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Good Foods



Make Good Friends



Agricultural Extension Service
University of Arizona, Tucson

Circular 254

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Good Foods Make Good Friends

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Have you ever wanted to be loose in the kitchen all by yourself to prepare a whole meal?

In this circular, "Good Foods Make Good Friends," you will learn how to prepare a nutritious breakfast, an appetizing lunch, and how to serve a successful party. There's lots to learn in planning menus for these three different occasions; menus which are easy to prepare and serve as well as being nutritious.

You learned a great many different methods of food preparation in your 4-H food project "Fun in the Kitchen." This year you will learn more about what food does for the body and how you put cookies, sandwiches, drinks, etc., together to make an interesting and appetizing meal.

The popular thing for active teenagers to do is to plan, prepare, and serve foods for the gang. Nothing is as much fun as proudly showing

off your family, your home, and your skill in cooking.

So, get ready to do some real thinking and advanced planning for a successful foods project in "Good Foods Make Good Friends."

This is what you will learn to do in "Good Foods Make Good Friends:"

- | | No. of times |
|----------------------------|--------------|
| 1. Using Arizona Citrus | |
| a. Fruit drinks | 2 |
| b. Baked fruits* | |
| c. Fruit cups* | |
| II. Quick Breads | |
| a. Muffins
& Variations | 3 |
| b. Cornbread Muffins* | |
| c. Fruit Loaf Breads* | |
| III. Egg Cookery | 2 |
| a. Hard cooked eggs | |
| b. Scrambled eggs | |
| c. Deviled eggs* | |

- IV. **A good morning breakfast**
 - a. Planning; preparing; serving 1
- V. **Sandwiches**
 - a. Simple sandwiches 2
 - b. Double-decker sandwiches*
 - c. Ribbon sandwiches*
 - d. Open-face sandwiches*
- VI. **Cabbage Slaw** 2
- VII. **Cooking Vegetables** 2
 - a. Frozen vegetables
 - b. Canned vegetables*
 - c. Potatoes
- VIII. **Easy Desserts**
 - a. Vanilla pudding 2
 - b. Fruit desserts*
 - c. Cakes*
- IX. **Cookies**
 - a. Pattern cookies 2
 - b. Three-in-one cookies*
- X. **Lunch—planning, preparing, serving** 1
- XI. **Party planning**

**Optional—These are extra suggestions for more food preparation if you have time and interest.*

DID YOU KNOW THAT FOOD HAS THREE BIG JOBS?

1. To provide energy and heat so that we can breathe, walk, work and play.

This heat and energy is provided in such foods as butter, fat, meats, rich sauces and gravies, shortening, salad dressings, breads, cereals, potatoes, and rich desserts such as pies and cakes. These are known as **carbohydrate and fat foods**.

2. To build, maintain, and repair our muscles, bones, skin and internal organs, repairing the wear and tear on bodies of adults, helping children grow big and strong.

Such foods as milk, meats, fish, cheese, eggs, dried peas and beans, and nuts furnish the material for building and repairing body tissue. These are known as **protein foods**.

3. To keep our bodies regulated and running smoothly, helping our food to digest properly, making sure we get the most good from the air we breathe, and the proper regulation of tissues and organs so they can function adequately.

Such foods as fruits and vegetables, milk, butter, eggs, whole grain, and enriched breads and cereals furnish the things necessary for smooth body functioning. They are known as **mineral and vitamin foods**.

We need these three groups of food for health. Meals for the day are well balanced when all groups are included in good measure. To make certain the family's meals are well balanced, check them by the "Good Foods for Good Health" list, on page 5.

A well-planned meal does more than satisfy health needs. It provides variety in texture, flavor, and color—so the foods will taste good and look good.

Good Foods For Good Health



What To Eat Every Day

Leafy green and yellow vegetables have high vitamin A value. Green leafy vegetables also contain iron and calcium. Your body can use the calcium of broccoli, cauliflower, and kale almost as well as the calcium of milk.

Eat one or more servings each day.

Oranges, grapefruit, lemons, tomatoes, raw cabbage, raw salad greens, kale and turnip greens, green chiles, cauliflower, cantaloup, and strawberries contain large amounts of vitamin C (ascorbic acid).

Eat one or more servings each day

Potatoes—both white and sweet—provide energy, vitamin C, and iron. Sweet potatoes are rich in vitamin A.

Eat a potato every day.

Other fruits and vegetables supply vitamins, minerals and bulk. Fruits sharpen your appetite.

Eat two or more servings each day.

Why

Vitamin A helps your body to grow and develop. It helps to keep your eyes keen both day and night. You need vitamin A for healthy skin and mucous membranes. It is your first line of defense against infectious diseases.

Iron is used to build red blood cells which carry oxygen to the millions of cells in your body. It gives you pep and vigor.

Vitamin C helps to prevent bleeding gums, and to build sound teeth and bones. Plenty of vitamin C makes you grow better, feel better, and gives you endurance or staying power. It helps cuts and wounds to heal.

They help you to balance your meals.

Milk and cheese contain more calcium than any other foods. They also contain high quality protein, riboflavin (vitamin B.), and the mineral phosphorus.

Ice cream rates high as a dairy food.

You need four glasses of milk every day.

Lean meat, fish, liver, poultry. Eat one or more servings a day.

Eggs. Eat an egg every day.

Dried peas, beans or nuts. Eat one or more servings each week. These foods supply protein, phosphorus, iron, and the B vitamins—thiamine, riboflavin and niacin.

Cereals, flour, and bread provide energy at low cost. Whole grain or enriched cereals, flour, and breads contain iron and the B vitamins—thiamine, riboflavin and niacin.

Eat one or more servings every day.

Butter and margarine are fats. They supply large amounts of energy and both are rich in vitamin A.

Eat one or more servings every day.

Calcium and phosphorus, plus vitamin D from sunshine or fish liver oils, build strong bones and teeth. Riboflavin helps you to grow and keeps your skin and eyes healthy. Protein builds and repairs cells and muscles.

Lean meat, fish, liver, and poultry supply high quality proteins.

Your body is able to use all the complete protein of eggs to build body tissues.

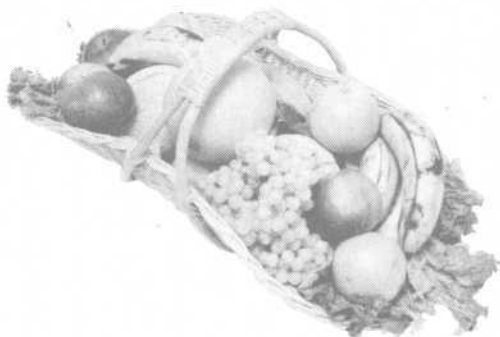
Include milk, eggs, or cheese when you eat dried beans or peas, soybeans, or peanuts.

All foods supply energy for work and play when burned in the body.

Thiamine helps you to recover your appetite if you've lost it, to prevent constipation, to use your energy, to grow, and to have steady nerves. Niacin helps to keep your skin and hair healthy and to steady your nerves.

The body needs some fat every day.

Using Arizona Fruits



Fruit Cups

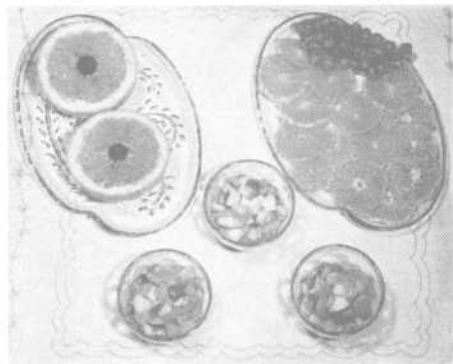
For fruit cups for breakfast or desserts, you may wish to use fresh, frozen, or canned fruits. Use any two kinds, or some of each kind.

Mix a package of frozen fruit with fresh and canned fruits of any kind just before serving. This is all the chilling needed.

For the fresh fruit use any one kind or several—oranges, grapefruit, bananas, cherries, berries, peaches, apricots.

For canned fruit use any you have—peaches, apricots, pears, cherries, berries.

Grapefruit and Oranges



1. Grapefruit Halves

- Choose a ripe grapefruit, colored from yellow to reddish-brown.
- Wash and cut in half, crosswise.

- Cut around each section with a sharp knife. You don't need sugar if the fruit is ripe.

- Fix orange halves the same way.

2. How to Fix Oranges

With the orange in the left hand and the knife in the right, begin at one end of the orange and cut down to the juicy fruit. Cut around and around the orange until the peel is removed. If you wish, leave some of the white covering.

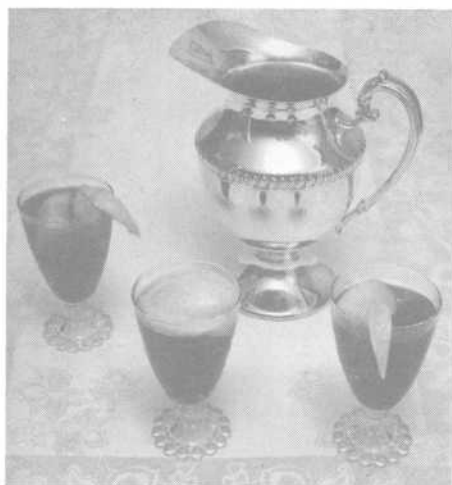
After peeling, cut each orange into 5 or 6 slices like cart wheels.

To remove sections for salad or fruit cup, cut along one side of fruit section to the center of the fruit. Turn the blade, and ease out the section of fruit on the knife blade. If done carefully, sections of fruit will be whole. Or, cut half way between sections to the center to include the tissue.

Grapefruit Flip

- 2 cups grapefruit juice
- ½ cup orange juice
- 2 tablespoons sugar, if desired
- 2 cups ginger ale

Combine ingredients, adding ginger ale last. Pour over crushed ice in tall glasses. Garnish with sprigs of mint. Serve immediately.



Fruit Punch

- 2 Lemons
- 2 cups water
- 1½ cups grape juice
- ¾ cup sugar
- 1 No. 2 can grapefruit juice

Slice lemons; boil with sugar and water for 7 minutes; cool. Add grapefruit juice and grape juice. Chill. Serve with ice cubes in tall glasses. This recipe makes approximately 1½ quarts.

Trick: Add thin slices of orange sections to the punch just before serving.

Fruit Nectar

- ¾ cup mashed bananas
- 3 tablespoons orange juice
- ¼ teaspoon almond extract
- 3 tablespoons honey or sugar
- 2 cups milk
- ½ teaspoon salt

After mashing bananas, add fruit juice, honey or sugar, salt, almond extract. When ready to serve, add milk and beat well.

Broiled Fruit

For a "special" dessert or snack, sprinkle the cavities of peach, pear, or apricot halves with brown sugar and then with coconut or chopped nuts.

Place the dish of prepared fruit in the preheated broiler with the top of the fruit 3 to 5 inches from the electric unit or tip of the gas flame. Broil for 10 to 15 minutes. Serve hot.

Baked Apples

(Serves Six)

Ingredients

- 6 firm apples
- 12 tablespoons white or brown sugar
- cinnamon
- 1 tablespoon butter or margarine
- nutmeg
- hot water

Equipment

- Paring knife or apple corer
- Baking pan
- Set of metal measuring spoons
- Fork
- Hot pads

1. Preheat oven to moderate (350°).
2. Wash and core apples.
3. Place in baking dish.
4. Fill each cavity with 2 tablespoons of the sugar, a dash of cinnamon and nutmeg, and ½ teaspoon butter or margarine.
5. Cover bottom of baking pan with hot water.
6. Bake in preheated oven 30 to 40 minutes, or until apples are tender when tested with a fork.
7. Serve hot or cold with cream.
8. For variety fill center of each apple with sugar mixed with raisins, grated orange rind, cinnamon candy, nuts, or with mincemeat.

How About Muffins?

Muffins are popular quick breads to serve for breakfast, lunch, or supper. They are found in the Energy Group because they are made of cereal. Muffins call for a thick batter.

It is difficult to mix muffins just right for a light and tender product. Gluten is formed from the proteins in the flour. Your mixture must contain just the right proportion of flour (2 cups) to liquid (1 cup) to make this gluten form.

When gluten strands are over-mixed, the batter becomes tough. Then the gas formed from the baking powder, while the muffins are baking in the oven, has a hard time breaking through the batter. The gas finally explodes and makes big holes or tunnels in the muffins. These are undesirable characteristics.

In variations of muffins corn-meal, whole-wheat flour, fruits, and nuts tend to break the long strands of gluten which may form when muffins are mixed.

Trick: For even brownness and uniformity fill muffin cups $\frac{2}{3}$ full of batter.

Plain Muffins

(Yield: 10-12 muffins)

- 2 cups sifted enriched flour
- 3 tablespoons sugar
- 2½ teaspoons double-action baking powder
- 1 teaspoon salt
- 1 egg, beaten
- 1 cup milk
- 3 tablespoons melted fat or oil

Equipment

Dry measuring cup



- Measuring spoons
- Spatula or knife
- Flour sifter
- Piece of waxed paper
- Mixing bowl
- Mixing spoon
- Egg beater or fork
- Liquid measuring cup
- Small pan for melting fat
- Muffin tin
- Bowl scrapper

Trick: $\frac{1}{4}$ cup of dry skim milk powder plus 1 cup water may be used instead of 1 cup milk. Measure dry milk powder and sift with dry ingredients.

Steps

1. Have all ingredients at room temperature.
2. Melt the fat.
3. Sift flour and then measure it.
4. Measure the sugar, salt, and baking powder. Combine these with the flour and sift all together twice to be sure all the ingredients are well mixed.
5. Combine the milk, beaten egg, and fat; beat the mixture with an egg beater until it is well blended.
6. Combine the dry and liquid ingredients, stirring about 18 to 20 strokes. The mixture should be rough.

7. Spoon the batter into muffin tins with only the bottoms greased. Fill $\frac{2}{3}$ full.

8. Bake in a hot oven (400° F.) about 25 minutes.

Whole Wheat Muffins

(Yield 12 muffins)

1 cup enriched flour
1 $\frac{1}{4}$ cups whole wheat flour
1 $\frac{1}{4}$ teaspoons salt
3 tablespoons sugar
2 $\frac{1}{2}$ teaspoons double-action baking powder

1 egg, beaten
4 tablespoons melted fat or oil
1 $\frac{1}{4}$ cups milk

Note: Equipment will be same as for muffins.

Steps

1. Have all ingredients at room temperature.

2. Sift and measure the enriched flour. Spoon whole-wheat flour lightly to measure.

3. Combine in the sifter, both kinds of flour, sugar, salt, and baking powder; sift all together twice to be sure the ingredients are well mixed. Add any grain material left in the sifter to the sifted ingredients.

4. Combine the milk, beaten egg, and melted fat; beat the mixture with the egg beater until it is well blended.

5. Combine the dry and liquid ingredients, stirring about 18 to 20 strokes. The mixture should be rough.

6. Spoon the batter into muffin tins with only the bottoms greased.

7. Bake at 400° F. about 25 minutes.

Cornmeal Muffins

With Sour Milk or Buttermilk

(Yield. 12 muffins)

1 $\frac{1}{2}$ cups enriched flour

1 cup cornmeal

3 tablespoons sugar

1 $\frac{1}{2}$ teaspoons salt

1 $\frac{1}{2}$ teaspoons double-action baking powder

1 egg

1 $\frac{1}{2}$ cups sour milk or buttermilk

$\frac{1}{2}$ teaspoon soda

2 or 3 tablespoons melted fat or oil

Note: Equipment will be same as for muffins.

Steps

Follow instructions for making plain muffins.

Note: When sour milk or buttermilk is used, the use of $\frac{1}{2}$ teaspoon of soda neutralizes the acid in the milk and causes carbon dioxide to form. This gas helps to make the batter rise so that less baking powder is used.

Variations

1. **Bacon Muffins.** Use white flour. Reduce fat to 1 $\frac{1}{2}$ tablespoons. Add $\frac{1}{4}$ cup crisp, diced bacon to liquid just before combining with dry ingredients.

2. **Orange Muffins.** Use orange juice instead of milk, and increase sugar to 4 tablespoons. Add 1 $\frac{1}{2}$ tablespoons grated orange rind to liquid.

3. **Nut Muffins.** Use all white flour or half whole wheat flour. Add $\frac{1}{2}$ cup chopped nuts before stirring.

4. **Fruit Muffins.** Add $\frac{1}{2}$ cup currants or raisins or chopped dates to the muffin recipe. Fresh berries may be used also. Well-drained canned berries or cherries may be used.

Trick: Add fruits to dry ingredients for even distribution.

HOW DID YOUR MUFFINS RATE?

Check (✓) one of these

	Excel- lent	Good	Needs Improving
<p>Appearance</p> <p>a. Medium size.</p> <p>b. Even shape with well-rounded, pebbly top.</p> <p>c. Evenly browned all over.</p> <p>Lightness</p> <p>Light for size of product.</p> <p>Crust</p> <p>Not too deep, tender, rough surface.</p> <p>Crumb</p> <p>Tender, moist, fine grain throughout; not doughy nor crumbly, free from tunnels.</p> <p>Flavor</p> <p>Pleasing with no decided taste of fat, salt, baking powder, soda, or sour milk.</p>			

This Might Happen to Your Muffins — and Why

If your muffins:

- I. Browned unevenly
- II. Had peaks
- III. Were tough
- IV. Were heavy
- V. Had tunnels formed

It was because:

- a. Too hot an oven
 - b. Oven doesn't heat uniformly
 - c. Pans too full
 - d. Poor quality pans
- a. Heat uneven in oven
 - b. Too much stirring
 - c. Too stiff a mixture
 - d. Too hot an oven
- a. Too much beating
 - b. Wrong proportions
- a. Too much flour
 - b. Too much liquid
 - c. Not enough baking powder
- a. Too much beating

- | | |
|----------------------------|---|
| VI. Had a smooth crust | a. Too much mixing |
| VII. Had a hard crust | a. Too long baking
b. Too high a temperature |
| VIII. Had a dry crumb | a. Too stiff a batter
b. Overbaked |
| IX. Had too moist a crumb | a. Undercooked |
| X. Were crumbly—fell apart | a. Too much fat |
| XI. Were off flavor | a. Stale ingredients
b. Too much baking powder
c. Too much salt
d. Too little salt |

Try These Quick Loaf Breads

Have you ever wanted to have something different in the way of bread for breakfast or lunch? Quick Loaf Bread is easy to make and shows off your real skill in preparing quick breads.

These quick breads freeze easily in the freezer up to 12 months. So, when you are making quick breads, make several for the freezer for good nutritious breads in future meals.

Date Orange Bread

(Yield: 1 loaf)

- 1 8-oz. package dates, chopped
- 1 teaspoon soda
- 1 cup boiling water
- pour water over dates and soda and let set
- ½ cup shortening
- 1 cup sugar
- 1 egg



- 2 cups sifted, all purpose flour
- ¼ teaspoon salt
- Grated rind of one orange
- 1 teaspoon vanilla
- ½ cup chopped nuts

Equipment for all breads listed

- Liquid measuring cups
- Dry measuring cups
- Measuring spoons
- Mixing bowl
- Mixing spoon
- Loaf pan
- Paring Knife
- Grater

1. Cream shortening, sugar and egg.
2. Add salt, vanilla and orange rind.
3. Add flour and date-water mixture alternately.
4. Add $\frac{1}{2}$ cup chopped nuts.
5. Bake in moderate oven (about 300°) for 45 minutes.
6. Use juice of one orange and $\frac{1}{2}$ cup sugar (heated to dissolve) over bread before removing from pan.
7. Serve in thin slices for bread or sandwiches.

Orange Bread

(Yield: 1 loaf)

1. Parboil 2 cups orange peel, finely cut, in 1 cup water and 1 teaspoon soda for 10 minutes.
2. Drain and rinse well in clear water.
3. Add 1 cup sugar and $\frac{3}{4}$ cup water.
4. Cool until tender and thick.
5. Make batter of following ingredients:
 - 2 eggs (do not separate)
 - 1 cup sweet milk
 - $\frac{1}{2}$ teaspoon salt
 - $\frac{1}{2}$ cup sugar
 - 2 tablespoons melted butter
 - 3 teaspoons baking powder
 - $3\frac{1}{2}$ cups flour
 - 1 cup pecans
6. Add orange peel and floured pecans. Bake from 1 to $1\frac{1}{2}$ hours in moderate oven at 350° F. Makes 2 small or 1 large loaf.

Banana Nut Bread

- $\frac{1}{3}$ cup fat
- $\frac{3}{4}$ cup sugar
- 1 egg
- $\frac{2}{3}$ cup bananas
- 2 cups flour
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{4}$ teaspoon soda

- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{3}$ cup sweet milk
- $\frac{1}{2}$ cup nuts

1. Cream shortening and sugar.
2. Add beaten egg.
3. Add the mashed bananas.
4. Add the milk and sifted dry ingredients and nuts alternately.
5. Bake in a pound-size loaf pan in preheated oven 325° F. for 1 hour.

Trick: It's smart to double the recipe and freeze the extra loaf. It will freeze up to 1 year.

Date Nut Bread

(Yield: 1 loaf)

- $2\frac{1}{2}$ cups sifted all purpose flour
- $1\frac{1}{4}$ teaspoons baking soda
- 1 teaspoon salt
- $\frac{1}{2}$ cup chopped dates
- 2 eggs
- 5 tablespoons white (distilled) vinegar.
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ cup firmly packed brown sugar
- $\frac{1}{4}$ cup melted shortening
- $\frac{3}{4}$ cup chopped nuts

1. Sift flour, soda, and salt together into mixing bowl.
2. Stir chopped dates until all are separated.
3. Beat eggs, combine with vinegar and milk, and stir in brown sugar.
4. Add melted shortening and pour all at once into flour mixture.
5. Stir only until all flour is dampened; then add nuts and mix lightly.
6. Turn into greased $8\text{-}\frac{3}{4} \times 4\frac{1}{2} \times 2\frac{1}{2}$ inch loaf pan and bake 60-70 minutes or until done at 350° F. (moderate oven). Remove from pan and cool several hours or overnight before slicing.

Eat Hearty Foods



Girls may like to excel in fancy pastries and so forth, but boys want food that sticks to the ribs. It really takes a combination of many foods to satisfy the appetite. Let's start out with eggs.

Take Good Care of Eggs

Eggs should always be kept in the refrigerator. Remove from paper carton, and place in a dish which has a cover, or if the refrigerator has an egg keeper, store them there.

Trick: Eggs separate much better if they are cold. Hold egg carefully after it is cracked so the white will separate from the yolk.

Cooking Eggs in Shell

Carefully place eggs in a saucepan. Cover with cold water. Cover saucepan. Bring slowly to boiling point over low heat.

When water reaches boiling point, reduce heat so water will not boil, and cook for 2 minutes for soft eggs, or 4 minutes for a firmer egg.

Hard-cooked eggs should simmer for 20 minutes.

Trick: If you are hard cooking the eggs for deviled eggs, as soon as they are cooked, (about 20 minutes), remove from hot water, plunge into cold water. Remove shells at once. This prevents the yolks from discoloring, and the egg shell comes off much easier.

Deviled Eggs

(See directions, left, for cooking)

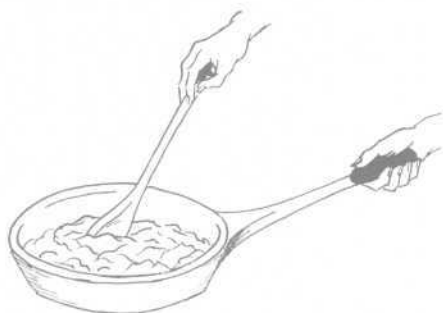
- 6 hard-cooked eggs
- 1 tablespoon mayonnaise
- 2 tablespoons vinegar
- $\frac{1}{2}$ teaspoon prepared mustard
- $\frac{1}{2}$ teaspoon salt
- dash of pepper

Trick: Eggs are best when cooked at a low temperature just below boiling point.

1. Remove shell from egg.
2. Cut egg in half—lengthwise.
3. Remove the yolks (the yellow part) and place in a small bowl.
4. Mash egg yolks with a fork, then add all ingredients and stir until everything is thoroughly mixed
5. Refill the whites, place on plate or small tray, and chill in refrigerator.
6. If you are taking them to a picnic, put halves together, holding them in place with a toothpick. Then wrap each egg in waxed paper. This amount should serve four.

Trick: You can add onion juice if you like, or onion salt. A dash of paprika over the filled eggs makes them look pretty.

Scrambled Eggs



3 tablespoons butter, margarine or bacon grease

6 eggs

$\frac{1}{2}$ cup milk or cream

1 teaspoon salt

dash of pepper

1. You'll need a medium-sized skillet. Put butter, margarine or bacon fat in skillet. Be sure you turn the surface unit to medium heat.

2. While the skillet is heating, break the eggs into a bowl, and beat just a little with a fork.

3. Add the milk or cream and seasonings and stir through the egg.

4. When fat is hot, pour egg mixture into skillet.

5. As mixture thickens, stir with a spoon, scraping from sides and bottom of skillet until nicely thickened. Some folks like their scrambled eggs very dry, some like them quite soft. The longer you cook them, the drier they become.

6. Serve piping hot as a part of a hearty breakfast that sticks to your ribs.

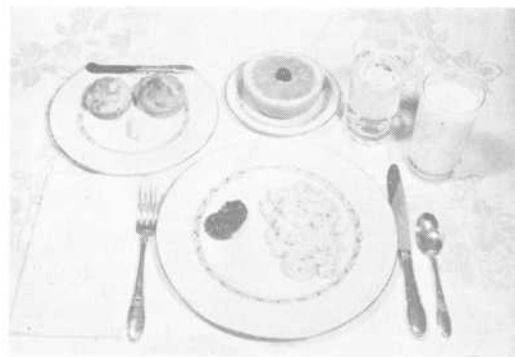
Now Let's Serve Breakfast

Breakfast is Important

Breakfast is one of the most important meals of the day, but often it is the most neglected. Have you ever thought what a long time it is between supper and breakfast? By breakfast time the stomach is empty and the body needs food before it is ready for the day's work or play.

What Makes a Good Breakfast?

A breakfast should include some fruit. Fruit helps to increase the



appetite. It furnishes bulk and gives us minerals and vitamins.

Tomatoes, fresh or canned, oranges, grapefruit, fresh cantaloup, or fresh strawberries should be used often because they are such a good source of vitamin C which you need every day.

A breakfast should include a fuel food to prevent tiredness and

headaches. **Cereals** and all kinds of breads help to do this. Choose the whole grain and enriched kinds, for they add B vitamins and minerals. A hot cereal or a bread helps to tone up the digestive tract.

Milk is a part of every good breakfast. Use it as a beverage. It may be made into cocoa on cold days. Use it on cereals, too. It is hard for a boy or girl to get enough milk during the day unless he or she starts with some at breakfast time. Milk is a good source of protein, fat, and vitamin A. It is hard to get enough calcium and riboflavin if milk is slighted.

A **fat** helps to make breakfast stick to your ribs and helps to keep you from getting hungry before noon. Butter may be spread on your bread, or cream used on cereals. Bacon adds fat to the meal.

How Big Is a Good Breakfast?

Everyone needs a good breakfast, but some people need a bigger breakfast than others. A light breakfast is suitable for a person who is not very active during the day and who is to have a big dinner.

The person who is going to do heavy work outdoors needs a big breakfast. A teenager in school

needs a medium breakfast. Breakfast should furnish one-third to one-fourth of the day's food.

Trick: A heartier breakfast will be enjoyed more when you have been up 20-30 minutes before breakfast time.

Breakfast Pattern

Light

Fruit
Cereal
Bread (in some form)
Butter
Milk beverage

Medium

Fruit
Cereal or egg
Bread (in some form)
Butter
Milk beverage

Hearty

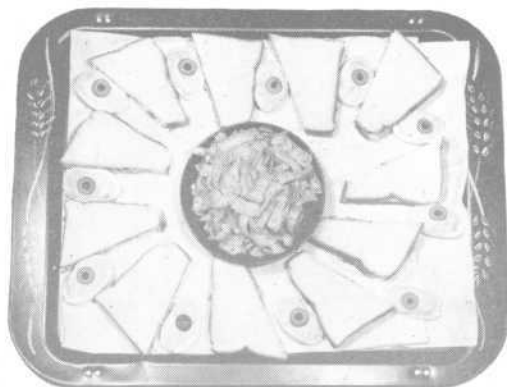
Fruit
Cereal
Eggs and/or meat
Bread (in some form)
Butter
Milk beverage

Fruit, some kind of **bread**, or **cereal**, and **milk** appear in all of these patterns, and should be included in every 4-H'er's breakfast.

Make Good Sandwiches!

How are they made?

1. Prepare fillings.
2. Use thin bread, and butter both slices, covering completely.



3. Spread filling over butter on one slice of bread and cover with other slice.

4. Remove crust only when sandwiches are made for tea service. Wrap sandwiches to prevent drying.

Kinds:

1. **Meat** of all kinds—sliced thin, chopped, or ground. If meat is dry, moisten with cream, gravy, or mayonnaise dressing.

2. **Fish**, such as salmon, sardine, tuna, or shrimp.

3. **Eggs**, scrambled or hard-cooked.

4. **Cheese** of all kinds, either sliced thin, grated, or creamed with butter. Chopped nuts, chopped olives, preserves, or jelly may be added to cheese.

5. **Vegetables**, such as lettuce, water cress, sweet green pepper, celery, parsley, or carrots chopped or ground.

6. Miscellaneous **fillings** such as peanut butter, chopped nuts, maple syrup, honey, jelly, jam, marmalade, preserves, or chopped dried fruits, as raisins and dates mixed with nuts.

Ribbon Sandwiches

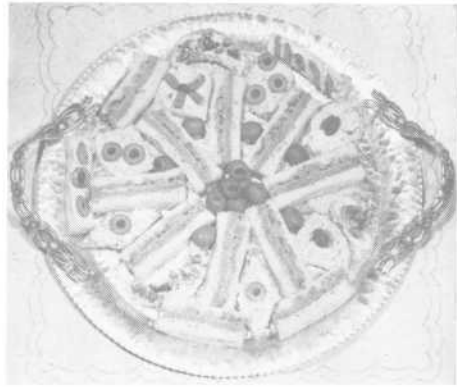
1. Use slices of white and whole wheat bread one-half inch thick.

2. Spread with softened butter and cream cheese filling or other filling.

3. Place one slice of whole wheat bread between two slices of white. Press firmly under a weight. Let stand until filling is set. Remove the crust and cut in thin slices.

Open-Faced Sandwiches

1. Cut white and whole wheat bread into various shapes.



Trick: Use cookie cutter or make a pattern out of cardboard as an outline for cutting.

2. Butter each sandwich and cover with the spread.

3. Suitable spreads are cream cheese, tuna fish moistened with salad dressing, or ground ham and pickle.

4. Garnish with green pepper, sliced stuffed olives or parsley.

Freezing Sandwiches

Sandwiches may be frozen for the school lunch or picnic basket. On the weekend you could prepare all the sandwiches for your lunchbox for the coming week. Choose sandwich fillings that do not contain hard cooked egg whites and raw vegetables.

To prepare sandwiches for freezing, use well-buttered bread. After making the sandwich, wrap in locker paper or bags, excluding as much air as possible. Seal.

Store sandwiches up to one week. Thaw them in their freezer wrappings at room temperature about 3 hours. You may start toasting any time you wish while they are partially frozen.

Serve a Vegetable



Perhaps you would like to heat a canned vegetable or cook a frozen vegetable for lunch or supper. Remember, we need five servings of fruit and vegetables every day for the vitamins and minerals they provide.

Trick: Always use a pan with a tight-fitting lid for cooking vegetables.

Heating a Canned Vegetable

Drain off the juice into a saucepan and heat to evaporate some liquid. When the liquid boils rapidly, add the vegetable. Cover and cook just until the vegetable is heated. You may use the liquid for gravy, stew, or soup. It contains some vitamins and minerals.

Trick: If the vegetable was home canned, boil it in the liquid in an open pan for 10 minutes to be sure it is safe to eat.

Cooking a Frozen Vegetable

1. Bring $\frac{1}{2}$ to $\frac{3}{4}$ cup water to a boil in a pan with a tight lid.

2. Put frozen vegetable* (not thawed) in pan. Leave heat on high and stir with a fork to pry vegetables gently apart.

3. When they boil, turn heat down, put on lid and cook for 3-5 minutes until just tender.

***Exception**—Thaw corn on the cob and broccoli until ears and stalks separate. Cook as above.

Trick: Season with butter, cream or bacon drippings just before serving.

Cooking Potatoes

To get the most good from potatoes:

1. Cook them in their skins.
2. When you must peel them, keep the peelings thin.
3. Peel them just before you cook them.

Baked Potatoes

1. Select potatoes of as nearly the same size as possible so they will all be done at the same time.

2. Scrub and dry them. For a soft skin, rub a little fat on the potatoes before you bake them.

3. Put them into a medium hot oven (375° F.) and bake them until they are tender—fifty or sixty minutes.

4. As soon as the potatoes are done, cut criss-cross gashes in the skin of each. Then pinch the potato so that some of the soft inside part pops up through the cut skin.

5. Top with butter or meat drippings, a dash of paprika, and a sprig of parsley. Serve hot.

Potato Scallop

(Yield: 6 servings)

Ingredients

6 medium-sized potatoes
2 tablespoons flour
1½ teaspoons salt
¼ teaspoon pepper
4 tablespoons fat
1½ cups hot milk

Equipment

Casserole
Measuring spoons
Measuring cups
Paring knife

1. Wash, peel, and slice the potatoes.

2. Grease a baking dish and place in it a layer of potatoes.

3. Sprinkle the potatoes with flour, salt, and pepper. Dot them with fat. Repeat until all the potatoes are in the dish. Dish **should not** be more than half full.

4. Pour in the hot milk.

5. Bake in oven at 325° until the potatoes are brown on top and soft all through. Usually this takes about an hour. Add more milk if the potatoes become dry.

Trick: To be sure the milk doesn't curdle, use very fresh milk and keep the oven heat low. The starch in the potatoes thickens the milk during the baking. If oven temperature is too hot, the protein of the milk separates. The result is watery, curdled potatoes.

4-H Cabbage Salads and Dressing

Cabbage is a good source of vitamin C or ascorbic acid. Because cabbage is rich in vitamin C it



makes a good substitute for oranges, grapefruit, and tomatoes.

Vitamin C is easily destroyed by air and heat. Some of it dissolves in cooking water. To save this vitamin you must be careful in shredding cabbage for salad not to bruise or grate it. Shred cabbage finely in single cuts, just before time to serve it.

4-H Vegetable Slaw

(Yield: 6-8 servings)

4 cups shredded cabbage
1 tablespoon minced onion
⅓ cup each diced celery, pepper,
and grated carrots
½ cup sliced radishes
½ cup salad dressing

Using 2 forks, add dressing and toss well. Serve.

4-H Club Dressing

Into 1 cup of bottled salad dressing or mayonnaise stir:

1 teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon paprika
2 teaspoons sugar
2 tablespoons vinegar or lemon
juice
2 tablespoons milk

Cabbage Slaw with Lemon-Carrot Dressing

1 cup grated carrots
¼ cup sugar
¼ cup water
grated rind and juice of 1 lemon

Let's Make Easy Desserts

Puddings are good. They add extra milk to our meals. Try making one from a prepared mix. It's very quick if you are in a hurry. Follow the directions on the package. It's the type that you cook, be sure to cook it over low to medium heat and stir all the time to keep it from burning. You can use a wooden spoon to stir—it is quieter and doesn't get hot like a metal one does. You may want to use this recipe instead of a mix. Dress it up with fruit, nuts, or a chocolate sauce.

Vanilla Pudding (Serves 4)

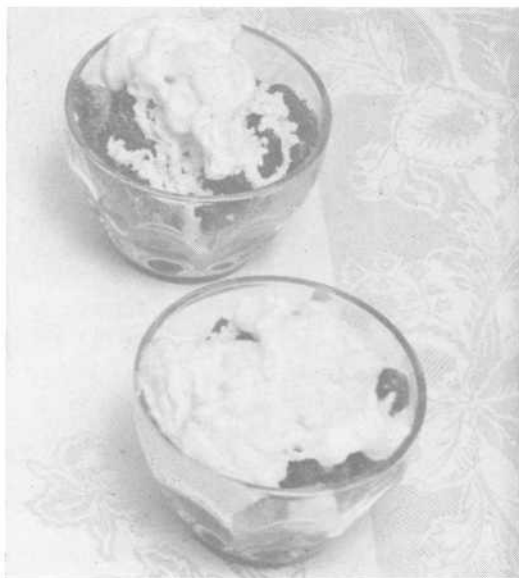
Ingredients

¼ cup sugar
2 tablespoons cornstarch
¼ teaspoon salt
2 eggs
1½ cups milk
1 tablespoon butter
1½ teaspoons vanilla

Equipment

Liquid measuring cups
Dry measuring cups
Flour sifter

1. Boil sugar and water to make a syrup.
2. Cool. Add carrots, lemon juice, and rind.
3. Chill. Toss with shredded cabbage just before serving.



Measuring spoons
Saucepan
Wooden spoon
Mixing bowl
Wax paper
Serving dishes

1. Mix sugar, cornstarch and salt together in saucepan; add eggs and milk and stir gently.
2. Cook over low heat, stirring constantly, until mixture boils. Boil one minute while stirring. Be careful not to burn it.
3. Remove from heat, blend in butter and vanilla.
4. Chill, keep covered in refrigerator. To keep a "skin" from forming on top, place a piece of wax paper right on top of the pudding.

5. To serve, spoon into individual dessert dishes or sherbet glasses.

—Serve plain with a cherry or jelly on top.

—Top with chocolate or butter-scotch sauce.

—Top with sliced, sweetened fruit or berries.

—Pour a little grape juice on top.

Trick: Sprinkle a small amount of sugar over surface of the pudding to prevent a skin from forming.

Fruit Quicke

(for 6 servings)

Ingredients

1 cup sifted flour
1 cup brown sugar
1 teaspoon cinnamon

3 tablespoons butter
3 cups canned drained fruit

Equipment

Flour sifter
Liquid measuring cups
Dry measuring cups
Measuring spoons
Baking pan
Blending fork
Serving dishes

1. Mix flour, brown sugar and cinnamon together.

2. Cut or rub in butter.

3. Place fruit in greased 8 x 8 x 2 inch pan and sprinkle with flour mixture.

4. Bake in a moderate oven (350° F.) about 30 minutes.

5. Serve with plain or whipped cream.

Try a Cake from a Mix



Everyone loves cake! It's easy for 11 and 12 year olds to make one from a mix. Use either a homemade mix or a commercial one .

Surprise your dad by making him a birthday cake. Follow the recipe directions very carefully.

Be sure to:

Use the right size pan when you pour the cake batter in the pan; it should fill it about half full. If

there is more batter it will rise over the top of the pan and the cake may fall.

Line the bottom of the pan with greased, wax, or brown paper. Don't grease the sides of the pan.

Prepare the batter according to the directions. Pour it carefully into the pan or pans. Lightly tap the

pans a couple of times on the table to get out any air bubbles.

Place the cake in the pre-heated oven on a rack so the center of the cake is in the center of the oven. If you have two pans, place them so they don't touch each other or the sides of the oven.

Remove the cake from the oven when it is done and let it cool for 10-15 minutes on a rack.

Loosen the edges with a knife and turn out on the rack. Carefully peel off the paper on the bottom. Let it finish cooling and frost it or serve plain.

Butter Frosting

(Frosts 2 - 8-inch layers)

Ingredients

¼ cup butter, softened
2 cups sifted confectioner's sugar
1 teaspoon vanilla
1 to 2 tablespoons cream

Equipment

Mixing bowl
Dry measuring cup

Sifter

Measuring spoon

Spatula

Mixing spoon

1. Cream butter and sugar well.
2. Stir in vanilla and 1 tablespoon cream.
3. If you need it, add a little more cream.
4. Frost the sides of the cake before the top.

Trick: Glamorize your cake by decorating with nuts, coconut, or commercial cake decorator candies.

Chocolate Butter Frosting

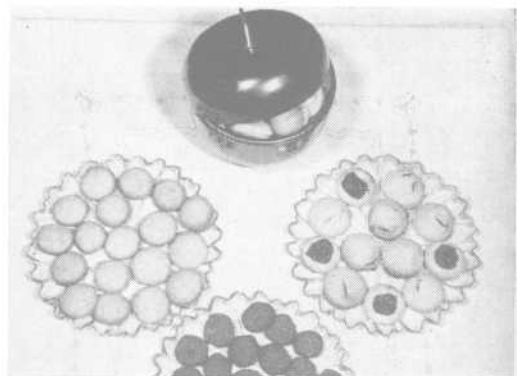
1. Use above ingredients plus 1½ squares chocolate.
2. Melt chocolate in top of double boiler over hot water.
3. Cream butter, add ¼ cup of sugar and the melted chocolate.
4. Add the rest of the sugar and proceed as above.

Fill up the Cookie Jar

Rolled Cookies

4-H'ers love to raid the cookie jar, and how delighted they are to discover rolled cookies cut in different shapes!

Keep the dough you are not using in the refrigerator. A pastry cloth and rolling pin cover also simplify the work of making rolled cookies.



Use just a small amount of flour on the cloth so that the cookie dough will not absorb extra flour the first rolling, as re-rolled dough may be slightly less tender.

Trick: Rolled cookie dough is easier to handle when it is chilled thoroughly.

Marmalades, jellies and jams—as well as specially prepared mixtures—make excellent fillings for rolled cookies. Seal edges of filled cookies with the tines of a fork before baking, to lock the sweet filling inside.

Bake cookies only until lightly browned, and be prepared to hand out samples as soon as they come from the oven.

Pattern Cookies

(Yield: about 5 dozen cookies)

Ingredients

3 cups sifted enriched flour
1 teaspoon salt
1 cup shortening
1 cup sugar
2 eggs
1 teaspoon vanilla extract

Equipment

Liquid measuring cup
Dry measuring cup
Standard measuring spoons
Mixing bowl
Stirring spoon
Pastry cloth
Sifter
Rolling pin
Cookie cutter
Baking sheet

Sift together flour and salt. Cream together shortening and sugar until light and fluffy. Add eggs and vanilla extract. Beat well. Add flour mixture to creamed mixture, mixing only enough to combine ingredients. Chill.

Roll out $\frac{1}{8}$ inch thick on floured board or pastry cloth. Cut with fancy shaped cookie cutters. Bake on ungreased baking sheets in moderate oven (375° F.) 10 minutes.

Date Filling for Filled Cookies

(Yield: about 1½ dozen cookies)

Ingredients

1 pound pitted dates
1 cup sugar
 $\frac{1}{2}$ cup water
1 tablespoon lemon juice

Chop dates. Combine all the ingredients in a saucepan. Stir and cook until thick. Beat to blend. Cool before spreading on dough.

Roll out pattern-cookie dough $\frac{1}{8}$ inch thick. Cut with cookie cutter. Put about 1 teaspoon filling on every other cookie. Cover with remaining cookies, pressing edges together with fork. Bake on ungreased baking sheet in moderately hot oven (400° F.) 10 minutes.

Trick: To show the filling cut a hole in the center of the top cookie.

Three-In-One Cookies

(Yield: About 6 dozen cookies)

Ingredients

$\frac{1}{2}$ cup shortening
1 cup sugar
1 egg
1 tablespoon milk
 $\frac{1}{2}$ teaspoon vanilla extract
2 cups sifted enriched flour
1 teaspoon baking powder
1 teaspoon salt
1 square chocolate, melted
1 tablespoon orange juice
1 tablespoon shredded orange rind

Cream together shortening and sugar until light and fluffy. Add egg, milk and vanilla extract. Beat well. Sift together flour, baking powder and salt. Add flour mixture to creamed mixture. Mix well.

Divide dough into thirds. To one-third add melted chocolate, mixing

it in thoroughly. To another third add orange juice and rind, mixing well. Leave remaining third plain.

Shape each third into a roll. Wrap in waxed paper. Chill until very firm.

Slice thin and bake on greased baking sheets in moderately hot oven (375° F.) for 10 minutes.

Score your cookies according to the standard score card—See Circular No. 253, "Fun in the Kitchen."

How to Store Cookies

Bars: Store in a tightly covered container or in the pan in which they are baked. (Cover the pan tightly with foil or waxed paper.)

Crisp Cookies: Store in loosely covered container. If they absorb moisture from the air, crisp them in a slow oven (300° F.) 5 minutes.

Soft Cookies: Store in tightly covered container.

How to Freeze Cookies

Bars: Arrange bars on waxed paper or cardboard. Place in freezer bag; seal; freeze. Or wrap in aluminum foil (see drawing); seal; freeze. Allow 15 minutes for thawing.

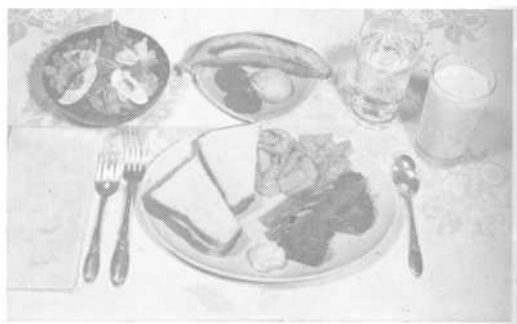
Other Cookies: Pack gently in freezer box or freezer bags. Seal; freeze. Allow 15 minutes for thawing.

Trick: Most cookies will freeze successfully up to six months.



Prepare Lunch or Supper

A plan for lunch or supper varies with family activities. With a lot of families, lunch is served at noon and then with other families the



lighter meal is in the evening and called supper. Remember, one-third of your daily food needs should come from this meal.

Maybe you will want to plan your lunch for the noon meal. Lunches usually include milk, a main dish (sandwiches are excellent here), a simple vegetable, and an easy-to-prepare dessert. So plan carefully for an attractive, nutritious meal.

Suggested Luncheon Menus

A.

Meat sandwich
Broccoli
Salad
Filled cookies
Milk

B.

Relish plate
Scallop potatoes
Buttered broccoli
Muffins and Butter
Vanilla pudding
Milk or punch

Serve With Ease

Table Decorations

Your table will be prettier and give new color to your meal with a simple well-planned table decoration.

Use your own ideas on decorations for the table.

Remember to keep the centerpiece low. A few flowers, nicely arranged, are more attractive than a huge bunch of flowers. A bit of greenery like ivy, or a fruit arrangement makes a table look attractive.

How to Serve

A good hostess knows how to serve a meal without a lot of fuss and confusion. The easiest way to serve a meal is to follow these simple rules:

1. Serve and remove dishes from the guest's left side.
2. Beverages are served from the right.
3. When clearing the table:
 - a. Remove serving dishes, salt and pepper, bread, relish tray, first.
 - b. Remove dishes and silver from each place setting. Do not stack them.

Entertain the Gang

Knowing how to entertain friends with ease and without too much bother is a skill easily learned. Hos-



finitely when to arrive and when to leave for home. Express verbally or in some other way your appreciation for the hospitality you received while a guest.

Be sure to dress for the occasion. If you are not sure of the type of dress for the recreation and entertainment, ask your hostess. A well-groomed, enthusiastic guest is always a popular guest.

A Small Party For The Gang

Who wants to have lots of friends? Just about everyone! Fun with the gang is fun for everyone.

This is your chance to entertain a few of your pals in your own home with foods you can prepare easily and well. The next time you plan to have the gang over, try one of these menus and your party will be a sure hit.

Menus

Patio party

Fruit cups
Variety of sandwiches
Relish plate
Filled cookies
Citrus drink

House party

Ribbon and open face sandwiches
Slaw with carrot dressing
Fruit Quickie—Whip cream
Grapefruit flip

The food should be served informally for this type of party. It can be attractively placed on a card table, dining table, or even an ironing board with a perky cover.

The drinks may be poured in the kitchen and placed on the table or you may want to serve everything buffet style, including the drink.

pitality is the king word in being a successful host or hostess.

Invitations

Most of your entertaining will be at home and will be informal, so invite your friends when you see them or by telephone. A friendly way to ask a guest over the telephone could be something like this:

"Will you have lunch with us on Saturday afternoon, the 8th of June at 12:00 o'clock? I am preparing my first luncheon for my 4-H Foods Project, 'Good Foods Make Good Friends,' and would like for you to see everything I have learned about cooking."

The reply might be:

"It will be fun to have lunch with you on Saturday at 12:00. I am looking forward to seeing everything you have learned in your 4-H Foods Project, 'Good Foods Make Good Friends!'"

Introducing A Guest

A good hostess or host will always make sure that all of the guests meet each other but does not introduce them all at one time. Remember, when introducing your friends mention the first name of the person and remember you always introduce age before youth, a woman before a man, and a person of importance over a person of lesser rank or distinction.

You will be correct if you say, "Mother, I would like you to meet my 4-H friend, Mary Jane Smith."

Being a Good Guest

A good guest is always prepared with a good sense of humor and enthusiasm. You should know de-



This informal party in the back yard doesn't take much time or effort! The ironing board makes an ideal serving table if you don't have an "outdoor table" handy. Arrange the food "buffet style."

Practice Table Courtesies

Would you like to feel at ease whether dining at home or with a friend? Someone has said if we want to possess beautiful table manners, we must "Eat at our family tables as we would eat at the table of a king."

The following hints may help you. However, you must remember that there are exceptions to all rules.

1. In carrying food to your mouth, use the fork in the right

hand with the tines up (meat is sometimes carried to the mouth with fork in the left hand with tines down). The fork is held in the same manner as a pencil.

2. Break bread before spreading with butter. Butter just enough for a bite at a time.

3. Keep your mouth closed while eating. Do not talk with food in your mouth. Eat slowly, chewing food thoroughly.

4. Sit and rise from the left side of your chair, unless it is more convenient for you to do otherwise.

5. Dip the spoon away from you in eating soup, and drink from the side of the spoon.

6. In cutting meat, hold the knife in the right hand with the forefinger running along the back of the blade near the handle. Hold the fork in the left hand, prongs down, with the forefinger extending along the handle. Cut not more than two bites of meat at a time.

7. After your knife and fork have been used, leave them in the center of your plate, side by side, with the sharp edge of the knife towards you. Never lay them on

the tablecloth after they have been used. The knife may also rest across the edge of the plate, blade in, when not in use.

8. In case of an accident, such as turning over a glass of milk or water, simply express regret, but do not continue to talk of it or of similar circumstances.

9. Be cheerful at the table and enjoy your food. Discuss pleasant topics only.

10. Have respect for customs of others, especially older people—rules of etiquette change.

Your Record of "Good Foods Make Good Friends"

NAME _____ AGE _____

TOWN _____ RURAL ROUTE _____ BOX NO. _____

CLUB NAME _____

LEADER'S SIGNATURE AT COMPLETION _____

Check List of Your Accomplishments

(Record Sheet—To be cut out when needed.)

Product	No. of Times	Demonstrated	Exhibited
1. Muffins			
2. Variation of Muffins			
3. Cornbread Muffins			
4. Fruit Drinks			
5. Fruit Cups			
6. Hard Cooked Eggs			
7. Scrambled Eggs			
8. Sandwiches			
9. Cabbage Slaw			
10. Cooked Vegetable			
11. Vanilla Pudding			
12. Cake from Mix			
13. Pattern Cookies			
14. Three-in-One Cookies			
15. Wash Dishes			

Check Foods You Eat

Foods	Every day	Sometimes	Never
Leafy Green and Yellow Vegetables			
Citrus Fruit, Tomatoes, Raw Cabbage			
Potatoes & Other Vegetables and Fruits			
Milk—Cheese			
Meat, Poultry, Fish Dried Beans, Peas			
Bread & Cereals			
Butter or Fortified Margarine			

How Good A Club Member Have You Been?

I gave demonstrations:	Yes	No. of times	No
In my Club			
At County Achievement Day			
At State Roundup			
At Other Public Meetings			

I served on _____ Committee for my club.

I was _____ in my club.
(club officer)

My club held _____ meetings. I attended _____ meetings.

Your Breakfast You Served

Menu

No. You Served

Comments

Your Lunch You Served

Menu

No. You Served

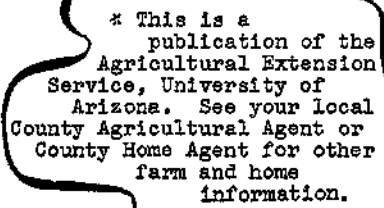
Comments

Your Party You Served

Menu

No. You Served

Comments



* This is a
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Agricultural Extension
Service, University of
Arizona. See your local
County Agricultural Agent or
County Home Agent for other
farm and home
information.