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Standards for Home Produced Foods

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Standards for Home Produced Foods



Fruit cake—symmetrical shape, fruit evenly distributed, crumb tender and moist. Flavor a blend of fruits and spices.—Picture courtesy U. S. Bureau of Home Economics.

**South Dakota State College
Extension Service
A. M. Eberle, Director
Brookings, South Dakota**

Standards for Home Produced Foods

By

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Every homemaker is interested in feeding her family perfectly prepared foods because it means a happier family life.

Having developed a certain skill, she is anxious to test it out against that of her neighbors in community, county, state, and even national contests.

There are also those who must earn money through the sale of home produced foods. If they are to receive the highest prices they must always offer high quality products.

The suggestions in this circular should prove of value to homemakers in meeting these situations.

Baking Powder Biscuit

The number indicates the score that might be obtained.

External appearance ----- 25

Shape ----- 5

Baking powder biscuits are round and slightly oval over the top with uneven surface. A flat top is an indication of too much mixing and pressure in shaping. Unequal height indicates uneven heat in baking. The sides are almost straight with possible cracks crosswise. From the outside the biscuit seems to be in layers.

Size ----- 5

Baking powder biscuits are 2½ to 3 inches in diameter; 1 to 1½ inches in height at the edge and slightly higher in the center. Very large or small biscuits are not standard and are likely to place low even if scoring high in every other particular.

Color ----- 5

Baking powder biscuits are golden brown on top and bottom with lighter sides. A very light or burned appearance will discount the score.

Crust ----- 10

The crust is crisp and of even thickness. It is short and breaks easily but does not crumble.

Internal appearance ----- 75

Texture ----- 25

Grain ----- 5

The cells are fine. There are no large holes, and no heavy streaks. Large holes mean over-rising or baking powder not well distributed. Heavy streaks are due to poor distribution of ingredients, fat and baking powder particularly. The use of too cool an oven in baking affects the grain. When broken, baking powder biscuits peel apart as if in layers.

Lightness ----- 5

Baking powder biscuits double in size during baking. A biscuit that is very light in proportion to its size is over-risen either because it was not put in the oven quick enough or because the oven was too cold to stop the rising. Baking powder biscuits are baked in a hot oven. Too light a biscuit will not hold its shape when broken.

Tendency to crumble ----- 5

The best quality biscuits do not crumble or powder when broken. The pieces hold their shape when pulled apart. A certain elasticity to the surface causes it to spring back into shape when pressed.

Tenderness ----- 5

Quality baking powder biscuits contain the right amount of moisture. They break very easily when a slight pressure is exerted upon them. Yet there is a certain tenacity that keeps them from crumbling. The ingredients of quick breads are handled only enough to get them together. Too much mixing develops the gluten and a tough texture results. Pastry flour makes a more tender biscuit than bread flour because it is low in gluten and high in starch.

Color of crumb ----- 5

The color is creamy white throughout. A greyish color indicates poor flour or fat. Streaks indicate that the materials were not well blended.

Flavor ----- 50

The flavor is sweet and nut-like. It is not salty, flat, or rancid. It should not be possible to detect the kind of fat used. A poor flour may give a musty flavor.

Total ----- 100

Baking Powder Nut Bread

General Appearance ----- 70

Shape—oblong, uniform ----- 5

A baking powder nut bread is oblong, about 8½ inches by 3 inches in height, baked in a single pan. The sides are straight or slightly wider at the top than at the base. The loaf is oval over the top.

Smoothness of crust ----- 5

The crust is smooth at bottom, sides and ends. It is uneven over the top.

Depth and evenness of color ----- 5

The color is light brown. It is light on the sides, darker at the ends and bottom, and darkest over the top.

Lightness ----- 10

A baking powder nut bread is more compact than yeast bread. It is quite solid. It is not so flaky as baking powder biscuit.

Crust ----- 10

Thickness ----- 5

The crust is about ¼ inch in thickness. There is a distinct brown line around the slice when the loaf is cut.

Quality, crispness, elasticity - 5

The crust is firm. Although it is crisp it does not break easily. It is quite elastic when pressed lightly and comes back to shape easily.

Crumb	35
Color	10
The crumb is creamy in appearance.	
Texture, size and uniformity of cell walls	15
The cells are small and evenly distributed over the surface. The cell walls are thicker than in yeast bread.	
Elasticity, softness and springiness	10
The bread is not so elastic or soft as yeast bread. If well baked, the surface springs back into shape readily.	
Flavor	30
Taste	30
Baking powder nut bread is sweet. The nuts give it a flavor which is more evident than in the case of whole wheat bread.	
Total	100

Muffins

General Appearance	35
Shape, size and uniformity of color	15
Muffins are round, about 2½ inches across, 1½ inches in height. The top is uneven and the center higher than the edges. The sides and bottom are smooth. The color is uniform on sides and bottom and slightly darker on the top.	
Lightness	10
Muffins are of fine grain throughout. They break apart easily. A muffin should show no tunnels when cut through from top to bottom.	
Crust (depth and quality)	10
The crust is ⅓ of an inch deep. It is brittle.	
Internal Appearance	65
Crumb (color)	5
A muffin is of creamy and even color throughout. There are no streaks.	
Texture (crumbliness, tenderness and grain)	20
The muffin crust breaks apart very easily. It has a tenacity that seems to hold it together. A good muffin does not crumble when freshly baked. It is tender. The cell structure is smooth with an even distribution of small holes.	
Flavor (taste and odor)	40
Muffins have the sweet taste of the whole grain.	
Total	100

Cake

General appearance	20
Shape	5
Round, oblong or square, not too thick to cut to advantage for serving. Level or rounded up slightly, not sunken in the center.	
Size	5
Medium size most acceptable.	
Crust	10
Rough and slightly sugary, light brown, of medium thickness.	
Flavor	40
Agreeable. Flavoring not too pronounced. Flavor of filling blends with cake.	

Crumb ----- 40

Texture and grain ----- 10

Loose but tender and velvety, breaks easily, shows no signs of doughiness. The cells should be fine and evenly distributed. When the surface is pressed down it should spring back readily, indicating sufficient baking.

Lightness ----- 15

Very light. Equally light throughout.

Moisture ----- 10

Slightly moist, elastic when pressed lightly with finger.

Color ----- 5

Uniform color.

Total ----- 100

Irregularity in the shape of a cake may be due to position of the pan or too hot an oven.

Too much sugar and fat in proportion to the other ingredients will cause a cake to fall. A coarse crumb may be due to too much flour or not enough beating.

A soggy cake has been baked too short a time, too much liquid was used or the cake was beaten until the effect of the leavening agent was destroyed.

A hard crust may be due to too slow an oven so that the cake dried out.

A poor flavor may be due to rancid fat, mouldy flour or improper storage.

Sugar Cookies

General appearance ----- 15

Size ----- 5

A sugar cookie is about $\frac{1}{4}$ inch thick and $3\frac{1}{4}$ inches across.

Shape ----- 5

A sugar cookie is round. An odd-shaped cookie has no place in an exhibit and will receive a discount in scoring.

Uniformity ----- 5

Sugar cookies have an uneven surface. There is a slight plumpness to the top.

Flavor ----- 45

The flavor is sweet and fresh. There is no indication of poor ingredients; for example, rancid fat.

Texture ----- 30

Hard, soft ----- 10

Sugar cookies are firm and crisp. Fruit cookies are moist.

Tendency to crumble ----- 10

When sugar cookies are cut across, they are brittle and have a tendency to crumble. There is an even distribution of holes. The color is even throughout.

Absence of grittiness ----- 10

There is every indication that the sugar has been well blended with the other ingredients so that the texture is smooth.

Baking and crust ----- 10

Sugar cookies are baked quickly. There is a light brown color over the top with a slightly darker color underneath. The crust is tender and brittle.

Total ----- 100

Doughnuts

General appearance	25
Shape and size	5
Color and smoothness	10
Depth crust	5
Texture	5
Crumb	30
Color	10
Texture	10
Quality	10
Flavor	25
Lightness	20
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Total	100

General appearance

Doughnuts are round, and of medium size with a clear-cut hole in the center. They have a smooth surface evenly browned. The crust is $\frac{1}{4}$ inch deep and tender.

Crumb

The color is white or creamy white with no streaks. The texture is fine with an even distribution of small holes over the surface. When fat is absorbed it is due to wrong proportion of ingredients, perhaps too cool a fat for frying, and insufficient draining after frying. The quality of the crumb is indicated by a quick return when the surface is pressed down.

Pie Crust and Pies

Appearance	50
Shape and size	10
Color	15
Depth	15
Texture crust	10
Flavor	25
Flakiness	25
<hr/>	
Total	100

Pies for exhibition purposes are neither extra large nor small. They are baked in round pans.

The crust is a golden brown both top and bottom. Any indication of burning discredits the scoring. The crust is $\frac{1}{4}$ inch deep, crisp and flaky, with no indication of sogginess. It has a slightly salty flavor.

The filling is not too moist. It must hold its shape, and have the characteristic flavor of the product. A meringue is rough; appears to be piled up. It is not smoothed down. It should have a dry outer surface with a soft filling; brittle meringue scores very low.

Yeast bread—light, crust crisp and tender, crumb creamy, fine grain, sweet nutty flavor.



Points to Consider in Judging Bread

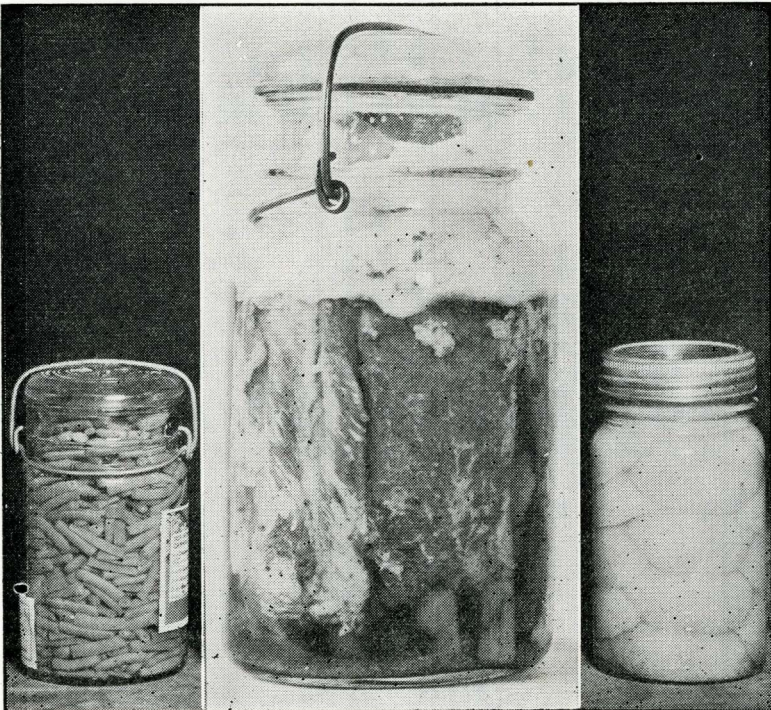
Points to Consider	Score	Perfect Loaf	Common Defect	Cause
Appearance	20	1. Oblong 2. Oval top No cracks or bulges 3. Sides of same height 4. Evenly browned 5. Small break and shred at edge of pan	1. Odd shape 2. Deep cracks 3. Higher on one side 4. Burned 5. Extreme break at top of pan	Poor judgment as to quantity for loaf. Length of rising too long Not sufficient molding. Dough too stiff. Oven too hot and too rapid cooling Uneven heat Too hot an oven
Crust	10	Uniformly $\frac{1}{8}$ inch deep Bright golden brown Crisp but not brittle	1. Too thick 2. Very brittle, tough and hard	Not sufficient rising. Crust of dough not protected in rising Baked too slowly and dried out
Color (crumb)	10	Creamy white	1. Dark 2. Streaked	Poor ingredients. Poorly milled flour Flour worked in too late so yeast did not act on it long enough. Uneven rising
Texture (crumb)	20	1. Breaks easily but has tenacity 2. Cells are small, even and thin walled 3. Loaf is light but has body	1. Falls apart easily 2. Large holes 3. Heavy streaks, soggy	1. Too much flour, too light, oven too slow so bread dried out 2. Too light due to too long rising 3. Uneven mixing. Flour not evenly distributed. Gluten not well developed in the kneading. Too short kneading.
Lightness	10	1. Light 2. Moist 3. Elastic	1. Overlight for size 2. Heavy 3. Crumbly 4. Dry 5. Firm	1. Too long a period of rising 2. Poor ingredients, low gluten flour. Ingredients not well mixed 3. Too much flour 4. Too cool an oven and too long baking 5. Bread not kneaded long enough to develop the gluten
Flavor	30	Sweet, nutlike. No indication of poor ingredients	1. Rancid 2. Musty 3. Sour 4. Yeast flavor	1. Rancid fat or other ingredients 2. Mouldy flour 3. Old yeast, other poor ingredients. Too high a temperature in the sponge. Improper cooling will destroy the best flavored. Stored bread in tight container 4. Yeast improperly cared for so foreign bacteria develop Yeast flavor is not due to the use of too much yeast

Bread for exhibit purposes is always baked in separate tins. An odd shaped, very large, or a small loaf of bread has very little chance of winning in a contest.

Canned Food

Canned meats, fruits, and vegetables may be judged by the following score card. Flavor is omitted since the jars generally are not opened. The only conditions under which they are opened is when some arrangement has been made to reprocess them immediately after judging. In that case, pack would have a score of 15 and flavor 25.

Appearance	15
Condition	35
At canning time	15
Finished product	20
Pack	40
Uniformity	10
Proportion of liquids to solids ..	15
Solids	15
Container	10
Total	100



Products for home canning must be carefully selected, packed and processed. Steam pressure cooker only, used for meats and non-acid vegetables.

Appearance:

The color should be natural. The product should not be overcooked so that it is soft and the liquid cloudy. There should be no seeds, skin, or pieces floating about in the liquid.

Condition:

The product should be in prime condition for canning. If meat, it should be tender with little connective tissue and preferably no bone. Fruits and vegetables should be neither over- nor under-ripe and have no blemishes.

Pack:

For a high quality pack, the pieces should be of fairly uniform size and of the same shape, with a small amount of liquid in proportion to the solids. The pieces should be so arranged as to secure an attractive pack which did not require too much work. The jar should be full. The container should show off the product to the best advantage. It should be clean, polished and generally of clear glass. Light green glass improves green products but it is not necessary. It is better to use clear glass jars.

In canned meat generally the gelatin is solid. If liquid, the meat may be spoiled although this rule does not always hold. The jar should be opened and the contents carefully examined.

Jelly

General appearance	30
Color	10
Clearness	10
Crystals (lack of)	10
Taste	25
Consistency	35
Container	10
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Total	100

Color—pronounced.

Clearness—transparent and sparkling.

Crystals (lack of)—no signs of crystallization.

Taste—natural fruit flavor.

Consistency—tender, cuts easily with spoon, breaks with distinct edge, angles retain shape. Not syrupy, sticky, or tough.

Container—glasses uniform in shape and size, tops clean and tight-fitting, properly labeled.

Too much sugar makes a soft jell. Too little sugar and long cooking makes a tough jell. A fruit juice which gives rich pectin test requires $\frac{3}{4}$ to 1 cup of sugar to 1 cup of juice. A juice less rich in pectin requires less sugar. Acid must be present to make jell. A distinct acid flavor is necessary. A slightly underripe fruit generally makes the best jell.

A fruit jell is cloudy if particles of fruit pulp are left in it. The juice should be carefully strained without squeezing and oftentimes allowed to stand overnight so that the fine particles settle out. This is true of orange jell. Only the very clear juice is used. Crystals in jell are probably due to too much sugar. In grape jell the crystals are cream of tartar. The unsweetened grape juice can be bottled and made into jell later in the season. The crystals will settle out. The Jelmeter method of making jell is new and very satisfactory. Write the Extension Service for information.

The jelly score card applies to the following: Any difference is indicated.

Preserves—whole transparent firm pieces of fruit suspended in a clear thick syrup.

Marmalades—similar to preserves except the fruit is in small pieces.

Jams, butters—the product is a thick, uniform mass with a transparent gloss.

Dried Fruits and Vegetables

Appearance	25
Color	15
Shape	10
Texture	20
Flavor	25
Uniformity	15
Container	15
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Total	100

The color should be uniform with no indication of burning or discoloration due to uneven drying. No blemished products should be used.

The shape decided upon should be consistent throughout the exhibit. It should be suited to the product. In texture the dried food should be leathery or crisp depending upon the standard for the product. The product should not be over- or under-ripe.

The flavor should be that of the fresh product.

The food should be of the same dryness throughout.

Pickles

Appearance	25
Color	15
Clearness and uniformity	10
Texture	25
Flavor	40
Container	10
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Total	100

The color should be clear and bright. Pickles are improved in appearance if some color contrast is introduced. Red pepper or pimienta will give this touch. There should be uniform clearness to the product and the liquid, no mudiness in evidence. The pieces should be of medium uniform size.

Texture:

Sour pickles should be firm and crisp. Sweet pickles should be firm and tender but not overcooked. The syrup should be clear and thick.

Flavor:

The flavor should be pleasing. It should not have a sharp sour or excessively sweet taste. The spice should give a desirable tang. It should enhance the natural flavor of the fruit or vegetable.

Container:

The container should be clean, sparkling and carefully labeled.

Candy

Appearance -----	25
Size	
Shape	
Color	
Flavor -----	40
Texture -----	35
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Total -----	100

Appearance:

The pieces of candy should be of the same size, shape and of uniform color. Only tints are used in the best candy.

Flavor:

There should be no indication of poor ingredients such as rancid butter or mouldy nuts. No burned flavor.

The combination of flavors should be delicate and elusive.

Texture:

There should be a smooth and velvet-like texture—no sugar granules. The outside might be hard but the inside should be moist and soft.

Butter and Cheese

By C. Shanley

Butter

Flavor -----	45
Should have a clean fine, fresh aroma and creamy flavor. Only the finest butter can be given more than 38 points on flavor. Most butter sold at retail stores will score from 34 to 37 points on flavor, making a total score of 89 to 92 points.	
Body -----	25
Should be firm and waxy; $\frac{1}{2}$ to 2 points can be scored off for spongy body, presence of much free moisture or stickiness.	
Color -----	15
Should be uniform, light yellow or straw color. High color can be scored off $\frac{1}{2}$ point. Waviness, mottles or white specks are serious defects, and should be scored off $\frac{1}{2}$ to 2 points	
Salt -----	10
Salt should be evenly distributed and well dissolved. Should not have a gritty or briny taste. Seldom scored off unless the defect is very pronounced.	
Package -----	5
Should be neat, clean and attractive and show careful handling. Seldom scored off.	
Total -----	100

American Cheddar Cheese

Flavor -----	45
Clean, nutty, mild cheesy flavor. Free from sharp acid, sour or off flavors of all kinds.	
Texture -----	15
Compact, firm but not hard; should be free from lines and mechanical holes.	
Body -----	15
Moist and tender, firm and smooth. Should not be dry, pasty or sticky.	

Color -----	15
Uniform pale yellow, free from streaks or mottles and specks.	
Appearance -----	10
Neat and smooth. Free from wrinkles and in a neat, clean box.	
Total -----	100

Cottage Cheese

There is no recognized score card for cottage cheese but the following points may indicate the relative importance of the various factors to consider.

Flavor -----	45
Should be clean and fresh and free from cowy, feed or off flavors of every kind. Should be mildly sour with no suggestion of staleness or age.	
Texture -----	35
Should be tender and moist. Should not be dry or too crumbly. If ready to serve, should be creamy in texture.	
Appearance -----	20
Should be firm enough to hold its form well. Should be no signs of free whey. Should be a bright, clear white. The container should be clean and attractive or arranged neatly on a dish.	
Total -----	100

Eggs

By O. J. Weisner

Quality -----	25
Eggs must be tested or candled properly. The air cells should be very small, as this indicates freshness. The whites should be clear and firm, the yolks mobile and dimly visible.	
Uniformity of shape -----	15
Eggs to conform as nearly as possible in shape.	
Uniformity of color -----	15
All eggs in each entry should be of the same shade of color.	
Uniformity of size -----	15
Each egg must conform as nearly as possible to the desired size.	
Size (or weight) -----	10
Where other values are equal, those showing maximum weight should be given preference. Pullet eggs 22 oz., standard 24 oz., large or extras 26 oz., per dozen.	
Shell texture -----	10
Shells should be firm, smooth and of fine texture. They should not have an excess of lime in any one spot, causing roughness. Shells should not be porous, allowing too much evaporation.	
Condition -----	10
Free from dirt or stain.	
Total -----	100

Avoid feeding too much green onions, cabbage or like plants which may cause an off-flavor in the eggs.

Disqualifications:

Double yolk eggs; stale eggs, as evidenced by abnormal size of air space; blood rings or blood clots; any egg unfit for human consumption;

eggs shown out of class; one or more tinted eggs in white egg classes; any egg not weighing the average of the low limit for the class or weighing over the average of the high limit of the class; a cracked egg that leaks, will be disqualified.

Dressed Poultry

By O. J. Weisner

Prime or Grade 1

Young, soft-meated, full-fleshed birds, well bled, free from deformities, torn skin, pin feathers, bruises, or other dressing defects.

Choice or Grade 2

Full-fleshed birds that show slight deformities or very slight dressing defects.

Medium or Grade 3

Poorly fleshed, well-dressed birds; or well-fleshed birds that show slight deformities and dressing defects.

Common or Grade 4

Edible birds inferior to medium or grade 3.

Following are the classes of dressed chickens and weight range:

Class	Weight Range	
	Minimum	Maximum
Broilers	None	2 lbs. 8 oz.
Fryers	2 lbs. 9 oz.	3 lbs. 8 oz.
Roasters	3 lbs. 9 oz.	None
Stags	None	None
Cocks	None	None
Capons	6 lbs.	None
Fowls (females)	3 lbs.	None

The condition of the breast in dressed poultry is of utmost importance. Eighty per cent of grading is done on condition of breast. In No. 1 birds there can be no tears, bruises, crookedness or pin feathers on the breast. Specifications for grades 1 to 4 apply to all classes with slight variation in the case of capons, such as slight development of comb and spurs.

Meal Planning Score

Appearance in general	20
Color scheme	10
Arrangement	10
Food well selected	30
Food rightly prepared	20
Color	10
Flavor	10
Food service	15
Color combination	5
Arrangement	5
Attractiveness	5
Time saving ideas	10
Menu and cost poster	5
TOTAL	100

Appearance:

Appearance has to do with the general effect of the color scheme selected and the set-up of the individual service in its relation to the others.

Food well selected:

The food must be rightly chosen for the number and ages of family members. It must carry out the suggestions in the family food guide to a low cost balanced cost.

Foods rightly prepared:

The foods must be prepared so as to preserve the natural color, flavor and texture. It must be evident that approved methods in preparation have been used.

Food service:

The color combination of the foods must be outstanding and pleasing. They must be arranged interestingly on the plate and table. Each food must supplement the others in attractiveness and palatability.

Time saving ideas:

If ideas in time saving in food selection, preparation and service were used and thereby helped the homemaker, they should be listed in an interesting way.

Menu and cost poster:

The menu and cost per individual and family of five—father, mother, girl of 16, boy of 12 and child of 2—should be given. A well planned, attractive menu at low cost should be the aim of the exhibit.

Food Judging Plan

1. Arrange the products (bread for example) attractively on the table, and number.
2. Divide the group into as many committees as there are entries to be judged, with the owner of the product as chairman. This forestalls any later criticism on her part.
3. Distribute the score cards.
4. Explanation to the group. Use one third to one fourth of the allotted time.
 - (a) Present main points on the score card and credit for each.
 - (b) Mention conditions necessary for a perfect score.
 - (c) Give factors that might be the cause for an imperfect score.
 - (d) Use two or more entries (enough to be sure that the method is thoroughly understood). Give the outstanding qualities for and against the product without actually scoring.

Answer questions and give methods of preparation, cooking and care to secure a perfect product.
5. Group judging
 - (a) Turn the products over to the committees for judging. Allow not more than 10 minutes to complete the scoring; generally 6 minutes is sufficient. Encourage discussion within the group.
 - (b) Call the chairmen in turn to the front of the room to report scoring and give reasons. Each holds the product so everyone can see it. As soon as the main points are presented the product is passed so that others may view it in the light of the scoring, and offer comments. The score is revised if necessary. The chairman then totals the score and is ready to report final score after all products are judged

Spend only a short time on each entry. Continue with the reports of chairmen. Summarize the judging by (a) recording final score on each product (b) arranging the products in order from highest to lowest score. If group agree upon reason for changing the score do so. Ask for questions.

This plan is excellent; leaders will return to the local club and repeat it. It arouses interest in the program and definitely helps members to improve the quality of their products.

In one county 225 loaves of bread were reported judged locally by this method following the bread training schools.

School Lunch

	Perfect Score	Your Score
The lunch box (metal with ventilation preferred)	10	
Does the lunch include:		
A protein (meat-egg-fish-cheese)	10	
A cereal (bread) white-4 dark-6	10	
A fruit	10	
Raw	5	
Cooked	3	
Dried	2	
A vegetable	10	
Raw	6	
Cooked	4	
Milk	30	
Hot	20	
Cold	10	
Dessert, simple, as fruit, simple cake, pudding or pie	10	
General appearance of lunch	10	
Sandwiches wrapped separately	2	
Juicy foods in jars	2	
Strong flavored foods (onions) in jars	2	
Napkin for desk	2	
Extra napkin	2	
Total	100	

Cottage Cheese Judging

If there is a fairly large group (20-30) to judge a product such as cottage cheese (3 to 6 different entries), pass plates or paper cake baking cups with spoons, also samples of the different entries.

After an explanation of score and method of procedure, each person will score an entry in a stated time, working under one chairman. The scoring is followed by a brief discussion.

At the end an oral comparison of the entries is made in the light of the final scores, using the three highest.

Large Number of Entries

If a large number of entries in one class (white bread) is made, divide the owners into committees, each one to score her own loaf of bread. The group will then compare their products. The one having the highest score by agreement will become chairman and give the report in detail on her loaf of bread. The other members of the committee will state the most outstanding point in favor of their bread and also the most glaring fault, giving reasons for both. The class chairman will summarize the judging, using the three highest scoring entries.

Extension Service

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Brookings, South Dakota**

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