

South Dakota State University  
**Open PRAIRIE: Open Public Research Access Institutional  
Repository and Information Exchange**

---

Extension Circulars

SDSU Extension

---

2-1933

## Managing Low Cost Sunday Dinners

Mary A. Dolve

Follow this and additional works at: [http://openprairie.sdstate.edu/extension\\_circ](http://openprairie.sdstate.edu/extension_circ)

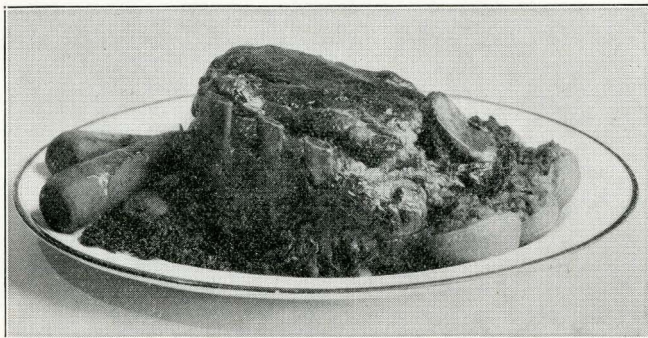
---

### Recommended Citation

Dolve, Mary A., "Managing Low Cost Sunday Dinners" (1933). *Extension Circulars*. Paper 328.  
[http://openprairie.sdstate.edu/extension\\_circ/328](http://openprairie.sdstate.edu/extension_circ/328)

This Circular is brought to you for free and open access by the SDSU Extension at Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange. It has been accepted for inclusion in Extension Circulars by an authorized administrator of Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange. For more information, please contact [michael.biondo@sdstate.edu](mailto:michael.biondo@sdstate.edu).

# Managing Low Cost Sunday Dinners



A cheap cut of meat prepared as a pot roast with vegetables, nicely served, whets the appetite.—U. S. Bureau of Home Economics

SOUTH DAKOTA STATE COLLEGE  
EXTENSION SERVICE

C. Larsen, Director  
Brookings, S. D.

# *Managing Low Cost Sunday Dinners*

By Mary A. Dolve  
Extension Nutritionist and Supervisor,  
Home Extension Work

In many families the Sunday meals are practically the only ones which all members of the family can eat together leisurely.

Eating together should stimulate sociability among family members as well as among other groups. Sociability is influenced by the atmosphere and service of the meal and often determines the table manners as well as helping good digestion. A simple, attractively-set table and well prepared food in orderly and pleasant surroundings are conducive to leisurely eating, good manners and satisfying sociability. Table manners are an index to an individual's and family's refinement. The knowledge and practice of good table etiquette give self-expression, self-confidence, charm and poise. The Sunday meals can be made to provide the opportunity for boys and girls to become well grounded in table etiquette, dining room service, group sociability and group responsibility.

Boys and girls at a very early age should be brought into the picture as far as getting the necessary Sunday work done in order that the whole family may share equally in rest and group enjoyment of the day as well as the Sunday dinner. Plans for Sunday or company meals should include dishes that may be prepared ahead of which require very little attention during the cooking process and allow for simple serving. The plans should also provide as much time as possible for Mother to be with the family during the meal as well as the rest of the day. Sunday should be a rest from every day labors for Mother as well as for other members of the family. The major portion of the day should be spent with the family and not with pots and pans.

This has been worked out especially well in a town family of six. The boys are 14, 12 and 10, the girl 8. The oldest boy and father make up the beds and do the necessary picking up around the house and running the vacuum and floor-mop over areas needing attention. The two younger boys wash the breakfast dishes while mother gets the dinner ready for cooking. Sister is general messenger and errand runner and assists wherever she can. This division of labor gets all the forenoon's work out of the way in about an hour's time except the last minute dinner preparations and does much to make a satisfactory Sunday for all. This homemaker is also clever in planning the Sunday menus so that the dinner can easily be prepared with little attention from her except that given on Saturday and Sunday mornings while the other members of the family are also busy.

One of the biggest helps that can be given to the farm homemaker on Sunday is for some other family member to do her outside work such as the poultry work.

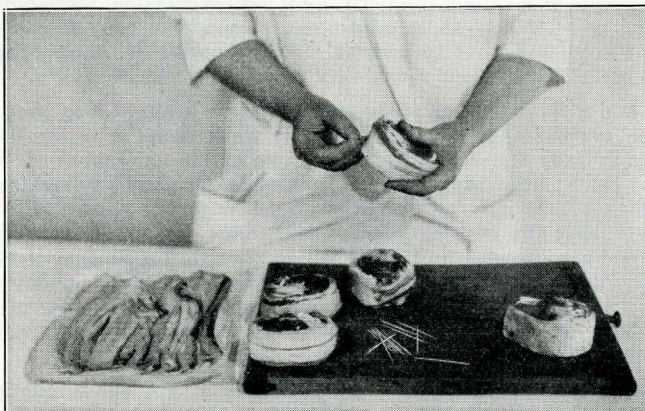
## Points on Table Service and Etiquette Most Often Asked About

### Setting The Table

1. If a centerpiece is used, it should be such that persons may see across the table. A centerpiece of fruits, cut flowers, or potted plants is in better taste than artificial fruits or flowers. The centerpiece should harmonize with the color scheme of the food.

2. The cover consists of the silver, china, glassware, and napkin required for one person. The space required for a cover is from 24 to 30 inches in length and 15 inches in depth to prevent crowding.

3. Knives, forks and spoons are placed from outside in toward the plate in the order in which they are used with the exception of the dinner knife and fork which are preferably placed immediately to the right and left of the plate thus marking the place. The knives are at the right with the cutting edge towards the plate, and the spoons to the right of the knives. The forks are placed at the left of the plate with tines up. The butter spreader is placed preferably on the bread and butter plate



**Thick lamb chops boned, wrapped in bacon or very thin slices of salt pork and broiled are exceedingly palatable.—U. S. Bureau of Home Economics.**

parallel with the table and with the handle toward the right. The butter can be placed on the salad plate; this is preferred by many for family and informal dinners. Do not use unnecessary silver.

4. The water glass is placed at the tip of the knife.

5. The bread and butter plate is placed at the tip of the fork.

6. The napkin is placed at the left of the forks, and the lower right hand corner should be the open one.

7. If a beverage is served with the main course, place the salad at the left of the cover. If the beverage is not served place salad at right.

8. All linen, silver and dishes are placed one inch from the edge of the table. All handles should be on a straight line.



9. Chairs should be placed so that the front edge of the chair comes straight down from the edge of the table. This makes it unnecessary to pull chairs in and out and leaves the cloth in an unbroken line.

#### **Serving the Meal**

1. In the English or family style, all foods are served by the host and hostess at the table. Best suited to the average family where there is no help.

2. In the Russian service, all foods are served from the kitchen. More formal than the English or family style and necessitates a maid.

3. In the compromise service, the main course is served at the table, and the soup, salad and dessert are served from the kitchen.

4. Pass foods to the right at the table to avoid collisions and confusion.

5. Boys and girls should be trained to wait on the table so that the Mother may remain seated during the meal; also to give them grace, poise and confidence. One only learns by doing.

6. In serving, the following points should be observed:

a. Place, pass and remove all dishes to the left with the exception of the beverages.

b. Refill water glasses three-fourths full without removing glasses from the table. If it is necessary to remove the glass, take hold of it as near the bottom as possible. Use a napkin to catch the drip. This applies to all beverages.

c. In removing a course, remove all dishes used in the service of the course before removing soiled dishes from the individual covers.

d. Be watchful of the needs of each one. Keep glasses filled and butter replenished.

e. In carrying dishes, hold them so that the fingers do not rest on the edge of the dish.

#### **Observing Table Etiquette**

1. An invited dinner guest always accepts or rejects an invitation promptly whether a reply is asked for or not.

2. A dinner guest should always be on time so that the food and dispositions of the hostess and other guests will not be ruined by having to wait. It is just as important to be on time for meals at home.

3. After the meal is announced and all are seated the hostess or Mother begins eating as a signal for the others to start.

4. The napkin is unfolded on the lap. The dinner napkin is unfolded only half way and should be laid on the lap with the folded edge toward the table so that the open corner is convenient for wiping the fingers or lips. A luncheon or breakfast napkin may be unfolded all the way. If a guest for only one meal or at a public eating place the napkin is replaced without folding.

5. Eat noiselessly with lips closed while chewing. Only small bites which can be easily swallowed when it becomes necessary to talk should be taken. Never talk with a mouth full of food.

6. Sit erect with elbows against sides to avoid interference with neighbor.

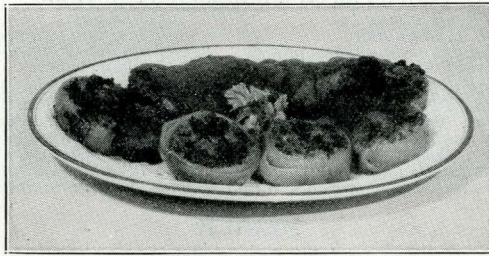
7. Used silver should always be placed completely on the dishes to which they belong to avoid unsightly appearance and prevent acci-

dents. If the plate is passed for a second serving, the knife and fork should be placed well in on the plate while it is passed. This also applies when one has finished a course.

8. The spoon is used only for foods that cannot be eaten with a fork. The spoon is held just above the center of the handle so that it rests on the middle finger and is guided by the thumb and forefinger.
9. The spoon in eating soup should be dipped into the liquid with a motion away from the body and poured into the mouth from the side of the spoon. Use the side rather than the point when eating foods from a spoon.
10. The knife is used only for buttering bread and for cutting food which cannot be cut with a fork. For cutting the knife is held in the right hand with the forefinger above the blade on the handle.
11. Foods to be cut with the knife should be prepared only as needed. Leave the food whole until needed and prepare a forkful or two at a time. It is bad taste to cut all the meat at once.
12. The fork is held in the right hand the same as is the spoon when used to convey food to the mouth. When used with knife for cutting hold the fork in the left hand with tines down and with the forefinger on the handle near the tines.
13. A small piece should be broken from a slice of bread or a roll and only the small piece buttered as needed. Large crackers should be broken and eaten with fingers. Crackers should not be broken into soup. It is permissible to put a few soup crackers or small croutons into the soup at a time.
14. Corn on the cob should be broken in small enough pieces to hold in one hand while eating. The considerate hostess or Mother will have this done before the corn leaves the kitchen.
15. Fingers may properly be used for eating olives, nuts, celery, bonbons, small cakes, sandwiches, bread, crackers, corn on the cob and most raw fruits.
16. All foods should be kept on the plate. Bread, crackers, radishes, and salt have no place on the table cloth.
17. A polite person will ask that foods be passed so that he may serve himself without reaching in front of anyone or across the table.
18. A polite person, if necessary to leave the table before all are finished, will ask permission of hostess or Mother.
19. In asking if a second serving is desired, the word "more" is not good form. Say, "May I serve you."
20. The hostess or Mother anticipates the needs of her guests and family.
21. If asked to express a choice of food do so promptly. If not, take what is served without comment.
22. Tooth picks should be used only in privacy.
23. The accomplished hostess makes her preparations far enough in advance to give her time for careful grooming and relaxation so that she is not all in a flurry when the guests arrive or when the family sits down to Sunday dinner.
24. The hostess and host who are unanimously liked are the ones who make everyone feel at home and at ease in their presence. They are admired for living within their means. They are equally charming as host and hostess to their own family as they are to guests.

### Sunday and Company Dinner Menus

There is a tendency to have too many kinds of food or too many foods of one kind at a meal. Fewer foods, well chosen, will fit the body needs better and save time, money and work. It is not necessary to have each meal balanced, but a day's meals should be balanced. Nor is it necessary to have the day's food distributed equally into the three meals. In general one heavy meal and two medium or light meals fit average needs, though the types of meals and the time of day the various types are served will have to be determined by each homemaker according to the needs of her family. The kind of work done, the general work and food habits of the family, ages of different members, and the routine organization of the homemaker's work all have influence in determining the family needs.



A flank steak rolled and stuffed with force meat and onions makes a savory dish. Roast breast of lamb and onions stuffed with force meat are also good.

—U. S. Bureau of Home Economics.

The following suggested menus have the main dish prepared in the oven because:

1. The precooking preparation can be done in advance.
2. The vegetables can be cooked in the same container thereby decreasing dishwashing and simplifying serving and dishing up, but making an attractive appearance on the table, especially when served at the table.
3. With certain stoves an oven dinner can be left to cook for an hour or so while in church.
4. Little attention is required during cooking.
5. Small amount of last minute preparation.

#### MENU I

Tomato Juice Cocktail	
Veal Birds	
Green Beans or Peas	Browned Potatoes
Cabbage and Carrot Salad	
Graham Rolls	
Pineapple or Rhubarb Ice Box Cake	
Milk for Children	
Coffee	

## TOMATO JUICE COCKTAIL

1 pt. tomatoes	Few celery leaves or
2 cloves	celery salt
2 slices onion	1 T. vinegar or lemon
2 t. sugar	juice
	1 t. salt

Cook together all ingredients except vinegar or lemon juice. Put through sieve. Add lemon juice or vinegar, chill. (This may be canned ready for serving. Prepared tomato juice or cocktail can be purchased.)

## VEAL BIRDS

1 1/4 lb. veal steak	Chopped celery or celery leaves or
1 1/2 c. dry bread	celery salt
cut in small pieces	1/2 c. milk
1 T. onion juice	

Have veal steak cut thin. Cut in pieces about 2 by 3 inches. Salt. Mix bread, seasonings and milk together lightly. Put a spoonful of dressing on each piece of meat. Roll and fasten with toothpick (prepare on Saturday). Put birds in center of baking pan; arrange medium sized potatoes around them; add 1/2 cup water. Cover and bake in a moderate oven for one hour, basting occasionally. More water may be needed. Serves six.

## PINEAPPLE OR RHUBARB ICE BOX CAKE

1 level T. gelatine	1/4 c. sugar
1/4 c. cold water	3/4 c. cream, whipped
1/2 can crushed pineapple or	Stale sponge cake or
1 c. thick rhubarb sauce	lady fingers

Soak gelatine in cold water five minutes, dissolve over hot water and add pineapple or rhubarb, juice strained from pulp, sugar, salt and lemon juice. Stir until all gelatine and sugar have dissolved. When it begins to thicken beat and fold in pulp and stiffly whipped cream. Line sides and bottom of large square or round mold with pieces of stale sponge cake or lady fingers. Cover with pineapple or rhubarb cream mixture, alternate cake and cream until mold is full. Place in ice box and let stand till firm. Unmold on a large cake plate and garnish with whipped cream and berries from the garden when in season.

## MENU II

## New Orleans Ham

Fresh Vegetable Salad	Sweet or White Potatoes
	Carrots
Whole Wheat Bread	Date Custard (served cold)

## NEW ORLEANS HAM

Place a 3-pound piece of cured ham with flat surface in roaster. Stick cloves, a dozen or more, in top. Spread 2 tablespoons of sorghum molasses over top. Prepare six apples as for baking and put on top of roast, allowing 1/2 tablespoon of molasses to each apple. Place potatoes and carrots around ham. Add 2 cups of skimmed milk. Bake in hot oven about 1 hour. Potatoes may be baked or boiled if desired. A larger piece of ham may be used if allowed to bake sometime before adding vegetables and fruit.

## MENU III

## Corn and Pork Scallop

Baked Potatoes	Perfection Salad
	Rolls
	Prune Whip

## CORN AND PORK SCALLOP

Nicely brown two pounds of pork chops (may be done on Saturday). Season with salt and pepper. Take a two quart baking dish, put a layer of corn in the bottom (either fresh corn cut from the cob or canned corn) then a layer of pork, and so on until the dish is full. Add 1 cupful of water (more will be needed if fresh corn is used) cover and bake 1 hour. Remove cover 15 minutes before serving so that the top may be nicely browned.

## MENU IV

(Fall or winter when it is desirable to have fire all morning)

Casserole of Chicken
Bread and Butter
Relish or Jelly
Cabbage and Apple Salad
Peach, Rhubarb or Banana
Short Cake



## CASSEROLE OF CHICKEN

Cut up an old chicken, roll in flour, brown in frying pan. Season and arrange in baking dish. Rinse frying pan in small amount of water and pour over it, cover and bake slowly for several hours, depending upon age of chicken. When it is a little more than half done, add some vegetables such as potatoes and carrots cut rather small, a small amount of chopped celery (celery salt may be used), and an onion cut fine. Just before taking from the oven a cup of cooked or canned peas may be added.

## MENU V

Flank Steak with Force Meat Dressing and Boiled Onions Buttered  
or

Roast Breast of Lamb and Onions Stuffed with Force Meat  
Boiled or Browned Potatoes Gravy  
Shredded Lettuce Salad or Orange and Carrot Gelatine Salad  
Bread and Butter  
Sauce and Sponge Cake

## HAM FORCE MEAT

1 cup finely ground ham	1 c. milk
1 c. dry bread crumbs	$\frac{1}{4}$ t. pepper
3 T. butter	2 eggs

Chop the uncooked ham fine, add pepper. Boil together the bread crumbs (no crusts) and milk for ten minutes or until a smooth paste. Remove from fire, put in butter, ham and well beaten eggs. Mix until all ingredients are thoroughly blended.

NOTE.—Force meats should have a smooth, velvety texture. They are made of uncooked meat, poultry or fish in finely divided form. Force meats may be used in combination with other materials as stuffing or cooked alone to form cutlets and timbales. The cutlets are cooked in shallow, chop-shaped molds and the timbales in deep straight-sided molds.

## ORANGE AND CARROT GELATINE SALAD

2 T. gelatine	1 T. lemon juice
$\frac{1}{2}$ c. cold water	2 T. vinegar
2 c. boiling water	1 c. orange juice and pulp
$\frac{1}{2}$ t. salt	1 c. grated raw carrot
1 T. sugar	

Soak the gelatine in the cold water for 5 minutes. Add to the softened gelatine the boiling water, salt, sugar, lemon juice, vinegar, orange juice and pulp, and chill. When partly jellied stir in the carrot, pour into wet individual molds, or a large mold to be served at table and put in a cold place to set. Turn out onto lettuce leaves and serve with mayonnaise or cream salad dressing.

## Management and Service of Menu No. I

The cocktail and dessert can be prepared entirely on Saturday. The veal birds can be made ready for the baking dish. If canned beans or peas are to be used bring out of storage to kitchen. Also have carrots, cabbage and potatoes laid out so one of the children can run to vegetable room for them when wanted. If to be gotten from the garden have the vegetables gathered Saturday evening or Sunday morning by some other member of the family.

This menu leaves very little work to be done on Sunday. Potatoes peeled and carrots scraped in the morning and kept in cold water. The salad is prepared immediately before dinner (the vegetables having been prepared in the morning), while peas or beans are buttered and some other member of the family sets the table. Serving dishes are set out for use. The coffee goes on just before the family is called to the table if to be served with dessert, a little earlier if served with main course.

The set table includes the cocktail; salad, either as individual servings or in a salad bowl; the rolls, if not served hot; water; salt and pepper; butter, individual servings on salad plates or butter dish for passing; any rel-

ish or jelly that might be included, and silver needed for the meal. If food is to be passed the dinner plates can be used as service plates for the cocktail.

### Suggestions for Dividing Responsibilities in Serving the Dinner

Assuming the family includes father, mother, John age 12, Julia age 14, two other children, and possibly some company.

All are seated at the same time.

1. Mother gives signal for eating by picking up cocktail glass to drink. She eats slowly to give all time to finish by the time she does. Julia watches when Mother places her spoon permanently upon the service plate.
2. Julia—If Father's salad and water glass were not placed on serving table to begin with place them here to make room for the main course while serving.
3. John—At the same time, starting with Mother, removes cocktail glass and service plate (left hand, left side,) transfer to right hand and remove the cocktail and service plate (left hand, left side,) from next cover to Mother's right, carrying the two services to the kitchen. Continue around the table to the right.
4. Julia—Brings hot dinner plates and places in front of Father (left side, both hands).  
If so many are to be served that the entire pile of plates seems awkward place only 4 or 6 in front of Father and the remaining ones on serving table until needed. Return to kitchen and bring meat platter holding the peas or beans placed in a mound surrounded by the veal birds, garnished with parsley either from the garden or pot of parsley kept in the kitchen window. Place above dinner plates (left side, both hands). Bring potatoes, place dish right side (both hands). If rolls are hot bring in and place near Mother. If gravy is served also place near Mother, or Father may serve it.  
Potatoes, rolls, gravy, may be brought in on tray from kitchen and placed on serving table and dishes placed on table from there as above.
5. John—Glasses and spoons are set off; dessert plates rinsed, wiped and placed in refrigerator or on serving table for dessert.
6. Father—Serves, (not too big servings, better to replenish plates than have waste) meat, potatoes and vegetables, passing plate to his right stating, "This is for Mother." The second plate goes to one next to Mother. So on to the right until all are served on that side of table. Begins with the one next to Mother on other side of table or to Father's left. Serves himself last.
7. Julia—Replaces Father's salad and water glass.
8. Mother helps herself to rolls, passing them to right; likewise jelly, relish or meat sauce that might be served.
9. Father—Watches when anyone may be ready for more food. "May I serve you Mother?" She replies "Yes, thank you" and states one thing she wants, otherwise Father gives her a small serving of each food, and so on around the table.
10. Julia—Replenishes butter if necessary from extra supply dish left on serving table or plate may be on the table and then passed.

11. John—Watches for Mother's signal. Starts removing with Mother's cover. Removes dinner plate (left hand, left side), transfers it to right hand, removes salad plate (left hand placing it on dinner plate), steps to left of next cover to the right, removes salad plate (left hand, left side), places it on first salad plate; then the dinner plate (left hand, left side) and takes both covers to kitchen. So on around the table to the right. A rubber plate scraper and a container should be on hand for scraping plates. The plates should be cleaned off and piled for washing as they are brought from the table. This takes very little extra time and eliminates one handling of the dishes.
12. Julia—Removes platter with serving silver (left, with both hands) to kitchen; removes roll plate, jelly, relish, etc., to tray (on serving table) carrying it to the kitchen.
13. Julia—Does any necessary crumbing with empty plate (left hand) a folded napkin (right hand) from left side starting with Mother's cover and continuing to the right.
14. Julia—Removes salt and pepper using a small doily-covered tray.
15. John—Refills water glasses.
16. Julia—Places silver for serving dessert at Father's cover (left side). Then places dessert plates (left side, both hands) at Father's right.
17. Julia—Places plate with molded pineapple or rhubarb ice box cake (left side, both hands) in front of Father.
18. Father—Serves dessert, passes to the right, first going to one next to Mother and so on around the table. Mother will be served last as she is busy serving the coffee. Note: If Mother serves the dessert the procedure is the same as above only serving the coffee has to be delayed.
19. Julia—Places tray with cups and saucers in front of Mother (left side, both hands) handles of cups should be to right. Place cream and sugar conveniently near. Place tile and coffee pot (right side, right hand).
20. Mother—Serves coffee. First cup goes to first one to right and so on around the table.
21. Mother—Helps herself to cream and sugar passing it to right.
22. Julia—Removes dessert platter and serving silver and coffee tray to serving table or kitchen when dessert and coffee have been served.
23. Mother—When dessert is finished, Mother places her folded napkin at left, others do the same. Rises from the left and leads the way into the living room (thereby concluding the meal).
24. John, Julia—Remove all the dishes to the kitchen.

NOTE.—The suggestions for management and service pertaining to Menu No. I can be modified to apply specifically to any menu and type of service. If foods are passed instead of served at the table work out a plan and train the family members to conform to that plan so that the table service will be as attractive as possible for that method.

**Extension Service  
South Dakota State College of Agriculture and Mechanic Arts  
Brookings, South Dakota**

Published and distributed under Acts of Congress, May 8 and June 30, 1914, by the Agricultural Extension Service of South Dakota State College of Agriculture and Mechanic Arts, Brookings, C. Larsen, director, U. S. Department of Agriculture cooperating.