaten whites. Put a layer of mixture in bottom of a custard cup, then the chopped pieces of fruit and another layer of dough. Sprinkle sugar and cinnamon on top. Moderate oven 20 minutes. Serve with fruit sauce of whipped cream.

Fruit Delight No. 2

Cover bottom of greased baking dish with bread crumbs, add a layer of sweetened fruit. Cover with bread crumbs add a second layer of sweetened fruit and bread crumbs. Fill dish up to bread crumbs with fruit juice. Bake in moderate oven until crumbs are brown. Serve with whipped cream.

Fruit Cobbler

Put a layer of fruit, apples, cherries or peaches, with juice, in the bottom of an oiled baking dish. Cover with a layer of drop biscuit dough. Bake 12 to 15 minutes in hot oven. Serve with whipped cream.
Fruit Pudding

2 c. breakfast food cooked
1 c. milk
1 egg white
2 c. canned fruit
1 c. sugar

Heat the breakfast food and milk in a double boiler. Fold in the egg white, well beaten. Cook two minutes. Place the fruit in a serving bowl. Cover with sugar, add the sauce without mixing. Serve.

Fruit Whip

1 qt. canned fruit
\( \frac{1}{2} \) c. sugar
1 c. whipped cream
\( \frac{1}{2} \) c. ground nut meats

Put the fruit through a sieve. Add the sugar. Mix well. Fold in the whipped cream. Garnish with nut meats.
HOW TO INCREASE THE USE OF MILK IN THE DIET

Second Year - Fifth Program

Why is it necessary to increase the use of milk in the diet?

Every girl wants to be the picture of health. This means that she will be up to weight and height for her age. She will be full of life and enter gladly into the work and fun at home and in the community. She will play the Health Game! The one food that will do more than any other food to help her win the Health Game is milk.

A well-balanced food
Growing girls must have body building food (Protein); fuel foods (carbohydrates and fat); body regulating and bone building foods (minerals); growth and health giving substances (vitamins) and water. Milk contains all of these.

The protein (curd of milk) which milk contains is an excellent body building protein. Ninety eight percent of it is digested and absorbed. Because girls are growing rapidly they need the milk which can be quickly used for repairing the old tissue and building new. The cereals are used extensively in the diet. Their proteins are deficient. The milk used on the breakfast foods and in breads makes up the deficiency of the grains.

The power to work, to play and to keep warm must come from the fuel foods. Because girls are more active than adults they must have the right kind and the right amount of fuel foods. The sugar and fat of milk are the best source. Cereals are fuel foods. Whole cereals are best. When combined with milk the fuel needs are well taken care of.
The mineral supply of milk is excellent. Phosphorus and calcium needed for building the bones and teeth and aiding in regulating certain body processes are found in abundance. Iron which is used in the blood is found only in small quantity in milk but it's quality is of the best. Many foods contain some of the necessary minerals but none contain them in as good proportions as milk. Coral minerals are not as adequate as those of milk, but when combined with the milk, the deficiency is made up.

Milk contains all the known vitamins (four) For girls to grow and be in health it is absolutely necessary that they have a sufficient supply of vitamins. Those who do not have them are stunted and sickly. Since milk is the best source it should be used every day. It's liberal use means the prevention of disease.

The five reasons for the use of milk in the diet is sometimes spoken of as the five good fairies of milk. What are the names of these fairies? Polly Protein, Fannie Fat, Sally Sugar, Minnie Minerals, Viola Vitamins.

How much milk should a girl have every day?

A Pint at Least

A quart is better
Clean Milk

Milk must be used from only healthy cows. Milk from cows that have tuberculosis may give the disease to children. This milk is not safe. Dirt gets into the milk when using open pails. Carelessness in brushing off the cow's udders before milking and in the handling of the milk later on, increases the amount of dirt present in milk. The utensils need to be rinsed in cold water, washed in hot soapy water, rinsed in hot water and aired well in a dry place free from dust.

Ways in Which to Use Milk

Milk may be used as a drink or whole on cooked on cooked foods or it may be used in the preparation of foods. The nutritive value of milk is the same in the cooked foods as it is in the uncooked, but the vitamin content is somewhat destroyed by cooking. This is the reason babies are given orange juice when they are fed on cow's milk that has been heated - to replace the vitamins destroyed by the heat.

DRINK MILK

- Chocolate
- Cocoa
- Eggnogs
- Lemon Whey
- Milk Shakes
- Plain

EAT MILK

- Bread and Milk
- Cereal and Milk
- Crackers and Milk
- Hulled Corn and Milk
- Mush and Milk
- With Fruits
- With Puddings
## Drink Milk!

**USE MILK IN COOKING**

### Cream Soups
- Asparagus
- Bean
- Carrot
- Cauliflower
- Celery
- Cheese
- Lima Bean
- Oatmeal
- Onion
- Pea
- Potato
- Rice
- Spinach
- Tomato

### Chowders
- Clam
- Corn
- Fish
- Vegetable

### Stews
- Clam
- Lobster
- Oyster
- Scallop

### Crocked and Escaloped Dishes
- Egg
- Fish
- Macaroni
- Meat
- Rice
- Spaghetti
- Vegetable
- Vermicelli

### Sauces
- Cheese
- Chocolate
- Cream
- Peony
- Milk Gravy
- Salad Dressing
- White

### Puddings
- Blanc Mange
- Bread
- Cabinet
- Chocolate
- Corn
- Corn Starch
- Cottage
- Custards
- Indian
- Junket
- Rice
- Steamed
- Tapioca

### Breads
- Brown, White
- and Brown
- Muffins
- Milk Toast
- English Toast

### Cakes and Cookies
- Pies
- Chocolate
- Custard
- Lemon
- Pumpkin
- Squash

### Cream Milk
- Ice
- Ice Cream
- Milk Sherbets

### Uses of Sour Milk
- Biscuits
- Brown Bread
- Cookies
- Cottage Cheese
- Doughnuts
- Gingerbread
- Griddle Cakes
- Salad Dressing
- Waffles

---

Cereal with Milk and fruit
Simple milk desserts and drinks are the easiest means of increasing the supply of milk in the diet.

Milk Desserts

Ice Cream

Plain Ice Cream

<table>
<thead>
<tr>
<th>2 c. milk</th>
<th>1/2 c. cream</th>
<th>1/2 c. sugar</th>
<th>1/2 c. vanilla</th>
</tr>
</thead>
</table>

Scald the milk and cream, add sugar, salt and vanilla. Cool and freeze.

Chocolate Ice Cream

<table>
<thead>
<tr>
<th>2 c. milk</th>
<th>1 c. sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 c. cream</td>
<td>salt</td>
</tr>
<tr>
<td>1-3 c. boiling water</td>
<td>2 oz. chocolate</td>
</tr>
<tr>
<td>1/2 c. vanilla</td>
<td></td>
</tr>
</tbody>
</table>

Scald cream and milk. Add sugar and salt. Cut chocolate into bits. Put in pan. Add boiling water. Cook until it reaches the boiling point and is perfectly smooth. Add chocolate mixture, cool, vanilla and freeze.

French Ice Cream

<table>
<thead>
<tr>
<th>1 qt. cream</th>
<th>1/2 c. sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pint milk</td>
<td>1 c. sugar</td>
</tr>
<tr>
<td>3 egg yolks</td>
<td>1/2 c. vanilla</td>
</tr>
</tbody>
</table>

Make a soft custard of the cream, milk, sugar, salt and egg yolks. Cool. Add vanilla and freeze.

Caramel Ice Cream

<table>
<thead>
<tr>
<th>1 c. sugar</th>
<th>2 c. cream</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 c. boiling water</td>
<td>2 c. milk</td>
</tr>
</tbody>
</table>

Caramelize the sugar by putting it in an iron pan, placing it over a low flame and stirring constantly until the sugar is changed to a light brown syrup. Add boiling water and let simmer until light sugar dissolves. Scald the cream and milk. Add syrup and the 1/2 c. sugar and stir until dissolved, cool. Freeze.

Fruit Ice Cream

<table>
<thead>
<tr>
<th>2 c. fruit juice or milk</th>
<th>1/2 c. cream</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 c. crushed fruit</td>
<td>2 c. sugar</td>
</tr>
<tr>
<td>salt</td>
<td>2 c. sugar</td>
</tr>
<tr>
<td>2 tb. lemon juice</td>
<td></td>
</tr>
</tbody>
</table>
Scald the milk and cream. Dissolve sugar and salt in hot mixture. Cool.

Crush the fruit thoroughly. Chill. If fruit juice is used, chill it before using. Add fruit and lemon juice to mixture. Freeze.

**Milk Sherbet**

4 c. milk 1½ c. sugar
juice 3 lemons

Mix the juice and sugar. Add milk slowly, or milk may curdle. Stir constantly. Freeze.

**Ice Cream Custard**

2 c. milk 2 eggs
1 c. sugar 2 c. cream
2 tb. flour 1 tb. vanilla
salt

Mix sugar, salt, flour, than beaten eggs. Add scalded milk. Cook over hot water until it thickens. Allow mixture to come to boil directly over heat to cook starch. Cool. Add scalded cream, vanilla. Freeze.

**Frozen Chocolate**

1 c. sugar
2 squares unsweetened chocolate
1 c. hot water salt
3 c. milk 1 ts. vanilla

Melt chocolate in double boiler. Add one half sugar, salt and boiling water slowly. Boil five minutes. Add rest of sugar with scalded milk, cool, add vanilla. Freeze, serve with whipped cream.

**Custard**

2 c. milk 1-ç ts. salt
2 to 5 eggs ½ ts. vanilla
½ c. sugar

Beat the eggs until light. Add the sugar and salt. Mix. Add the hot milk to this. For a steamed or baked custard, strain, flavor put in molds. Set the molds in pan of hot water and bake in a moderate oven until firm. Test -- Insert knife in custard. If it comes out clean, custard is done. If a custard is to be turned out of a mold for serving, three to four eggs should be used.
If a soft custard is desired put the mixture in a double boiler. Stir constantly until it thickens or cools a spoon. Strain, cool and flavor. 

The soft custard may be used as a sauce for puddings. A variation of the plain sauce is to add finely grated chocolate, shredded coconut, or fine cut pieces of fruit (must be well drained) grated cinnamon, or nutmeg in the custard sauce before serving. A meringue may be served with a custard. Beat an egg white stiff. Add one tablespoon sugar - Beat. Drop in spoonfuls on custard just before serving.

Junket Custard

1 quart milk 
\( \frac{3}{4} \) c. sugar .
1 ts. vanilla.

Heat the milk to lukewarm. Crush junket tablet and dissolve in one tablespoon cold water. Add sugar, salt, vanilla and junket water to milk. Pour immediately into molds. When cool serve with whipped cream, crushed fruit, fruit sauce, coconut or chopped nuts.

Cornstarch Mold

2 c. milk
3½ tb. starch
4 tb. sugar
\( \frac{1}{2} \) ts. salt
\( \frac{1}{2} \) ts. vanilla


Chocolate Sauce

Cook milk in double boiler
1 c. sugar
6 tb. cocoa
1 tb. cornstarch
1 ts. vanilla
1 lb. fat

Mix dry ingredients. Mix to a paste with one fourth cup of cold water. Add the one and one-half cup boiling water. Add fat. When cool add vanilla.

Gelatin Foundation

\( \frac{1}{2} \) c. cold water
3\( \frac{1}{2} \) c. scalded milk
\( \frac{1}{2} \) c. sugar
2 tb. granulated gelatin
\( \frac{1}{2} \) ts. salt
1 ts. vanilla

Soak gelatin in cold milk five minutes. Add sugar and scalded gelatin to scalded milk. Cook in double boiler until gelatin is dissolved, cool. Flavor. Pour into molds, previously wet in cold water.
When gelatin begins to stiffen, add one cup of any one of the following: orange sections, pieces of cooked pineapple, (Uncooked pineapple cannot be used because of enzymes which prevent the "set" if the gelatin) chopped nuts, shredded coconut, dates, prunes, sliced peaches, preserved apples.

For a chocolate gelatin add one square melted chocolate and two extra tablespoons of sugar to scalded milk in foundation recipe.

Spanish Cream

Combine the yolks of three eggs with sugar in the foundation gelatin milk pudding, before scalding. When pudding is nearly cold fold in the stiffly beaten whites.

Gelatin Rice Custard

Cook one third cup rice in double boiler with milk in foundation recipe. Beat the eggs with sugar and add slowly to rice and milk mixture when rice is thoroughly cooked. Cook three minutes stirring constantly. Use one extra cup of hot milk in which to dissolve the soaked gelatin, strain. Add to mixture.

Milk Drinks

Any kind of fruit syrup may be added to milk to make an appetizing drink. This syrup may be taken from a jar of preserves or canned fruit of any flavor the housewife may have. Two tablespoons to a glass is the rule. One level tablespoon of jell to a glass of milk will serve equally well. Grape juice can be used the same way. The fruit juice of acid fruits will curdle the milk, unless a syrup is made first. The milk should always be cold. A little ice added just before serving makes the drink even more attractive. The milk is added to the flavoring instead of the flavoring to the milk. Ice cold milk served with 1-16 tsp. of salt removes the bland flavor of the milk. Cinnamon, nutmeg, or powdered nuts, sprinkled over a glass of milk gives a new flavor.

Egg Nogg

2 c. milk 1 ts. vanilla
1 ts. sugar 1 egg
½ ts. nutmeg

Beat the egg thoroughly add milk, sugar, nutmeg, and vanilla. Shake well, serve.
DINING ROOM SERVICE AND ETIQUETTE

Second Year - Sixth Meeting

You have been having a good time at the club meetings all the year. The time has come for you to entertain the girls at your home and you have invited them to dinner. Long ago you decided upon the good things to eat. It last the day has arrived. Now the question comes; How can I serve my dinner attractively? What are the rules of this entertaining game that I must play, if I want to do everything just right?

The Dining Room and Table

First of all you clean the dining room. Everything must be spotless and in order. It is best to set the table early so that you will not have to hurry just before the girls arrive. The table is extended to the desired length. No girl must be crowded. A silence cloth, a heavy pad made for this purpose or even a white cotton blanket is placed over the bare table to protect it, to prevent noise and to save the cloth. The table cloth is next to be considered. This is white, freshly laundered and of linen if possible, napkins to match. The small patterned cloths are the most attractive because they give a plain white surface. The cloth should extend eight to ten inches over the edge of the table on all sides. The center crease of the cloth is placed exactly along the center line of the table. A plain doiley may be used over the cloth.

The Flowers

The center of interest on your table is the bowl of flowers. Select the most beautiful but those that will look well in a low vase, because the girls must be able to see each other over the bouquet. The flowers should not be packed in the vase, but arranged loosely. Always use a few green leaves from the plants from which the flowers were selected. The large flowers are not very attractive on the table. Select the small dainty flowers. The very bright flowers are more beautiful if arranged in open masses. The delicate shades may be massed more closely.

Center piece of flowers
The Individual Cover

You are ready to arrange the individual cover. Dinner plates are placed 24 to 30 inches apart for each girl. All the silver is arranged parallel and one inch from the edge of the table. The knife with edge toward the plate is at the right, the fork with tines up at the left. All the spoons are laid at the right of the knife in the order of use, from extreme right. All the forks, except the oyster fork, which is placed at the right of the spoons, is placed at the left of the dinner fork in order to use from the extreme left. Place the glass at the end of the knife or just to the right of the knife end.

Since you are entertaining the club girls, they will not drink coffee. You are playing the Health Game, you know. The glass of milk will be placed to the right of the water glass and parallel to the edge of the table. If you were entertaining your parents, the coffee, when served, would be placed at the right and above the spoons.

Place the napkin on the plate or at the lower right hand corner. The bread and butter plate or pot is placed just above the napkin.

If you do not wish to use the bread and butter plates and wish to serve a salad with the dinner the latter may be placed above the napkin. Another arrangement in using both is to place the napkin on the dinner plate, the bread and butter plate at the left of the forks and the salad at the right of the cover, if no beverage is used. The napkin is put at the cover in place of the plate if the plates are stacked before host for serving.

The dinner plates may be left at the individual places and passed to the host as the plate with food is served each one or the plates may all be stacked at the host's cover and passed to the individual as the host serves.

If you use the individual salts and peppers they are placed above the cover and slightly to the left.
Table laid for dinner for family of four

1. dinner plate
2. fork
3. napkin
4. bread and butter plate
5. butter spreader
6. water glass
7. knife
8. teaspoon
9. soup spoon
10. salad fork
11. salt
12. beverage
13. creamer
14. sugar
15. cups and saucers
16. meat platter
17. carving knife
18. vegetable dish
19. spoon for "
20. extra vegetable
21. spoon for "
22. salt and pepper
Seating

The chairs are placed in position so that they come just outside the cloth but do not touch it. You are the hostess. You have asked one of the girls to act as host. The hostess may sit at the end of the table near the kitchen so that she has easy access to the kitchen or she may sit at the opposite end and give the end next to the kitchen to the host. This means a little quicker work in getting the hot food to the table for serving. Your mother and your leader are your guests and so you will give them the places of honor, the one at your right and the other at the right of the host.

Final Arrangement

You want this to be a family dinner, nicely served. You will serve it a little more carefully than the meals at home every day because there are so many other things to do, but no more carefully than you should serve Sunday dinner, when you can have more time. The whole dinner, except the dessert is to be on the table before the guests are seated.

The bread, the pickles, olives, nuts and candy are placed on the table and attractively arranged. If the individual salts and peppers are not used one of each is placed center of both ends of the table in easy reach of the guests.

Just before announcing dinner fill the glasses three-fourths full of water or milk. Place the meat in front and slightly to the right of the host's cover, the potatoes to the left. You have asked one of the girls to help serve. She is seated at the left of the host. Place the gravy to the right and the vegetables to the left of her cover. The guests are seated.

"Dinner is Served"

You, the hostess always indicate when to be seated, when to begin and end a course and when to rise from the table. As soon as the host serves a plate with meat and potatoes he passes it to the girl at the left who serves the gravy and vegetable. The plate is then passed to a guest. This is continued until all are served. Perhaps at your dinner one of the girls will help serve the plates and later the dessert. In this case she takes the dinner plate from the right when it is served and places it from the right before each guest. She may refill the dishes with food before she takes her place at the table.

If there are only a few girls in the club you may all wait to begin eating until everyone is served. If there is a dozen or more at the table there is no reason why, at your suggestion as hostess, the girls cannot begin eating before all are served. The girl nearest the bread passes it to the hostess first. The same is true of the other foods to be passed. Either the hostess or host may ask the girls to have a second serving. In that case the knife and fork is placed at the outer edge of the plate and the plate passed for a serving. When all are through eating, (you as hostess should be last to finish,) one of the girls or even two may act as the waitresses to remove the first course and bring on the second.

The girls remove all dishes first such as the meat plate and vegetable dishes. To remove platter place carving knife and fork on platter and remove with both hands, the individual cover second and the clean dishes last.
The hostess serves the dessert. The dessert plates are placed in the center of the hostess' cover, the dessert above. The hostess passes the dessert to the girl at the right, etc.

These are accepted rules of the entertaining game. Every home maker has the privilege of arranging her table as she wishes, provided everything is clean and attractive. Her courtesy and interest in her guests are the real tests of true hospitality.

**Buffet Style of Service**

This is the final club meeting of the year, the Achievement Day. You are entertaining your mothers. You are anxious to show them how nicely you can serve. You have decided to serve buffet style because this is the easiest way to serve a large group.

The dining room and table have been prepared as carefully as if you were serving dinner. You may use a runner instead of a cloth if you wish. The bowl of flowers may be larger than for the dinner because your guests will not be seated at the table. Tall candles add to the appearance of the table.

1. napkins  
2. plates  
3. forks  
4. olives  
5. salad  
6. sandwiches  
7. cold sliced meat  
8. jelly  
9. cups  
10. coffee  
11. cream and sugar  
12. spoons  
13. candles  
14. bowl of flowers
Perhaps the menu includes dainty sandwiches, olives, fruit salad, fancy cakes, nuts, candies, hot chocolate. You will need individual plates, cups, spoons, forks and napkins. The chocolate pot with cups, cream and sugar may be placed at one end of the table on a tray. One of the girls sits at the table, and pours chocolate, serving each guest as she leaves the dining room. Another plan is to have a small tray with filled cups, cream and sugar, placed at the end of the table. Each guest helps herself as she leaves the dining room.

The sandwiches, salad, the cakes, olives, candies and nuts are arranged attractively on the table. The salad may be served by one of the girls seated at the table. The plates are stacked on the table near the silver. The serving spoon is at the right, fork at the left of the dishes, a water pitcher with glasses on a tray may be placed on the table.

As a guest enters the dining room she takes a plate, the required silver, spoon, fork and napkin. She then helps herself to each of the refreshments in order of arrangement on the table, receiving a cup of chocolate last. The guests return to the living room for seats or find places in the dining room.

This is an excellent plan to follow for serving on a porch or lawn.

**General Department**

1. **Use of Knife and Fork**

   The knife and fork are placed parallel on the outside edge of plate when passing plate for a second helping, tines of fork up.

   When the meal is finished place the knife and fork parallel across the center of the plate. Tines of fork up.

   Cut salad with a fork. Use fork or spoon for ice cream. Use the fork to carry inedible food from the mouth. Use the knife or fork in either hand. The fork is used in the left hand for holding the food while cutting it.

2. **Spoon**

   The spoon must not be left standing in the cup. When not in use place it in the saucer. To use the spoon dip away from self when taking soup. Take soup from the side of spoon. The spoon is used to test flavor and temperature of beverage. Drink all beverages from the cup.

3. **Napkins**

   The napkin is placed across the knees in the long fold.

   Place the napkin in a loose fold at the side of plate when through with the meal.

   When a guest for more than one meal fold the napkin carefully and place at side of plate or in napkin ring.
4. **Taking Place at Table**

Guests stand by their chairs until the hostess gives the sign to be seated. Guests take their places from the left of the chair. Pull the chair up to the table quickly. Guests should sit erect with feet squarely on the floor. Guests rise from the left of the chair.

Do not try to talk with food in mouth. Try to finish a particular course at the same time as the other guests.

Eat slowly.

The bread should be broken into small pieces and spread on action. Never spread whole slice.

Crackers are not placed in soup.
### DEMONSTRATOR'S WORK SHEET

**DRESS DESIGN-LINE**
First Meeting of Demonstration Series. Second Year
by
Azalea Linfield
Extension Specialist in Clothing

#### DEMONSTRATOR NO. L ANALYZING ONE'S FIGURE

**SUPPLIES NEEDED**
- Six feet plain paper at least 36" wide
- Thumb tacks
- Pencil
- Flat Ruler
- Rubber Tape Measure
- Black Board

**ILLUSTRATIVE MATERIAL**
- Charts:
  - No. 1 Normal Fig.
  - No. 2 Model in relation to normal figure

**STEPS DURING DEMONSTRATION**
1. Introduction

**POINTS TO BE BROUGHT OUT**
- Value of proving your own propositions
  - a. To dress becomingly
  - bb. To utilize ideas of fashion authorities

- Preparation of Normal Human figure
  - a. How measured
  - b. What is a head?
  - c. What is the height of ideal figure?
  - d. What is the height of average figure?
  - e. What is the height of Fashion plate figure?
  - f. What does that tell us in regard to selecting commercial designs?

- Analysis of your own properties.
  - 1. Fasten length of paper on wall.

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W.F. KUMILJEN, DIRECTOR.
Select model from audience.
2. Stand her with back to wall, heels together, arms straight down.
3. Mark around head and down side of body.
4. Indicate shoulder line, waistline, hip line, at largest part with crosses on both sides of the figure.
5. Remove the paper.
6. Draw straight line over the paper at top of head.
7. Draw a straight line across paper at floor line.
8. Do the same at the shoulder, waist and hip line.
9. Draw a line so as to divide figure in exact half lengthwise.
10. Using the head length see how many times it will go into the different parts of the figure.
11. (Note: if a model were drawn and this worked out on the blackboard it would be more easily seen and explained to the audience. Note: or using one head as equal to one inch reduce the measurements on the large figure to fit the chart in circular.

Dress Design- Line-

12. Analyze the chart — have an open discussion.
13. After Demonstrator No. 1 has performed this part of the demonstration let No. 2 give her part. When No. 2 is through divide the women into groups of two and let each one analyze her figure and mark it on her chart.

What does the chart show?

1. Is the figure, average, short, slender, stout, or tall?
2. Is the face, round, oval, long, thin, angular?
3. Is the neck long, thin, short, and thick, normal?
4. Are the shoulders, narrow, sloping, broad, square or round?
5. Is the figure short waisted, long waisted, or average?
6. Are the hips too large, too small, average?

The paper must be fastened to a wall surface preferably one that has not a projecting base board at the bottom.

Care must be taken that the line gives the exact body outline. (To do this it may be necessary to bind a pencil to the end of a foot rule so that the lead of the pencil can reach the paper, while the other end rests on the body, even extending out beyond the body.
Demonstration No. 2. Effect of Line in Dress

<table>
<thead>
<tr>
<th>SUPPLIES NEEDED</th>
<th>ILLUSTRATED MATERIAL</th>
<th>STEPS DURING DEMONSTRATION</th>
<th>POINTS TO BE BROUGHT OUT</th>
</tr>
</thead>
<tbody>
<tr>
<td>White drawing paper</td>
<td>Chart No. 1</td>
<td>1. Introduction</td>
<td>How can I make my figures as nearly project as possible?</td>
</tr>
<tr>
<td>Paper</td>
<td>Converging lines</td>
<td></td>
<td>1. By hiding defects.</td>
</tr>
<tr>
<td>Tracing paper</td>
<td>Chart No. 2</td>
<td></td>
<td>2. By bringing out good points</td>
</tr>
<tr>
<td>India Ink</td>
<td>Diverging lines</td>
<td>1. Exhibit Chart 1</td>
<td>During war camouflage was used in concealing guns, changing battle ships.</td>
</tr>
<tr>
<td>Pencil</td>
<td>Chart No. 3</td>
<td>Converging lines. Let the woman look at the chart and tell which line is the longer.</td>
<td>In correct clothing we can too change the figure and make it appear different from what it is.</td>
</tr>
<tr>
<td>Ruler</td>
<td>Converging and diverging lines</td>
<td>2. Exhibit Chart 2</td>
<td>Converging lines make a figure look longer. Example V neck or narrow long roll collar that merge near belt increase the waist length.</td>
</tr>
<tr>
<td>Scissors</td>
<td>Chart No. 4</td>
<td>Diverging and converging lines.</td>
<td>Diverging lines make a figure look shorter. Ex. A broad sailor collar will broaden the chest and decrease the length of the lower part of the waist.</td>
</tr>
<tr>
<td>Fashion Magazine</td>
<td>Fashion plate design in stout figures</td>
<td>3. Exhibit Chart 3.</td>
<td>If lines on paper can so easily fool the eye it is just as easy to deceive the eye in dress. Lines in dress may be made by seams, tucks, pleats, buttons, braid, etc.</td>
</tr>
<tr>
<td>Paste</td>
<td>Chart 5 incorrect</td>
<td>Diverging and converging lines.</td>
<td>Our fashion artists who are exceptionally extremely tall and slender people, the stout short woman selects a design that looks well on the fashion plate figure. The result? Look at the plate.</td>
</tr>
<tr>
<td></td>
<td>Correct lines for stout. (Cuts from fashion plate)</td>
<td>4. Exhibit Chart 4.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chart 7. Correct lines for slender (Cuts from fashion plate) (Have several such charts)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
5. Exhibit chart 5.
Correct and incorrect lines for stout.

Correct lines for the stout.
(Have several such charts-figures cut from fashion magazines)

7. Exhibit chart 7.
Correct lines for the slender.
Have several such charts-figures cut from fashion magazines.

These two figures are exactly the same size.
Note how the design of the garment on the one with the correct lines decreases the apparent size.

The stout figure should use
1. One piece outfit with:
   1. Vertical lines
2. Long sleeves that fit easily.
4. Dull colors.
   (See circular Dress Design-Line)

The slender figure should use
Horizontal lines
Full sleeves, short or long.
Stripes, shiny material
Bright and dark colors.
Broad brimmed hats.
(See circular on Dress Design-Line)

Large plaits, figures or wide striped materials; stiff, shiny and bright colored materials will make a large small look larger than she is. She should wear small figured changing material of dull tones and the slender woman may wear just the opposite but if one is a short slender type too large figured material will not do.
(See circular No. Dress Design-Line.)