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**OKLAHOMA AGRICULTURAL AND MECHANICAL  
COLLEGE EXTENSION SERVICE**

W. A. CONNER, Director

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**COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME  
ECONOMICS**

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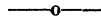
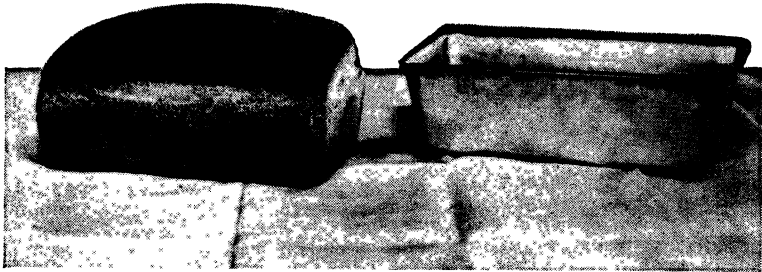
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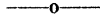
*Junior*  
*Home Demonstration Clubs*

**FOOD PREPARATION  
THIRD YEAR**

By NORMA M. BRUMBAUGH  
District Agent



## FOOD PREPARATION—THIRD YEAR



### LEAVENING AGENTS

The common leavening agents in use in the home are yeast, baking powder, and eggs. Baking powder is a mixture of substances which when moistened produces gas, carbon dioxide. This gas forms in bubbles throughout a mass and when heated it expands, lightening or leavening the mass. This same action results when any leavening agent is used. The tiny holes we see in doughs and batters are the cells where the gas was formed. To better understand the action of baking powder and soda, make the following tests:

1. Add 2 T. cold water to 1 T. baking powder. Study the action, then heat the mixture and note results.
2. Add 2 T. cold water to  $\frac{1}{2}$  t. soda.
3. Add 2 T. vinegar to  $\frac{1}{2}$  t. soda.

We do not always have baking powder in the home when it is needed. In that case by sifting together six times, 1 part of soda to 2 parts of cream of tartar we can make our own baking powder.

Egg white is also used as a leavening agent. The white is very elastic and when beaten sacs are formed in which the air is inclosed. When the mixture containing the beaten egg white is heated the inclosed air expands thus leavening it.

### QUICK BREADS

Quick breads are more often made by those who do not care for yeast breads. It is very necessary then to stress the importance of well made and well baked breads. Because of the lightness and freshness of quick breads they are often eaten hurriedly. It is doubly necessary then that great care should be taken in the making and baking of bread, and in its flavor and appearance.

### SIMPLE BAKING TESTS

Different mixtures require different temperatures, but since we do not all have oven thermometers, we should know other ways of testing the temperature of an oven for baking.

1. A moderate oven turns a piece of white paper golden brown in 5 minutes (380° F.)
2. A hot oven turns a piece of white paper dark brown in 5 minutes (425° F. to 450° F.)

Of the food work that is to follow, the third year club member is required to complete twenty food demonstrations, preparing at least once the articles of food according to recipes given in a sufficient quantity for the whole family, keep a record and write a story of the year's work. She will exhibit at the township, county and state fairs, if possible. The exhibit will consist of a loaf of raisin bread baked in a loaf pan 9x14x3 $\frac{1}{2}$  inches.

#### *Nut Loaf.*

|  |                               |
|--|-------------------------------|
| 1 $\frac{1}{2}$ c. white flour         | $\frac{1}{3}$ c. sugar        |
| 1 $\frac{1}{2}$ c. sifted graham flour | 1 $\frac{3}{4}$ c. sweet milk |
| $\frac{1}{2}$ c. chopped nut meats     | 5 t. baking powder            |
| 1 t. salt                              |                               |

Sift the flour, salt and baking powder together, add slowly the other ingredients. Mix thoroughly, put in a greased pan and bake slowly in a slow oven, 1 hour.

*Raisin Loaf.*

|                   |               |
|-------------------|---------------|
| 2 c. graham flour | ½ c. molasses |
| 1 c. white flour  | ¼ c. sugar    |
| 1½ c. sour milk   | ½ c. raisins  |
| 2 t. soda         | 1 t. salt     |

Mix the dry ingredients together; cut and flour the raisins and add them to the dry materials. Add the sour milk to the molasses and add this mixture to the dry materials. Grease a loaf pan, and pour in the mixture, cover and let stand one hour; then bake 45 minutes in a hot oven.

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### YEAST BREADS

Yeast is a plant. For growth it requires the same consideration as a geranium in your window, that is, warmth, moisture and food are necessary.

This leavening agent commonly used in bread making, buds upon the sugar in the flour and any extra sugar added to a mixture. In this action a gas is produced, carbon dioxide. The gas collects in small sacs and when the bread dough is heated the gas expands, thus leavening the mixture.

There are three forms of yeast, compressed, liquid and yeast foam. Compressed yeast is made from wort, an infusion of malt. The yeast rising to the top of the wort is skimmed off, washed with water, mixed with starch, pressed, cut in cakes, wrapped in tinfoil, and kept cold until used. This yeast should be used when fresh.

Liquid yeast might be made from wort just as compressed yeast is but is usually a home made product in which the housewife uses a certain amount of commercial yeast as a "starter" and water in which potatoes have been boiled and potatoes boiled and mashed with sugar and salt added and sometimes other ingredients. This mixture is put together, stirred well and set away for use. It should be kept in a cool place and when nearly exhausted is replenished by more additional potatoes and potato water and sugar, etc. The dry yeast might be made and is often made from wort just as compressed yeast is but instead of being mixed with starch as a carrier is mixed with dried cornmeal and is pressed, cut in cakes and sold in packages, that is, if it is a commercial product. If homemade instead of being pressed and cut into cakes it is usually dried in handfuls and then put away in a cool dry place for future use. When made at home like the liquid yeast it is often-times started with a commercial yeast.

*Parker House Rolls.*

|                          |                             |
|--------------------------|-----------------------------|
| 2 c. scalded milk        | 1 yeast cake dissolved in ¼ |
| 3 T. butter or other fat | c. lukewarm water           |
| 2 T. sugar               | Flour                       |
| 1 t. salt                |                             |

Add butter, sugar and salt to scalded milk; cool until lukewarm; add yeast which has been dissolved in ¼ c. water, and add 3 c. flour. Beat thoroughly, cover and let rise until light. Add enough flour to knead (about 2½ c.) Let rise, toss on slightly floured board, knead, and roll out to ⅓ inch thickness. Cut with a biscuit cutter. Dip handle of creaseknife in flour and make a crease with it through center of each piece. Brush over one-half of each piece with melted butter, fold and press edges together. Place in a greased pan, one inch apart, cover with a clean cloth and let rise until rolls have doubled in size. Bake in a hot oven 25 minutes.

*Luncheon Rolls.*

|                                 |                             |
|---------------------------------|-----------------------------|
| ½ c. scalded milk               | ½ yeast cake dissolved in 2 |
| 2 T. sugar                      | T. lukewarm water           |
| ¼ t. salt                       | Few gratings lemon rind     |
| 2 T. melted butter or other fat | Flour                       |
| 1 egg                           |                             |

Add sugar and salt to milk; when lukewarm, add dissolved yeast cake and ¾ c. flour. Cover and let rise; then add butter, egg well beaten, grated rind of lemon,

and enough flour to knead. Let rise again, roll to  $\frac{1}{2}$  inch thickness, shape with small biscuit-cutter. Place in buttered pan close together, let rise again and bake.

#### *Cinnamon Rolls.*

|                          |                                 |
|--------------------------|---------------------------------|
| $\frac{1}{4}$ cake yeast | 3 c. flour                      |
| 3 T. sugar               | 1 c. water                      |
| 1 t. salt                | 3 T. melted butter or other fat |

Soak yeast in lukewarm water until softened. Place sugar in bowl. Add warm water, yeast and about half of the flour. Beat the mixture until light and let rise over night. When this mixture becomes full of bubbles, add salt, butter or lard and the remaining flour. Stir until mixed. Turn onto a board which is slightly floured, knead until dough is smooth and elastic. Put in a greased bowl, cover and let rise until double its bulk. Turn onto a board, roll  $\frac{1}{4}$  inch in thickness. Spread with cinnamon mixture and roll up like a jelly roll, then cut into 1-inch pieces. Place in a greased pan. Brush over with melted fat or cream. Let rise until double in size, then bake 20 minutes in a moderate oven.

Cinnamon Mixture.—2 T. brown sugar, 1 t. ground cinnamon, 1 T. butter; mix dry ingredients, add butter and stir until smooth paste is formed.

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#### CHEESE DISHES

Cheese is made from whole milk, skimmed milk or cream. An acid is added to the milk which causes it to curdle, then this is heated. The whey is drained off and the curd salted and put into a press. Then the "cheese" is kept several weeks to ripen. Cheese is valuable because of the protein or muscle building substance that it contains.

#### *Composition of Cheese.*

|           |             |
|-----------|-------------|
| Water 34% | Mineral 4%  |
| Fat 34%   | Protein 25% |
| Sugar 3%  |             |

#### *Cheese Fondue.*

|  |                       |
|--|-----------------------|
| 1 c. scalded milk                            | $\frac{1}{2}$ t. salt |
| 1 c. soft stale bread crumbs                 | Yolks 3 eggs          |
| $\frac{1}{4}$ lb. cheese cut in small pieces | Whites 3 eggs         |
| 1 T. butter                                  |                       |

Mix first five ingredients, add yolks of eggs beaten until lemon colored. Cut and fold in whites of eggs beaten until stiff. Pour into a buttered baking dish and bake 20 minutes, in a moderate oven. Serve at supper instead of meat.

#### *Rice With Cheese.*

Steam or boil, 1 c. rice, allowing 1 T. salt; cover bottom of buttered baking dish with rice, dot over with  $\frac{3}{4}$  T. butter, sprinkle with thin shavings of cheese; repeat until rice and  $\frac{1}{4}$  pound of cheese are used. Add milk to half the depth of contents of dish. Cover with buttered crumbs and bake until the cheese melts.

#### *Welsh Rarebit.*

|             |                                |
|-------------|--------------------------------|
| 2 T. butter | 1 c. milk                      |
| 2 T. flour  | $\frac{1}{2}$ t. salt          |
| Pepper      | $\frac{1}{2}$ c. grated cheese |

Melt butter, add flour, salt and pepper. Add scalded milk, when smooth and creamy, add grated cheese. Allow cheese to melt. Serve at once on toast or wafers.

#### *Tomato Rarebit.*

|   |                        |
|---|------------------------|
| 2 T. butter                                   | 2 c. finely cut cheese |
| 2 T. flour                                    | 2 eggs slightly beaten |
| $\frac{3}{4}$ c. thin cream                   | Salt                   |
| $\frac{3}{4}$ c. stewed and strained tomatoes | Mustard                |
| $\frac{1}{3}$ t. soda                         | Pepper                 |

Put butter in top of double boiler, when melted, add flour. Pour on gradually, cream and cook in double boiler. As soon as mixture thickens add tomatoes, mixed with soda; then add cheese, eggs and seasonings to taste. Serve as soon as cheese has melted, on toast or crackers.

#### *Cottage Cheese.*

Cottage cheese is easy to make but is so often poorly served. In food value cottage cheese is classed with lean meat and eggs and goes to build muscle, blood and bone.

As a basis for the main dish of a meal, cottage cheese will reduce expenses, appeal to the appetite and save meat.

One gallon of milk makes about one and one-half pounds of cheese. If the milk is sweet it should be placed in a pan and allowed to remain in a clean, warm place until it clabbers. The clabbered milk should have a clean, sour flavor. Usually this will take about 30 hours, but when it is desirable to hasten the process a small quantity of sour milk may be mixed with the sweet milk.

As soon as the milk has clabbered the curd should be stirred with a spoon. Place the pan of broken curd in a vessel of hot water. Cook for about 30 minutes, stirring at five minute intervals. Then pour the curd and whey into a cheese cloth bag or a clean salt bag and hang the bag on a rack to drain. Since there is some danger that the curd will become too dry, draining should stop when the whey ceases to flow in a steady stream.

The curd is then emptied from the bag and worked with a spoon until it becomes fine in grain. Sour or sweet cream may be added. Salt the cheese according to taste, about one teaspoonful to a pound of curd.

#### *Cottage Cheese Balls.*

|   |                      |
|---|----------------------|
| ½ c. thick white sauce made<br>from ½ c. milk, 2 T. flour | 2 c. mashed potatoes |
| 1 T. fat, salt and pepper                                 | 1 egg (beaten)       |
| 2 c. cottage cheese                                       | Bread crumbs         |

Make white sauce. Gradually beat cottage cheese into it. Add mashed potatoes, season, make into soft balls, roll in bread crumbs, then in beaten egg, then in bread crumbs again. Fry in kettle of deep fat until a golden brown. These cheese balls are delicious served with tomato sauce.—Wyoming State Agri. College.

#### *Cottage Cheese Loaf.*

|                                     |                             |
|-------------------------------------|-----------------------------|
| 1 c. cooked rice (dry and<br>flaky) | ½ c. ground peanuts         |
| 1 c. cottage cheese                 | 1 c. bread crumbs (or more) |
| 1 T. chopped onion                  | ½ T. soda                   |
| 1 T. savory fat or drippings        | 1 c. strained tomatoes      |

Mix well and form into a roll. Brush with melted butter and bake in a moderate oven 25 minutes. Serve with a medium white sauce to which may be added 2 T. minced pimientos.

#### *Salad Combination.*

|                     |                            |
|---------------------|----------------------------|
| 2 c. cottage cheese | 1 c. pickled beets, cut up |
|---------------------|----------------------------|

Mix and add salad dressing.

This makes a very pretty red salad. Serve on crisp lettuce.

|                      |  |
|----------------------|--|
| ½ c. chopped celery  | 1 c. chopped apple (red peel-<br>ing may be left on) |
| 1 c. chopped cabbage |  |

Add cottage cheese salad dressing and serve on lettuce leaf.

#### *Salad Dressing.*

|                               |                     |
|-------------------------------|---------------------|
| ½ c. milk                     | 1 t. salt           |
| ¼ c. vinegar (not too strong) | 1 t. mustard        |
| 1 egg                         | ½ t. paprika        |
| 1 c. soft cottage cheese      | 2 T. flour          |
| 1 c. sour cream whipped       | 1½ t. melted butter |

Method: Mix the dry ingredients together and cream with the melted butter. Add the creamed mixture to the heated milk and stir until very thick, after the mixture has boiled, add vinegar slowly, stirring all the while. Cool slightly and add beaten egg. Put the cottage cheese through a sieve if necessary to break up lumps. Using an egg beater, beat the cottage cheese gradually into the dressing until smooth. Lastly fold whipped cream into dressing.

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## VEGETABLES

Of the foods known as vegetables some are seeds, some are fruits, leaves, stems, bulbs, roots and tubers.

Seeds or legumes—Beans, peas.

Fruits—cucumbers, pumpkin, tomatoes, squash.

Leaves—Lettuce, spinach, mustard.

Stems—Chard, celery, asparagus, cauliflower.

Bulbs—Onions.

Roots—Beets, radishes, turnips.

Tubers—Potatoes, Sweet potatoes.

There are so many kinds of vegetables that we often forget their existence. We are using vegetables that our grandfathers did not use and what is true today will probably be true fifty years from today. Our varieties of vegetables are constantly increasing. We are using vegetables that have been found good in other countries and through them oftentimes produce new varieties.

The improved methods in canning have widened our choice of vegetables and increased our annual supply. There are few vegetables grown that cannot be canned. Fortunately the most nutritious ones are those most commonly canned, as peas, beans, and can be obtained at a low price.

*Composition.*

The green vegetables are four-fifths water by weight, their chief value lies in the mineral salts and roughage they supply. The vegetables which make the greatest return in food value are peas, beans and lentils. They give protein and mineral matter and starch.

*Selection.*—Fresh, tender, and firm vegetables should be chosen, never those that have started to decay. Often withered vegetables can be freshened by allowing them to stand in cold water for 2 to 3 hours.

*Preparation.*—Vegetables that form in heads, as cabbage and lettuce, should be put head down in cold salted water so that any worms or insects may be driven out from between the leaves. All vegetables should be cleaned before cooking. A small scrubbing brush kept for this purpose is a great convenience.

*Cooking.*—Most vegetables may be baked, roasted, fried, boiled or steamed. All vegetables can be prepared in a number of different ways and in combinations give pleasing varieties for many meals. The simple methods of cooking are best, when the flavor and food value may be retained.

The changes that take place in cooking are those that soften the fiber, make the starch more digestible, in some instances develop flavor.

*Vegetable Soups.*

|                       |             |
|-----------------------|-------------|
| 1 c. tomato juice     | 2 c. milk   |
| $\frac{1}{2}$ t. soda | 2 T. butter |
| 2 T. flour            | Pepper      |
| 1 t. salt             |             |

Cook tomatoes; strain. Melt butter, add flour, salt and pepper and soda, and then add this to scalded milk; just before serving, add tomato juice. This will curdle if combined too long. Use recipe for tomato soup, substituting some other vegetable for tomato.

*Potato Soup.*

|                |             |
|----------------|-------------|
| 2 slices onion | 1½ t. salt  |
| 1 qt. milk     | ⅔ t. pepper |
| 3 potatoes     | 3 T. butter |

Cook potatoes in boiling salted water; when soft rub through a strainer. Scald the milk with the onion, remove onion. To the milk add the potatoes, butter, salt and pepper.

*Pea Soup.*

|                   |               |
|-------------------|---------------|
| 1 pt. cooked peas | 1 slice onion |
| 2 t. sugar        | 2 T. butter   |
| 1 pt. milk        | 1 t. salt     |

Drain peas and rub through a sieve. Add butter, scald the milk with the onion and add the milk to the pea mixture, season with salt and pepper.



## SOUPS PREPARED FROM CANNED VEGETABLES

*Vegetable Soup.*

For each 3 quarts of soup stock or broth, add 1 cup of canned soup mixture. The vegetable mixture and the stock should be cooked in a covered kettle for 1 hour.

*Cream of Spinach Soup.*

|                     |                          |
|---------------------|--------------------------|
| 4 c. cooked spinach | 4 T. butter              |
| 1 c. boiling water  | 4 T. flour               |
| 3 c. milk           | Salt and pepper to taste |

Cook spinach until tender and rub through a sieve. Prepare a thin white sauce with the milk, water, butter and flour. Add the spinach pulp and bring to the boiling point. Season with salt and pepper. Serve with croutons or toasted crackers.



## VEGETABLE DISHES

The fresh green vegetables that are so abundant in the early spring furnish the body with mineral so necessary in the bones and blood. We should eat as many as possible when they are in season.

*Spinach or Greens.*

|                              |             |
|------------------------------|-------------|
| ½ peck spinach               | ½ t. pepper |
| 3 T. butter or bacon fryings | 1 T. salt   |

If the spinach is at all wilted, place it in cold water until it becomes fresh and crisp. Cut off the roots, break the leaves apart, and drop them into a pan of water. Wash. Drain and place in a granite utensil and add the seasonings. Cook until tender (about 30 minutes). Add the butter or fat, cut the leaves with a knife and fork. Turn into a hot dish and serve at once. The flavor may be varied by adding 1 tablespoon sugar, a few drops of vinegar, or garnishing it with slices of hard cooked eggs, or it may be cooked with a piece of salt pork or ham hock. Young beets may be prepared in the same manner.

*String Beans.*

Remove strings and snap or cut in one-inch pieces; wash and cook in boiling water from one to three hours, adding salt last half hour of cooking. Drain, season with butter and salt. The beans may be cooked with slices of bacon or salt pork.

*Creamed Green Beans.*

Cook the prepared beans in salted water until tender. To the cooked beans add enough "two to one" white sauce to moisten.



*Boiled Peas.*

Remove peas from pods, wash. Skim off the undeveloped peas which rise to the top of the water. Cook the peas in a small quantity of boiling water until soft. Drain peas and season with butter, salt and pepper.

*Creamed Peas.*

Drain boiled peas, and to two cups peas add three-fourths cup white sauce (2 to 1). Heat and serve.

*Carrots and Peas.*

Wash, scrape and cut young carrots in small cubes, cook until soft in boiling salted water. Drain, add an equal quantity of cooked green peas and season with butter, salt and pepper.

*Escalloped Cabbage.*

Cut one-half boiled cabbage in pieces; put in buttered baking dish, sprinkle with salt and pepper, and add one cup white sauce, "one to one". Mix the cabbage with the white sauce, cover with buttered crumbs, and bake until crumbs are brown.

*Stewed Tomatoes.*

Wipe, pare, cut in pieces, put in stew pan, and cook slowly twenty minutes. Season with butter, salt and pepper.

*Fried Tomatoes.*

Wipe and slice six tomatoes. Sprinkle with salt and pepper, dredge in flour and brown on both sides in butter.

*Stuffed Tomatoes.*

Tomatoes may be stuffed by washing and removing the seeds and core of the tomato. Then sprinkle the inside of the tomato with salt, and stuff with diced cooked meat, bake in a hot oven 20 minutes.

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## USE OF CANNED VEGETABLES

Vegetables, when properly canned, may to a large extent take the place of fresh ones.

*Vegetable Chowder—(serves six).*

|                          |                          |
|--------------------------|--------------------------|
| 1 c. canned soup mixture | 2 T. flour               |
| 2 c. cold water          | 1 T. butter              |
| ¼ lb. salt pork          | Salt and pepper to taste |
| 1 pt. milk               |                          |

Put the canned vegetables into a kettle with the cold water; add the pork cut into small cubes and cook very slowly one to one and one-half hours. Add the flour rubbed smooth with a little cold water and salt to taste. Cook 10 minutes. Just before serving add the scalded milk and butter; bring again to the boiling point, season with pepper and serve hot.

*Corn Pudding.*

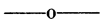
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| 2 c. cooked corn, well drained | 1 c. milk         |
| 2 eggs                         | 2 T. sugar        |
| 1 T. flour                     | 2 t. salt         |
| 1 T. butter                    | Few grains pepper |

Melt the butter in a pan, add flour and seasoning and stir until smooth. Add the milk and boil, stirring constantly. Add the sugar, egg yolks and corn. Then fold in carefully the stiffly beaten egg whites. Place in a buttered baking dish, set into a pan of water. Bake in a moderate oven 35 minutes.

*Vegetable Salads.*

Salads may be a combination of green vegetables with fruits or meats and a salad dressing. They are valuable because of the acid and mineral they contain. Salad material must be fresh, dry and cold. The salad should:

1. Blend with the colors of the other food.
2. Not duplicate the food of a meal as mashed potatoes and a potato salad.
3. Be dainty and attractive.
4. Have a dressing well made.



## SALAD DRESSINGS

*Boiled Dressing.*

|              |                    |
|--------------|--------------------|
| ½ c. vinegar | 1 t. salt          |
| ½ c. water   | 1 t. mustard       |
| 2 eggs       | 2 T. melted butter |
| 2 T. sugar   |                    |

Sift the dry ingredients, add to the liquid and heat. Pour gradually over the thoroughly beaten eggs, stirring to prevent curdling. Cook in a double boiler until thick, add the butter. Chill.

*Mayonnaise.*

|                             |                    |
|-----------------------------|--------------------|
| Yolks of 2 eggs             | 1 t. salt          |
| 1½ c. salad oil             | 1 t. sugar         |
| 4 T. lemon juice or vinegar | Few grains cayenne |
| 1 t. mustard                |                    |

Mix dry ingredients, add egg yolks and when well mixed, add 1 T. vinegar. Add the oil very slowly, and as the mixture thickens, add some of the vinegar, alternating until all of the oil and vinegar are used. The oil should be cold when used.

*French Dressing.*

|                             |              |
|-----------------------------|--------------|
| ½ c. salad oil              | ¼ t. paprika |
| 5 T. lemon juice or vinegar | Dash Cayenne |
| ½ t. salt                   |              |

Mix the ingredients together and stir until well blended. A few drops of onion juice may be added if desired. Another easy way of mixing is to shake well in a bottle.

*Lettuce Salad.*

Wash lettuce and dry between clean towels. Cut in strips, place on small plates and garnish with 2 or 3 T. of dressing.

*Beet and Cucumber Salad.*

Cut fresh cooked beets in ½ inch cubes. To 1 cup of beets add ¼ cup of cucumber pickles cut in cubes. Place on a small plate. Place hard-cooked egg white cut in small cubes around beets, then put yolk through sieve and place on top of beets.

*Beet and Potato Salad.*

|                      |                    |
|----------------------|--------------------|
| 2 c. cooked potatoes | ¼ c. celery        |
| ½ c. beet cubes      | 2 hard cooked eggs |

Cut the cold boiled potato into small cubes. Add the remaining ingredients and mix with salad dressing. Garnish with parsley and serve on lettuce leaves.

*Other Combinations for Potato Salad.*

1. 2 c. potato, ½ c. nuts, dressing.
2. 2 c. potato, ½ c. celery, apple dressing.
3. 2 c. potato, 1 c. peas, ½ c. nuts, 1 pickle, dressing.

*Stuffed Tomato Salad.*

Peel six medium sized tomatoes. Remove thin slices from the top of each and take out seeds and some pulp. Sprinkle the inside of the tomatoes with salt. Fill the tomatoes with boiled salad dressing alone or with cubes of cucumber mixed with salad dressing. Arrange on lettuce leaves.

*Hot Slaw.*

Slice one-half cabbage. Heat in a dressing made of the yolks of two eggs slightly beaten, one-fourth cup cold water, one T. butter, one-fourth cup hot vinegar and one-half teaspoon salt, stirred over hot water until thick.

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 SALADS PREPARED FROM CANNED VEGETABLES
*Beet and Nut Salad—(about six servings).*

|                       |                 |
|-----------------------|-----------------|
| 2 c. canned beets     | Lettuce (for 6) |
| 1 c. broken nut meats | Cooked dressing |
| 2 T. oil              | ½ t. salt       |
| 1 T. vinegar          |                 |

Mix together the oil and vinegar and salt in a bottle or jar and shake well before using. To marinate put the vegetables in a bowl, pour over the mixture of oil and vinegar, and either shake all together or mix it lightly with forks.

Drain the beets, marinate with the oil and vinegar, and chill. Blend the nut meats and beets lightly and serve on crisp lettuce leaves with cooked dressing.

*Combination Salad—(about six servings).*

|                     |                 |
|---------------------|-----------------|
| 1 c. canned beans   | 1½ T. vinegar   |
| 1 c. canned carrots | Lettuce (for 6) |
| 1 c. canned beets   | Mayonnaise      |
| 3 T. oil            | ½ t. salt       |

Cook the vegetables until tender. Salt to taste and drain well. Marinate each separately with oil and vinegar, then chill. Arrange a tiny mound of each vegetable on a bed of crisp lettuce, add mayonnaise dressing and garnish with a sprig of parsley. If desired, the marinated vegetables may be tossed together lightly and served in combination on the lettuce with a spoonful of mayonnaise.

Cold cooked vegetables alone and in combination with other vegetables may be used in making delicious salads by the addition of salad dressing. This is also true of cold cooked meats.

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 MEAT

Meat is valuable because it contains protein, which is needed to build body tissue, and fat which supplies energy to the body. Although meat is an important source of protein, there are foods which will supply this same nutrient. Besides fat and protein, meat contains mineral salts and water.

*Structure.*

The lean part of the meat is made up of tiny fibers bound together into very small bundles by connective tissue. These bundles are bound together into still larger bundles by connective tissue. Fat may be found in very small particles all through the lean of the meat.

*Cooking Meat.*

Meat is cooked in order to develop the flavor, to improve the appearance, and to destroy any parasites which might be present, especially in pork and beef.

In cooking tough meats, the connective tissue must be softened. This can be brought about by the use of moist heat as stewing, braising and simmering.

**Cooking Tender Cuts.**—All tender cuts of meat should be cooked by dry heat methods, such as broiling, pan broiling or oven roasting.

## BEEF

*Swiss Steak.*

Use a slice of round, flank or chunk of beef about two inches thick. Lay on bread board and pound into it all the flour that will stick. Sear evenly in hot oiled frying pan. Lay in kettle, salt, place 3 or 4 T. canned tomatoes, green pepper, 1 large slice of onion on top. Add hot water to cover and simmer until tender, 2 or 3 hours. Thicken gravy when meat is removed.

*Rolled Steak.*

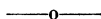
Use three or four slices of round or flank steak cut  $\frac{1}{2}$  inch thick. Place a slice of bacon on each slice and onion cut fine, roll and tie, dredge with flour and brown in frying pan. Place in pan and pour  $\frac{1}{2}$  cup boiling water over it. Bake in a moderate oven until steak is tender. Serve with tomato sauce or gravy.

*Beef Stew.*

Two pounds of neck meat or shoulder. Cut in small pieces and place in cold water and bring to simmering point. At the end of one hour, add 2 t. salt, 1 onion cut in small pieces, 4 turnips quartered, 4 carrots, and 20 minutes before the dish is served 4 potatoes halved.

*Pot Roast.*

Place 4 pounds of meat in a kettle with a piece of suet. Pour over enough boiling water to cover. Simmer until the water has evaporated. Add 3 t. salt, then turn and brown each side of the meat in the hot fat. Remove the meat and add to the fat 4 T. flour, mix thoroughly. Pour in enough cold water to make a sauce of "2 to 1" thickness.



## POULTRY

Poultry includes all birds raised at home with the exception of pigeons. Chicken and turkey are very nutritious and chicken is especially easy of digestion. The cooking of poultry should be at a low temperature and for a long time unless cooked in a steam pressure cooker.

*To Dress a Chicken.*

The head should be severed from the body to allow free bleeding. Dip the chicken in a pail of water just below the boiling point. When cool enough to handle, pull or rub off the feathers. The hairs on the chicken may be singed off by holding over a quick blaze. Pin feathers may be removed by scraping and pulling with a knife.

If the fowl is to be cooked whole, an opening should be made just below the breast bone from thigh to thigh and the internal organs removed, care being taken that the gall is not burst. The liver, gizzard and heart should be cut from the rest of the organs and cleaned for use. If the chicken is to be jointed: first remove the wings; second, remove the legs and thighs together; third, open the body below the breast bone by cutting the thin membrane there and between the back and breast; fourth, remove the internal organs; fifth, cut the membrane which joins the back to the breast and sever; sixth, break the back from the ribs, and remove the oil sack; seventh, cut the neck from the ribs; eighth, remove the wish-bone and divide the breast.

*Fried Chicken and Gravy.*

Joint a small young chicken. Salt, pepper and roll in flour. Have an iron skillet warming. Put in it  $\frac{1}{2}$  cup lard and  $\frac{1}{2}$  cup butter. When melted and hot, lay in pieces of chicken which have been dredged in flour and cook slowly so that the pieces will brown and not burn. Salt and pepper as desired. When well cooked, remove to a meat platter. Dust into the hot grease 4 T. flour and stir until brown. Add 2 cups sweet milk and let simmer, stirring so that the gravy will not lump. Season and serve.

*Smothered Chicken.*

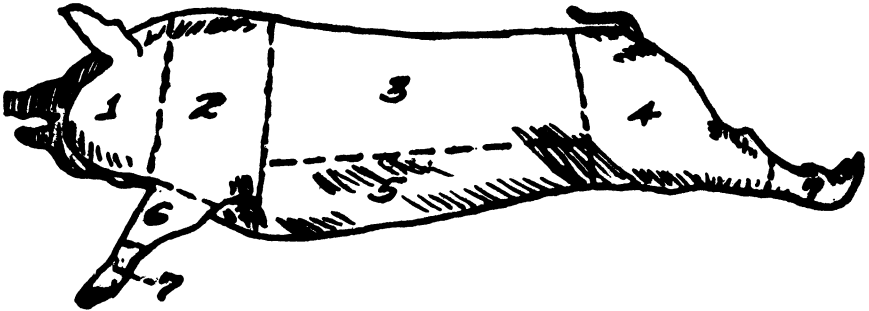
Joint a fat, young hen. Salt (1 t. for each lb.), roll each piece in flour and lay in a deep pan or baking dish. Pour over this 3 cups cold water, and cook in a moderate oven for two hours.



## PORK

Pork is the flesh of the hog. It is very rich in fat and contains some protein the same as does any other meat. Pork is hard to digest because the fat is so evenly distributed throughout the meat fiber. Vegetables and acid fruits are served with pork so that the acid will aid the stomach in the digestion of the pork.

Different parts of the animal when dressed take different names.



The loin and spareribs are used for roasts and chops. The hind legs furnish the hams which are cured as are the shoulders. The flank is used for bacon. The hocks are used for pickling. The heads are cleaned, soaked, cooked and used in making head cheese and mince meat. The feet are cleaned, soaked, cooked, split and pickled.

*Pork Chops With Dressing.*

Make dressing as for baked hen using some tomato juice. Pile the dressing on the chop and bake in a moderate oven 45 minutes. Serve gravy with the chops.

*Pork Tenderloin With Sweet Potatoes.*

Wipe tenderloin, put in baking pan and brown in hot oven. Sprinkle with salt and pepper and bake 45 minutes. Serve with potatoes. Pare 6 potatoes and parboil 10 minutes, drain and put in pan with meat. Cook until tender and brown.



## LEFT OVER MEATS

Left-over meats may be served very attractively. The following rules are to be observed in cooking and serving left-over meats:

1. Remember—the meat is cooked. Therefore, it needs only to be reheated.
2. Serve with sauces.
3. Serve while hot.

*Meat Pie.*

Remove gristle and excess fat from cold cooked meat. Cut in one inch pieces. Make sauce, using meat stock, milk or tomato puree, 3 T. butter, 3 T. flour, 1 c. liquid, season highly with salt and pepper. Use equal parts of meat and sauce. Place in buttered baking dish. Cover with biscuit dough rolled one-half inch thick and perforated on top. Bake in quick oven until crust is brown.

*Creamed Meat.*

Make sauce as given in recipe above. Cut meat in cubes, add meat to sauce, reheat carefully. Put in center of hot platter. Place around the creamed meat a border of boiled rice or mashed potatoes. Garnish with parsley and serve hot. This may also be served on toast.

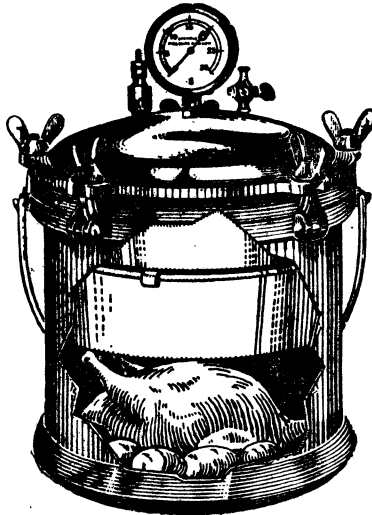
*Hash Balls.*

- |                     |                           |
|---------------------|---------------------------|
| 1 c. ground meat    | 1 c. cold mashed potatoes |
| 1 t. salt           | or rice                   |
| 1 t. chopped onions | 1 egg                     |

Mix all ingredients, mold into small cakes, roll in flour and fry in bacon drippings until browned on both sides.



## COOKING IN THE STEAM PRESSURE COOKER



The steam pressure cooker is one of our modern labor saving devices, and it is indeed an energy, time and fuel saver. There is nothing difficult about operating the cooker when care is used.

Foods that ordinarily require a long time in cooking may be cooked in the pressure cooker in a very short time, requiring very little attention until done.

In using the cooker, a cup of water is placed in it. The food is prepared and placed in a container, then this is set in the cooker. The cooker is then closed. After the pressure needed is obtained, time is counted.

*Creole Chicken.*

- |  |                                |
|--|--------------------------------|
| 6 tomatoes or 1 No. 2 can tomatoes                             | 2 T. butter or bacon drippings |
| 3 sweet red peppers cut in small cubes, or 1 No. 2 can peppers | 1 medium sized chicken         |
| 1 onion (size of egg)  | ¼ lb. ham, or 2 or 3 slices    |
| 2 t. salt  | bacon chopped fine             |
|  | 1 T. chopped parsley           |
|  | 1 bay leaf                     |

Place the chicken either on the rack or on the bottom of the cooker with ½ cup of water. Let it cook at 15 pounds pressure for 30 or 40 minutes. Remove from the fire and lower the pressure to zero and remove the lid of the cooker. Have

ready the onion, cut fine and browned in the fat. Add this with other vegetables and the seasonings to the cooked chicken, close the cooker, bring pressure up and maintain at 15 pounds for 10 minutes. Let pressure run down to zero slowly, remove chicken and vegetables and thicken stock left in cooker to serve with the meat.

*Roast Chicken With Dressing.*

Prepare as for roasting in the oven. Place in hot oven and brown nicely, then transfer to rack of cooker with  $\frac{1}{2}$  cup water below. Maintain 10 pounds pressure for one hour or more, depending upon age and size of fowl. Thicken gravy and serve. A lower pressure and longer cooking are preferred when the fowl is left whole.

