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University of Arizona

COLLEGE OF AGRICULTURE
AGRICULTURAL EXTENSION SERVICE

ARIZONA MEALS THE 4-H WAY SECOND YEAR

From the Office of
The Extension Nutritionist



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ARIZONA
MEALS THE 4-H WAY

SECOND YEAR

BY LOLA T. DUDGEON*

MY HEALTH HOUSE

I am building my Health House day by day
As I eat and sleep and work and play.
My food is the lumber that I use,
And the best materials I must choose,
Such as milk and vegetables, fruit and eggs,
While fresh air furnishes nails and pegs;
And Sleep, the carpenter, takes them all
To silently fashion each room and hall.

If I build aright, when I am grown
I shall have a house I am proud to own.
No need for breakdown and repairs,
For good material wears and wears.
For I'm building my Health House day by day
As I eat and sleep and work and play.
Some build for Happiness, some for Wealth;
But I shall find both in my House of Health.
—Howell

Arizona Meals the 4-H Way—Second Year has been planned for 4-H members around the ages of eleven, twelve, and thirteen years. It is a continuation of *Arizona Meals the 4-H Way—First Year*. In this as in your first club work, the 4 H's are important. You will continue planning attractive, tasty meals for your family. You can make them aware of the importance of the HEAD H. The additional work in this project means more planning with Mother and other members of the family. The HEART H just fits in doing this part of your club work. More than ever, you will be using the HANDS H. More food needs to be raised in the garden; more garden foods mean more food preparation and better meals. The HEALTH H is most important. Without health, we could not carry on 4-H Club work.

*Extension Nutritionist from September, 1941, to October, 1943.

SECOND-YEAR REQUIREMENTS

1. Keep a record of all food eaten for at least one day at the beginning and one day at the end of the project on Record Sheet No. 2. Score food habits on the Daily Food Guide on page 6.
2. Plan, prepare, and serve at home at least twelve different foods of your own choice; two from each group.
3. Plan, help prepare, and serve for your family at least three meals—one breakfast, one dinner, and one supper.
4. Plan, prepare, and pack your own school lunch for one week or plan, prepare, and pack the lunch for other family members for five days. Or, if a lunch is not carried, keep a record for one week (five school days) of lunch eaten at school or at home.

All club members score each lunch for:

Food	Check		
Milk			
Vegetable or fruit			
Whole-grain or enriched bread			
Meat, fish, eggs, cheese, dried beans, or dried peas or soybeans			
Butter or enriched margarine			

5. Give one demonstration or assist with one at a club, community, or county meeting.
6. Exhibit on Achievement Day or at a fair or public meeting one of the following:
 - a. Foods that 4-H Club girls and boys should eat, or
 - b. Proper setting at a table of a place for one for supper with a copy of the menu for the meal, or
 - c. Prepare exhibits and demonstrations on foods that are acceptable to the home demonstration agent and local leader.

RECORD SHEET NO. 1

The Basic Seven Food Groups As a
DAILY FOOD GUIDE

For health eat some foods from each group every day.
After eating the basic seven, eat any other food you want.

Basic seven food groups	My score	
	At the beginning	At the end
	Yes or No*	Yes or No
1. Leafy, yellow or green vegetables, two or more servings, one raw.....		
2. Tomatoes, oranges, grapefruit, or cantaloupe, one or more servings.....		
3. Potatoes and other vegetables or fruits, two or more servings.....		
4. Milk, children 1 quart, adults 1 pint or more, expectant or nursing mothers 1 quart or more. One tall can of undiluted evaporated milk or 1/3 pound of American cheese are similar in food value to a quart of milk.....		
5. Eggs, one, or at least four per week; meat, poultry, fish, cheese, or dried beans, one serving.....		
6. Cereals, one or more servings of whole-grain cereals and "enriched" or whole-wheat bread at every meal.....		
7. Butter and fortified margarine.....		
My score		

What I should eat to make my score 100. _____

*"Yes" in each group equals a total score of 100. Deduct 15 points for each "No."

RECORD SHEET NO. 2

Record of All Food Eaten on One Day by.....

Date.....

Date.....

Beginning of club year

End of club year

Breakfast

Dinner

Supper or lunch

Between meals

My score taken from page 5.

7. Keep in your 4-H Home Economics Record Book a record of the things you do. Return it to the County Extension Office.

ADDITIONAL PROBLEMS

1. Polish Mother's silver each month for three months. It may be necessary to polish individual pieces, such as forks, more frequently.
2. In addition to the ten different dishes you prepared, prepare ten more of your own choice from the various recipes in this bulletin and the first-year bulletin.
3. Have a physical examination.
4. Have a dental examination.
5. Collect illustrations on correct table settings and attractive ways to serve foods. It is suggested that these be mounted in a scrapbook.
6. Learn how to prepare and use in the diet some new food, such as soybeans or broccoli or okra.
7. Help your sisters and brothers to form good food habits.
8. Plant a garden or help with the care of one.
9. Plan, prepare, and serve a mother-daughter meal.

FOOD AND HEALTH

Would it be well to get out our health and attractiveness bulletin and check our food habits? Do all of them check? What should you do that you are not doing now?

Have you followed your Daily Food Guide through the year? Shall we check it again? You are all eager to be healthy, attractive, and happy. The chart you will use is Record Sheet No. 2. Of course you will continue to eat the Basic Seven Foods each day, even after you have kept your record.

THE FOOD WE EAT

The foods we eat each day should be those which supply material to make us grow. The best foods to supply *building materials* are milk, meat, eggs, and dried beans and peas.

Then there are those foods that we depend on for *energy* to work, to play, and to keep us warm. Some of the foods that supply energy are butter, other fats, cereals, bread, and sweets.

To keep our bodies in working order we must eat food that helps to *regulate the body processes*. The foods on which we depend for this purpose are milk, fruits, and vegetables.

If we are to grow and develop normal, attractive bodies, we must have some of these foods every day. The amounts we need will be found in the Daily Food Guide. In this guide the food is divided into groups which we shall call the Basic Seven Foods. We should eat at least one food from each group every day.

THREE MEALS EACH DAY

The three meals each day will include the Basic Seven Foods.

BREAKFAST

The first meal of the day is breakfast. The word *breakfast* means "break-the-fast" because of the long time between the evening meal and the morning meal. Because it is so long between these two meals, it is very important that we start the day with nutritious food.

Breakfast may be light, medium, or heavy. Boys and girls going to school may need a light or medium breakfast. Boys and girls on Arizona ranches who do chores before going to school or who are active in basketball and other sports at school will need a heavy breakfast.

<i>Light</i>	<i>Medium</i>	<i>Heavy</i>
Fruit	Fruit	Fruit
Enriched or whole-wheat bread or	Whole-grain cereal	Whole-grain cereal
Whole-grain cereal	Eggs or bacon	Eggs or bacon
Milk	Enriched bread	Another hot dish
	Milk	Enriched bread
		Milk

Fruits frequently served for breakfast are oranges, grapefruit, peaches, prunes, figs, bananas, strawberries, and cantaloupes. Orange and grapefruit juice or tomato juice are often served instead of fruit.



Courtesy of General Foods

Plate I.—A heavy breakfast: stewed fresh plums, cereal with cream, bacon, biscuits, log cabin style, hot chocolate.

Whole-grain cereals, such as rolled oats or cracked wheat, are among our least expensive but most nutritious breakfast foods. Besides providing energy, the whole-grain cereals supply valuable regulating materials. When enriched bread is served it is usually in the form of toast. Other suitable breakfast breads are muffins, griddlecakes, and waffles.

Eggs eaten at breakfast time supply regulating and building materials.

Milk to drink or made into hot chocolate serves as a good breakfast beverage.

DINNER

Dinner is the main meal of the day. In some families it is served at noon and in others in the evening.

The following pattern for dinner is one that you may use as a guide in preparing the family dinner:

Meat Potato
Vegetable, green or yellow
Bread and butter
Dessert
Milk

If your teen-age brother is playing football in addition to helping with the chores, he may need extra servings at dinner. Jelly or jam for his bread would supply some extra energy. What boy doesn't like an extra cookie or a piece of cake!

Meat served once each day is enough.

Potatoes, white or sweet, are good for supplying energy and regulating materials.

Bread should be either whole-wheat or enriched.

Vegetable. A green or yellow vegetable adds important body-regulating materials.

Dessert. Fresh or stewed fruits, with cookies or cake, and puddings are satisfying dishes on which to finish the meal.

Milk or cocoa.

LUNCH OR SUPPER

After we have planned the other two meals for the day, it is well for us to look over the food list carefully. Have all the Basic Seven Foods been included in your meals for the day? If not, the food at this meal might well balance the food needs for the day.

For the family lunch or supper, the following suggestions may serve as a guide:

An egg or cheese dish
Whole-wheat bread and butter
Vegetable, raw or cooked
Pudding or pie
Milk

If there is need for more energy food for some members of the family, you may need to allow for a few extra servings.

SCHOOL LUNCH

What about your school lunch? Do you take your lunch from home, or is a hot lunch served at school? It



Courtesy of H. J. Heinz Company

Plate II.—Suitable equipment for packed lunches.

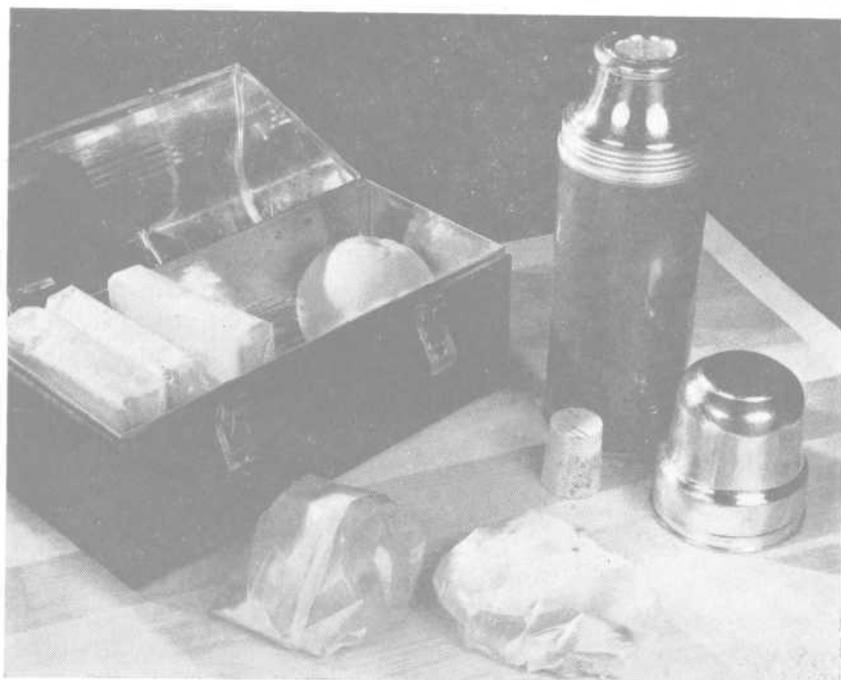
is well to remember that your lunch should provide about one third of the food you need each day. What a help it will be through the long afternoon! A good school lunch should include:

Milk to drink or milk in soup or pudding.

Sandwiches. Breads, such as enriched, whole-wheat, rye, raisin, or soybean, will make a pleasing variety of breads to use in sandwiches. The fillings may consist of meat slices, ground meat, eggs, cheese, peanut butter, or combinations of these with chopped onion, celery, pickle, or salad dressings. Other combinations are dried fruits and nuts made into a paste or carrots or raisins ground and mixed with salad dressing.

Vegetables. Raw, crunchy vegetables, such as carrot strips, celery, tomatoes, cucumbers, lettuce, or onions.

Dessert. Simple cookies, fruit raw or cooked, fruit gelatine, and various milk and egg puddings.



Courtesy of H. J. Heinz Company
Plate III.—An attractive and well-packed lunch.

Packing the lunch: You may pack your lunch in a regular lunch box with a thermos bottle, a cardboard box, or a paper bag. The paper bag is not suitable for containers of milk, puddings, or salads. Liquids such as milk may be put into thermos bottles, half-pint bottles, or fruit jars with caps. Desserts and salads carry well in small jars with screw-top lids, jelly glasses with covers, or covered paper cups. Sandwiches, cookies, and raw vegetables may be wrapped in wax paper. A spoon or fork should be included if needed for lunch. You will need at least two paper napkins, one on which to spread your lunch and the other for wiping your hands and mouth.

It is just as important that you wash your hands before you eat at school as it is when you are at home.

Assignment:

Keep a record in this bulletin on page 5 of the foods you eat for at least one day.

MEAL PREPARATION AND SERVING

Now that you have completed the first year's work, we shall not repeat the suggestions which were made concerning the equipment you need for meal preparation, how to plan your work, how ingredients are measured, and how dishes should be washed. However, if you have had other meal-planning work not based on *Arizona Meals the 4-H Way—First Year*, get one of the circulars from your leader or home demonstration agent. You will want to read the entire section, "Preparing Food."

CLEANING SILVER

Brightly shining silver adds to the attractiveness of a well-set table. Did you ever notice the tarnish on the silver after a meal at which eggs were served? Eggs are among the worst food offenders for tarnishing silver. The tarnish on silver is caused by sulphur which is in food, rubber, and other things. You can remove the tarnish in one of two ways: (1) by polishing it with a silver polish or, (2) by a method called electrolysis, which is a quick and easy way to clean silver.

Method I—Whiting Paste

1. Make a paste with a small amount of whiting and water, alcohol, or ammonia.
2. Apply the paste to the tarnished silver with a soft cloth and rub until the tarnish is removed. Allow the paste to dry on the silver.
3. Wash the silver in hot soapsuds, rinse, dry, and polish with a soft cloth.

Note: Whiting is very inexpensive. A nickle's worth of whiting will clean your mother's silver many times. Whiting can be bought at drugstores.

Method II—Electrolysis

- | | |
|------------------------|----------------------|
| 1 quart boiling water | An aluminum kettle |
| 1 teaspoon baking soda | or aluminum pie tin |
| 1 teaspoon salt | or sheet of aluminum |
1. Add soda and salt to the boiling water in an aluminum kettle or a granite kettle containing a pie tin or sheet of aluminum.

2. Put the tarnished silver into the kettle so that it is completely covered by the water and in contact with the aluminum.
3. Keep the water at the boiling point.
4. The silver will be clean after a minute or two in the solution. This method cleans but does not polish. This method is advised for old silver only.
5. As soon as the silver is cleaned the solution should be emptied. The aluminum kettle, pie tin, or strip of aluminum should then be cleaned with a very fine steel wool or a whiting polish. The solution, if allowed to stand, will cause the aluminum utensil to pit.

TABLE SETTING

Are you still practicing setting the table so that it is attractive? We are all agreed that an attractive table must have spotless linen set with sparkling dishes and shining silver.

A table can be attractive whether covered with a large tablecloth, a luncheon cloth, an oilcloth, or place mats. For dinner, some families prefer to have the table covered with a large tablecloth. Such a cloth is placed with the fold lengthwise in the center of the table. A pad under the cloth will deaden the sound of dishes and silver as well as protect the table top from hot dishes.

Gaily patterned cloths with plain pottery dishes are suitable table settings for many Arizona homes.

In many homes place mats are used on the dining table for all three meals of the day. They may be made of linen, cotton, oilcloth, or other washable materials. As a part of your 4-H clothing work, you could easily make attractive place mats by fringing pieces of suitable material. They are rectangular in shape and large enough to hold the silver, dishes, and glassware for one person.

Napkins are placed at the left of the plate with the hems or open edges toward the plate and the edge of the table. They may be folded square or oblong. For placing silver and dishes refer to *Arizona Meals the 4-H Way—First Year*.

DECORATIONS FOR THE TABLE

Simple table decorations are most attractive. A well-set table needs little other decoration; overdecoration spoils the effect just as too much trimming ruins a dress. A bouquet of flowers, a plant, colorful gourds, fruit, candles, or pine cones may be used attractively for table decorations. It is fun to work out a color scheme for the meal that includes the colors used in the centerpiece and dishes or lunch cloth. An example of this is a bowl of orange, brown, and red gaillardia with brown Mexican dishes. Another pleasing combination is gaily colored gourds with highly colored pottery. What is lovelier for Christmas table decorations than red candles with little mounds of evergreens and pine cones at their bases? Whatever kind of decoration you choose, it should be low enough so that people on opposite sides of the table can see one another. With a little planning, most of the suggestions made for table decorations can be produced in the 4-H garden.



Plate IV.—An attractive centerpiece of zinnias and gaillardia in a pottery bowl.

Ways of Serving

Family meals are commonly served by placing the plates at the father's place so that he may serve the family; or the plates may be placed at each member's place and the foods passed from one to another for each to help himself. Confusion is avoided if all dishes are passed in the same direction.

Whether the father serves the food or it is passed to each family member, the food is placed on the table with the serving spoon beside the dish. After the main part of the meal you may like to clear the table, first removing all dishes of food, then the plates and silver. The dessert may then be served by the father, or you may wish to serve each one directly from the kitchen.

TABLE COURTESIES

Are there a few eating "hows" that you are not quite sure of? Most of the rules for eating are nothing more than ordinary common sense. 4-H Club girls have reported that they enjoy meals much more, especially away from home, when they are sure their table manners are proper. The following suggestions may add to the pleasure and comfort of your meals.

1. Wash your hands before you eat; have your hair neat.
2. At the table sit straight, with your feet on the floor and your elbows at the sides of your body.
3. Eat slowly and quietly, with lips closed; take small bites; drink or talk only after the food has been swallowed.
4. The use of a toothpick at the table is a custom now taboo; if you must use one, do so in private.
5. It is very ill-mannered to express a dislike for food which is being served.
6. The proper way to cut food with a knife and fork is shown in Plate V.
7. The American way to eat with a fork is shown in Plate VI. Note the position of the knife after it has been used.
8. At the end of the main course, the fork, knife, and butter knife are placed as shown in Plate VII.
9. The position of the teaspoons at the end of the dessert course is shown in Plate VIII.
10. Bread is broken and only a small piece buttered at one time.
11. The following foods are eaten with:

<i>A fork</i>	<i>A spoon</i>	<i>The fingers</i>
Meat	Soup	Corn on the cob
Vegetables	Puddings	Potato chips
(unless served with sauce)	Fruit, stewed and fresh, with cream	Pickles, radishes, and olives
Salad	All soft desserts	Bread and rolls
Melon	Grapefruit and oranges (in the shell)	Crackers
Pie		Artichokes
Cake		

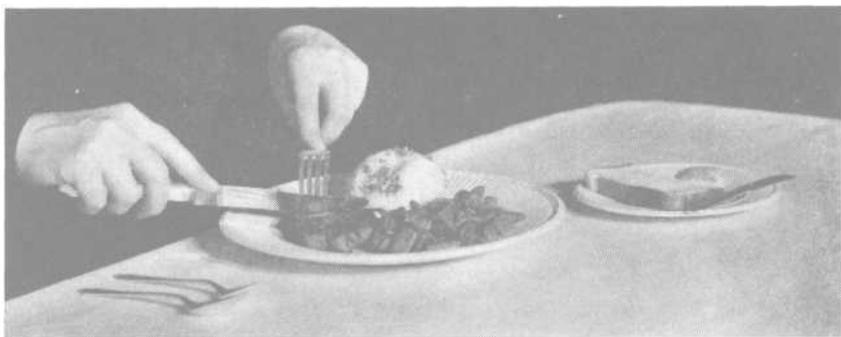


Plate V.—Position of knife and fork for cutting. The water glass has been removed to show more clearly the knife and fork.

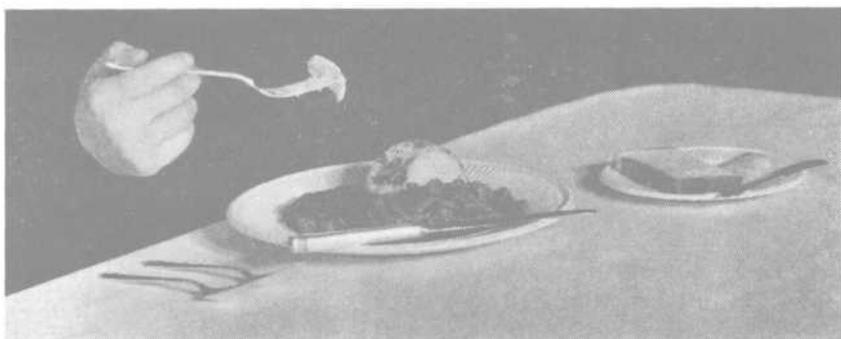


Plate VI.—Carrying food to the mouth.

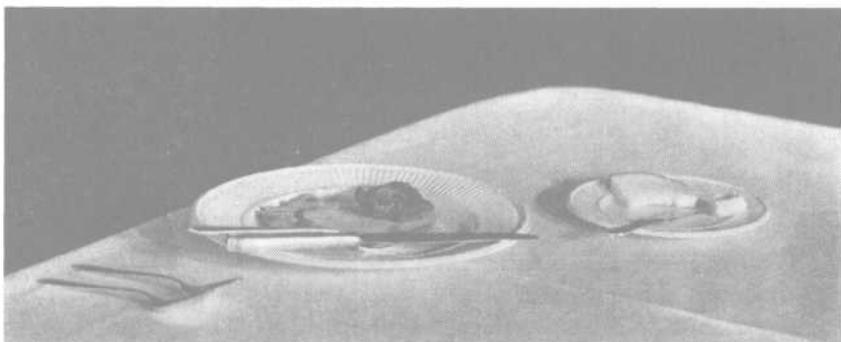


Plate VII.—Position of knife, fork, and butter knife at end of main course.

Assignment:

Plan with your mother to set the table for family and company meals. Take to your club meeting a table decoration that you have prepared for the family dining-



Courtesy of New York State College of Home Economics
Plate VIII.—Position of spoons at end of dessert course.

room table; or you may like to prepare one suitable for a special occasion, such as Christmas, Easter, Washington's Birthday, or the birthday of a member of the family. Record in your Home Economics Record Book. Plan how you will meet the requirements for the school lunch. See page 11.

CEREAL FOODS

Do you sometimes wonder just what is meant by whole-grain cereals and flours?

When the miller makes whole-grain cereals or flour, he grinds or processes the whole kernel of the grain. This includes the brown outside layers of the kernel as well as the germ. Some of the most valuable body-building and body-regulating materials are in these outside layers and the germ; these materials also add a nutlike flavor to the food. The cereal grains most commonly prepared as cereals and flour are wheat, corn, oats, rye, and rice.

Since instructions were given in the first year's work for preparing whole-grain cereals for breakfast, they will not be repeated here. However, some quick breads that are nice for breakfast, lunch, or supper will be part of your cereal preparation in this work.

MUFFINS

One of the most popular quick breads is muffins with all their delicious variations. Plain muffins made from enriched flour are more difficult to make and are less interesting than the many variations. A good muffin is



Plate IX.—A variety of muffins.

Courtesy of General Foods

very light, with a rounded, pebbled surface and fairly even holes inside. If your muffins have peaks there will be tunnels inside; this means you overmixed the muffin batter. Someone has said, "Less elbow grease, better muffins." However, you will be well repaid for your efforts if you carefully follow the instructions for making muffins.

Plain Muffins
(12 muffins)

Ingredients

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

Utensils

- Flour sifter
- Two mixing bowls
- Measuring cup
- Measuring spoons
- Wooden mixing spoon
- Egg beater
- Muffin tins

1. Have all ingredients at room temperature.

2. Combine the milk, beaten egg, and fat; beat the mixture with an egg beater until it is well blended.
3. Sift the 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 the ingredients are well mixed.
5. Combine the dry and liquid ingredients, stirring twenty-five strokes or less. The mixture should not be smooth.
6. Pour the batter into muffin tins with only the bottoms greased.
7. Bake in a moderately hot oven (375° F.) about twenty-five minutes.



Courtesy of General Foods
Plate X.—Fill muffin tins three fourths full.

Note: Sour milk or buttermilk may be used in the above recipe by adding $\frac{1}{2}$ teaspoon of soda to the dry ingredients and using only 1 teaspoon of baking powder.

Plain Muffins with Sour Cream
(12 muffins)

Ingredients

- 2 cups enriched flour
- 2 tablespoons sugar
- 1 $\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{2}$ teaspoon soda
- 1 teaspoon salt
- 1 egg
- 1 cup sour cream

Utensils

Same as for plain muffin recipe above

Follow the instructions for making plain muffins.

Whole-Wheat Muffins
(12 muffins)

Ingredients

- 1 cup enriched flour
- 1 $\frac{1}{4}$ cups whole-wheat flour
- 3 tablespoons sugar
- 1 $\frac{1}{4}$ teaspoons salt

Utensils

Same as for plain muffin recipe above

2½ teaspoons baking
powder
1 egg, beaten
4 tablespoons melted fat or
oil
1¼ cups milk

1. Have all ingredients at room temperature.
2. Combine the milk, beaten egg, and fat; beat the mixture with an egg beater until it is well blended.
3. Sift both the enriched and whole-wheat flours. Any coarse material left in the sifter should be combined with the sifted flour.
4. Measure both kinds of flour, sugar, salt, and baking powder; sift all together twice to be sure the ingredients are well mixed.
5. Combine the dry and liquid ingredients, stirring twenty-five strokes or less. The mixture should not be smooth.
6. Pour the batter into muffin tins with only the bottoms greased.
7. Bake at 375° F. about twenty-five minutes.

Note: Sour milk or buttermilk may be used in the above recipe by adding ½ teaspoon of soda to the dry ingredients and using only 1½ teaspoons of baking powder.

Whole-Wheat Muffins with Sour Cream
(12 muffins)

<i>Ingredients</i>	<i>Utensils</i>
⅔ cup enriched flour	Same as for making plain muffins
1½ cups whole-wheat flour	
3 tablespoons sugar	
1¼ teaspoons salt	
¾ teaspoon soda	
1 teaspoon baking powder	
1 egg	
1½ cups sour cream	

Follow the instructions for making whole-wheat muffins.

Muffin variations:

Raisin, date, or nut muffins.—For variety, add $\frac{1}{2}$ cup of raisins, chopped dates, or nuts to the sifted dry ingredients in any of the above muffin recipes. Then add the liquid mixture, as you will do for any plain muffin.

Corn-Meal Muffins with Sour Milk or Buttermilk
(12 muffins)

<i>Ingredients</i>	<i>Utensils</i>
1 $\frac{3}{4}$ cups enriched flour	Same as for making plain muffins
1 cup corn meal	
3 tablespoons sugar	
1 $\frac{1}{2}$ teaspoons salt	
1 $\frac{1}{2}$ teaspoons baking powder	
1 egg	
1 $\frac{1}{3}$ cups sour milk or buttermilk	
$\frac{1}{2}$ teaspoon soda	
2 or 3 tablespoons melted fat or oil	

Follow instructions for making plain muffins.

Corn-Meal Muffins with Sour Cream
(12 muffins)

<i>Ingredients</i>	<i>Utensils</i>
1 $\frac{1}{2}$ cups enriched flour	Same as for making plain muffins
1 cup corn meal	
3 tablespoons sugar	
1 $\frac{1}{2}$ teaspoons salt	
$\frac{1}{2}$ teaspoon soda	
1 teaspoon baking powder	
1 $\frac{3}{4}$ cups sour cream	

Follow instructions for making plain muffins.

Spoon Corn Bread
(4 or 5 servings)

<i>Ingredients</i>	<i>Utensils</i>
4 cups milk	Saucepan
1 cup corn meal	Measuring cup
1 teaspoon salt	Measuring spoons

1 tablespoon butter
4 eggs, separated

Wooden mixing spoon
Egg beater
Baking dish

1. Heat 3 cups of the milk in a saucepan until scum forms on the top. *Do not boil.*
2. Add the corn meal and salt slowly to the scalded milk, stirring constantly. Continue stirring and cook for five minutes.
3. Remove from the heat; add the butter and the remaining milk; stir well.
4. Add the beaten egg yolks.
5. Fold into the batter the stiffly beaten egg whites.
6. Pour the mixture into a greased baking dish and bake at 350° F. for one hour.

After you have made the muffins, score them on the following score card:

SCORE CARD FOR JUDGING MUFFINS

Kind of muffins				
	Yes or No	Yes or No	Yes or No	Yes or No
Appearance:				
Golden brown.....				
Top evenly rounded.....				
Surface, pebbled.....				
Texture:				
Tender				
Medium size, fairly uniform holes.....				
Light				
Flavor:				
Characteristic of flour used				
Well seasoned.....				

If the muffins were not so good as they could have been, what will you do the next time to make them better? _____

Assignment:

Prepare at home at least two different kinds of muffins. Record in your Home Economics Record Book. Read the section on soups.

SOUPS

You may well make soup the main supper or luncheon dish for your family. The main ingredients may be meat or vegetable stock or milk. The addition of cooked vegetable pulp adds flavor and nutrients. To add to the deliciousness of soup you may serve with it crisp, crunchy crackers, thin pieces of dry toast, or popcorn.

When soups have a milk base they are called creamed soups. The milk is used in a thin white sauce to which is added the vegetable pulp. Your imagination need be the only limit for interesting variety in the soups you make.

Since cream soups are more nutritious than other types, we shall first learn to make white sauces. A cream soup should have the consistency of thin white sauce or thick cream.

Thin White Sauce

<i>Ingredients</i>	<i>Utensils</i>
1 tablespoon butter	Small saucepan
1 tablespoon enriched flour	Measuring cup
1 cup milk	Measuring spoons
¼ teaspoon salt	Wooden mixing spoon

Medium White Sauce

<i>Ingredients</i>	<i>Utensils</i>
2 tablespoons butter	Same as above
2 tablespoons enriched flour	
1 cup milk	
¼ teaspoon salt	

Thick White Sauce

<i>Ingredients</i>	<i>Utensils</i>
2 tablespoons butter	Same as above
3 tablespoons enriched flour	

1 cup milk
 1/4 teaspoon salt

1. Melt the butter in a saucepan.
2. Stir the flour and salt into the melted butter; blend well.
3. Remove from the heat and add the cold milk all at once, stirring until the mixture is smooth.
4. Return it to the stove and cook until it is done, stirring constantly.

Cream of Carrot Soup
 (6 servings)

Ingredients

1 cup sliced carrots
 2 cups boiling water
 1 teaspoon salt
 1 1/2 teaspoon minced onion
 2 cups medium white sauce

Utensils

Saucepan
 Measuring cup
 Measuring spoons
 Paring knife
 Wooden mixing spoon
 Sieve

1. Cook the carrots in boiling water.
2. When they are tender, mash them or put them through a sieve.
3. Add the carrot pulp, water in which the carrots were cooked, the onion, and the salt to the white sauce.
4. Heat the mixture and serve it hot.

Note: Other vegetables, such as peas, corn, or celery, may be used instead of carrots.

Potato Soup
 (6 servings)

Ingredients

1/4 cup fat
 1/2 cup chopped onion
 2 cups water
 1 1/2 teaspoons salt
 3 cups diced potatoes
 1 cup diced carrots, tomatoes, celery, or greens
 1 quart milk

Utensils

Saucepan
 Measuring cup
 Measuring spoons
 Paring knife

1. Cook the onion slowly in the fat until it is yellow.
2. Add the water, potatoes, other vegetable, and salt. Cook until the potatoes are tender.
3. Add the milk, dash of pepper, and cayenne if desired.
4. Heat and serve hot. The soup may be garnished with minced parsley.

Cream of Tomato Soup

Ingredients

- 2 cups medium white sauce
- 2 cups tomato juice or sieved tomatoes
- 1 teaspoon salt
- 1 teaspoon minced onion, if desired

Utensils

- Saucepan
- Sieve, if tomatoes are used
- Measuring cup
- Measuring spoons
- Paring knife

1. See page 25 for the preparation of white sauce.
2. Allow the white sauce to cool.
3. Heat the tomato juice, onion, and salt together.
4. Add the *hot tomato mixture to the cool white sauce*, stirring constantly. Heat rapidly; serve at once.

Bean Soup

Ingredients

- 1 cup pink or pinto beans
- 1 onion, chopped
- 1 bay leaf
- 1 cup diced raw potatoes
- 1 link cooked sausage or
- ½ cup finely minced bologna
- 1 teaspoon salt

Utensils

- Saucepan
- Paring knife
- Measuring cup
- Measuring spoon
- Small frying pan

1. Soak the beans several hours and cook them in the water in which they were soaked.
2. The cooked beans may be put through a sieve.
3. Cook the sausage until it is well done.
4. Brown the onion in the sausage fat.
5. Add the cooked onion, bay leaf, and diced potatoes to the beans. Add enough boiling water to the mixture so that the potatoes can be cooked.
6. Add the finely minced sausage or bologna when the potatoes are nearly done. Serve the soup hot.

Note: Dried lima beans, kidney beans, navy beans, or split peas may be used instead of the pink or pinto beans.

Peanut Butter Soup
(6 servings)

Ingredients

1 quart milk
1 tablespoon onion juice
4 tablespoons flour
1 cup peanut butter
 $\frac{1}{2}$ teaspoon salt
Dash of pepper

Utensils

Double boiler
Measuring cup
Measuring spoons
Wooden mixing spoon
Small bowl

1. Scald 3 cups of milk in a double boiler.
2. Mix the flour and the remaining milk.
3. Add the salt, pepper, peanut butter, and onion juice to the flour mixture and blend well.
4. Combine all ingredients and heat.
5. Serve hot.

SCORE CARD FOR JUDGING SOUPS

Kind of soup	Yes or No	Yes or No	Yes or No	Yes or No
Appearance: No scum; no layer of fat Color, characteristic of food used.....				
Texture (if vegetables were sieved): Smooth				
Not too thick.....				
Not too thin.....				
Flavor: Characteristic of flavor of food used.....				
Well seasoned.....				
No starchy flavor.....				

If the soup was not so good as it should have been, tell what you will do the next time to make it better. _____

SOUPS WITH MEAT STOCK

Meat stock may be prepared by cooking very slowly for three or four hours 2 pounds or less of bone and meat in 2 quarts of cold water or liquid from cooked vegetables. If there was much fat on the meat, allow the stock to cool and the fat to harden. Remove the fat and the bone. Vegetables may be added to this stock. You may like a variety, such as onions, carrots, turnips, celery, tomatoes, peas, and green beans. Cook them in the meat stock only until tender. Other foods that may be added to the meat stock are rice, barley, macaroni, or noodles. You may need to add more water and seasoning.

When you make soup at home or at your club meeting score it on the score card for judging soups.

Assignment:

Prepare at home two different kinds of soup. Record in your Home Economics Record Book. Read the section on meat before the next meeting.

MEAT

Foods in a meal are usually planned around the meat dish.

Not only does meat satisfy our hunger, but it is one of the very best body-building foods we have. Besides building our bodies well, so that good strong muscles are developed, it supplies important regulating materials.

Are you 4-H girls and boys like the little boy who said meat was ham? Let's take time here to find out about the names that apply to meat.

The flesh of cattle, hogs, sheep, calves, goats, poultry, and fish and other game may be called meat. Then there are very special names for some of these animal meats. They are as follows:

<i>Animal</i>	<i>Meat name</i>	<i>Common cuts</i>
Cattle	Beef	Steak, short ribs, and brisket
Calves	Veal	Steak and chops
Hogs	Pork	Ham, bacon, and picnic ham
Sheep	Mutton	Chops
Lambs	Lamb	Chops and leg of lamb

Goats, kids	Chevon	Chops and leg of chevon
Deer	Venison	Steak

The name "hamburger" usually means ground beef made into patties, while sausage is usually thought of as ground pork. Ground beef, pork, or lamb can be made into patties and either pan broiled or broiled in the broiler, as shown in the accompanying pictures. Remember that if your fire is too hot the meat will be hard and dry.

STEPS IN BROILING

Plate XI.—Place meat so that top surface of steak or chop 2 inches thick will be 3 inches from source of heat and a 1-inch steak or chop will be 2 inches from source of heat.

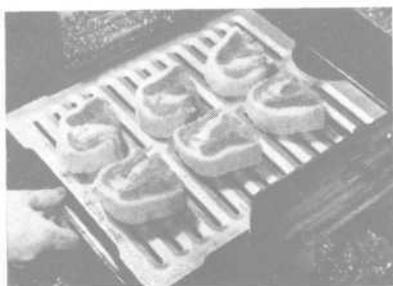


Plate XII.—Broil until top side is nicely browned. Season with salt and pepper. Turn and brown second side. Season.



Plate XIII.—Serve at once.



Courtesy of National Livestock
and Meat Board

STEPS IN PANBROILING



Plate XIV.—Place meat in heavy frying pan. Do not cover. Do not add fat or water.



Plate XV.—Brown meat on both sides. Season with salt and pepper. Reduce temperature and turn occasionally. Pour off fat as it accumulates in pan.



Plate XVI.—Serve.

Courtesy of National Livestock
and Meat Board

You will find that the meat recipes which follow are easy to make and are popular with your family.

Hamburger Clovers (May be four-leaf)

<i>Ingredients</i>	<i>Utensils</i>
1 pound hamburger	Mixing bowl
1 egg	Egg beater
$\frac{1}{4}$ cup bread crumbs	Measuring cup
$\frac{3}{4}$ teaspoon salt	Measuring spoons
$\frac{1}{4}$ teaspoon poultry seasoning	Paring knife
$\frac{1}{4}$ teaspoon pepper	Mixing spoon
3 green peppers	Frying pan

1. Beat the egg and add the crumbs and seasonings.
2. Thoroughly combine the crumb mixture and the beef.
3. Cut eight $\frac{1}{2}$ -inch rings from the peppers. Pat the meat mixture into the rings. (Use peppers having four scallops, if possible.)
4. Lay the clovers in a hot frying pan and cook seven minutes on one side, then turn them and cook them six minutes on the other.

Note: Canned pork sausage may be used if $\frac{1}{2}$ cup of crumbs, 2 eggs, and enough milk are used to keep the patties from being crumbly.

Bacon-wrapped Beef Patties

<i>Ingredients</i>	<i>Utensils</i>
$1\frac{1}{2}$ pounds ground beef	Lemon reamer
$1\frac{1}{2}$ teaspoons lemon juice	Measuring spoon
1 teaspoon salt	Mixing bowl
Dash of pepper	Mixing spoon
6 slices bacon	

1. Combine the meat, lemon juice, salt, and pepper. Shape the mixture into six patties.
2. Wrap each in bacon.
3. Place them on the broiler rack and broil them until they are brown. Turn them carefully and brown the other side.
4. Serve immediately.

Sausage 'n' Squash*Ingredients*

1 pound bulk pork sausage
 4 acorn squashes
 Salt
 Pepper

Utensils

Paring knife
 Flat baking pan

1. Divide the sausage into eight portions.
2. Wash the squashes, split them lengthwise, and remove the seeds. Sprinkle them with salt and pepper and fill them with the sausage.
3. Place them in a flat baking pan and bake in a moderate oven at 350° F. from one to one and one half hours or until the squashes are tender.

Lamb Stew*Ingredients*

3 pounds lean lamb shoulder
 3 tablespoons lard
 3 cups water
 6 small carrots
 6 small white onions
 6 small potatoes
 1½ teaspoons salt and
 pepper
 2 tablespoons chopped
 parsley
 Paprika

Utensils

Sharp knife
 Measuring spoons
 Measuring cup
 Paring knife
 Saucepan

1. Cut the meat into 2-inch pieces. Brown it in hot lard. Add the water, cover, and simmer gently until the meat is tender—about two hours.
2. Prepare the vegetables. Cut the potatoes and carrots in half lengthwise.
3. Add the vegetables about forty-five minutes before the meat is done.
4. Remove the stew to a hot platter, arranging the vegetables in separate mounds around the meat.

Assignment:

Prepare and serve meat at least two ways at home. Record in your Home Economics Record Book. Read the sections on cookies before the next meeting.

COOKIES

What do you like better than cookies—cookies made of “sugar and spice and everything nice”? Is the cookie jar a popular spot in your home, especially after school? How should you like to help keep that jar filled?

HINTS ON MAKING COOKIES

1. Correct measuring is one of the most important things in making good cookies. All measurements in recipes should be level.
2. All cookie ingredients should be at room temperature for mixing.
3. Uniform drop cookies can be made by dropping the cookie dough from the tip of a teaspoon onto the cookie sheet.
4. Spread cookies are baked in a thin layer and later cut into pieces.
5. See picture on page 38 for making quick rolled cookies.

HINTS FOR BAKING COOKIES

1. Baking sheets made of aluminum, tin, stainless steel, or iron are the most convenient types to use for baking cookies. If pans of other types are used they should be shallow, or they may be inverted and the cookies baked on the bottoms of the pans.
2. Generally, cookies are baked in moderate ovens (350° F. to 375° F.).
3. When cookies are placed in the oven, there should be at least an inch on all sides between the pan and the sides of the oven to permit the proper circulation of heat.

HINTS ON STORING COOKIES

1. Cool cookies thoroughly before you store them.
2. Chocolate-drop cookies dry out in a very short time and should therefore be used soon after they are made.
3. To keep soft cookies moist, a piece of fresh bread may be placed with them.
4. Crisp cookies should be kept by themselves and tightly covered.

5. Some cookies containing large proportions of fruit are better after they have been stored several days.
6. Cookies containing fat may become rancid if they are stored too long.

Oatmeal Drop Cookies
(4 dozen)

Ingredients

- $\frac{3}{4}$ cup shortening
- 1 cup sugar
- 2 eggs
- 1 cup plus 2 tablespoons sifted enriched flour
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon cinnamon
- $\frac{1}{4}$ teaspoon cloves
- $\frac{1}{2}$ cup milk
- 1 teaspoon vanilla extract
- 1 cup seedless raisins or currants (or $\frac{1}{2}$ cup raisins and $\frac{1}{2}$ cup broken nut meats)
- 3 cups uncooked quick-cooking or regular rolled oats

Utensils

- Measuring cup
- Measuring spoons
- Mixing bowl
- Wooden mixing spoon
- Flour sifter
- Teaspoon
- Cookie sheet

1. Cream the shortening and sugar thoroughly and beat in the eggs, one at a time.
2. Sift the flour, measure it, then sift it with the baking powder, salt, and cinnamon.
3. Add this to the creamed mixture alternately with the milk. Stir in the vanilla.
4. Add the raisins, nuts (if used), and rolled oats.
5. Drop from a teaspoon on greased cookie sheet and bake in a moderately hot oven (375° F.) for twelve to fifteen minutes.

Soft Molasses Drops
(5 or 6 dozen)

Ingredients

- 3 cups enriched flour
- 1 teaspoon soda

Utensils

- Measuring cup
- Measuring spoons

2 teaspoons baking powder	Mixing bowl
1 teaspoon salt	Wooden mixing spoon
1 teaspoon ginger	Teaspoon
1 teaspoon cinnamon	Cookie sheet
$\frac{3}{4}$ cup evaporated milk	
2 teaspoons vinegar	
1 cup sugar	
1 cup shortening	
1 egg	
$\frac{1}{2}$ cup molasses	

1. Sift the flour, measure it, and add the soda, salt, and spices; sift again.
2. Combine the evaporated milk with the vinegar.
3. Cream the shortening and sugar thoroughly and add the egg and molasses; beat well.
4. Add the milk and vinegar alternately with the dry ingredients.
5. Drop by teaspoonfuls onto a greased baking sheet, allowing space for the batter to spread. Bake in a moderate oven 375° F. about fifteen minutes.

Honey Date Bars

<i>Ingredients</i>	<i>Utensils</i>
3 eggs	Measuring cup
1 cup honey	Measuring spoons
1 cup enriched flour	Mixing bowl
1 teaspoon baking powder	Wooden mixing spoon
$\frac{1}{2}$ teaspoon salt	Paring knife
1 pound chopped dates	Shallow pan
1 cup nuts	

1. Sift the flour, measure it, and add the baking powder and salt; sift again and add the chopped dates and nuts.
2. Beat the eggs well and mix with the honey.
3. Add the flour mixture to the eggs and honey; mix well.
4. Spread the mixture $\frac{1}{4}$ or $\frac{1}{2}$ inch thick on a large tin.
5. Bake in a moderate oven 350° F. about forty-five minutes.

6. Pack slabs wrapped in waxed paper in a covered jar or cake box and keep them at least two weeks before you serve them. Cut in strips and roll them in powdered sugar.
7. If the date bars are not to be aged before they are used, add $\frac{1}{4}$ cup of shortening to the mixture, blending it with the honey. The bars are then soft enough for immediate serving; but even with this addition of fat, they are better when allowed to stand two or three days.

Brownies

(8 inches square)

Ingredients

- $\frac{1}{2}$ cup fat
- $\frac{1}{2}$ cup granulated sugar
- $\frac{1}{2}$ cup brown sugar
- 1 square chocolate
- 2 eggs
- $\frac{1}{2}$ teaspoon vanilla
- $\frac{1}{2}$ cup plus 2 tablespoons
flour
- $\frac{1}{2}$ cup chopped nuts

Utensils

- Measuring cup
- Measuring spoon
- Mixing bowl
- Wooden mixing spoon
- 2 small saucepans for
melting chocolate
- Paring knife
- Shallow pan

1. Melt the chocolate over hot water.
2. Cream the butter and sugar; add the melted chocolate.
3. Beat the eggs and add them to the chocolate mixture.
4. Add the flour and nuts; fold in the beaten egg whites.
5. Spread the batter about $\frac{1}{2}$ inch thick on a buttered shallow pan and bake in a moderately hot oven (400° F.) fifteen or twenty minutes.
6. While it is hot, cut it into strips or squares.

Mincemeat Bars

Ingredients

- 2 eggs
- $\frac{2}{3}$ cup sugar
- $\frac{1}{8}$ teaspoon salt
- 1 cup flour
- 1 teaspoon baking powder

Utensils

- Measuring cup
- Mixing bowl
- Measuring spoons
- Wooden mixing spoon
- Paring knife



Plate XVII.—Quick rolled cookies.

 $\frac{3}{4}$ cup mincemeat $\frac{1}{2}$ cup chopped nuts

Shallow pan

Waxed paper

1. Beat the eggs and add the sugar gradually.
2. Sift the flour and measure it.
3. Then sift together all the dry ingredients and add them to the eggs and sugar.
4. Fold in the nuts and mincemeat.
5. Grease a pan and cover the bottom with waxed paper.
6. Pour the mixture into it and bake in a slow oven at about 325° F. for twenty-five or thirty minutes.
7. Cut into strips; roll them in powdered sugar, if desired.

Quick Rolled Peanut Butter Cookies*Ingredients*

- $\frac{1}{2}$ cup shortening
- $\frac{1}{2}$ cup peanut butter
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup granulated sugar
- $\frac{1}{2}$ teaspoon salt
- 2 eggs
- 2 cups flour
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon soda

Utensils

- Measuring cup
- Measuring spoons
- Mixing bowl
- Wooden mixing spoon
- Paring knife
- Shallow pan
- Tumbler or fork

1. Mix the shortening and the peanut butter; add the sugar gradually.
2. Add the unbeaten eggs, one at a time, beating well after each egg is added.
3. Sift the flour and measure it; then sift together the flour, salt, baking powder, and soda.
4. Add the dry ingredients to the first mixture to make a soft dough.
5. Form small balls of the dough and place them on a greased baking sheet. Flatten each one with the bottom of a glass tumbler or a fork.
6. Bake in a moderately hot oven (375° F.) about fifteen minutes.

When you prepare cookies at home or for exhibit at your club meeting, check them with the score card below.

SCORE CARD FOR JUDGING COOKIES

Kinds of cookies	Yes or No	Yes or No	Yes or No	Yes or No
Appearance: Are the cookies of uniform thickness?				
Is there loose flour on the tops?.....				
Are the shapes pleasing?				
Is the browning even?..				
Are the cookies well browned?				
Texture: Are the cookies tender?				
Are the cookies soft or crisp, according to the kind they are?.....				
Taste: Is the flavor pleasing and is it characteristic of the kind of cookie?				

How can you improve your cookies the next time you make them? _____

Assignment:

Prepare two kinds of cookies before the next meeting and record in Home Economics Record Book.

INTRODUCING VEGETABLES

The rows and rows of beets, potatoes, tomatoes, carrots, onions, and other vegetables in 4-H gardens all over Arizona are an important group of foods to include in our daily meals. We should have three or four servings of these colorful, flavorful foods each day. We like to eat some of them raw and others cooked. These vegetables are especially important to us because they supply the body with regulating materials. They also supply us with energy and some body-building materials.

RAW VEGETABLES

Vegetables to be served raw are washed, trimmed, dried lightly, cut into convenient-sized pieces, and are put into a closed container in a cold place for a short time to crisp. Just before they are served they are arranged attractively on a wooden tray, on a plate or platter, or in a bowl. Shredding or cutting them fine should be done only far enough ahead of serving time to permit chilling to develop crispness.

The possibilities for lovely arrangements are many, but they usually are better if all the vegetables of one kind are grouped together. One group may be surrounded by another of contrasting color. Each of the various kinds may be nested in lettuce or shredded greens.

RAW VEGETABLES AS RELISHES

Lettuce—separate leaves or wedges of head lettuce.

Cabbage (red as well as green)—wedges, not too large to handle.

Onions—slices, rings, or wedges.

Carrots—chips or wedges.

Tomatoes—whole trimmed, slices, or wedges.

Radishes—trimmed.

Green peppers—strips or rings.

Cucumbers—strips or slices.

Celery—strips, which may or may not be curled by putting them while moist in a very cold place.

Endive and other salad greens—leaves.
Cauliflower—as flowerets.
Turnips, rutabagas, or kohlrabi—as chips, strips, or wedges.

ADDITIONAL RAW VEGETABLES IN SALADS

Parsley	Mustard
Garlic	Spinach
Dandelion	Shredded tender beets
Chives	Peas
Fresh herbs of various kinds	Green beans

TOSSED SALAD

Any of the vegetables listed may be used in a salad bowl. A generous part of the salad usually consists of leafy vegetables of some kind, and strong-flavored ones are used sparingly. This is the method to use:

1. Crush a clove of garlic and rub it around the inside of the salad bowl. Throw away the garlic.
2. Shred the greens and cut the other vegetables in pieces of convenient size to eat.
3. Place a layer of greens in the salad bowl, then add the other vegetables in turn, salting occasionally as the layers are built up. Three or four vegetables besides the lettuce or other greens are enough.
4. Arrange the vegetables on top attractively and garnish with cheese or eggs, if desired.
5. When ready to serve, pour French dressing over the salad. Mix lightly but thoroughly.

Note: Hard-cooked eggs, cheese, fish, cold meat, or cooked vegetables may be used in this salad. Butter or cream sauce may be removed from leftover cooked vegetables by pouring warm water over them, after which they should be chilled again.

French Dressing

<i>Ingredients</i>	<i>Utensils</i>
1 cup vinegar	Measuring cup
2 cups salad oil	Measuring spoons
2 teaspoons dry mustard	Quart jar
1 tablespoon salt	
1 teaspoon paprika	

½ teaspoon pepper
 1 clove garlic, if desired
 1 tablespoon sugar

1. Soak the garlic in the vinegar one half hour, then remove it.
2. Mix the dry ingredients in a jar or bottle.
3. Add the vinegar, then the oil.
4. Shake the dressing vigorously for two minutes before it is served. This recipe makes 3 cups.

French dressing variations

Arizona French Dressing. Use grapefruit juice or lemon juice in place of vinegar.

Honey Dressing. Omit pepper. Add ¼ cup honey. Beat until frothy.

Martinique French Dressing. Add 1 teaspoon finely chopped green pepper.

Mint Dressing. Add 1 to 2 tablespoons finely cut fresh mint leaves.

Russian French Dressing. Add 2 tablespoons chili sauce, 1 tablespoon finely chopped red or green pepper, and a few drops onion juice.

Tomato French Dressing. Add 1 teaspoon strained tomato juice and a few drops onion juice.

Star Salad (6 servings)

Ingredients

1 head lettuce
 2 medium tomatoes
 6 radishes
 Endive
 French dressing

1. Remove any bruised leaves from the head of lettuce.
2. Cut the head into six equal sections, as shown in Plate XVII.
3. Arrange the sections in a bowl in star fashion, as illustrated in Plate XIX.
4. Place the endive between the wedges of lettuce, as in Plate XX.

5. Place the tomato wedges on the endive.
6. Arrange radish curls as is shown in the illustration in Plate XXI.
7. Serve with French dressing.

When you prepare salads at home or judge them at your club meetings you will score them according to the score card below.

SCORE CARD FOR JUDGING SALADS

Name of salad				
	Yes or No	Yes or No	Yes or No	Yes or No
Appearance:				
Are the colors attractive?				
Are the pieces cut uniformly?				
Is the salad attractively served?				
Taste:				
Is the salad cold?.....				
Is the flavor pleasing?....				
Texture:				
Is the salad crisp?.....				
Is there just enough dressing to moisten the salad?.....				

How could you improve your salad?.....

COOKED VEGETABLES

Suggestions for preparing and cooking vegetables so they are attractive and tasty and so that important food materials are retained in them.

1. Where possible, gather the vegetables from the garden just before mealtime.
2. Plan to cook them in the skins as often as possible.
3. If they must be peeled, make the peelings thin.
4. Do not allow the prepared vegetables to stand in water before they are put on to cook.



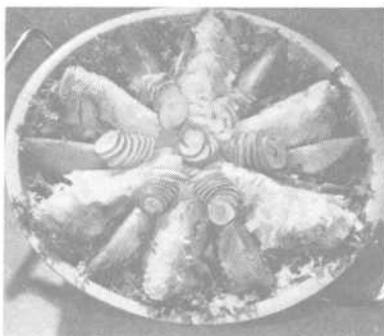
Plate XVIII.



Plate XIX.



Plate XX.



Courtesy of H. J. Heinz Company
Plate XXI.

5. Start cooking *all* vegetables in salted, boiling water.
6. Cook *only* until the vegetable is tender.
7. Cook all green vegetables in a small amount of water, leaving the container uncovered the first few minutes. Then cover, if you wish.
8. Cook without a lid such strong-flavored vegetables as cabbage, broccoli, cauliflower, Brussels sprouts, turnips, and onions in sufficient water to cover them. This method will produce a product sweet and tender; it will also prevent any objectionable odor from lingering in the far corners of the house. These vegetables are also delicious and attractive when cooked in milk.
9. All other vegetables are cooked in a covered pan in only enough water to prevent scorching.

10. When cooking water is left on vegetables use it for gravies, sauces, or soups.

TIMETABLE FOR BOILING VEGETABLES

Watch the clock if you want your vegetables to retain flavor, texture, and good color. Boil them until they are tender but still firm. Count the time after they begin to boil:

Five to ten minutes for asparagus, Brussels sprouts, cabbage, carrots, cauliflower, celery, green onions, peas, spinach and other greens, and turnips.

Fifteen minutes for Swiss chard, summer squash, and broccoli.

Fifteen minutes or longer for string beans.

Twenty to twenty-five minutes for dry onions.

Forty-five minutes for beets (whole).

Note 1.—The time required will vary according to the size of the vegetable or of the pieces into which it is cut, age of the vegetable, and the cooking method used.

Note 2.—It is necessary to increase the cooking time of the above groups for higher altitudes. A rough approximation of the increase in cooking time for each increase of 1,000 feet in elevation is as follows:

Sea level to 1,000 ft. (minutes)	2,000 ft. (minutes)	3,000 ft. (minutes)	4,000 ft. (minutes)	5,000 ft. (minutes)	6,000 ft. (minutes)	7,000 ft. (minutes)
5	6	7	8	9	10	11
10	12	14	16	18	20	22
15	18	21	24	27	30	33
20-35	24-42	28-49	32-56	36-63	40-70	44-77
40-50	48-60	58-70	64-80	72-90	80-100	88-110

Score the vegetables at your club and the ones you cook at home by the score card on page 46.

POTATOES

More potatoes than any other vegetable are produced in America. Whether they are white or sweet, there are more food materials under their skins than many of us once thought.

Because potatoes are so valuable for the food materials necessary for health, we should plan to eat them at least once every day.

SCORE CARD FOR JUDGING VEGETABLES

Name of vegetable				
	Yes or No	Yes or No	Yes or No	Yes or No
Appearance: Is the color natural?.....				
Texture: Is it tender?..... Has it retained its shape?				
Flavor: Has a good flavor been preserved?				
Is there just enough salt to bring out the flavor?				

What will you do to improve vegetables the next time you prepare them?_____

Your fathers and brothers may like them two or three times a day when they are working hard at roundup time, riding the range, or irrigating.

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.

Boiled Potatoes

1. Select as many medium-sized potatoes as are needed. Allow one for each person, or two for members of family doing hard work.
2. Scrub them with a vegetable brush.
3. Put them in a saucepan and partly cover with boiling water.
4. Cook them until tender when pierced with a fork.



Courtesy of H. J. Heinz Company

Plate XXII.—Cook potatoes in enough water to prevent scorching.

5. Serve potatoes hot with the skins on, or peel them and season them with salt and butter or other fat.

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° to 400° F.) and bake them until they are tender—fifty or sixty minutes.
4. As soon as the potatoes are done, cut crisscross 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 and a dash of paprika. Serve *hot*.

Mashed Potatoes

1. Boil the potatoes until they are well done. If they have been boiled in their jackets, strip off the jackets.
2. Mash the potatoes thoroughly and quickly.
3. Beat in hot milk a little at a time, until the potatoes are fluffy and smooth.
4. Season, and add fat if you like. Serve immediately.

Fried Potatoes, Country Style

1. Peel enough raw potatoes to make a quart when they are sliced thin or chopped fine.
2. Put into a frying pan with 2 tablespoonfuls of fat or meat drippings.
3. Cover the frying pan closely.
4. Cook the potatoes over medium heat for ten or fifteen minutes. When they are browned on the bottom, turn them with a knife to brown the other side.
5. Serve them just as soon as they are done.

Potato Scallop

Ingredients
 6 medium-sized potatoes
 2 tablespoons flour

Utensils
 Measuring cup
 Measuring spoons

1½ teaspoons salt
 Pepper
 4 tablespoons fat
 1½ cups hot milk

Paring knife
 Bowls for peeling and
 for peeled potatoes
 Shallow baking dish

1. Wash, peel, and slice the potatoes.
2. Grease a shallow baking dish or pan 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.
4. Pour in the hot milk.
5. Bake in a slow oven 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.

Note: To be sure the milk doesn't curdle, use very fresh milk and keep the oven heat low.

Potato Scallop with Cured Ham

Small pieces of thinly sliced ham put in with each layer of potato makes an excellent main dish.

Candied Sweet Potatoes

1. Boil medium-sized sweet potatoes in their skins.
2. When they are tender, drain, peel, and cut them in halves or slices.
3. Make a layer of sweet potatoes over the bottom of a greased baking pan. Dot them with fat and add a sprinkle of salt. Pour over them a cup of corn syrup or honey.
4. Bake in a moderate oven, 350° F.
5. To save heating the oven especially for the sweet potatoes, cook them on the top of the stove. Be sure to keep the heat low and watch to see that the syrup does not scorch.

Your mother may have other potato recipes that you will want to copy for your file.

When you prepare potatoes, score them with the score card (p. 49). Remember that a good potato is creamy white, is mealy, and has a natural potato flavor.

Assignment:

Plan, prepare, and serve vegetables as salad at least twice and cooked at least twice. Record in your Home Economics Record Book. Keep a record of all the food you eat on one whole day on Record Sheet No. 2 on page 6. Check against the Daily Food Guide on page 5.

SCORE CARD FOR JUDGING COOKED POTATOES

Name of potato dish				
	Yes or No	Yes or No	Yes or No	Yes or No
Appearance:				
Potatoes kept their shape				
They were creamy white (if peeled).....				
It was attractively served				
Taste:				
It has a natural potato flavor				
Texture:				
Mealy				

What can you do to improve your potato dishes? _____

FAMILY MEALS PLANNED WITH MOTHER

In the first-year meal-planning project you planned three meals, serving the dishes you had learned to prepare. You should need less help from your mother this year in planning, preparing, and serving at least three meals—one breakfast, one dinner, and one lunch or supper. Include dishes which you have prepared.

Assignment:

Plan, help prepare, and serve at least three meals for your family, to include at least one breakfast, one dinner, and one lunch or supper, and record the menus on Record Sheet No. 3 on page 50.

RECORD SHEET NO. 3—FAMILY MEALS PLANNED WITH MOTHER
(Include at least one breakfast, one dinner, one supper or lunch)

Example	Food Group	Date	Food Group	Date	Food Group	Date	Food Group
Breakfast:							
Fruit (orange).....	2						
Cereal (oatmeal)...	6						
Bread (w.w. toast)...	6						
Milk (cocoa).....	4						
Dinner:							
Meat or substitute	5						
Potatoes	3						
Leafy green or yellow vegetable.....	1						
Raw vegetable or salad (tomatoes).....	2						
Butter	7						
Bread (w.w.).....	6						
Dessert (apple) ..	3						
Milk	4						
Supper or lunch:							
Main dish							
(creamed eggs)...	4 & 5						
Vegetable (spinach)	1						
Dessert (cake)						
Milk or milk drink.	4						

See the Basic Seven Food Groups as a Daily Food Guide, page 5.

JUST FOR FUN

Did you have fun playing some of the games, making popcorn balls, and singing some of the songs which were suggested in *Arizona Meals the 4-H Way—First Year?* What about more fun while you are doing the second year's work?

Cracker Jack*Ingredients*

- 1 pint syrup (New Orleans or sorghum)
- 2 tablespoons butter
- $\frac{1}{8}$ teaspoon salt
- 1 pint sugar
- 1 teaspoon vinegar
- $\frac{1}{2}$ teaspoon soda

Utensils

- Saucepan
- Measuring cup
- Measuring spoons
- Mixing spoons

1. Cook the syrup, sugar, vinegar, and salt until the mixture forms brittle threads when a little of it is dropped into cold water.
2. Add the butter, stir in the soda, and while it is foaming pour it over four quarts of freshly popped corn, stirring until the grains are well coated.
3. Three cups of shelled peanuts may be used with the corn, if desired.

Clothespin Dolls

Give each player a clothespin and some crepe paper or tissue paper of various colors, pins, pen, and ink. The players are to dress the clothespins and put faces on them. Give a small prize for the best-dressed doll.

Driving the Pigs to Market

Place a pop bottle on the starting line in front of each of two contestants. Using a three-foot stick, the contestants roll the bottle across the room to the turning line, then back to the starting line. The bottle often refuses to roll in a straight line and consequently the contest becomes a humorous affair. The bottle must be rolled, not batted. Someone challenges the winner.

The head of a croquet mallet may be substituted for the bottle and the handle used for the stick.

Junkman's Relay

Arrange the teams in shuttle-relay fashion. In front of the first player of each team place a pile of sundry articles—more than he can hope to carry conveniently, such as a folding chair, an automobile tire, two long poles, an old coat, a basketball, and a football. The aim should be to provide bulky and unwieldy articles rather than heavy ones.

At the signal, the first player of each team picks up the articles, runs to the second player, and gives them to him. The second player carries them to the third, and so on until all have run. The team that finishes first wins.

WE'RE SO BUSY MAKING MUFFINS
(Tune: "I'm Forever Blowing Bubbles")

We're so busy making muffins,
Dainty muffins for the fair;
They rise so high, nearly reach the sky,
They'll be twin mountains by and by.
We mix and stir and beat them,
Bake them quick with care.
We're so busy making muffins,
Dainty muffins for the fair.

HOE, HOE, HOE YOUR ROW
(Tune: "Row, Row, Row Your Boat")

Hoe, hoe, hoe your row
Steadily every day,
Merrily, merrily, cheerily, cheerily;
Half our work is play.

STACK UP YOUR DISHES
(Tune: "Pack Up Your Troubles")

Stack up your dishes on the pantry shelf
And smile, smile, smile.
While there is still another day at hand,
Dishes out of sight.
What's the use of leaving them?
It never was worth while, so
Stack up your dishes on the pantry shelf
And smile, smile, smile.

DREAMING

My home must have a high tree above its open gate;
My home must have a garden where little dreamings
 wait;

My home must have a wide view of field and meadow fair,
Of distant hill, of open sky, with sunlight everywhere.

My home must have a friendship with every happy thing;
My home must offer comfort for any sorrowing;
And every heart that enters shall hear its music there
And find some simple beauty that every life may share.

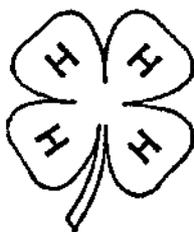
My home must have its mother—may I grow sweet and
 wise;

My home must have its father, with honor in his eyes;
My home must have its children—God grant the parents
 grace

To keep our home through all the years a kindly, happy
 place.

4-H CLUB MOTTO—"To Make the Best Better"

4-H CLUB



EMBLEM

4-H CLUB COLORS—Green and White

4-H CLUB PLEDGE

"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."

"I pledge allegiance to the Flag of the United States
of America and to the Republic for which it stands,
one Nation, indivisible, with liberty and justice for all."

Name.....

Name of Club.....