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University of Arizona
College of Agriculture
Agricultural Extension Service

BOYS' AND GIRLS' CLUB WORK
FIRST YEAR BAKING CLUB

BY

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BOYS' AND GIRLS' CLUB WORK

CLUB EMBLEM

The four-leaf clover with an "H" on each leaflet is the National Boys' and Girls' Club emblem. The four "H's" stand for the equal training of the head, heart, hands, and for health.

CLUB PLEDGE

As a true club member I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service, and my health to better living for my club, my community, and my country.

CLUB MOTTO

Make the Best Better

CLUB CREED

The Arizona Club creed is: I believe in boys' and girls' club work because of the opportunity it gives me to become a useful citizen.

I believe in the training of my head because of the power it will give me to think, to plan, and to reason.

I believe in the training of my heart because it will help me to be kind, sympathetic, and true.

I believe in the training of my hands because it will make me helpful, skillful, and useful.

I believe in the training for health because of the strength it will give me to enjoy life, to resist disease, and to become efficient.

I believe in the great trinity of club work; the school, the home, and achievement.

I believe in my country, in the State of Arizona, and in my responsibility for their development.

To the fulfillment of all these things I am willing to dedicate my service.

ARIZONA BOYS' AND GIRLS' 4-H CLUB WORK

REQUIREMENTS FOR FIRST YEAR 4-H BAKING CLUBS

1. Prepare a club program of work.
2. Finish with 60 percent of enrollment.
3. All work completed with stories and reports by November 15.

REQUIREMENTS FOR MEMBERS

1. Members of this club shall be between the ages of 10 and 20 years on January 1 of the ensuing year.
2. Each club member shall make an earnest effort to become proficient in making each kind of bread required, and shall make each kind of bread required not less than four times.
3. Breads to be made are:
 - a. First demonstration—muffins.
 - b. Second demonstration—muffin variations.
 - c. Third demonstration—corn bread.
 - d. Fourth demonstration—baking powder biscuits.
 - e. Fifth demonstration—variations of baking powder biscuits.
 - f. Sixth demonstration—pancakes or griddle cakes and variations. (Elective.)
 - g. Seventh demonstration—waffles and variations. (Elective.)
 - h. Eighth demonstration—short cakes and other variations of quick breads. (Elective.)
4. Each club member shall keep records of:
 - a. Number of times each bread is made.
 - b. Time spent doing the work.
 - c. Amount made.
 - d. Cost of materials.
 - e. Market value of product.

This record shall be turned in at the close of the club as a final report.
5. Each club member shall be prepared to give at least one public method demonstration.
6. Each club member shall, if possible, make a complete exhibit at county and State fairs. A complete exhibit shall consist of the following:
 - a. Three muffins from foundation recipe.
 - b. Three muffins from a variation given in year's work.
 - c. Three baking powder biscuits.

- d. Three biscuits or rolls from a variation given in year's work.
- e. One 6-inch square or circle of corn bread.
- f. May exhibit an elective.

If a club member cannot make a complete exhibit she should exhibit in as many classes as she can.

- 7. Each club member shall write a story of her first year's work in the Baking Club to be given to the club leader or the county extension worker with the club report.

GENERAL DIRECTIONS

TABLE OF ABBREVIATIONS

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

TABLE OF EQUIVALENTS

3 t. are equivalent to 1 T.	4 c. flour are equivalent to 1 lb.
16 T. are equivalent to 1 c.	2 c. sugar are equivalent to 1 lb.
2 c. are equivalent to 1 pt.	2 c. butter are equivalent to 1 lb.

DIRECTIONS FOR MEASURING

1. Be careful and accurate in all measurements.
2. All measurements given in these recipes are *level*.
3. The measuring cup should not be dipped into flour, milk, etc. Such a practice wastes material and is untidy. Use a tablespoon or a small dipper.
4. To measure a cupful of dry ingredients, fill the cup with a spoon or dipper and then level it off with the straight side of a knife or a spatula.
5. To measure either a teaspoon or tablespoon of dry ingredients dip the spoon into the material and level off with straight edge of a knife. Divide the level spoonful lengthwise with a knife for a half spoonful, and divide a half crosswise for a quarter or use measuring spoons.
6. Flour should always be sifted once before measuring.
7. Baking powder and soda should be sifted or stirred in the can to lighten and remove lumps that are the result of standing.
8. An accurate measure of shortening, (butter, lard, fat, etc.), especially if it is hard, can be obtained by packing it down.

PERSONAL PREPARATION

1. See that the hair is arranged so that it will not have to be touched while working.
2. Wear a clean apron.
3. Have a clean towel ready for use.
4. Wash the hands thoroughly and clean the finger nails.
5. It is well to have a holder conveniently near if not attached to the apron.

DIRECTIONS FOR WORKING

1. Read all directions and follow them carefully.
2. Understand the reason for each thing to be done.
3. Make a list of equipment and materials to be used.
4. Get all equipment and materials together before starting to mix the ingredients.
5. Carry materials that will spill with a pan or plate under them.
6. Have a small pail or pan or a paper sack ready for egg shells and other waste material.
7. Never taste from a mixing spoon. Have extra spoons for this purpose.

DIRECTIONS FOR CLEANING UP

1. Scrape and pile up all dishes.
2. See that dishes are rinsed and then washed at the first possible minute.
3. Wipe off the table.
4. Put everything in place.

DIRECTIONS FOR DISHWASHING

1. Soak utensils in which food sticks—sugary foods in hot water; those with starches, as flour, etc., in cold water.
2. Wash dishes in hot soap suds and rinse thoroughly with scalding water.
3. Rinse out dish towels and dish cloth, leaving them spotlessly clean.

GENERAL INFORMATION

QUICK BREADS

By quick breads is meant those flour mixtures in which some leavening agent other than yeast is used. Such leavening agents are baking powder, or soda with sour milk, or other liquid containing an acid. In this bulletin no work with soda as a leavening agent will be used as it is considered too difficult for club girls in early years to work with successfully. Quick breads, as their name suggests, may be mixed and baked in a short time. Examples of quick breads are muffins, baking powder bis-

cuits, and corn bread. These breads are usually baked in a hot oven, unless they contain eggs, and then they are baked longer in moderate oven.

Quick breads are made of :

1. Necessary ingredients :
 - a. Flour which is the basis of the mixture.
 - b. Liquid to bind the materials together.
 - c. Leavening agent to make the mixture light and porous.
 - d. Salt to make mixture palatable.
2. Additions to improve quality :
 - a. Fat for flavor and to make crust more tender.
 - b. Sugar for flavor. Sugar also improves the crust.
 - c. Eggs for flavor and texture.
3. Additions for variations :
 - a. Fruits such as raisins, dates, or figs put into the batter or dough when mixed.
 - b. Jams or jellies or preserves or fresh fruit spread upon the dough before baking.
 - c. Fruits or fruit mixtures added when the article is taken from the oven.
 - d. Nuts may be used in either of the above ways.
 - e. Cinnamon or other spice may be used instead of fruit or nuts.
 - f. Maple sugar or maple syrup or honey or other syrups may be used instead of fruit or nuts.

Quick breads are divided broadly into batters which have a larger proportion of liquid ; and soft doughs having less liquid. There are also pour batters, as pancakes ; and drop batters, such as muffins. Doughs may be soft, as baking powder biscuits, or stiff doughs, as yeast bread.

Note : All foundation recipes in the First Year Baking Club are made on a basis of one cup of flour, which makes about six servings. The recipe should be multiplied as many times as necessary to serve the number of people under consideration.

FIRST DEMONSTRATION—MUFFINS

Use as foundation recipe for muffins the following, which makes 6 muffins.

1c. flour
 1½ t. B. P.
 ½ t. salt
 1 T. sugar

1 T. fat (melted)
 ½ c. milk
 1 egg

Mix and sift dry ingredients together. Add the egg, then the milk, and then the melted fat and mix quickly to form a smooth batter. Drop the batter into greased muffin pans, filling them about half full and bake 20 to 30 minutes in a moderate oven (400° F.). When done the muffins should shrink slightly from the pan, spring back from the touch, and be brown all over.

SCORE CARD FOR MUFFINS

(Taken from Farmers' Bulletin 1136)

<i>Points to be Considered</i>	<i>Explanation</i>	<i>Score</i>
1. General appearance:		15
Shape	Muffins should be arched over top.	
Size	Muffins should double size in baking.	
Color	Muffins should be light brown all over.	
2. Lightness:	Muffins should be porous—feathery.	10
3. Crust:		10
Depth	Muffin crust should be thin.	
Quality	Muffin crust should be crisp and tender.	
4. Crumb:		
Color	Inside of muffin should be creamy white, in white flour muffin, or characteristic of flour used.	5
Texture	Muffins should be tender, crumbly, and fine.	20
5. Flavor:		40
Taste	Muffins should be slightly sweeter and richer than bread in taste.	
Odor	Muffins should have a sweeter odor than bread, but like it.	
Total		100

SECOND DEMONSTRATION—MUFFIN VARIATIONS

1. Graham or Whole Wheat Muffins—Follow foundation recipe, using 1 c. graham flour instead of 1 c. white flour.
2. Bran Muffins—Follow foundation recipe, using $\frac{1}{2}$ c. white flour and 1 c. bran (unsifted) and $\frac{1}{4}$ c. more milk or liquid. Also use $\frac{1}{2}$ t. salt.
3. Corn Meal Muffins—Follow foundation recipe, using $\frac{1}{2}$ c. white flour and $\frac{1}{2}$ c. corn meal instead of 1 c. white flour.
4. Cereal Muffins—Follow foundation recipe and substitute $\frac{1}{2}$ c. cooked cereal—rice, oatmeal or other cereal—for $\frac{1}{4}$ c. flour. Add the cereal to the milk, eggs and fat, and mix well before beating in quickly the dry ingredients, after they have been sifted together.
5. Dried Fruit or Nut Muffins—Add $\frac{3}{4}$ c. chopped nuts or dried fruit (currants, raisins, or dates) to any of the above muffin recipes, using 2 T. less flour. Also leave out 2 T. flour to dust over nuts or fruit and thus prevent them from sinking to the bottom of the muffin while baking.

6. Fresh Fruit Muffins—Add to any of above recipes $\frac{1}{2}$ c. fresh fruit, and 1 T. more sugar if desired. Save out 2 T. flour to dust over fruit to keep it from sinking to bottom of pan.

THIRD DEMONSTRATION—CORN BREAD

$\frac{1}{2}$ c. white flour	1 T. melted fat
$\frac{1}{2}$ c. corn meal	1 egg
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ c. and 2 T. milk
1 T. sugar	

Sift dry ingredients together. Add egg and milk. Mix and add melted fat, beat well together and pour into a well-greased, shallow pan and bake 25 to 30 minutes in a moderately hot oven (400° F.).

SCORE CARD FOR CORN BREAD

(Taken from Farmers' Bulletin 1136)

<i>Points to be Considered</i>	<i>Explanation</i>	<i>Score</i>
1. General appearance:		15
Shape	Corn bread should be flat on top.	
Color	Corn bread should be a rich, golden brown.	
2. Lightness:	Corn bread should be light and porous, but not spougy.	10
3. Crust:		10
Depth	Corn bread should have a thin crust.	
Quality	Corn bread should have a tender, crisp crust.	
4. Crumb:		
Color	The color of the crumb should be characteristic of the kind of meal used.	5
Texture	The texture of corn bread should be tender, fine, 20 and inclined to crumble.	
5. Flavor:		40
Odor	Corn bread should have the characteristic odor of cooked corn.	
Taste	Corn bread should have the sweet, nutty taste characteristic of both boiled and parched corn.	—
	Total	100

FOURTH DEMONSTRATION—BAKING POWDER BISCUITS

Use as a foundation recipe the following, which makes 5 small biscuits.

1 c. sifted flour	1 T. fat or shortening
2 t. B. P.	$\frac{1}{4}$ to $\frac{3}{8}$ c. milk or water or half of each
$\frac{1}{2}$ t. salt	

Sift together the dry ingredients. Then rub in or chop in the fat until it is like a meal. Add the liquid (milk or water or both), cold, a little at a time, stirring the mixture meanwhile with knife, spatula, or spoon. Use only enough liquid to make a soft dough. Work quickly and handle lightly. Turn dough out on a lightly floured board, and knead lightly. Roll out to $\frac{1}{2}$ inch in thickness, cut and place in pan. Bake in hot oven (425° F.) about 15 minutes or until done.

SCORE CARD FOR BISCUITS

<i>Points to be Considered</i>	<i>Explanation</i>	<i>Score</i>
1. General appearance:		15
Shape	Biscuits should be almost flat on top.	
Color	Biscuits should be light brown on top and bottom.	
Size	Biscuits should rise at least double in baking.	
Uniformity	Biscuits should be uniform in shape, size and color.	
2. Lightness:	Biscuits should be light, porous, feathery.	10
3. Crust:		10
Depth	Biscuits should have a thin crust.	
Quality	Biscuits should have a tender, crisp crust.	
4. Crumb:		
Color	Biscuits should be creamy white in color inside.	5
Texture	Biscuits should be of a fine, soft, light, flaky texture.	20
5. Flavor:		40
Taste	Biscuits should taste slightly richer but otherwise have characteristic taste of wheat.	
Odor	Biscuits should chiefly have odor of cooked wheat.	
	Total	100

FIFTH DEMONSTRATION—VARIATIONS OF BAKING POWDER BISCUITS

1. Drop Biscuit—Add enough liquid to foundation recipe for Baking Powder Biscuits to make a batter soft enough to drop from spoon. About 2 T. will be needed. Add milk a little at a time after the first half cup is put in until enough has been used. Drop the batter from the spoon upon a greased pan, leaving an inch between the drops of batter for expansion in the oven. Bake like foundation biscuits.
2. Bran Biscuits—Follow foundation recipe, using $\frac{3}{4}$ c. flour and $\frac{1}{2}$ c. clean bran.
3. Pin Wheel Biscuits or Quick Cinnamon Rolls—Follow foundation recipe and add to list of ingredients.

1 T. sugar	$\frac{1}{4}$ c. chopped raisins or
1 T. butter or fat	$\frac{1}{2}$ c. dried currants washed and dried
$\frac{1}{2}$ t. cinnamon	

Use foundation recipe and make the dough. Then roll out to $\frac{1}{4}$ inch thick. Spread on it the extra butter or fat softened or melted. Sprinkle on this the T. of sugar mixed with cinnamon and the fruit. Roll the dough up like a jelly roll and cut in slices $\frac{3}{4}$ inch thick. Place slices flat in a greased pan, leaving $\frac{1}{2}$ inch between rolls and bake as biscuits.

4. Orange Biscuits—Use foundation recipe, adding 1 T. sugar to dry ingredients before sifting and 2 T. candied orange or grapefruit peel cut fine and mixed through just before adding the liquid.
5. Butterscotch Rolls—Follow foundation recipe and add to list of ingredients

2 T. brown sugar

1 T. butter

Use foundation recipe to make the dough. Roll it out to $\frac{1}{4}$ inch thick. Spread it with butter and sugar creamed together and roll it up like a jelly roll. Cut in slices $\frac{3}{4}$ inch thick and place them flat in a greased pan $\frac{1}{2}$ inch apart. If desired sprinkle $\frac{1}{2}$ c. chopped nuts over dough after the creamed butter and sugar have been added and before rolling up.

SIXTH DEMONSTRATION—PANCAKES OR GRIDDLE CAKES AND VARIATIONS

Use as a foundation recipe the following:

Amount: Seven pancakes about $4\frac{1}{2}$ inches in diameter.

1 c. flour	1 T. fat or shortening
$1\frac{1}{2}$ t. B. P.	1 egg
$\frac{1}{2}$ t. salt	10 to 12 T. milk

Mix and sift together dry ingredients. Beat together egg and milk, then add to dry ingredients, beating until well mixed. Beat in melted fat. Drop from spoon or pour from pitcher upon moderately hot griddle and turn with cake turner when brown. Serve immediately. If using an aluminum or soapstone griddle it will not be necessary to grease it, but otherwise the skillet should be well greased before the batter is dropped on it.

A lighter pancake will result if the white of the egg is saved and whipped fine and dry and folded into the batter the last thing before cooking.

PANCAKE VARIATIONS

These can be made by replacing all or part of the flour with graham flour, whole wheat flour, or corn meal.

1. Bread Griddle Cakes (serves five). (Taken from Farmers' Bulletin 1136, p. 31.)

$1\frac{1}{2}$ c. dry bread crumbs	1 T. shortening
$1\frac{1}{2}$ c. sweet milk	1 egg
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ c. flour
1 or 2 T. sweetening, if desired	2 t. baking powder

Scald the milk, add the crumbs, let stand 15 minutes, then mash and beat to a paste. Add the salt, sweetening, melted shortening, and well-beaten egg. Finally, add the flour and baking powder, which have been sifted together. Bake on a hot griddle until nicely browned on both sides.

In place of baking powder and sweet milk alone, one-half cup sweet milk may be used to moisten the crumbs and 1 cup of sour milk with one-half teaspoon baking soda for thinning and leavening the mixture.

SCORE CARD FOR PAN OR GRIDDLE CAKES

(Taken from Farmers' Bulletin 1136)

<i>Points to Consider</i>	<i>Explanation</i>	<i>Score</i>
1. General appearance:		15
Shape	Pancakes should be flat or slightly raised in center, and round.	
Size	Pancakes should be small enough to turn easily.	
Uniformity	All pancakes should be same size.	
Color	Pancakes should be a rich brown on both sides.	
2. Lightness:	Pancakes should be light, porous, and spongy.	10
3. Crust:		
Depth	Pancakes should have a thin crust like a thin skin.	10
Quality	The crust of pancakes should be tender, not tough.	5
4. Crumb:		20
Color	The color of inside of pancakes will depend upon ingredients in them—white flour pancakes have a creamy white color.	
Texture	The crumb of pancakes should be soft, tender, feathery, open.	
5. Flavor:		40
Odor	Pancakes should have the natural odor of the grain from which they are made.	
Taste	Pancakes should have the natural taste of the grains from which they are made.	
	Total	100

SEVENTH DEMONSTRATION—WAFFLES
AND VARIATIONS

WAFFLES (Serves two)

(Taken from Farmers' Bulletin 1136, p. 31)

1 c. sifted flour	1 egg
1½ t. B. P.	1 T. shortening (melted)
¾ t. salt	¾ c. milk or more
1 t. sugar, if desired	

Sift together the flour, baking powder, salt and sugar. Beat the egg until light, separating white and yolk if desired. To the beaten egg, (or yolk) add the shortening and part of the milk, and mix this with the dry materials. Beat thoroughly and add enough more milk (or water) to make a smooth batter about the consistency of thick cream. If the white was beaten separately, fold it in last.

The waffle irons should be thoroughly clean and smooth. Heat both sides thoroughly and grease with a brush or swab dipped in liquid fat, or rub the iron with a piece of bacon rind. Place a spoonful of batter in each compartment of the griddle, near the center, close the irons and the batter will fill the compartments. Bake on one side until the edges seem to be browning, then turn the iron and bake the other side until delicately brown.

WAFFLE VARIATIONS

CORN MEAL WAFFLES (Serves two)

(Taken from Farmers' Bulletin 1136, p. 31)

In the recipe for plain waffles use a scant ½ c. corn meal and ½ c.

wheat flour in place of all wheat flour. Proceed as otherwise directed there. These waffles are especially crisp and delicate.

RICE WAFFLES (Serves two)

(Taken from Farmers' Bulletin 1136, p. 32)

$\frac{1}{2}$ c sifted flour	$\frac{1}{2}$ c. cooked rice
$1\frac{1}{2}$ t. B. P.	1 egg
$\frac{1}{4}$ t. salt	$\frac{1}{2}$ T. shortening (melted)
1 t. sugar, if desired	$\frac{3}{4}$ c. milk

Cook the rice until very soft and while hot mash it to a pulp. When cool add to it the melted shortening, the beaten egg yolks, and milk. Add to this the flour which has been sifted with the baking powder, salt, and sugar. Beat thoroughly and lastly fold in the stiffly beaten egg white. If necessary, add more milk to make a batter which will pour easily.

It is not necessary in making waffles to separate the whites and yolks of the eggs.

COCOANUT WAFFLES

Use foundation recipe, adding $\frac{1}{4}$ c. cocoanut just before folding in the egg white.

NUT WAFFLES

Use foundation recipe, adding $\frac{1}{4}$ c. chopped nuts just before folding in the egg white.

SCORE CARD FOR WAFFLES

(Suggestion Taken from Farmers' Bulletin 1136)

<i>Points to Consider</i>	<i>Explanation</i>	<i>Score</i>
1. General appearance:		15
Shape	A waffle should be the same shape as the utensil in which it is baked.	
Size	A waffle should be the size of the utensil in which it is baked.	
Color	A waffle should be a rich brown on both sides.	
Uniformity	All waffles made from same batter should be uniform in shape, size and color.	
2. Lightness:	Waffles should be light, porous and spongy.	10
3. Crust:		
Depth	Crust on waffles should be very thin.	10
Quality	Crust on waffles should be crisp and tender.	5
4. Crumb:		20
Color	The color of inside of waffles will depend upon ingredients in them—white flour waffles have a creamy, white color.	
Texture	The crumb of waffles should be light, porous, tender, spongy.	
5. Flavor:		40
Odor	Plain white flour waffles should have the characteristic odor of wheat.	
Taste	Plain white flour waffles should have the characteristic taste of wheat.	

EIGHTH DEMONSTRATION—SHORT CAKES AND OTHER VARIATIONS OF QUICK BREADS

SHORT CAKE

(Taken from Farmers' Bulletin 1136, p. 32)

1 c. sifted flour	2 T. shortening (preferably butter or butter substitute)
1½ t. B. P.	About 1/3 c. milk or ½ or 1 T. less of water
¾ t. salt	
½ T. sugar	

Sift together the flour, baking powder, salt, and sugar. Cut in the shortening and mix lightly with milk or water until like biscuit dough. Divide into two equal portions and roll each into a sheet about ½ inch thick. Bake in a shallow pan, one sheet upon the other, after spreading the lower lightly with butter. Or, cut the dough, after rolling, into rounds as for biscuit, placing two rounds upon each other separated by a thin layer of butter.

Short cake with fruit: When baked, separate the two layers of short cake. Spread each with butter and cover the lower layer with sweetened fruit. Place the other layer on top. Cover the top with berries if desired and serve with cream or whipped cream, or whipped cream may be spread upon top layer before serving. Best served hot. Fruits suitable for short cake are fresh strawberries, raspberries, stewed apricots, sliced peaches, stewed dried fruit or canned fruit, stewed rhubarb, or crushed or shredded pineapple.

Chicken a la King, creamed chicken, creamed oysters, creamed sweet-breads, and creamed asparagus also make delicious short cakes but when not using fruit the sugar should be omitted.

SCORE CARD FOR SHORT CAKE

(Taken from Farmers' Bulletin 1136)

<i>Points to Consider</i>	<i>Explanation</i>	<i>Score</i>
1. General appearance:		15
Shape	A short cake should be regular and attractive in shape—like a large biscuit	
Size	A short cake may be either individual or family size.	
Color	Short cake should be a medium brown on top and bottom.	
2. Lightness:	Short cake should be light, porous.	10
3. Crust:		10
Depth	Crust on short cake should be rather thin like crust on a biscuit.	
Quality	Crust of short cake should be tender, crisp and crumbly.	
4. Crumb:		5
Color	The inside of a short cake should be creamy white	
Texture	The crumb of a short cake should be soft, light, feathery, and tender.	20
5. Flavor:		40
Odor	A short cake should have the same nutty odor as a hot biscuit.	
Taste	A short cake should have the same nutty taste as parched and cooked wheat, like a biscuit.	
Total		100

PLAIN DUMPLINGS

Follow biscuit recipe using $\frac{1}{3}$ T. less fat. Roll out dough $\frac{1}{2}$ inch thick and place on top of boiling meat or chicken soup or broth. Cover and steam 15 to 20 minutes without removing the cover.

DROP DUMPLINGS

Follow recipe for drop biscuits and drop dough into rapidly boiling meat or chicken soup or stew and steam 15 or 20 minutes without removing cover.

SALLY LUNN

1 c. flour	1 well beaten egg yolk
$1\frac{1}{2}$ t. B. P.	$\frac{1}{2}$ c. milk
1 T. sugar	2 T. fat melted
$\frac{1}{2}$ t. salt	1 stiffly beaten egg white

Mix and sift dry ingredients together. Add milk to well beaten egg yolk and add to dry ingredients, beating quickly until smooth. Then beat in melted fat, fold in stiffly beaten egg white and pour into well greased pan so that batter will be about $\frac{3}{4}$ inch deep before baking and double afterwards. Bake 20 to 25 minutes in a hot oven (425° F.).

COFFEE BREAD

Follow recipe for short cake to make dough. Roll out dough $\frac{3}{4}$ inch thick and place in greased pie pan so that edges will stand up a little higher than sides like the side of a pie. Mix $\frac{1}{2}$ c. sweet cream, $\frac{1}{4}$ c. sugar, and 2 T. flour together and spread it over the top of the dough. Over this sprinkle 2 t. cinnamon mixed with $\frac{1}{4}$ c. bread crumbs and bake as short cake. If preferred chopped raisins or dates or dried currants may be mixed in the dough before rolling it out. Chopped nuts may also be added.

In order that we may have a uniform method of calculating costs and values, the following table is suggested:

COST OF INGREDIENTS

Flour.....	\$2.00—50 lbs.
Butter.....	.50— 1 lb.
Lard.....	.25— 1 lb.
Compound.....	.25— 1 lb.
Milk.....	.15— 1 qt.
Sugar.....	.05— 1 lb.
Salt.....	.02— 1 lb.
Eggs.....	.40— 1 doz.
Molasses.....	.25— 1 lb.
Brown Sugar.....	.05— 1 lb.
Nuts.....	.30— 1 lb.

Cinnamon.....	.10—2 oz. can
Flavoring.....	.25— $\frac{1}{2}$ cup (24 tsp.)
Raisins.....	.15—1 lb.
Dates.....	.25—1 lb.
Lemons.....	.30—1 doz.

The market price of the finished product will be as follows:

Biscuits.....	\$.25—1 doz.
Fancy biscuits.....	.30—1 doz.
Muffins.....	.20—1 doz.
Fancy muffins.....	.30—1 doz.
Corn bread.....	.20—1 sheet
Waffles.....	.10—each
Pancakes.....	.04—each
Shortcake.....	.10—each
Family size shortcake.....	.50—each

