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3-1935

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Wilder, Susan Z., "Dinners That Satisfy" (1935). *Cooperative Extension Circulars: 1917-1950*. Paper 348.
http://openprairie.sdstate.edu/extension_circ/348

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Dinners That Satisfy

By
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 Extension Nutritionist

The successful homemaker feeds her family simple, well balanced meals every day. The food she prepares, the way she serves it and the atmosphere she allows to grow up in her home as the interest centers in the meals, will determine very largely the family's happiness.

Sufficient food must be served in well balanced meals to supply the body's hidden needs. The amount of food served is determined very largely by the activity of the family members. If the father and boys work outdoors at hard labor all day they will have to have three heavy meals. If there are young children they must have foods that will make them grow and keep them in health.

Finally, the family must be trained to eat the food that is served even though it is not always the kind of food that they like.

Weekly Food Needs of Adolescent Girls and Boys Nutrition Bureau, A. I. C. P., New York

MILK	
Bottled and evaporated	5-7 quarts
VEGETABLES	
Potatoes	2½-6 pounds
Green leafy—as cabbage, spinach, kale	1-1½ pounds
Others—as carrots, string beans, beets	1½-2½ pounds
Dried—as peas, beans, lentils	2-4 ounces
FRUIT	
Fresh—as oranges, apples, bananas	2-3 pieces
Dried—as prunes, raisins, apricots	3-5 ounces
BREAD	
Preferably dark, as whole wheat	1-2½ pounds
EGGS	4-4
CHEESE	
American or Cottage	2-4 ounces
MEAT AND FISH	1-2 pounds
FATS	
Butter	6-8 ounces
Other fat	6-8 ounces
SUGAR	½-¾ pound
Approximately 2000-3500 calories daily.	

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, A. M. Eberle, director, U. S. Department of Agriculture cooperating.

"The protective foods, milk and its products, vegetables and fruit and eggs, should receive special emphasis in the meals of adolescents. They may well be used in larger amounts than those suggested if the food budget permits. Rich desserts, pastries and candies should be used very sparingly."

There are a number of basic principles in meal planning that will influence family members of all ages.

The color combinations of the food served at a meal may increase its palitability. The red of ham, white of turnip and green of spinach combine to make a colorful plate. Oftentimes the color of the cloth or dishes will make the food more attractive.

A service of yellow fruit such as a half slice of pineapple, half a peach or apricot, three slices of orange, or three grapefruit sections have a sameness of color until served on a green glass plate with a heart of red cinnamome apple or cherry and a spray of watercress.

Foods must have enough difference in flavor to make them interesting. They must supplement one another. They may be easily changed by the use of seasonings.

Baked spare ribs and baked potatoes with sauerkraut make an excellent combination, but are unattractive until cranberry relish is added.

Cabbage, rutabaga and cauliflower should not be served at the same meal because they are of like flavor.

Distinctly flavored meats such as corned beef or ham, may be served with cabbage, while a mild-flavored meat such as lamb or chicken needs the accompaniment of more delicate flavors as mint apple or peas.

The texture of foods must always be considered. Generally, not more than one mashed vegetable, creamed food or cream garnished food should be served at a meal.

Steak, baked potato and creamed squash with relish is a good texture combination.

Meat Dishes

Flavor and tenderness are developed in tough cuts of meat by following certain principles. The meat is cut into the desired size, rolled in flour, browned in a small amount of fat and cooked at moderate temperature. This will give a rich, pleasing flavor. A tough cut of meat is cooked with moisture. It is made more tender by pounding or grinding. Stews, pot roasts and swiss steaks are browned and then with liquid added, cooked slowly until tender. The seasoning will make a difference in the final flavor. Onions, tomatoes, horseradish, chili powders, fats, vinegar and different seasonings in addition to salt and pepper, as bay leaf, cloves and sage, are used with meats. Added carefully they give a wide variety of flavors.

Meat Loaf

2 lbs. beef, ground	2 T. onion, diced
$\frac{1}{4}$ c. salt pork, diced	2 t. salt
$\frac{1}{2}$ c. minute tapioca	Pepper
2 c. tomato juice	

Brown the salt pork. Combine the ingredients. Bake 45 minutes.

Meat Balls

1½ lb. meat	1 egg beaten
2 c. carrots	¼ c. fat
¼ c. onion	½ c. hot water
2 t. salt	3 T. flour
⅛ t. pepper	1½ c. soup stock

Grind meat and vegetables. Add seasonings and egg. Make into balls and brown in fat. Add water and simmer. Remove balls. Combine flour with small amount of liquid and add it to hot stock. When thick serve over meat balls. Meat balls may have strips of bacon fastened around each with toothpicks.

Chili Con Carne

1 c. onion, chopped	3 c. hot water
¼ c. green pepper	1 c. tomato juice
3 T. butter	3 T. chili powder
¼ c. suet	¼ c. cold water
2 lbs. beef, diced	½ t. salt
2½ c. kidney beans, (baked preferred)	2 T. sugar

Cook the onion and pepper in the fat; add the meat and suet and brown. Add the liquids and chili powder made into a paste with the cold water. Add the seasonings and cook until the meat is tender. Add the beans.

Biscuit Pies

Fill a greased pan half full of cooked meat cut in inch-size pieces. Ham, beef, mutton, chicken, or meat and vegetable combinations may be used. Add stock thickened with 1 T. of flour to a cup of broth. Cut biscuits of rich dough and place them close together on top. Bake 20 minutes. Serve in the baking pan.

Baking Powder Biscuit

2 c. flour, sifted	¼ c. fat
4 t. baking powder	½ t. salt
⅔ c. milk	

Sift dry ingredients together. Cut in the fat. Add milk until a soft dough is made. Roll to ½ inch thickness. Cut into biscuit. Bake 12 to 15 minutes.

Meat Roll With Tomato Sauce

Roll the biscuit dough to one-quarter inch thickness, butter, and spread with chopped or shredded chicken, crisp bacon, browned bits of salt pork, scrapple or liver. Make into a roll. Bake. Serve on a platter with garnish of tomato sauce and parsley. Cut into crosswise pieces for individual servings.

Meat Shortcake

Roll baking powder biscuit dough to half inch thickness. Butter the top. Cover with a second biscuit. Bake. Break the biscuits apart and butter. Place creamed meat between and on top of each biscuit. Creamed codfish, salt pork gravy, chicken a la king and Welsh rarebit may be served as shortcake. Hot buttered toast may be substituted for the biscuit.

Welsh Rarebit

2 egg yolks	1/8 t. dry mustard
1/2 lb. cheese, cut fine	1/8 t. Tobasco sauce
1/2 c. flour	1 1/2 t. salt and paprika
3 c. milk, scalded	Biscuit or toast

Beat egg yolks and add seasonings, flour and cheese. Add scalded milk and cook in double boiler until smooth and thick. Add tobasco sauce. Serve over biscuit, toast or crackers.

Dumplings

1 c. flour, sifted	1/2 c. milk
2 t. baking powder	1/2 t. salt

Sift dry ingredients together. Add milk until mixture makes a soft dough. Drop by teaspoonfuls onto stew. Cover, steam about 10 minutes. One-half cup of ground meat, bits of crisp bacon, cracklings, salt pork or ground liver may be added to the dough.

One Dish Meals

The following one dish meals may be canned. Combine the ingredients according to the recipe. Fill jars with the hot product. Process in the steam pressure cooker, one hour at 15 pounds pressure or four hours in the water bath at boiling temperature.

Creole Chicken

1 chicken, cooked	1 T. parsley
1 1/2 c. milk	2 egg yolks
2 T. flour	2 pimentos
1/2 c. noodles	2 T. fat
1 green pepper	2 t. salt

Chop meat. Cream fat and flour and add it to the hot milk. Cook. Add chicken, noodles, parsley, salt, pepper and beaten yolks. Heat.

MENU—Creole chicken, cabbage salad, raisin nut bread and butter, milk and coffee.

Baked Beans

Soak 4 c. of beans overnight. Drain. Cover with water and cook until tender. Combine 1 T. molasses, 1 T. salt, 3 T. sugar, 1/2 T. mustard, 1 T. vinegar and 1 medium onion with beans. Cover beans with boiling water. Score rind of 3/4 pound of salt pork in 1/2 inch squares and bury pork with rind in beans. Bake in covered pot four hours. Remove cover one hour for rind to brown.

MENU—Baked beans, Boston brown bread and butter, rhubarb sauce, milk, coffee.

Rolled Round Steak

1 pound round steak	1 c. buttered bread crumbs
1 c. carrots	2 T. flour
1 c. potatoes	1 c. tomatoes
1/2 c. onion	1 t. salt
1/2 c. turnip	2 T. butter
1 c. parsnips	

Cut the steak into servings. Pound the flour into the meat. Cover with the bread crumbs. Roll and tie. Brown in fat. Dice the vegetables. Combine ingredients. Add 3 c. of water. Cook until vegetables are tender.

MENU—Rolled round steak, bran muffins, butter, jelly, milk, coffee.

Italian Hamburger

- | | |
|-----------------|---------------------------|
| 1 lb. hamburger | 2 t. Worcestershire sauce |
| 2 c. tomato | 1 t. salt |
| ½ c. onion | Pepper |
| ¼ c. fat | 2 c. egg noodles |

Brown onion and hamburger in the fat. Combine ingredients. Bring to boil.

Egg Noodles

- | | |
|------------|-----------|
| 1 egg | ½ t. salt |
| 2 t. water | |

Beat the egg. Add the salt and flour enough to make a stiff dough. Roll the dough thin, dry. Roll into a cylinder and cut into strips ½ inch wide.

MENU—Italian hamburger, cranberry relish, baking powder biscuit, butter, milk, coffee.

Chop Suey

- | | |
|-----------------------|--------------------------|
| 3 c. lean meat, diced | 1 T. flour |
| 2 c. onion | 1 No. 2 can bean sprouts |
| 2 c. celery | 1 t. Chinese brown sauce |
| 3 c. water or broth | ¼ c. soy sauce |
| 2 T. fat | Cooked rice |

Brown the meat in the fat. Add the onion and celery. Cook until vegetables are tender. Blend the soy sauce and flour. Combine mixtures and cook until thick. Add bean sprouts and bring to boil. Serve with rice.

MENU—Chop suey, graham bread and butter, baked apples and cream, milk, coffee.

Tamale Pie

- | | |
|-------------------|--------------------------|
| 2 c. tomato | 1 pimento or ¼ c. catsup |
| 2 c. meat, cooked | ½ c. corn meal |
| 1 T. salt | ½ c. cheese, grated |
| ¼ c. onion | ½ c. chopped pickle |
| 1 green pepper | |

Cook corn meal in 2 cups of salted water. Combine ingredients. Bring to a boil.

MENU—Tamale pie, kraut, corn muffins, butter, plum jam, milk, coffee.

Corn Chowder

- | | |
|------------------|-------------------|
| 1 c. milk | 4 c. potato diced |
| 1 c. water | ¼ c. onion |
| 2 c. corn | Salt |
| 2 c. beef, diced | Pepper |
| 2 T. salt pork | |

Fry the pork and onion. Combine ingredients and bring to a boil.

MENU—Corn chowder, soda crackers, rye bread, butter, jam, doughnuts, milk, coffee.

Pasties

Pasties are generally made of pie crust. The dough is rolled thin, cut into six-inch circles. The seasoned ground or chopped meat, vegetable or fruit combinations, are placed on one-half the dough, the edges are moistened; the other half is folded over and the edges pinched together. A half dozen small slits are cut in the top to allow the escape of steam.

The meat and vegetable pasties must be quite moist. They are served plain or with a meat, tomato or cheese sauce.

The fruit pasties may also be served plain or with a fruit sauce, whipped sweetened cream or whole milk. The fruit pasties are generally served as desserts, although a large fruit pastie served with whole milk makes a simple, wholesome supper.

Plain Pie Crust

2 c. flour, sifted	$\frac{2}{3}$ c. fat
$\frac{1}{2}$ t. baking powder	Cold water
$\frac{3}{4}$ t. salt	

Sift the dry ingredients together, cut in the fat, add only enough water to hold mixture together.

Fillings for Pasties

Creamed dried beef, creamed chicken, chopped liver seasoned with bacon, chopped salt pork with gravy, browned diced beef, ground ham, creamed fish, chopped meat in tomato sauce, buttered onions, chopped meat with vegetables, apples with cinnamon and sugar, sweetened peaches, stewed prunes and raisins.

Plate Pasties

Sliced ham	Potato carrot pastie
	Mustard sauce
Rolls	Butter
	Apple jelly
	Milk
Ham pastie with tomato sauce	Whole buttered onions
Hot corn bread	Butter
	Cranberry Jelly
Milk	Coffee
Chicken pastie with gravy	Browned pineapple
	Baked potato
	Coffee
Roast pork	Baked potato
	Spiced tomato gelatin mold
Coffee	Apple pastie with whole milk
	Milk

Platter Meals

Platter meals are simple and easy to prepare. They save time in serving and dish washing. They are always attractive and palatable if carefully prepared.

Ham-Pineapple

Sliced ham, browned potato cakes, hot pineapple circles. Arrange three rows of the different kinds of food the length of the platter, garnish with parsley. Complete the meal with bread, butter and milk.

Ham, Egg with Tomato Sauce

Ham patties with egg and tomato sauce, hot corn bread, butter, jam and milk. Combine 3 c. ground ham with 1 c. bread crumbs and 1 c. of meat stock. Fill greased muffin pans with the mixture. Hollow out the center

of each and drop in an egg; season; cover with the ham mixture; bake. Remove patties to the platter; cover with hot tomato sauce made of 1 c. tomato juice and 1 T. each of butter and flour.

Sausage with Cinnamon Apples

Homemade sausage, browned potato cakes, buttered green string beans, cinnamon apples with hot biscuits, honey, coffee and milk. Make a long pile of the green beans in the center of the platter, arrange a row of sausage cakes on one side and potato cakes on the other, with cinnamon apples at the ends of the platter.

Cinnamon Apples

Peel the apples, cook them in a syrup of one cup of sugar, one cup of water, with red vegetable coloring flavored with cinnamon.

Parsley Potatoes with Carrots and Peas

Buttered carrots and peas in a ring, mashed potatoes garnished with parsley, served with cheese nut rolls, butter, coffee and milk. Cook carrots and peas separately. Butter. Arrange in separate piles on the platter, arrange hot buttered potato in large spoonfuls around the carrots and peas. Sprinkle with chopped parsley.

Poached Eggs on Toast with Bacon

Toast the bread; crisp the bacon; place two pieces of bacon across each slice of toast; top with a poached egg; arrange on large platter; garnish with paprika. Complete the meal with sauce, cake, milk and coffee.

French Toast with Pineapple and Bacon

Arrange the french toast, hot pineapple slices and crisp bacon strips in crosswise rows on platter. Complete the meal with milk.

French Toast

2 eggs	½ t. salt
½ c. milk	4 slices day old bread
1 T. sugar	

Beat the eggs, add the milk, sugar and salt. Dip the slices into the mixture. Brown in small amount of fat or fry in deep fat. Serve plain or sprinkled with powdered sugar.

Hot Pineapple Slices

Place pineapple slices in greased pan in the oven; when hot serve.

Spanish Rice

2 c. canned tomatoes	¼ c. bacon fat
2 c. onions	1 t. salt
2 c. rice, cooked	Pepper
¼ c. green pepper	8 slices bacon, crisp

Cook the onion and green pepper in the bacon fat. Combine all ingredients. Serve hot on platter garnished with bacon strips.

Complete the meal with jelly, graham bread, butter, milk and coffee.

Meat and Vegetable Sauces

Foundation White Sauce

1 c. milk	2 T. flour
2 T. fat	¼ t. salt

Cream the fat and flour and add the mixture to the hot milk. Cook until thick. For white meat foundation sauce substitute veal or chicken stock for milk.

Variations of White Sauce

One hard cooked chopped egg, $\frac{1}{4}$ cup of browned bits of salt pork or crisp bacon, $\frac{1}{2}$ cup of cheese, 1 T. of chopped parsley or 2 green onion tops may be added to the above sauce for variation.

Green Onion Top Sauce

Cut the green onion tops into half-inch pieces. Add salt and pepper. Cover with cream. Serve with mashed potatoes.

Tomato Sauce

Substitute tomato juice for the milk in the white sauce.

Foundation Brown Sauce

1 c. stock	$\frac{1}{4}$ t. salt
3 T. fat	1 T. minced onion
2 T. flour	

Brown the onion in the fat, add the flour and brown; add the liquid and salt; cook until thick.

Variations of Brown Sauce

To above sauce, add 1 T. cream and 2 t. lemon juice for corned beef. Add 1 t. of Worcestershire sauce for meat balls.

Tartar Sauce

2 c. mayonnaise
2 T. each pickle, olives, capers
1 t. each finely chopped onion and parsley

Combine lightly. Serve with hot fish.

Hollandaise Sauce

1 c. butter	4 egg yolks
$\frac{1}{8}$ t. salt	2 T. lemon juice

Cream the butter; add the egg yolks, and lemon juice. Place in double boiler over water that is just below boiling point and stir constantly. Cook only until thick. Remove from hot water. Add seasonings. Serve at once with fish, cauliflower or cabbage.

Variations

Add $\frac{1}{4}$ c. of horseradish or 1 c. chopped cucumber to above recipe. Serve with fish.

Raisin Sauce

1 $\frac{1}{2}$ c. water	2 T. butter
$\frac{1}{2}$ c. brown sugar	$\frac{1}{2}$ c. raisins
$\frac{1}{2}$ c. vinegar	Salt
3 T. cornstarch	

Blend the sugar and cornstarch; add the water, and cook. Add the other ingredients and bring to a boil. Serve with ham.

Spiced Sauce

2 c. tomato sauce	3 T. sugar
1 c. onion	$\frac{1}{4}$ c. green pepper, diced
$\frac{1}{4}$ c. fat	2 cloves
$\frac{1}{4}$ c. water	1 bay leaf
2 T. flour	Salt

Cook the onion in the fat. Make a paste of the flour and water. Cook the other ingredients with the onion. Strain and add the flour mixture and cook. Serve over omelettes and croquettes.

Hot Tomato-Horseradish Sauce

To 1 cup of hot tomato catsup add 2 T. of horseradish. Serve with cold sliced meats.

Oven Dinners that are Different

Time and fuel can be saved by preparing simple dishes that can be baked at the same time. With planning, a group of menus can be tried out and posted conveniently in the kitchen with recipes according to the time required for preparation.

20 Minute Baked Meal

Baked eggs
 Tomato cheese toast
 Cabbage raisin nut salad
 Toasted baking powder biscuits—butter
 Apple sauce
 Milk Coffee

Break eggs in greased cups. Season. Cover with buttered crumbs. Fill greased baking dish with toasted buttered bread. Add tomato juice nearly to top of pan. Add a half cup grated cheese. Salt.

Cut baking powder biscuits in half, toast in oven. Butter while hot. Peel and quarter apples. To four apples add 1½ c. water. Bake. Sweeten to taste. Make the salad in the proportion of 1 cup chopped cabbage, 1 T. each of chopped raisins, nuts and french dressing.

30 Minute Baked Meal

Baked creamed salmon
 Browned buttered potatoes
 Baked Squash
 Graham bread Butter
 Baked apples with cream
 Milk Coffee

Make a sauce of 1 c. milk, 2 T. each butter and flour, ¼ t. salt. Pour sauce over canned salmon in greased baking dish; cover with buttered crumbs. Bake. Peel boiled potatoes, cut in half, brush with butter. Place in baking dish with small amount of butter. Bake.

Cut squash into slices one-fourth inch thick; place in greased baking dish; cover with layer of thin slices of bacon. Bake.

Wash and core apples; salt centers lightly. Fill with raisins, cinnamon and sugar. Place in baking dish filled one-third with water. Bake. Serve with cream.

45 Minute Baked Meal

Baked steak with vegetables
 Johnny cake Butter
 Jam
 Milk Coffee

Cut the steak into small servings. Brown in skillet. Season. Place in bottom of greased baking dish. Arrange layers of thinly sliced onions, carrots, peas and potatoes on top. Season each layer. Fill with tomato juice. Top with buttered crumbs. Bake. Use the following recipe for johnny cake:

1¼ c. flour 2 t. baking powder
 1 c. corn meal ¾ t. soda

1¼ c. milk, sour	2 T. sugar
2 eggs	1 t. salt
3 T. fat	

Combine dry ingredients. Add milk, beaten egg and melted fat. Place in greased pan. Bake.

Pancake Specials

Plain Recipe

1 c. flour, sifted	1 t. fat melted
1 c. milk, sour	½ t. soda
1 egg	½ t. salt

Sift the dry ingredients together. Beat the egg. Combine ingredients. Bake on hot greased griddle.

Pancake Plates

Butter pancake or spread with bacon fat. Place two slices of bacon or crumbled sausage on one half. Fold over. Serve hot.

Salt Pork Gravy over Pancakes

Brown a cup of diced salt pork. Cream one tablespoonful of fat and flour and add mixture to a cup of milk. Add the salt pork to the gravy. Serve over rolled buttered pancakes.

Pancake Desserts

1 c. milk	2 T. butter
1 c. flour sifted	3 eggs
¼ c. sugar	Salt

Sift the dry ingredients together. Add the milk, melted fat and the beaten egg yolks. Fold in the stiffly beaten whites. Bake on hot griddle. Spread each cake lightly with jam, jelly, or fruit sauce. Roll. Powdered sugar, butter or fruit sauce may be served over the pancakes.

Pancake Stacks

Spread pancakes with butter and jelly. Make a stack of six. Serve one-fourth as individual portion.

MENU—Pancake sausage rolls, butter, cabbage salad, hot pineapple slices, milk, coffee.

Family Dinner Service

It is correct to serve a meal the most convenient way regardless of style, provided everything is clean, attractive, the food is well prepared and everyone is comfortable and happy.

The Dining Room and Table

The dining room is cleaned. Everything is spotless and in order. The table is extended to the desired length and set so that no one will be crowded. A silence cloth, is placed over the bare table to protect it, to prevent noise and to save the cloth. The tablecloth may be white or of delicate color, freshly laundered and of linen if possible, with napkins to match. The small patterned cloths are attractive because they give a plain surface. The cloth extends eight to ten inches over the edge of the table. The center crease is exactly in the center of the table.

It is not always convenient to use a tablecloth every day. The table can be very attractive even if an oilcloth, lunch cloth of cotton, doilies or oilcloth, paper, cotton or linen are used. The severity of the oilcloth can be relieved by a center doily of cloth.

The Centerpiece

The bowl of flowers, fruit or berries is the center of interest. It is placed in a low vase so that the guests can see each other easily across the table. Two or three tall sprays of feathery flowers, loosely arranged, will not interfere with the view. Small dainty flowers are generally more attractive than large flowers. Very bright flowers are more beautiful if arranged in an open mass. Green leaves from the plant are always used.

The Individual Cover

The individual service requires 20 to 30 inches. The silver is arranged parallel and one inch from the edge of the table. The knife, with edge toward the plate is placed at the right, the fork, with tines up, at the left. The spoons are laid at the right of the knife in the order of use, from extreme right. The forks, with the exception of the cocktail fork, placed at the right of the spoons, are put in order of use from the extreme left.

The glass is placed at the end of the knife. The glass of milk or fruit juice is placed to the right of the water glass and parallel to the edge of the table. Coffee or hot chocolate is placed at the right of the spoons with the handle convenient for use. The napkin is placed to the left of the forks on a line with the silver with the open corner toward the plate. The bread and butter plate or salad is placed above the napkin. If both are used, one is placed above the napkin and the other above the forks.

Individual salt and peppers are arranged between covers, otherwise at each end of the table.

Seating

The chairs are placed so that the front edge comes almost to the cloth. The hostess generally sits at the end of the table near the kitchen so she has easy access to it. The places of honor are at the right of the host and hostess.

Serving the Dinner

A family dinner should always be nicely and simply served. The dinner, including dessert, is placed on the table before the family is seated. The bread, butter, the pickles and other foods are attractively arranged on the table, serving fork or spoon to the right of each.

The glasses are filled three-fourths full before dinner is announced. A pitcher of water is placed on the table so that one of the family can refill the glasses.

If the host serves, the individual plates are stacked at his cover. The meat platter is placed above the cover with serving knife and fork. The potatoes and gravy are to the right with spoons on the cloth.

A second vegetable is placed above the cover of the one assisting in serving.

As soon as the host serves a plate with meat, potato and gravy, he passes it to the assistant who serves the extra vegetable. The plate is passed to a guest. The important thing is to serve one way so as not to cause confusion.

If a member of the family serves the plates, she takes the dinner plate from the left when it is filled and places it from the left before a guest. She refills the dishes with food before she takes her place at the table.

Any food that is served by a waiter from which the guest makes a choice is served at the left.

If the host does not wish to serve, the food is arranged attractively on the table so that someone can pass it easily.

The meat and vegetables may be served on the plates in the kitchen. Dishes of extra food are then placed on the table.

The butter is served at the table. It is kept cold and attractive if cut in squares and brought onto the table in a bowl of ice water, or in one piece on a small plate. It is passed so that each one helps himself.

The hostess indicates when to be seated, when to begin and end a course and when to rise from the table.

Either the hostess or host asks guests to have a second serving. When all are through eating (the hostess is last to finish) the course is removed and the next course served.

The table will be more attractive if the individual plates are removed first, the food second and the clean dishes third.

The hostess may serve the dessert at the table. It is placed above her cover with the spoon to the right, the dessert plates to the left.

The coffee service is placed on a tray or without a tray above the cover of the hostess. It consists of the coffee pot, sugar and creamer, cups and saucers.

The coffee pot is placed to the right, the sugar and creamer nearer the center to the right and the cups and saucers to the left.

The hostess asks each guest her preference as to cream and sugar, or she passes the cream and sugar after the coffee is poured.

In family service the soiled dishes and food are not removed from the table until after the meal.

The following plan of service is convenient. After the main course the hostess asks that the dishes and food be passed to her. She stacks them noiselessly on the lower shelves of a wheel tray without leaving the table, and covers them with a cloth. She may serve the dessert from the top of the tray.

If the family gives this assistance during or immediately following the meal, it saves time.

General Department

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

The knife and fork, tines up, are placed parallel across the center of the plate when the meal is finished.

The fork is used in the left hand to hold the food while cutting it. The salad is cut with a fork if possible, otherwise a knife is used. A fork or spoon is used for ice cream.

The spoon is placed in the saucer when not in use. The spoon is dipped away from the individual when eating soup. It is used to test the flavor and temperature of a beverage.

The napkin is placed across the knees in the long quarter or half fold. It is placed in a loose fold at the left side of the plate when the meal is finished.

It is carefully folded or rolled and placed at the left side of the plate or in the napkin ring when a guest is present for more than one meal.

Guests stand by their chairs until the hostess gives the sign to be seated. They take their places from the left of the chair. They sit erect with feet squarely on the floor, and rise from the left of the chair. If the chair is placed correctly it is not necessary to move it.

Guests finish each course at the same time.

Bread is broken into small pieces and spread as eaten. It is never spread in the whole slice. Crackers are eaten from the fingers and are not placed in soup. Soup is eaten from the side of the spoon. Beverages are drunk from the cup.