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University of Arizona, College of Agriculture

THE HOT LUNCH FOR RURAL SCHOOLS

BY
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Serving the hot lunch.

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Arizona College of Agriculture and U. S. Department of Agriculture, Cooperating.

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FOREWORD

It is the purpose of this circular to set forth in concise form a *simple* working plan for the hot lunch in one room rural schools. The same plan could probably be adapted to the needs of larger schools. The plan is a cooperative one, depending upon help given to mothers and teachers by the Home Demonstration Agent on the one hand and the organization of school children by Boys' and Girls Club Leaders on the other.

Much valuable work on the hot school lunch has already been done; and in publishing this circular, which is intended to deal with conditions peculiar to Arizona, acknowledgment is made of the work done in other states, particularly those states north and west where conditions are similar to our own.

To the county school superintendents and rural teachers of Greenlee and Cochise counties, especial indebtedness is acknowledged. These superintendents, and the teachers who have made a practical test of the hot lunch, have enabled the writers to plan this project on a workable basis.

This outline is in no sense a course in home economics for rural schools. Its sole object is to secure better food and better health conditions for country-dwelling boys and girls.

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Dietary Studies of Under nourished School Children in New York City—E. Mather Sill, M.D., Jour. Am. Med. Assoc. Nov. 1910.

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Training the Girl—Wm. A. McKeever.

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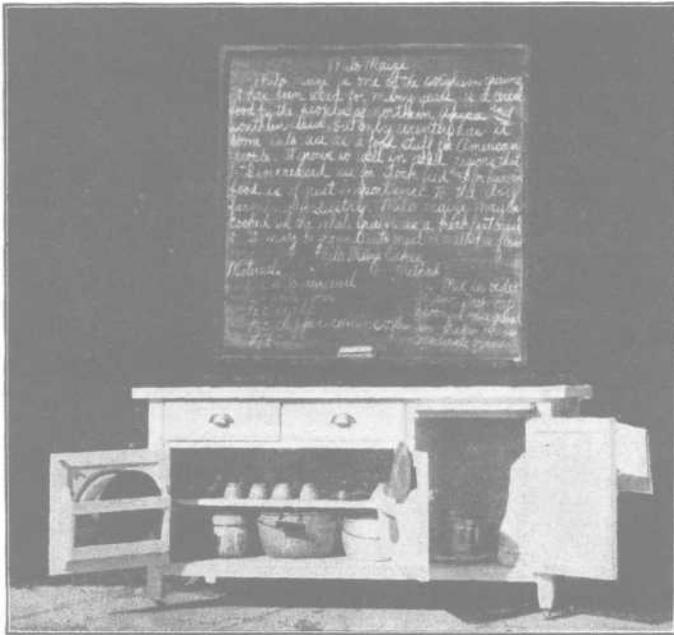


Fig. 1—Cabinet and portable blackboard.

Why the Hot Lunch Project Was Begun:

The hot lunch project was suggested by a study of rural school conditions in Arizona which shows that many country-dwelling children go long distances to school. This makes the absence from home several hours longer than is ordinarily necessary and greatly increases the need of a wholesome lunch. In the northern part of the State two small boys, nine and seven years old respectively, walked five miles to school and save for an occasional "lift" from passers-by did their ten miles a day regularly. On one occasion a visit was made to a school in a sparsely settled country district, where distance from home to school was so great that very few of the children walked. In the school yard were an ancient buck-board and a dilapidated horse, a doughty Ford was blistering in the sunshine, and half a dozen burros—two of them engaged in a heel-to-heel contest at the moment—were tethered near by. By the above means a considerable number of children could be transported without serious mishap, but, as for a lunch, even the most carefully prepared must lose much of its appetizing quality after being packed in a container for several hours and carried three or four miles thru heat and dust. Following a demonstration of the hot lunch at a county teachers' institute, a teacher rose and said that her school work was greatly hampered by the listlessness and uncertain health of many of the children in the school. This she thought due to the quality of the lunches eaten. During the warm weather in the fall and spring these lunches consisted of bread or biscuits and molasses. In the winter months the lunches, day after day, were of fresh pork and bread. This state of affairs was due, not so much to neglect or carelessness, as to the fact that the burden of morning work on the ranch is such that few mothers have time to prepare a satisfactory lunch for their children.

Someone has said that the safest and surest way to start a child on the road to success is to develop his body properly and to furnish him with every opportunity and condition for good health. Plenty of wholesome, nourishing food is absolutely essential to health. Not only has the comfort and health of the school children been considered but we believe the hot lunch will prove an economy in time and labor as well as actual cost of food. Since cost of food purchased in quantity is always less than when purchased in small

amounts, the hot lunch is the most economical mid-day meal a child can eat. Then, too, the mothers appreciate the relief from the morning task of packing a lunch box; the teacher is brought into closer relationship with the home and learns to know the children in a new and helpful way. The results secured by teachers who introduced the hot lunch during the school year of 1917-18 show that the health of the school children noticeably improved. Interest in their studies also increased and the teachers are unanimous in asserting that the increased work of supervising the hot lunch is quite made up by the increased alertness and attentiveness of the children during the afternoon session.



Fig. 2—Home-made cabinet.

Feeding the Child:

The diet of adult persons should supply energy and heat in the body, furnish material to repair waste tissues, and maintain body fluids. The growing child must add to this an excess of food for growth.

Food for a child should be of high energy value.

Young cells are quickly broken down, hence the child's food should be of a kind that is quickly assimilated.

The digestive secretions of children are less concentrated than those of adults. The child's food should be simple.

Fatigue and hunger in adults cause temporary discomfort, but may have permanent bad effects upon the child. Habit-

ual underfeeding increases nervousness and irritability in a child and decreases the ability to study.

Overfeeding is an undue tax on the digestive apparatus and is as much to be discouraged as underfeeding.

Intervals between meals should be shorter for children than for adults, but regular hours for feeding should be strictly observed.

The meals for each day should include (1) fuel and energy foods; (2) building material; (3) body regulators.

The fuel and energy foods keep the body warm and furnish energy for work. The more important foods of this class are breakfast cereals, breads, peas, beans, potatoes, milk, eggs, butter, cream and other fats, and sweet foods as fruits, sugar, honey, molasses, and desserts of various kinds.

The builders are of two classes: (a) proteins; (b) mineral constituents as lime, iron, and phosphorus. The chief sources of protein are meat, eggs, milk, cheese, peas and beans, cereal grains, and nuts. The mineral requirement is best supplied by the free use of milk, eggs, fresh fruits, and fresh vegetables. Milk is the best source of lime; green vegetables of iron, and phosphorus is found most abundantly in milk, eggs, meat, whole grains, and dried peas and beans.

Body regulators keep up the activities of the body machinery and promote growth: (1) Foods which are bulky and foods which contain acids and salts are necessary to digestive activity and elimination of waste. Such foods are fruits and vegetables, and whole grains. (2) Growth is promoted by substances found most abundantly in whole milk, cream, butter, egg yolk, green vegetables, fresh fruits, whole grains, and peas and beans.

In planning the hot lunch for Arizona school children the menus have been made to include foods from the above groups, but have been adapted so that the foods represented are those which are actually grown in abundance in Arizona or may be easily secured. Even in school lunch work it is desirable to get away, if possible, from the unfortunate habit of depending upon shipped-in food supplies. The motto "Live like Arizonans" may well be adopted by the school children.

EQUIPMENT

In the one room rural school, which has been built without reference to the serving of hot lunches, the floor space is limited. The equipment, therefore, must be arranged to require very little room. A space in one of the rear corners of the room 8 feet by 10 feet will be sufficient. It will be necessary to use some sort of screen to keep the operations going on in the kitchen from attracting the attention of the children who are doing their school work. A portable blackboard will serve admirably for this purpose, and will have the added advantage that the menus, names of committees, record of expenditures, and any other material of educational value regarding the hot lunch which the teacher wishes to bring before the children may be placed thereon. (See Fig. 1.)

The necessary kitchen furniture consists of a place to store supplies, a work table; and stove. The storage cupboard and table may be combined as in Fig. 2. This table is 2 feet wide by 5 feet long and 30 inches high. There is a drop leaf in the left end and two drawers, full width of the table, a bread board sliding under one of

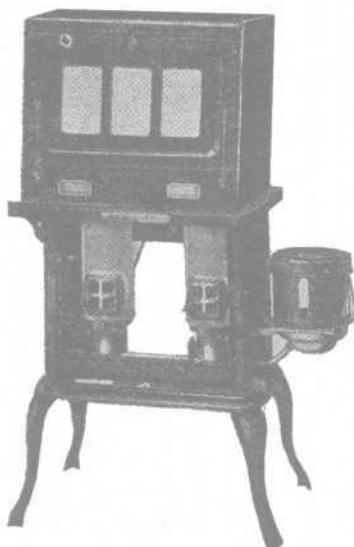


Fig. 3—Two-burner oil stove with oven.

the drawers. Underneath is cupboard space. A towel rack is attached to the right hand end.

A two-burner, coal oil stove with portable oven (Fig. 3) is probably the most satisfactory for a small school, altho two types of small one burner stoves are shown. (Fig. 4.) A one burner stove would be more useful in a school where a large jacketed stove has already been installed. In this case, the food could be brought to boiling point over the fire and then set on the heating stove, which would continue the cooking for a long time, much as tho a fireless cooker had been used. Of course, this would limit the cooking to only the simplest dishes as no baking could be done.

The cooking and serving equipment for a school of 20 children follows:

COOKING EQUIPMENT—TUCSON PRICES, 1918

2-burner oil stove with oven.....	\$13.50	Coarse sieve	\$.25
1 large soup kettle.....	1.70	Scouring brush.....	.35
2 large sauce pans.....	2.00	Dish mop10
1 baking dish.....	.30	Shelves50
2 measuring cups.....	.30	Small scrub board.....	.10
1 Dover egg beater.....	.0	Towel rack and paper towels....	1.25
1 bread knife.....	.35	Window box (used as cooler)...	.25
1 butcher knife.....	.60	Tooth picks10
1 large mixing spoon.....	.20	1 large pitcher25
2 tablespoons15	1 tray50
2 teaspoons10	1 serving dish.....	.40
2 knives15	1 doz. dish towels (flour sacks)	.60
2 forks15	3 dish cloths (made from flour	
2 dish pans (14 qt.).....	1.30	sacks05
1000 paper napkins.....	1.00	3 holders15
2 lb. coffee cans for all supplies			
except glass container for salt		Total cost.....	\$26.35

SERVING EQUIPMENT—TUCSON PRICES, 1918

Each child requires: 1 cup	\$.15
1 plate15
1 teaspoon05
1 fork10
Total cost.....	\$.45

Additional equipment such as fireless cooker, cupboard or shelves can be made by the older boys.

Use desks for tables when serving.

MANAGEMENT

The hot lunch does not take care of itself, and in order to insure its success the active cooperation of all parties concerned must be maintained. Therefore, the school board, the parents, the teacher, and the children themselves, by whom the actual work will be carried on under the immediate supervision of the teacher, must share the responsibility.

I. Requirements of school:

1. The active interest and support of the School Board.
2. Sufficient space for a kitchen screened off from remainder of room
3. Cooking equipment not to exceed \$30.00.
4. Serving equipment in addition; not to exceed 50 cents per pupil.

II. Requirements of parents:

1. Provide children with money to pay for hot dish, or contribute supplies, as milk, butter, eggs, etc., as requested, which are then credited to the child's account.
2. Once in two or three weeks, as needed, provide a baking of cookies or cup cakes, etc., for the school. These to be made by member of club if possible.

III Requirements of teacher:

- 1 To display an active interest in the Hot Lunch Club.
2. To act as leader of the organization and to keep supervision over the practical work from day to day.

IV Means of securing equipment:

- 1 Funds appropriated by the School Board.
2. School entertainments, plays, socials, bazaars, etc, planned by the children.
3. Private subscriptions or donations.

V. Organization:

1. Composed of boys and girls 10-18 years of age.
2. The teacher, who acts as Club Leader, divides members into groups of two or three each as follows:
 - Group I. Will plan meals, order supplies and keep accounts
 - II. Prepare the meal.
 - III. Serve, wash dishes, and see that the room is left in order.

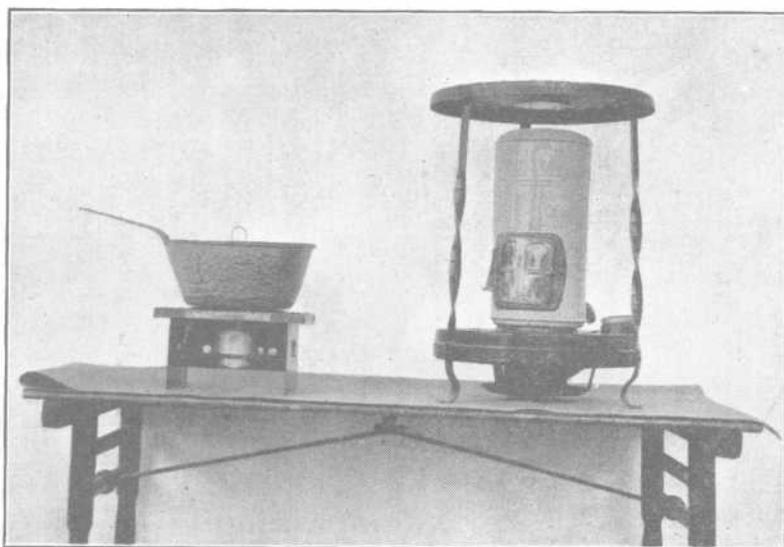


Fig. 4—Types of one-burner stoves.

V. Advantages:

1. The school may cooperate with the members of the garden and canning clubs for the purchase of fresh, dried, and canned vegetables and fruits.
- The Parent-Teacher Association may make use of equipment in serving refreshments at their meetings and in all other community gatherings.
3. The mothers are relieved of the daily grind of putting up lunches.

4. The various factors of the community are more closely knit together.

Purchasing and Storing

The committee that plans the menus and purchases the supplies should be careful to buy no materials except such as will be used within a few weeks. In a hot climate like Arizona, where insect pests and mice are prevalent, it will be wiser to purchase supplies as needed. While this will increase the purchasing cost somewhat, it will be more economical than losing quantities of stored products. Some of the staple groceries must of necessity come from a store. Whenever it can be done it is best to get supplies, such as beans, potatoes, grains, and sometimes milk, butter, eggs, and lard from the farms in the school district. Glass jars or tin containers, such as large baking powder or coffee cans, lard or syrup pails, with tight covers should be used for keeping the dry foods. (Fig. 5.)

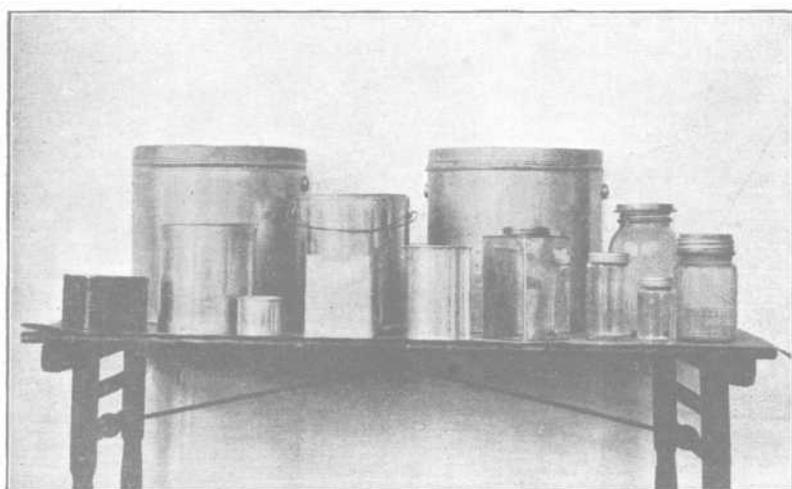


Fig. 5—Containers brought from home.

As soon as the hot weather comes on, all cereals, as rice, corn meal, barley, rolled oats, etc., whether flour, meal or whole grain, should be heated but not browned in an oven for twenty to thirty minutes. They should then be cooled before storing. In order to

keep flies and dust from them they should be covered with a cheese cloth while cooling.

All seasonings and spices, if they are to be kept over the summer should have an oiled paper placed over the top before the cover is pressed down.

Accounts

Careful records should be kept by the purchasing committee of the money spent during the week, the supplies on-hand, the number served, and the amount received by the sale of lunches. This complete account should be turned in to the teacher and approved by her at the end of each week. The book is then turned over to the next committee.

Reports:

At the end of the four months' project each member should make up his final report by adding the various weekly reports entered in the club record book. A sheet will be provided for this purpose. This, together with a story, "Our Hot Lunch Club," forms the final report.

Preparation

For the one room school the preparation of one hot dish, which furnishes the chief nutriment of that meal and is supplemented by bread and butter or a sandwich and fruit sent from home, seems most practical. If, however, the teacher and pupils wish to secure supplies, as baker' bread and a crate of apples or oranges, and prepare the whole lunch at school, it can be done and may in some cases prove to be better economy. This plan relieves the mother of all responsibility. In any case the one hot dish will form the basis of the meal.

In preparing the menus which follow, three points have been kept in mind:

1. The food requirements of the growing child.
2. The changes in season during the time the project is carried on.
3. The Friday to Monday interval when no meals are prepared.

1. In planning the hot lunch it is supposed that the child has had a wholesome and nourishing breakfast and that the evening meal will be substantial. Growing children require more food in proportion to their age and weight than do adults. Dr. Graham Lusk says: "A boy of thirteen requires as much food as his father." On the whole a growing boy needs as much food as an adult man engaged in moderate physical labor. Thus it will be seen that the mid-day meal of the school child is sure to affect his welfare—both physical and mental. Children in rural schools walk or ride long distances and therefore need a substantial and nourishing mid-day meal. However, in order to be sure that their minds are alert for the afternoon session, they should not over eat, and the food should be easily digested.

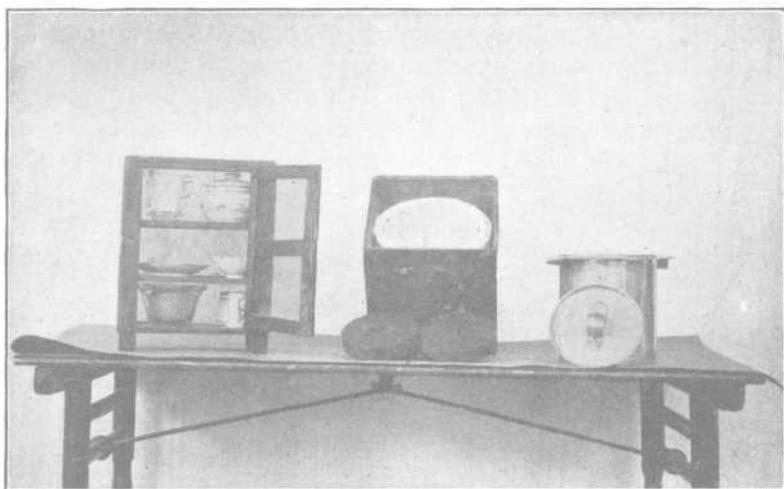


Fig. 6—Fireless cooker and iceless refrigerator. Can be made by older boys.

2. Dishes for the hot season should be selected which do not greatly increase the bodily heat and which do not require long cooking. It is advisable to cook just what will be needed for the day as left over products will spoil readily.

3. Since no cooking is done between Friday and Monday noon, the menus have been so arranged that no food need be left over on Friday, and the Monday luncheon has been planned to consist of an easily prepared dish.

Serving

In serving the hot lunch the children's desks are used in place of a table, two paper napkins being necessary for each service,—one is spread upon the desk and the other folded neatly at the left side. The committee that has charge of the serving for the week arranges the silver. The fork is placed at the left of the napkin, tines upward; the knife at the right, cutting side pointing inward. The spoon lies at the right of the knife, bowl upward. All silver should be placed about one and one-half inches from edge of table. Place plate a little below the center of the paper napkin; cup and saucer at the right. If tumbler is used, place above and at the right of the knife.

At the close of the morning session the children are dismissed to wash their hands and get ready for dinner. While they are out, the serving committee will lay the places. Then the children are called, form in line and march in, each one taking his own place. The committee then serve.

Rules for Serving

Note.—All table service should be done quietly and without any appearance of haste

1. Place all dishes before the guest from the right.
2. Pass all dishes from which food is to be taken from the left.
3. Remove all dishes from the right when convenient. Avoid reaching in front of the person served.
4. If there is a second helping to be served, the dish should be passed from the left, and the child helps himself, using the right hand. In serving the hot lunch it is better to put the hot food on the plates in the kitchen. If cocoa or soup is to be served, the empty cup or bowl could be placed when the table is set and the cocoa or soup poured from a large pitcher after the children are seated.
5. In case a child drops his spoon or fork, one of the serving committee should take it to the kitchen, wash it carefully, and return on a tray, never in the hands.
6. If food is spilled or dishes broken, they should be cleaned up at once by the serving committee.
7. When all have finished, the teacher gives the signal and each

child promptly and quietly carries his dishes back to the kitchen. The serving committee are on hand to sort, stack and wash the dishes.

Table Etiquette

1. The first requirement of good manners is to be prompt in responding to the call for dinner.

2. No child should appear at the table unless his hands are clean.

3. The boys should remain standing until the girls are seated. The teacher should be served first.

4. Sit naturally, but do not lounge at the table. When not eating, keep hands in the lap. Elbows should be kept at the sides, not rested on the table.

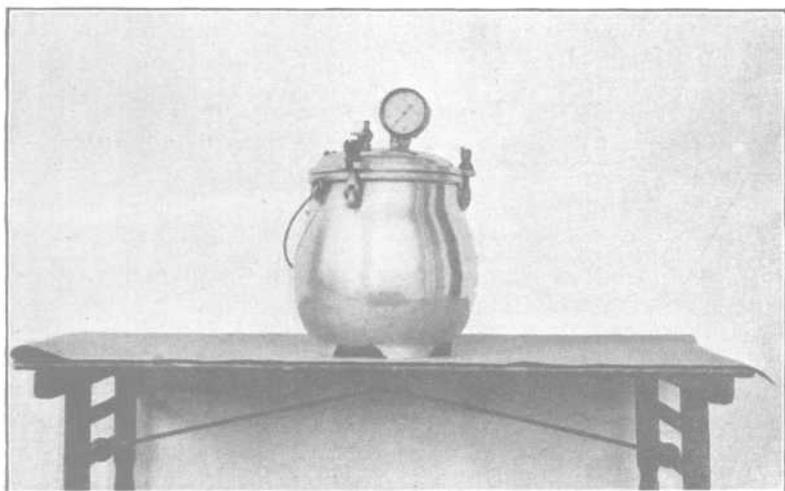


Fig. 7—A pressure cooker is a great help.

5. Do not eat with a knife. The knife should be used only for cutting or spreading butter on bread. After using, it should be kept on the plate, never resting on the side of plate or allowed to lie on the table cloth.

6. The fork is used in the left hand in cutting but may be taken in the right hand when carrying food to the mouth. The fork

should be carried with the tines upward. Avoid loading the fork with food. When the fork is not in use it should be placed on the plate beside the knife.

7. In eating soup, eat from the side of the spoon and dip away from you into the dish. If a spoon is used to stir a hot drink the stirring should be done quietly and the spoon removed from cup and placed in saucer or plate. Never drink from a cup with a spoon in it.

8. In buttering bread, break off a small piece and hold in the hand while spreading the butter. Do not butter a whole or half slice at one time. Do not lay a piece of bread on the table to spread with butter.

9. If the food is too hot to eat, let it stand until cooler. Do not blow it. *Never* take a drink while there is food in the mouth.

10. Keep the mouth closed while chewing and masticate the food properly.

11. Do not talk while there is food in the mouth. Do not eat while passing food or serving others.

12. If asked to partake of food, reply quietly, either, "Yes, if you please," or "No, thank you." Do not fail to say "Thank you" when served.

13. Never appear greedy. Always try to see that others are served first.

14. Toothpicks have a place as a part of the equipment for the hot lunch but they should never be used at the table or in the presence of others.

15. If one is compelled to sneeze while at the table, the mouth and nose should be covered with the handkerchief,—not the napkin,—and the face turned away from the table. If a child has a cold and must use his handkerchief during the progress of a meal, he should be excused from the table and wash his hands before returning. Do not handle the hair during mealtime.

Care of Left-overs

Except in case where food is desired for use the following day, great care should be taken to have none left over after serving the meal. In case any remains, it should be cooled, carefully covered, and stored away.

All garbage should be drained carefully and the liquid thrown out some distance from the school house. The dry refuse could be tied up in several thicknesses of newspaper, so it will not leak thru and be carried home for chicken feed. If not needed for chickens, it should be buried. Flies can be controlled only by observing these points carefully.

Dish Washing

As soon as the meal is ready the serving committee should put the dish water on to heat. One dish pan covered with the other to save heat may be used.

Dishes should not be allowed to stand after the close of the meal but should be cared for immediately.

1. Scrape and stack dishes according to size and kind at one end of work table. The soiled paper napkins may be used in cleaning crumbs from the plates or in removing oil or black from the kettles.

2. Prepare two pans of water:

1. For washing dishes—clean, hot, soapy water.

2. For rinsing dishes—hot, clear water. Have clean dish cloths and towels.

3. Wash dishes in the following order: glasses, silver, china, and cooking utensils. Rinse, drain.

4. Dry carefully and put away neatly.

5. Wash out towels, using the water used for rinsing dishes. Make a good suds and scrub towels well. If a small washboard is included in equipment it proves very useful. Otherwise use the hands. Rinse in another pan, of clear water, stretch and hang on rack. If possible, dry in the sun. When dry, fold, and put away.

Sanitation

The first step in sanitation is to have all windows and doors provided with well fitting fly screens. No food, garbage, or dirty dishes should be allowed to stand about as they attract both flies and mice. The dishwater and liquid refuse should be thrown out at some distance from the school house. Paper napkins should be collected and burned, together with any dry garbage not already disposed of by burying or feeding to chickens. Dirty dish towels should not be

tolerated as they not only attract vermin but render insanitary any dish dried with them.

PRINCIPLES OF COOKERY

Food is cooked for one or all of the following reasons:

1. To make it more digestible.
2. To improve its appearance.
3. To make it more palatable.
4. To sterilize it.

Most of the dishes planned for the hot lunch fall under the classes of starch or meat cookery.

To cook starch:

Starch should be cooked a short time at high temperature; as, when vegetables are cooked until soft in boiling water; or a long



Fig. 8—Preparing the lunch.

time at low temperature, as in the case of the long, slow cooking of cereals.

Vegetables should be cooked in boiling salted water until all parts are equally tender but not mushy. Allow 1 teaspoon salt to 1 quart of water. The water should boil gently—never violently—as this breaks the edges of the vegetables. When cooked, the water (vegetable stock) should be drained off and the vegetables dried, uncovered, where they will keep hot. If useful in the next day's menus, the vegetable stock may be cooled and saved. Cabbage, onions, or other vegetables of strong flavor, should be cooked in an open kettle to avoid unpleasant odors in the school room.

Cereals should be stirred gradually into boiling salted water and cooked directly over the fire ten minutes. Allow 1 teaspoon salt to 1 cup uncooked cereal. They should then be placed in a double boiler and cooked one to eight hours, the longer the cooking, the better the flavor. A fireless cooker is excellent for this purpose. Whole grains, such as Kafir, feterita, and milo maize should be cooked over night and cooked at least four to six hours.

To cook protein:

Protein foods such as lean meat, eggs, fish, milk, and cheese should be cooked below the boiling point (water boils at 212° F). If cooked at high temperature these foods become toughened. Meats for roasting, broiling, or stewing should first be browned on the outside on a hot griddle or skillet in order to keep the juices in the meat. Then the cooking is completed at low temperature. When soups are made, the object is to extract the juices, hence the bone and meat cut in small pieces are allowed to stand in cold water, using for each pound of meat and bone 1 teaspoon salt and 1 quart of water. This may stand from two to eight hours, and should then be brought slowly to the boiling point and boiled three or four hours, when the liquid may be removed, chilled, the fat taken off, stock reheated, diced vegetables added, and, when these are done, the soup is ready to serve. After the first stock is taken off, the bone and the meat may be cooked a second time. This thinner stock may be used for one-half of the liquid in cream soups. In making stews, the bone, fat, and gristle are removed and treated as in making soup. The meat is cut up, braised or browned, and covered with the stock made from bone, etc.

Methods of Mixing

Batters:

1. Mix and sift the dry ingredients.
2. Add liquid ingredients.

Doughs:

1. Mix and sift the dry ingredients.
2. Cut the fat in with a knife or mix with the tips of the fingers.
3. Add liquid ingredients.
4. Roll lightly or pat with the fingers.

Sauces:

1. Melt the fat.
2. Blend in the thickening material. Remove from fire.
3. Add the liquid slowly, stirring constantly, having bowl of spoon on bottom of dish to prevent lumping.
4. Return to fire and cook five minutes after it comes to boiling point. If cooked directly over the fire it must be stirred constantly to prevent scorching. The sauce may be placed in a double boiler after being brought to boiling point and should be cooked covered for twenty minutes.

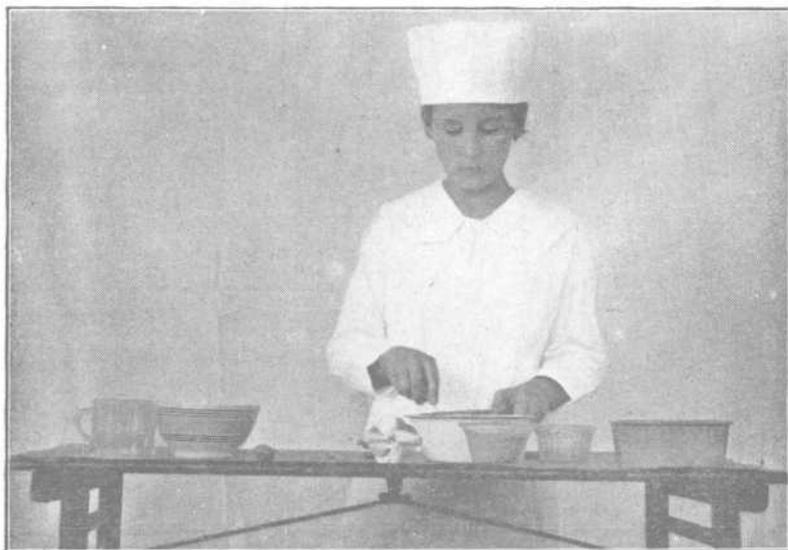


Fig. 9—Club girl at work.

Table of Equivalents

3 teaspoons are equivalent to 1 tablespoon
 12 tablespoons are equivalent to 1 cup (dry)
 16 tablespoons are equivalent to 1 cup (liquid)
 2 cups are equivalent to 1 pint
 4 cups flour are equivalent to 1 pound
 2 cups butter or other fat are equivalent to 1 pound
 2 cups sugar are equivalent to 1 pound

Table of Abbreviations

Cup	c	Pint	pt.
Teaspoon	t.	Quart	qt.
Tablespoon	T.	Pound	lb.
	Baking Powder.....		B. P.

HOT LUNCH MENUS

Summer

FIRST WEEK

	MONDAY	
Peanut soup	Bread and butter	Apples
	TUESDAY	
Baked potatoes with butter and cheese crackers		Dried apple sauce
	WEDNESDAY	
Rice cooked in skim milk	Served with raisins	
	THURSDAY	
Corn chowder	Apples or prunes (raw)	
	FRIDAY	
Rebecca pudding with raisins and soft custard		

SECOND WEEK

	MONDAY	
Fried apples and bacon	Bread	
	TUESDAY	
Rice cooked in milk served with prunes		
	WEDNESDAY	
Creamed eggs with rice or potatoes (boil potatoes for next day)		
	THURSDAY	
Pittsburg potatoes	Fruit	
	FRIDAY	
Apple Betty with condensed or fresh milk (use fresh or dried apples) Toasted crackers		

THIRD WEEK

	MONDAY	
Potato chowder with barley or milo dumplings		Raw prunes
	TUESDAY	
Apple roll	Corn syrup sauce	Glass of milk
	WEDNESDAY	
Escalloped cabbage	Bread and butter	Apple
	THURSDAY	
Apple tapioca with whole milk		Bread and butter
	FRIDAY	
Escalloped or creamed tomatoes	Toast (oven)	

Winter

FIRST WEEK

	MONDAY	
Cocoa	Bread and butter sandwiches	Apple
	TUESDAY	
Baked beans	Bread and butter	Dried fruit sauce
	WEDNESDAY	
Cream of bean soup	Crackers	Cookies
	THURSDAY	
Vegetable soup	Raisins, dry or stewed	Bread and butter
	FRIDAY	
Cottage pie		Apples or prunes

SECOND WEEK

	MONDAY	
Salt pork and gravy	Potatoes boiled in skins	Apple
	TUESDAY	
Boiled beans with salt pork	Bread or crackers and butter	Relish
	WEDNESDAY	
Vegetable "Hot Pot"	Bread and butter	Fresh fruit or sauce
	THURSDAY	
Franconia potatoes		Dried apricot sauce
	FRIDAY	
Muffins with honey or molasses		Milk to drink

THIRD WEEK

	MONDAY	
Tomato bisque	Buttered toast (oven)	Peanuts
	TUESDAY	
Savory stew or Arizona stew		Fruit
	WEDNESDAY	
Kafir or feterita whole grain cereal with whole or condensed milk and honey		
	THURSDAY	
Bean loaf	Bread and butter	Fruit
	FRIDAY	
Rice or hominy with cheese, tomato sauce		Graham wafers

RECIPES

WHITE SAUCE

Materials	No. I	No. II	No. III
Fat	1 T.	2 T.	3 T.
Flour	1 T.	2 T.	3 T.
Milk	1 c.	1 c.	1 c.
Salt	$\frac{1}{4}$ t.	$\frac{1}{4}$ t.	$\frac{1}{4}$ t.
Pepper	dash	dash	dash

Method: Proceed according to general directions for sauces.
The following recipes will serve 12 people:

PEANUT SOUP

Materials: 12c whole milk or 3 large cans condensed milk reduced with the same amount of water. 12 T. peanut butter. 1 c boiling water $1\frac{1}{2}$ t. salt.

Method: Soften peanut butter in boiling water. Heat milk in double boiler. Season and combine.

CREAM OF BEAN SOUP

Materials: 2 c. cooked bean pulp. $\frac{1}{2}$ t. salt. 2 qts. white sauce No. I. 1 slice of onion.

Method: Rub cooked beans thru a sieve. Season and blend into hot white sauce No. I. The slice of onion may be removed before serving.

TOMATO BISQUE

Materials: 1 can tomatoes. $\frac{1}{2}$ t. salt. 1 small onion. $\frac{1}{2}$ t. soda. 2 qts. white sauce I.

Method: Cook tomato, salt and onion. Strain thru sieve. Add soda and stir until it stops foaming. Add to cooked white sauce and serve at once. Always pour tomato into white sauce.

VEGETABLE SOUP

Materials: 2 qts. soup stock. 2 c. diced potatoes. 2 c. diced carrots. 1 c. cooked rice or barley. 1c. thick tomato pulp. 2 medium sized onions.

Method: Prepare soup stock according to general directions given above. Cook carrots and onions 5 minutes in salted water, add potatoes and cook until tender. Add cooked rice and tomato pulp. Add stock, and serve.

Note: Corn, peas, beans, hominy or other cold cooked vegetables may be used in place of tomato pulp.

CORN CHOWDER

Materials: 1 can corn. 4c. raw potatoes, diced. 1 small onion diced. $1\frac{1}{2}$ inch cube fat salt pork or 1 T. vegetable fat. 1 qt. white sauce II.

Method: Cut pork into small pieces and fry. Add onion, cook 5 minutes, stirring to prevent burning. Boil potatoes until soft in enough water to cover. Drain. Add corn, fat and onion and heat to boiling point. Add white sauce. Serve hot.

ESCALLOPED CABBAGE

Materials: 6 c. cooked cabbage. 3 c. white sauce II. 1 c. bread or cracker crumbs mixed with 2 T. melted fat.

Method: Shred raw cabbage and cook uncovered until tender in boiling salted water. Cook 15-30 minutes. Drain, put in baking dish. Add white sauce, cover with oiled crumbs and bake until crumbs are browned.

Note: Grated cheese may be sprinkled over top before adding crumbs if desired.

ESCALLOPED TOMATOES

Materials: 2 cans tomatoes. 4 T. chopped onions. 2t salt. $\frac{1}{4}$ t. pepper. 4 c. bread crumbs. $\frac{1}{2}$ c. fat.

Method: Add onion and seasoning to tomato. Cook uncovered until slightly thickened. Melt fat and combine with crumbs. Put one-half of crumbs in bottom of baking dish, add tomatoes. Cover with crumbs and bake until lightly browned.

Note: Fresh diced celery, celery tops or celery salt may be added if desired.

CREAMED EGGS WITH RICE OR POTATOES

Materials: 12 eggs. 1 t. salt. 4 c. cooked rice or diced potatoes. 2c white sauce II.

Method: Coddle eggs: Bring 2 qts. water to boiling point. Pour over eggs in cold saucepan. Stand in a hot place where they are just below boiling point for 1 hour. The large quantity of water is necessary to retain sufficient heat to insure cooking. The general rules are 1 pt. water for the first egg and $\frac{1}{2}$ c. water for each additional egg. Put eggs into cold water to slightly chill. Shell and cut lengthwise and sprinkle with salt. Heat rice and put on plate. Add white sauce and egg.

PITTSBURG POTATOES

Materials: 6 cupfuls cold boiled potatoes, diced. 4 cupfuls white sauce No. 1. $\frac{1}{2}$ lb. cheese. 4 pimientos chopped. 1 c. bread crumbs. 2 table-spoonfuls fat.

Method: Place the diced potatoes in a baking dish. Pour the white sauce over them, put a layer of grated cheese on top, over this the chopped pimientos; melt the fat, stir the bread crumbs in it and then spread them on top of the potato dish. Bake in a slow oven until the cheese melts.

POTATO CHOWDER WITH DUMPLINGS

Materials: 6 c. diced raw potatoes. 1 small onion. 1 T. fat. 1 qt. white sauce I.

Method: Cook potatoes until tender. Drain and save water. Cook onion with fat, add potatoes and mix with cooked white sauce. Dish and place egg dumplings on top before serving.

EGG DUMPLINGS

1 egg. $\frac{1}{2}$ c. milk. 1 c. flour. $2\frac{1}{2}$ t. B. P. $\frac{1}{2}$ t. salt.

For the dumplings: Beat egg until creamy, add milk and add to dry ingredients, sifted together. Beat well. Heat potato water and add enough more boiling water to make 1 qt. Drop dumplings in this and cook 10 minutes in a covered pan.

RICE COOKED IN SKIM MILK

Materials: $1\frac{1}{2}$ c. rice (6 c. cooked). Method: Pick over and wash rice.
 1 qt. boiling water. $1\frac{1}{2}$ T. salt. 1 qt. skim milk. Add slowly to boiling salted water.
 Cook 10 minutes over the fire, shaking to prevent burning. Put in double boiler. Add hot skim milk and cook until rice absorbs the milk.

Note: Serve with stewed raisins or prunes.

RICE OR HOMINY WITH CHEESE AND TOMATO SAUCE

Materials: $1\frac{1}{2}$ c. rice (6 c. cooked) Method: Cook rice in boiling salted
 $1\frac{1}{2}$ T. salt 2 qts. boiling water. $\frac{1}{2}$ lb. or 1 c. cheese. water Rub cheese thru a sieve and add to rice. Keep hot until cheese melts. Serve with tomato sauce.

Note: Hominy may be used in place of the rice.

TOMATO SAUCE

Materials: 1 can tomatoes. 1 small onion. 1 t. salt. $\frac{1}{4}$ t. pepper. 4 T. fat. 4 T. flour. Method: Cook tomato, onion and seasoning 10 minutes. Rub thru a strainer. Proceed as in making white sauce, using strained tomato in place of milk.

BOILED POTATOES IN JACKETS

Materials: 12 large potatoes. 2 qts. boiling water 2 t. salt. Method: Wash potatoes and trim Old potatoes are improved by standing in cold water 1 hr. before using. When potatoes are boiled for the table, they should be drained as soon as they are done and should stand until eaten in an open kettle or dish. Do not cover potatoes after they are cooked. Allow the steam to escape.

BAKED POTATOES

Materials: 12 medium sized potatoes. Method: Scrub well. For baking, select potatoes of medium size and bake in a slow oven. When about half done the potatoes should be turned over. When done pierce the skin with a sharp-tined fork to let the steam escape. They may be rolled to make them more mealy. Left-over potatoes that have been cooked in the skins should have the skins taken off before they are set away for later use.

FRANCONIA POTATOES

Materials: 12 pork chops or 12 cakes of sausage. 12 potatoes. 3 t. salt unless sausage is used, then use 2 t. $\frac{1}{4}$ t. pepper. Method: Brown meat in skillet. Pare potatoes and place in baking dish. Place meat on top and pour 1 c. hot water in skillet. Boil and add seasonings, pour over meat. Cover and bake in a moderate oven $1\frac{1}{2}$ hrs.

BAKED BEANS

Materials: 1 pt. dried beans. 1 t. soda. $1\frac{1}{4}$ lbs. salt pork. 1 t. salt. 1 T. molasses. 1 t. mustard. Method: Wash beans, soak overnight in cold water. Parboil for 10 minutes, add the soda and cook 5 minutes.

utes longer. Drain, rinse in hot water. Put half beans into baking dish, pour hot water over salt pork and score rind in $\frac{1}{2}$ in. strips. Put pork in dish and remainder of beans. Mix mustard, salt, and molasses with hot water and pour over the beans. Add boiling water to cover. Bake slowly 2-4 hours.

BOILED BEANS WITH SALT PORK

Materials: 1 pt. dried beans. 1 t. soda. $\frac{1}{4}$ lb salt pork. 1 t. salt. Method: Wash beans, soak over night in cold water. Parboil for 10 minutes, add soda and cook 5 minutes. Drain, rinse in hot water. Return to kettle, add pork and cover with boiling water and cook until tender.

VEGETABLE HOT POT

Materials: 2 c. cooked beans. 2 c. boiled rice. 2 c. tomato—fresh or canned $\frac{1}{2}$ t. salt. $\frac{1}{4}$ t. pepper. 1 small onion. 2 T. fat. Method: Cook onion in melted fat until yellow. Add to other ingredients in double boiler. Cook very slowly for about 1 hour.

BEAN LOAF

Materials: 6 c. cooked beans. $\frac{1}{2}$ lb cheese (cottage cheese may be used). 5 chopped green sweet peppers or a bit of chili. 1 c. bread crumbs 1 t. salt 1 c. white sauce I. Method: Mash beans, rub cheese thru a sieve. Mix all ingredients together, place in oiled baking dish and bake slowly 20 minutes.

Note: A well beaten egg may be added if desired.

COTTAGE PIE

Materials: 4 c. cold meat, chopped or cut into bits. 6 T. fat. 6 T. flour. 3 c. meat stock. $\frac{3}{4}$ t. salt. $\frac{1}{4}$ t. pepper 1 T. onion. 4 c. mashed potato. Method: Brown 1 T. flour in 2 T. fat. Add remainder of fat and flour and proceed as for white sauce, using stock in place of milk. Mix with chopped meat, place in baking dish, and cover with mashed potatoes. Bake until potatoes are slightly browned.

Note: The potatoes will brown more readily if the top is brushed lightly with milk. The chopped meat may be taken from the bone from which soup stock was made. Fat may be that removed from top of stock.

SAVORY STEW

Materials: 3 lb. beef—flank, neck or brisket. 3 qts. boiling water. 12 potatoes cut in quarters. 3 c. diced raw carrots. 1 small onion, diced. 3 t. salt $\frac{1}{4}$ t. pepper. Method: Trim fat from meat and heat in skillet. Cut lean meat in small pieces and brown with the onion in the fat. Pour into covered saucepan, add boiling water and simmer 1 hour. Add carrots and cook $\frac{1}{2}$ hour. Add potatoes and serve when potatoes are done.

ARIZONA STEW

Materials: 12 slices salt pork. 12 slices dry bread. 12 small potatoes cut in quarters. 1 onion, diced. 1 qt. boiling water. 1 c. boiling water. Method: Put 11 slices of meat to cook in 1 qt. boiling water. Cool 45 minutes. Fry 1 slice meat and brown onion in this fat. When browned,

add 1 c. boiling water, add this with onion and fried pork to meat in saucepan; add potatoes. When potatoes are done put in slices of dry bread. Serve at once.

SALT PORK AND COUNTRY GRAVY

Materials: 12 slices salt pork $\frac{1}{8}$ inch thick. $\frac{1}{4}$ c. barley flour. $\frac{1}{4}$ c. corn starch. Boiling water.

Method: Cover slices of pork with boiling water. Then dip slices one at a time in mixed barley flour and corn starch. Put at once in a hot frying pan, let cook slowly until well browned, then turn and brown on the other side and drain on soft paper.

GRAVY

4 T. flour. 2 c. milk. 1 c. boiling water. 1 t. salt. $\frac{1}{4}$ t. pepper.

Reduce fat in skillet to 4 T. Blend in flour and liquid as for white sauce. Add seasoning and boil 10 minutes.

MILK MAIZE OR BARLEY MUFFINS

Materials: 1 c. liquid—milk or water. 1 t. salt. 2 T. honey or syrup. 1 T. fat, melted. 2 c. milo maize or barley flour. 4 t. B. P.

Method: Mix liquid, salt and syrup. Sift baking powder with flour. Combine ingredients. Add melted fat. Bake in oiled muffin pans 12 to 15 minutes in a hot oven. This makes 12 medium-sized muffins.

CORN BREAD

Materials: 4 c. corn meal. $1\frac{1}{2}$ t. soda. 2 t. B. P. 2 c. sour milk. $1\frac{1}{2}$ t. salt. 1 or 2 eggs. 2 T. fat.

Method: Slightly beat egg, add milk, salt and soda. Stir in corn meal and baking powder sifted together. Add melted fat. Bake in sheet 1 inch thick in hot oiled pan 30 minutes. Do not have dough too thick.

FRIED APPLES AND BACON

Materials: 12 slices bacon. 8 apples. $\frac{1}{2}$ c. molasses or syrup.

Method: Fry bacon until crisp. Lift from skillet. Wash, slice and core apples, leaving skin on. Put in hot fat and fry until brown on one side. Stir, add sweetening, cover and cook slowly until thoroughly done.

APPLE BETTY

Materials: 6 c. chopped apples. 3 c. bread crumbs. $1\frac{1}{2}$ c. syrup or 1 c. molasses. 6 T. fat. 3 t. cinnamon.

Method: Pare and chop the apples. Melt the fat, add cinnamon to crumbs and add this to melted fat. Combine with syrup and apples. Put in oiled dish and bake 1 hour in a moderate oven.

Note: If dried apples are used they should be cooked and mashed before using.

APPLE TAPIOCA

Materials: $1\frac{1}{2}$ c. pearl or 1 c. minute tapioca. Cold water. 3 c. boiling water. 1 t. salt. 12 apples. 1 c. syrup. 1 t. cinnamon. 1 T. fat—for oiling pan.

Method: Soak pearl tapioca 1 hour in cold water. Drain, add boiling water and salt. Cook in double boiler until transparent. Core and pare the apples. Arrange in oiled baking dish.

Fill cavities with syrup. Pour over tapioca and bake until apples are soft.

Note: Minute tapioca requires no soaking.

APPLE ROLL WITH CORN SYRUP

Materials: 3 c. Victory flour $\frac{1}{2}$ t. salt 6 t. B. P. 3 T. fat. $1\frac{1}{2}$ c. milk, or milk and water.

FILLING
4 T. melted fat. 2 c. chopped apples or 2 c. dried apple sauce. $\frac{1}{2}$ c. syrup.

SYRUP
 $\frac{1}{2}$ c. syrup. $\frac{1}{2}$ c. boiling water or juice from apples.

Method: Sift dry ingredients. Work in fat with knife or tips of fingers. Add milk and mix to a dough. Toss onto floured board and roll into sheet $\frac{1}{2}$ inch thick. Spread on this melted fat, and apples, and pour syrup over, keeping mixture 1 inch from edge of dough. Turn one edge in and roll as for cinnamon rolls. Dip silver knife in flour and cut slices 1 inch thick. Place these in oiled baking pan, flat side down. Pour hot syrup over this and bake 30 minutes in a moderate oven. Serve with whole milk or corn syrup sauce.

CORN SYRUP SAUCE

Materials: 4 T. fat (vegetable fat or clarified suet). $\frac{1}{4}$ t. salt. 1 c. corn syrup. 1 egg. $\frac{1}{4}$ t. nutmeg.

Method: 4 T. fat softened and beaten to a cream. Add slowly one c. corn syrup and beat until creamy; add yolk just before serving and the stiffly beaten white of one egg.

REBECCA PUDDING

Materials: 7 c. scalded milk. 1 c. corn starch. $\frac{1}{2}$ c. honey or syrup. $\frac{1}{2}$ t. salt 1 c. cold milk. 1 t. vanilla. Whites 6 eggs.

Method: Mix corn starch syrup and salt with cold milk. Add to scalded milk, stirring constantly until mixture thickens. Cook 15 minutes. Add flavoring and whites of eggs beaten stiff. Mix thoroly and pour into molds previously dipped in cold water.

SOFT CUSTARD

Materials: 4 c. scalded milk. 6 egg yolks. $\frac{1}{2}$ c. syrup or honey. $\frac{1}{2}$ t. salt. $\frac{1}{2}$ t. vanilla.

Method: Beat egg slightly, add syrup and salt. Stir constantly while adding hot milk. Cook in double boiler, stirring until it coats a spoon. Strain and chill.

Note: If cooked too long the custard will curdle. It may be improved by standing in cold water and beating with a Dover egg beater.

COCOA

Materials: 6 T. cocoa. 3 T. corn starch. $\frac{1}{2}$ c. sugar. 4 c. boiling water. 8 c. hot milk.

Method: Mix cocoa, corn starch and sugar. Add boiling water and cook until it makes a smooth paste, stirring to prevent scorching. Add hot milk, beat with Dover beater and serve.

SANDWICHES

Materials: Bread. Butter. Filling. Method: Cut bread with sharp knife about $\frac{1}{4}$ inch thick. Cream butter and spread bread.
If prune sandwiches are desired, fill with mashed stewed prunes.

TOAST

Materials: Bread. Butter. Method: Cut bread $\frac{3}{8}$ inch thick. Place in a large pan in a hot oven. When browned on one side turn and brown on other side. Butter lightly and serve hot.

CROUTONS

Materials: Bread Method: Cut stale bread into $\frac{1}{2}$ inch slices. Cut slices into $\frac{1}{3}$ inch cubes. Put cubes on shallow pan and bake in an oven until a golden brown. Turn frequently while baking to brown all surfaces evenly.

CHEESE CRACKERS

Materials: $\frac{1}{4}$ lb. cheese. 12 crackers Method. Spread grated cheese on crackers and heat in oven until cheese is melted.

BREAD CRUMBS

Materials: Stale muffins, yeast or corn bread. Method: Break stale bread in small pieces and dry in shallow pan in cool oven. When dry roll to crumbs, using rolling pin on a pastry board. Cool and put in a glass jar covered with a piece of muslin tied over top of jar. For buttered crumbs use 2 T. melted fat to 1 c. bread crumbs.

WAFERS FILLED WITH PEANUT BUTTER AND RAISINS

Materials: 24 graham crackers. $\frac{1}{2}$ c. peanut butter. $\frac{1}{2}$ c. chopped raisins. Method: Wash raisins and pat dry on a cloth. Cut on a board with a sharp knife. Mix with peanut butter and spread between two graham crackers.

COOKIES

OAT MEAL DROP CAKES

Materials: $\frac{1}{4}$ c. fat. $\frac{1}{4}$ c. corn syrup. $\frac{1}{4}$ c. molasses. $\frac{1}{2}$ c. raisins. 1 c. rolled oats. 1 egg. 2 T. sweet milk. 1 c. barley flour. $\frac{1}{4}$ t. soda. 1 t. baking powder. $\frac{1}{2}$ t. salt. Method: Mix in order given and drop from a teaspoon on greased tins. Bake in moderate oven.

BROWNIES

Materials: $\frac{1}{4}$ c. fat. $\frac{1}{4}$ c. cup corn syrup. $\frac{1}{4}$ c. molasses. 1 egg well beaten. 2 T. cocoa. $\frac{1}{2}$ t. salt. $\frac{1}{2}$ t. baking powder. $\frac{1}{2}$ t. vanilla. $\frac{2}{3}$ c. rice flour. Method: Mix in order given and drop from a teaspoon on greased tins. Bake in a moderate oven.

PREPARATION OF DRIED FRUITS

Materials: Dried fruit. Cold water. Method: Wash the fruit carefully. Place it in the sauce pan in which it is to be cooked and pour enough cold water over the fruit to cover it. Cover sauce pan and allow fruit to soak over night. Then cook the fruit at simmering temperature in the water in which it was soaked. When the fruit is tender, remove the sauce pan from the fire, add sweetening if desired, and stir carefully until sweetening is dissolved. Serve cold.

DRIED FRUIT JAM

Materials: 1 c. stewed dried fruit. $\frac{1}{2}$ c. syrup. $\frac{1}{8}$ t. ground mace Method: Mash cooked fruit. Cook until thick. Add syrup and seasoning and cook to desired consistency.

PLUMPING FRUIT

Materials: Raisins. Prunes. Method: Wash fruit and soak in cold water over night. Dry on a cloth. Do not cook. Use as a fresh fruit or confection.

STUFFED PRUNES

Materials: Plumped prunes. Method: Remove seed and fill with peanut butter or a combination of ground peanuts and raisins. Serve in place of candy.

FRUIT PASTE

Materials: 1 lb. figs. 1 lb. dates. 1 lb. raisins. $\frac{1}{2}$ to $\frac{3}{4}$ lb. nuts. Method: Mix fruit and nuts. Force thru food chopper. Work on board until well blended. Roll and cut into squares. Use in place of candy.

RELISHES

CHOPPED PICKLES

1 large cabbage head. 1 gal. green tomatoes. $1\frac{1}{2}$ doz. large onions. Chop each of these ingredients separately. Sprinkle a little salt over each and let stand 3—4 hours. Squeeze out the water and mix the three together. Put in granite or enamel pan. Add enough vinegar to cover and 1 teaspoon black pepper, 2 teaspoons allspice or $1\frac{1}{2}$ teaspoons of ground cloves, 2 teaspoons ground cinnamon, 1 oz. tumeric powder, 1 oz. celery seed, 1 teaspoon mustard, 3 cups sugar or syrup. Sugar should be added after mixture begins to boil. Cook 15 minutes. Place in glass jars and seal.

SPICED GRAPES

To five pounds of grapes take four pounds corn syrup or honey, one pint of vinegar, one tablespoonful of ground cinnamon, and one table spoonful of ground cloves.

Wash grapes and skin them. Boil the pulps about ten minutes, or until the seeds loosen. Strain through colander and mix with the skins, adding the sugar, spices and vinegar. Boil until the right consistency, usually over an hour.

Select some grape that squeezes out of the skin easily. The "Wordon" grape is very good, also "Concord."

TO ROAST PEANUTS:

Place 1 quart peanuts in a large baking pan. Have the oven moderate, and stir peanuts frequently,—at least every five minutes. The peanuts should be roasted in about $\frac{1}{2}$ hour, but should be tested in order to determine whether they are done.

PEANUT BUTTER

Rub skins from roasted peanuts. Grind thru meat chopper, use finest plate, and screw grinder up until crank is hard to turn. If pulp is too coarse after one grinding it may be ground a second time. Add a little salt to this butter and mix thoroly with a wooden spoon. This butter will keep several weeks in a cool place.

For further directions for making peanut butter see Farmer's Bul. 431, U. S. D. A., Washington, D. C.

The above recipes were compiled when sugar was a restricted article. Sugar may be used in place of honey or syrup called for in the recipes.

