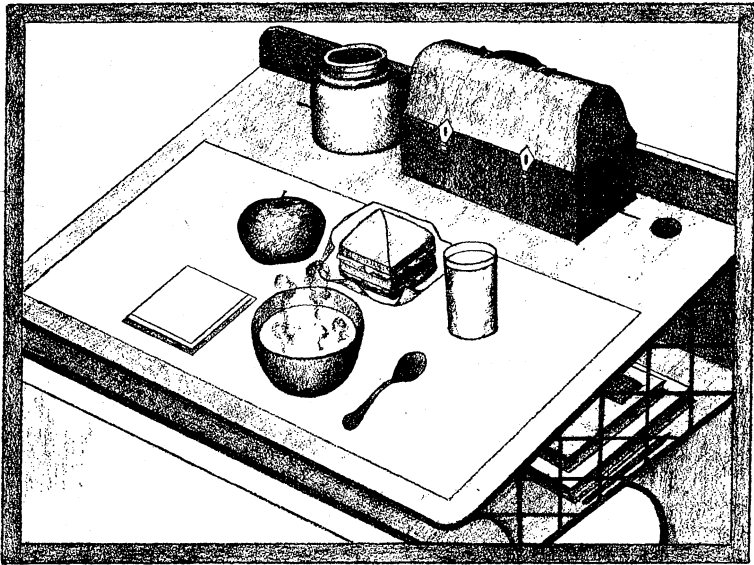


School Day Lunches



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THE SCHOOL DAY LUNCH

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The majority of parents are willing to make any sacrifice necessary in order that their children may have an opportunity to attend school; yet comparatively few of them seem to realize the importance of making certain that their children are in a condition that will allow them to make the most of the opportunities school has to offer. As a result, many children fail to progress as rapidly as they normally should and unfortunately, both the child and school are unjustly criticized. Unless the child is "physically sound, mentally alert and emotionally stable" we cannot reasonably expect him to make the most of the opportunities offered him. If sacrifices are to be justified, the child must be made as free as possible from handicaps that might retard his progress.

The most common yet probably the most underestimated in seriousness of all handicaps found in school children is malnutrition. Observations and experiments have proved it to be a handicap both mentally and physically. It is a serious condition which should have the attention of a physician.

Prevalence of Malnutrition Among School Children

Studies made for the 1930 White House Conference on Child Health and Protection startled us with the report that 6,000,000 school children belonged in the malnourished group. In some instances, as many as 90 per cent were found to have poor teeth that were a definite result of their having been poorly built from a nutritional standpoint. It yet remains to be seen how detrimental will be the effects of the adverse economic conditions of more recent years.

The lack of proper food, however, is by no means restricted to the poverty stricken element, as some are prone to believe. Many undernourished children come from moderately well-to-do and wealthy homes where the pangs of true hunger are never felt. They sit down to well-filled tables each day, yet in one sense of the word, they are starving. While they eat a sufficient quantity of food to satisfy their appetites, they do not eat the right kind of foods and thus fail to supply their bodies with the nutrients necessary for continuous growth and proper development of the body.

Causes of Malnutrition

Malnutrition may be caused by one or a combination of several of the following conditions:

1. Improper diet
2. Disease
3. Wrong food habits
4. Insufficient sleep
5. Chronic fatigue
6. Lack of exercise

Evidences That Child Is Not Up to Par

There has been a tendency to regard a deviation of 10 per cent or more from the average weight (for height and age) as a sign of undernourishment. It is unscientific to set average weight as a goal for all children. Research indicates that the state of nutrition cannot be accurately measured by so simple a method. This does not imply that height and weight records do not have a place in measuring nutritional status, but simply means that height and weight records cannot be used as a sole means of designating undernourished children.

A well-nourished child should grow normally in height and weight from year to year. Records of these trends in individual growth should be watched as an indication of good growth and development. A continued cessation of gain or a continued loss of weight warrants the attention of a physician.

Other things than weight must be taken into consideration in studying the status of a child; for example, the condition of the teeth. Faulty nutrition affects a child's teeth very markedly. The condition of the teeth is one index of the adequacy of nutrition, not merely at the present moment, but particularly in preceding years. On the other hand, experiments furnish convincing proof of the arrest of dental decay by improved diet.

While there has not yet been devised a satisfactory method of judging nutritional status that can be used successfully by the general public, there are certain symptoms that should be watched for as evidence that a physician's advice should be sought.

- | | |
|--------------------------------------|----------------------------------|
| 1. Poor, finicky appetite. | 9. Poor posture. |
| 2. Irritable disposition. | 10. Dry, pimpled skin. |
| 3. Restlessness and nervousness. | 11. Offensive breath. |
| 4. Undue fatigue. | 12. Coated tongue. |
| 5. Chronic constipation. | 13. Mouth breathing. |
| 6. Sallow color or unhealthy pallor. | 14. Dark circles under the eyes. |
| 7. Flabby muscles. | 15. Inflammation of the eyes. |
| 8. Evidence of rickets. | 16. Tired, listless expression. |

Building for Efficiency

Impaired nutrition means decreased vitality and lowered resistance to disease. A poorly nourished child is an economic loss to any community.

From all evidence available the average school child is in need of nutritional improvement. He needs a better breakfast, a more adequate, less hurried lunch, and a less indiscriminate eating of candy and other confections between meals. In general, he needs a better diet of wholesome foods that will enable him to grow into a full-sized, physically fit individual with sound bones and teeth and a generally efficient, well-built body.

While we are concerned here chiefly with proper food as a factor in good nutrition, we recognize and wish to stress the need of more regular habits of eating, sleeping, and general living as being vitally important factors in promoting good growth and development. It is a fact that extra rest is, in many instances, as important in correcting and preventing malnutrition as is nourishing food. A child that lives in an atmosphere of calmness and cheerfulness and practices good health habits is better able to digest and assimilate the nourishing food that is provided for him.

Food Needs of the Growing Child

A growing child has special needs in the way of food. Merely supplying calories does not satisfy all these needs. If a child is to maintain steady growth, good health and general well being, his body must be supplied regularly with foods that will furnish:

1. Those substances that supply the energy requirements of his body.

2. Those substances that supply the structural requirements.

There is no single food that will adequately supply the body with all of these substances; therefore, it behooves every mother to plan her meals carefully so that her children may get a wide enough variety of wholesome food to meet all of the body needs.

The school child's daily menu should include the following foods:

Milk	1 pint to 1 quart whole milk
Vegetables	
Potatoes	1 serving
*Other vegetables	2 servings
(Preferably yellow or green leafy)	
*Fruit	2 servings
Eggs	1 egg
Meat, fish, cheese, dried beans or peas.....	1 serving
Whole Grain Products	1 serving
(Bread or cereal)	
Butter or cream	enough to make food palatable
Cod-liver oil	as recommended by physician
Water	4 to 6 glasses

The School Day Lunch in Child Nutrition

Three meals a day, served at regular hours, have been set as a desirable standard for the typical American family. These meals must together furnish the different food substances which have special functions in the body. The noonday meal, as one of the three meals of the day, should furnish about one-third of the daily food needs. Since the school child should go to bed early in the evening, the most substantial meal of the day should be served at noon, if possible. When the child must eat lunch at school, it is usually necessary to serve the more substantial meal in the evening. In this case, the supper should be served at an earlier hour because a heavy meal eaten by a tired child shortly before bedtime is not conducive to good sleep and rest. On the other hand, when a child must have lunch at school, he needs a more substantial breakfast than when the noon meal is eaten at home.

The lunch carried to school is one of the big problems in the diet of the school child. This is not because healthfulness and cleanliness are more important in this meal than in any other, but because they are harder to achieve. Unusual care is needed to make the lunch attractive and to keep it clean and wholesome. An adequate lunch is essential regardless of whether it is eaten at home or carried to school. If the child's health is to be protected and if he is to make the most of the opportunities that school offers, he must have a well-balanced diet.

In many homes breakfast is a hurried meal and the children rush off to school with a hurriedly prepared lunch packed in a paper bag or an old newspaper. Planning a lunch that can be easily carried, that the children will like, and that will provide proper nourishment requires thought.

* 1 serving of fruit or vegetables should be raw. Canned tomatoes or tomato juice may be substituted for the raw food.

Planning the School Lunch

Packing a satisfactory lunch five days a week for 36 weeks requires time, thought, and ingenuity. It is an important task and is worthy of the family's best efforts. Since the school lunch must supply approximately one-third of the daily intake of food, it should be planned in relation to the other meals to make certain that all the required foods are provided somewhere in the day's menu. Planning ahead for school lunches assures better lunches and is as essential as planning ahead for meals that are to be eaten at home. Busy mothers will find it helpful to keep the next day's lunch in mind when planning and preparing the day's meals. This makes the task of packing a satisfying lunch on the following day much easier. On the other hand, if the homemaker plans her canning and storage budget carefully, keeping in mind the school lunch needs, she will have a well filled pantry that will put her in a position to prepare interesting and well-balanced lunches at all seasons at a surprisingly low cost.

School Lunch Pattern

The kind of food packed in the school lunch must necessarily vary with the season, but the following pattern is offered as a general guide for providing the essential nutrients in satisfactory balance:

1. Substantial sandwiches, such as egg, cheese, fish, or meat (occasionally made with whole-grain bread) or a substantial food with bread and butter sandwiches.
2. A vegetable or fruit or both (occasionally served raw).
3. One cup milk. For variety it may be made into cocoa or another milk drink, custard, pudding, or soup.
4. A simple sweet for dessert, if fruit is not served.
5. One hot dish during at least the coldest months.

SANDWICHES

Since sandwiches are such a convenient form for serving a substantial meal at school, and are generally liked, they usually serve as the foundation of the school lunch. An almost endless number of combinations of fillings and breads can be used to add variety and interest to the menu. With a little planning the sandwiches used in the school lunch can be so varied that there is no excuse for sameness and monotony.

Breads

Cracked wheat, whole wheat, graham, oatmeal, rye, steamed brown, nut, date, prune and raisin breads add food value, as well as interest to the school lunch menu.

Suggested Sandwich Fillings

1. Crisp bacon combined with vegetables or eggs and moistened with salad dressing.
 - a. Sliced tomato with crisp bacon.
 - b. Scrambled eggs and crisp diced bacon.
2. Meat thinly sliced or ground fine, relish, and salad dressing.
3. Minced ham, chicken or veal, pickles, hard cooked eggs, and salad dressing.
4. Headcheese, relish and lettuce.

5. Salmon, sardines or tuna, hard-cooked egg, pickles, and salad dressing.
6. Minced hard-cooked eggs, pickles and salad dressing.
7. Sliced American cheese and lettuce.
8. Ground American cheese, pimento, and salad dressing.
9. Cottage cheese and ground dried fruit, moistened with salad dressing.
10. Peanut butter mixed with jelly, honey, or marmalade.
11. Peanut butter and ground dried fruit, moistened with salad dressing.
12. Equal parts of finely chopped nuts, jelly, jam, honey or ground raisins, and salad dressing.
13. Ground dried prunes mixed with orange marmalade.
14. Grated raw carrots, ground raisins or other dried fruit, and salad dressing.
15. Grated raw carrots, ground nuts, and salad dressing.
16. Mashed baked or lima beans, tomato catsup or relish, and crisp bacon.
17. Small string beans with chili sauce.

Salad Dressings

The kind of salad dressing used in making sandwiches should be determined by the foods with which it is to be combined. The dressing should blend with and add flavor and zest to the combined foods. While there are only three principal types of salad dressings—namely, French, cooked, and mayonnaise, each type has many variations. Salad dressings keep well, so should be made in quantities sufficient for several servings.

Sandwich Making Hints

1. Use bread that is not too fresh; 24-hour-old bread cuts to better advantage.
2. Cut bread thin enough so it can be easily handled and leave crusts on the bread. (Crusts are often removed when making dainty party sandwiches, but should be left on for the more hearty sandwiches suitable for picnics and school lunches. Leaving the crusts on makes more substantial sandwiches and gives the child something to chew.) Slices cut one-third of an inch thick make attractive sandwiches for the school lunch.
3. Cream butter before spreading but do not melt it. Spread evenly on each slice to prevent the filling from soaking into the bread.
4. Do not have filling too dry, yet not so thin that it "runs."
5. Use plenty of filling and spread it evenly but not over the edges.
6. Cut meat for sandwiches very thin and always cut it across the grain.
7. A lettuce leaf adds to the flavor of most sandwiches and helps to keep them moist.
8. Wrap sandwiches in waxed paper to keep them moist.

PACKING THE LUNCH BOX

Many school lunches which have an attractive and appetizing appearance when first prepared would never be recognized if seen several hours later when spread at lunch time.

The mashed, dried out (sometimes water soaked) and unsightly appearance of packed lunches can be prevented if a satisfactory container is provided and if greater care is exercised in the packing of the food.

Choosing the Container

A satisfactory lunch box does not necessarily mean an expensive one. There are on the market today many desirable containers which are very inexpensive. Furthermore, a special purchase may not even be necessary. If one has a well constructed bucket or pail with a good lid, he can easily convert it into an acceptable lunch container by punching a few nail holes in the sides near the top for ventilation. This will prevent the food from having a moist, disagreeable flavor and odor.

When selecting a lunch box there are several essential features one should look for.

1. Is it of a size and shape adequate to carry the essential foods in a compact manner?
2. Is it made of material that can be easily cleaned and kept free from odors?
3. Is it made of material that is sturdy enough to withstand the usual bumps encountered, without damaging the food?
4. Will it permit the food to have air and yet shield it from dust and flies?
5. Will it be easy to carry?

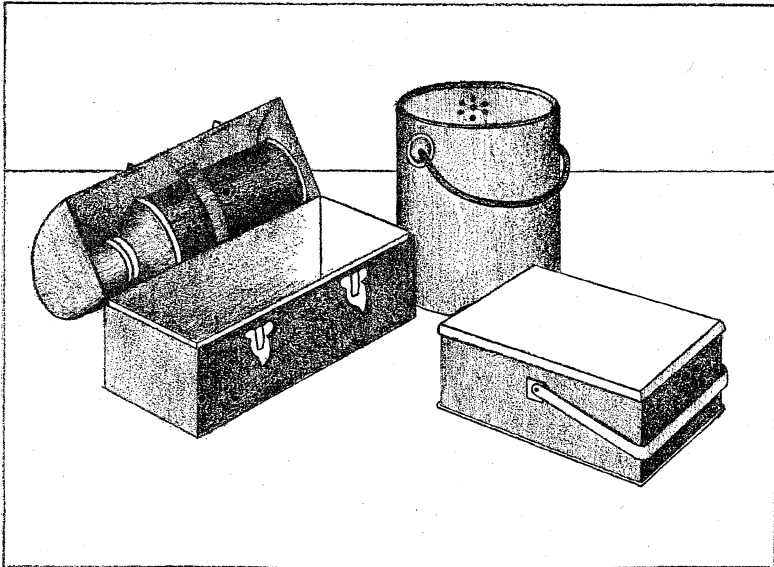


Fig. 1.—Desirable School Lunch Containers

The lunch box which is equipped with a vacuum bottle is the most desirable since it provides a means of serving a hot or cold food. This type is, of course, the most expensive and few parents feel financially able to provide it for their children.

Whichever type of container is chosen, it should be washed and scalded daily.

Newspapers, paper sacks and pasteboard boxes are not desirable for school lunches because they:

1. Limit the choice of foods.
2. Do not give adequate protection to food. Too often it becomes mashed and unsightly.
3. Do not allow attractive packing of food.
4. Are not sanitary.

PACKING THE FOOD

When packing the school lunch one should always consider the question—In what condition will this food be by lunch time?

Attractiveness is an aid to digestion. The following suggestions are given as a guide to those mothers who are interested in having their child unpack as attractive and appetizing a lunch at noon as they pack in the morning.

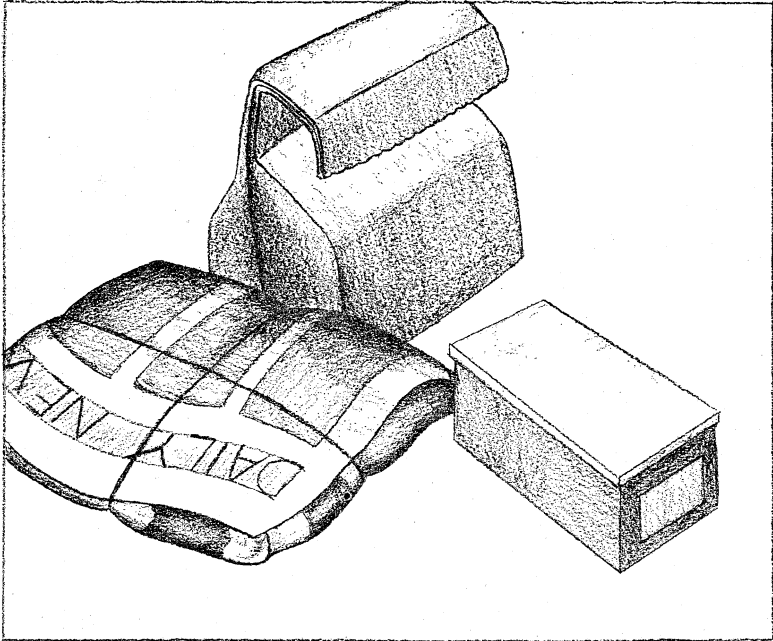


Fig. 2.—Undesirable School Lunch Containers

Sandwiches	Other Substantial food	Vegetable	
Scrambled Egg and Bacon on Graham Bread	X	Tomatoes	
Crusty Biscuits, Butter and Jelly	Fried Chicken	Cole slaw	
Boston Brown Bread and Butter	Baked Beans	Tomatoes	
Baked Ham	Potato Salad	Raw Turnips	Fr
Peanut Butter	X	Grated Carrot and Raisin salad	
Nut Bread—Butter	Deviled Egg	Tomatoes	C
Tuna Fish—Lettuce	Potato Salad	Radishes	
Chopped Meat	X	Combination Vegetable Salad	Fr
Lettuce	Cottage Cheese with Raisins	X	Ap
Boiled Tongue—Relish	X	Carrot Salad	
Whole Wheat or Rye Bread—Butter	X	X	Can
Chicken	X	Cole Slaw	
Raisin Bread—Butter	Deviled Egg	X	Fr
Jelly	Bean Loaf	X	I
Chopped Meat—String Beans	X	X	
Cottage Cheese—Nut	X	Tomatoes	
Sausage on Whole Wheat Bread	X	Carrots	Bal
Bacon—Egg	X	Cole Slaw	C
Bread—Butter	Salmon Salad	X	
Chicken	Prunes stuffed with Cottage Cheese	X	

* During the cold months, beverages, chowders, soups and stews may be carried

SUGGESTIONS

Fruit	Other Dessert	Beverage	Hot Dish*
Apple	X	Milk	X
X	Baked Custard	Fruit Juice	X
Berries	Cup Cake	Milk	X
Fruit Cup	X	Milk	X
X	Bread Pudding	Grape Juice	X
Cherries	Cookies	Chocolate Milk	X
X	Popcorn Ball	Milk	X
Fruit Cup	Cinnamon Roll	Milk	X
Apple Sauce	Spice Cake	Milk	X
X	Rice Pudding	Fruit Juice	X
Med Pears	Ginger Bread	Milk	Beef, Vegetable Stew
X	Cornstarch Pudding	Tomato Juice	Broth with Rice
Fruit Cup	Cup Cake	X	Cocoa
Banana	X	Milk	Tomato Soup
X	Chocolate Fudge	Fruit Juice	Cream of Potato Soup
X	Oatmeal Cookies	Milk	Cream of Pea Soup
Sliced Apple	Cookies	X	Cocoa
Orange	X	Milk	Bean Soup
X	Sponge Cake	Grape Juice	Tomato Soup
X	Cinnamon Bun	X	Cocoa

in a vacuum bottle or in a fruit jar and heated at school.

1. Each food not carried in a jar or other covered container should be wrapped in waxed paper so as to keep it clean, moist, and its flavor unmixed with that of other food.
2. Fresh fruit should be washed thoroughly and dried before being placed in the lunch box.
3. Firm and heavy food should be placed in the bottom to prevent mashing and crushing of the softer and lighter food.
4. A jar with a well fitting lid should be used for all liquids.
5. Canned fruits, custards, cottage cheese, salads and other soft and semi-soft foods should be carried in screw-top jars, jelly glasses with tops, or covered paper cartons.
6. Food should be packed compactly to prevent shaking.
7. If knives, forks or spoons will be required in eating the lunch, they should be packed in the bottom of the lunch box.
8. Two paper or cloth napkins should be packed near the top of the lunch box. One of the napkins is to serve as a desk cover upon which the lunch is to be unpacked and served.

LUNCH BOX SCORE CARD

	Points
1. Container	25
General appearance	5
Construction	10
Vacuum compartment	10
2. Packing	15
Appropriate food containers	5
Sanitary wrappings	5
Food systematically arranged	5
3. Selection and Preparation of Food.....	60
Conforming to lunch pattern	40
Attractive appearance of food.....	10
Adequate servings	10
Total Score.....	100

A HOT DISH SHOULD SUPPLEMENT THE COLD LUNCH

An entirely cold lunch may become flat and uninteresting for its very nature necessitates a certain degree of sameness. Not only interest but quality can be greatly improved by the addition of one hot dish. Even the most carefully planned cold lunch puts the school child at a disadvantage unless arrangements are made for him to have some hot food, especially during the coldest winter months. When hot nourishing food is available at noon, the child's body is better able to utilize the food he eats. Hot food stimulates the appetite as well as digestion and consequently helps to create greater interest in the cold food with which it is served.

Providing the Hot Dish

While many school authorities and parents are aware of the advantages of having a hot dish served as a supplement to the cold lunch brought from home and are eager to provide it for their school group, they hesitate with the question—How can we provide it?

There are several methods which have been successfully employed in providing a hot dish, but all of them require careful planning and adequate provision for sanitary preparation and handling of the food, as well as careful supervision, if the program is to be carried out satisfactorily.

Very few schools have any facilities for preparing and serving a hot lunch. Crowded classroom conditions and heavy teaching loads carried by the teachers often make it impossible for them to devote the necessary time to the supervision or the actual preparation of the food. On the other hand, school children and especially rural children who attend school a long distance from home, have very little time at home for study and usually need every moment of school time for their regular classroom activities.

If, however, the school is fortunate enough to have a home economics department, the instructor will, no doubt, welcome the opportunity to assume the responsibility of the hot dish. With the assistance of the girls enrolled in home economics she has a wonderful opportunity to demonstrate the effect of proper feeding on the health and well-being of the school child. She cannot, however, be expected to carry the project alone. She will need the whole-hearted cooperation of school officials and patrons as well.

If for some reason it is impossible to conform to the highest standards of cleanliness, order and nutrition in preparing a hot dish at school, we defeat our purpose and had best use another method for providing the hot food. The principles involved in planning and preparation teach as effective a lesson and are as beneficial, in their own way, as is the food. Haphazard methods should never be tolerated. The hot dish serves as an added safety factor in keeping school children at their best both physically and mentally and must conform to the highest standards.

Individual Jar Method

The individual jar method is by far the most simple method used for providing hot food for the school lunch and is within the possibilities of every school.

Food is prepared at home, placed in a jar fitted with a screw top and carried to school in the lunch box. Each jar is marked so that the owner can identify it. When the child reaches the schoolhouse he turns his jar, containing the food to be reheated for his lunch, over to the one in charge. The jar is placed on a rack in a large kettle or boiler containing some water. When all the children have turned in their jars, a cover is placed on the large kettle or boiler that is being used. Later in the day the container is placed over a flame so that the food will be ready to serve in a "piping hot" stage at lunch time. The time required for heating will, of course, depend upon the type of stove used, as well as the type of container and cover used.

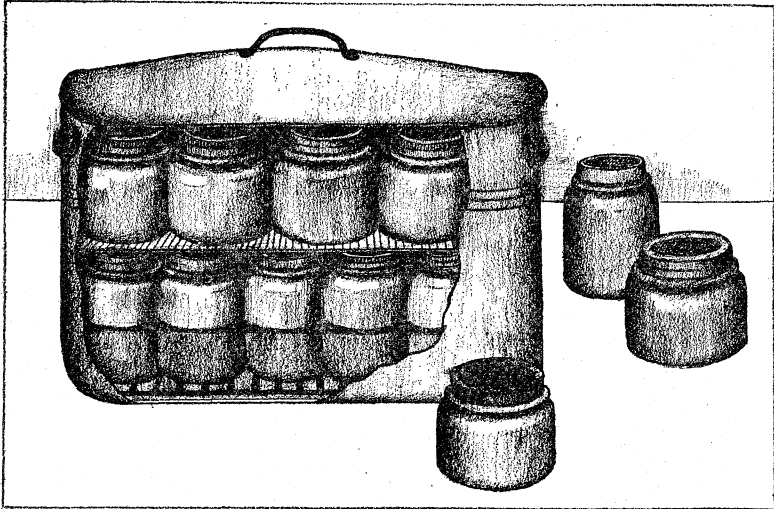


Fig. 3.—Heating the Jars of Food

This method of providing a hot dish for the school lunch places the greatest responsibility on the parents, who should, in all fairness, provide adequate nourishing food for their children. The school is asked to cooperate to the extent of making the heating of the food possible and to supervise the lunch hour. When one considers that adequate school lunches result in better conditions of health, improved school attendance, fewer discipline problems, greater capacity for afternoon study and better grades, one realizes that the value far outweighs any difficulties that may be encountered in promoting a satisfactory hot dish program.

Advantages of the Individual Jar Method

1. Mothers can make certain that the food eaten by their children is prepared in an approved manner and under satisfactory conditions.
2. Eliminates extra work for busy teachers and students.
3. Requires only a few minutes for the final preparation of the hot food.
4. Allows more time and energy for the supervising of a well directed lunch period.
5. Necessitates little or no extra expense for equipment.
6. Eliminates waste.

LUNCH ROOM SUPERVISION

When children must eat their noon meal at school, that meal should be as carefully supervised as any other hour in their school day. If left to themselves, children usually become so interested in play that they eat their lunch hurriedly, sometimes not even taking time to sit down to eat. No matter how good a lunch is, it will not benefit the child fully if he is too interested in play to eat it all or if he eats so

hurriedly that it is not properly masticated. Children need guidance in developing desirable eating habits and should early form the habit of eating in a manner that is socially acceptable.

Leaning against the side of the school building or sitting on the much traversed steps while eating lunch should be discouraged. They are not appropriate settings for good nutrition and the formation of correct eating habits.

School authorities have the power to create the proper atmosphere in which lunch should be eaten, and can make the lunch period a happy, interesting time and thus contribute to the well planned lunch brought from home.

Proper lunch hour supervision should result in:

1. Increased interest in the packing of a wholesome lunch.
2. The formation of desirable eating habits.
3. A more thorough mastication of food.
4. Better digestion.
5. Improvement in table manners.

Recommendations for Supervision

1. School children should have at least 20 minutes set aside for eating together in order that there might be a greater incentive to establishing satisfactory eating habits rather than to a desire to be the first out to play.

2. A short recess for the use of the toilet, for washing hands, and obtaining a drink should precede the lunch period.

3. Clean paper towels or a cloth napkin should be spread over the classroom desk before the lunch is unpacked.

4. The cold lunch brought from home should be spread and the hot dish brought to the desk and eaten as a part of the same meal.

A convenient and attractive way of serving the school lunch will be seen in the illustration on the cover of this bulletin.

5. Everyone should be seated while eating.

6. Grace should be said or sung as a part of each lunch period.

7. Eating habits most frequently needing stress are:

- a. Eat three good meals a day and do not "piece" at recess or after school.
- b. Chew food well and do not wash it down with milk or other liquid.
- c. Empty the mouth before talking.
- d. Eat quietly. This can be done if the lips are kept closed while chewing. Sucking and smacking sounds are not pleasant.
- e. Dip soup away from yourself and eat from the side of the spoon.
- f. Do not use toothpicks before others.
- g. Save sweets for dessert—do not eat them first.
- h. After eating, collect the crumbs into a cloth or paper and place in the waste paper basket. Keep the place where you eat clean, orderly and attractive.
- i. After finishing, wait until you are excused with the others in the room.

8. The lunch period should be one of the happiest times of the school day. A happy, carefree atmosphere should pervade the lunch

RECIPES FOR SCHOOL-LUNCH FOODS**Cream Chicken Soup**

½ c. cream	1 c. diced chicken
4 c. milk	4 T. flour
2 T. butter	¼ t. salt
2 hard-cooked eggs	¼ t. pepper

Melt the butter in the top of a double boiler, then blend with it the flour, salt and pepper and add the hot milk. When it begins to thicken, add two hard-cooked eggs that have been pressed through a sieve, one cup diced chicken, and ½ cup cream. Boil for about 10 minutes.

Corn Chowder

2 c. canned corn	1 qt. scalded milk
4 c. diced raw potatoes	2 c. boiling water
2 slices of bacon	3 T. butter
1 onion (chopped)	1 t. salt

Pour the boiling water over the diced potatoes and boil for 10 minutes. Cut bacon into small pieces and fry to a golden brown, add onion and cook slowly without browning for five minutes. Combine with the potato mixture and continue to cook until the potatoes are soft. Add scalded milk, corn and seasonings and bring to boiling point.

Milk Vegetable Soup

2 T. finely chopped celery	2 T. butter
3 T. finely chopped carrots	1 T. flour
2 T. finely chopped onion	1 qt. milk
3 T. finely chopped turnip	1½ t. salt

Cook the finely chopped vegetables in the smallest possible quantity of water for 10 minutes. Blend the flour with the melted butter and add to the vegetables. In the meantime heat the milk in a double boiler, add the salt and stir in the vegetable mixture. Cook for 10 minutes.

Beef Stew

1½ lbs. meat	Salt and pepper
3 medium potatoes	2 T. flour for each c. of liquid
1 carrot	when meat and vegetables
½ onion	are done

Use a tough cut of beef, mutton or veal. Cut into inch cubes, trimming off the fat. Heat the fat slowly in the kettle until the fat is extracted. Add meat and brown. Add salt and enough hot water to cover well. Bring quickly to the simmering point. Cook slowly, but **do not boil**, 40 to 50 minutes, or until meat begins to get tender.

Pare and cut up the vegetables and add to meat with more water if necessary. Cook until tender. Pour off the liquid, and measure. Mix the required amount of flour with an equal amount of water to a smooth paste. Add enough more water so the mixture will pour, and add to the boiling liquid, stirring constantly. Boil up well until gravy is thickened and add meat and potatoes. Taste to see that stew is nicely seasoned.

Prune Sandwich Bread

1 c. warm cooked oatmeal	¼ yeast cake
¼ c. brown sugar	1¼ c. white flour
½ t. salt	1 c. graham flour
1 T. butter	½ c. chopped nuts
¼ c. lukewarm water	½ c. cooked prunes

Mix together the oatmeal, sugar, salt and butter. Dissolve the yeast cake in lukewarm water and add it together with the flour to the first mixture. Knead. Cover and let rise overnight. In the morning, cut down and add the nuts and cooked prunes cut in small pieces. Knead, shape into a loaf, let rise in pan, and bake in a moderate oven for about one hour.

Nut Bread

3 c. sifted flour	1 c. sugar
1 c. nut meats, chopped	1¼ c. milk
3 t. baking powder	1 egg, well beaten
½ t. salt	3 T. butter or other shortening

Sift the dry ingredients together three times. Add nuts. Cream shortening, add sugar; then add the egg, milk and flour mixture. Mix only until smooth. Bake in a greased loaf pan (8x4x3 inches) in a moderate oven (350°F.) until done, approximately one hour.

Luncheon Muffins

1 c. flour	1 egg
3 T. sugar	1 t. baking powder
½ c. sweet cream	

Beat egg. Add sugar and cream; then the flour sifted together with the baking powder. Bake in a hot oven (400°F.) for 25 minutes.

Brown Betty

2 slices toasted bread	½ c. sugar
2 T. butter	1 t. cinnamon
4 raw apples	3 T. water

Cube the bread, pour over it the melted butter and divide into 2 parts. Mix the cinnamon, sugar and sliced raw apples. Put one-half of the bread into a deep baking dish, cover with apples and put on the rest of the bread. Add the water and bake 40 minutes at 450°F. (The baking dish may be covered to prevent drying.)

Baked Rice Pudding

2 c. coffee cream	½ c. sugar
2 c. water	1 t. vanilla
2/3 c. dry rice	

Combine all ingredients. Bake at 450° for one hour. Stir occasionally. Serve hot or cold.

Baked Custard

4 c. scalded milk	1 t. vanilla
4 eggs or 6 yolks	Few gratings of nutmeg
½ c. sugar	Pinch of salt

Beat the eggs slightly, add the sugar and salt and then the scalded milk slowly. Add the flavoring and stir until the sugar is dissolved. Pour into cups or one large baking dish, sprinkle a little nutmeg on top, set the cups in a pan of hot water and bake in a moderate oven until a knife piercing it will come out clean. Do not allow the water in the pan to boil. Serve cold.

Cornstarch Custard

1¾ c. scalded milk	½ t. vanilla
¼ c. cold milk	2 T. cornstarch
¼ c. sugar	1 egg
½ t. salt	

Mix the cornstarch and cold milk into a smooth paste. Add to the scalded milk and cook in a double boiler. When thickening begins, cook undisturbed for 15 minutes. Beat egg slightly, add salt and sugar, and mix with a small portion of the hot mixture; then add slowly to the contents of the double boiler. Cook until thickened and add vanilla. Cool. (This custard may be served plain or with fresh or canned fruit.)

Bread Pudding

1 qt. milk	$\frac{1}{4}$ t. salt
2 c. dry bread crumbs	2 T. butter
$\frac{1}{2}$ c. sugar	1 c. seedless raisins
3 eggs	1 t. vanilla

Scald the milk, bread crumbs, sugar, salt, and butter in a double boiler. Pour some of the hot mixture into the beaten eggs. Combine all other ingredients, pour into a greased baking dish, and set in a pan of hot water. Bake in a moderate oven (350°F.) for about one hour, or until the pudding is firm in the center and lightly browned on top. When the pudding has partly set, stir well so the raisins will be scattered through the pudding rather than at the bottom of the dish.

Sour Cream Tea Cakes

1 c. sour cream	$1\frac{1}{2}$ c. flour
$\frac{1}{2}$ t. soda	$\frac{1}{2}$ t. salt
1 c. sugar	2 t. baking powder
2 eggs	$\frac{1}{4}$ t. nutmeg.

Beat the eggs and combine with the sugar and sour cream. Sift together the dry ingredients and mix into the cream mixture. Bake in greased muffin pans in a hot oven. Ice with 7-minute icing.

Seven-Minute Icing

2 egg whites (unbeaten)	$\frac{1}{2}$ T. white corn syrup
$1\frac{1}{2}$ c. sugar	1 t. vanilla
5 T. cold water	

Place egg whites, sugar, syrup and cold water into the top of a double boiler. Place over boiling water. Start beating with a rotary beater as soon as ingredients have been stirred with a spoon and continue beating until stiff enough to hold its form when beater is withdrawn. This will require from 7 to 10 minutes. Remove from the hot water, add the vanilla and continue to beat until the icing begins to cool and gets dull look, losing the former glassy appearance. Spread on cool cake.

Oatmeal Cookies

1 c. sugar	$\frac{1}{2}$ t. cloves
$1\frac{1}{2}$ c. white flour	1 egg
$1\frac{1}{2}$ c. rolled oats	$\frac{1}{2}$ c. butter
$\frac{1}{2}$ t. salt	3 T. sour milk
$\frac{1}{4}$ t. soda	1 t. vanilla
2 t. baking powder	$\frac{1}{2}$ c. raisins
$\frac{1}{2}$ t. cinnamon	$\frac{1}{2}$ c. chopped nuts

Cream butter, add the sugar and cream together. Beat the eggs lightly, add to the creamed sugar and butter. Mix together the dry ingredients. Add alternately with the liquid and beat until smooth. Drop from a spoon in the desired size and shape on an oiled pan. Leave $\frac{1}{2}$ inch, or more space between them, as they spread when baking. Bake in a moderate oven.

Egg Sandwiches

1. Mix chopped, hard cooked eggs with equal or less amount of chopped boiled ham. Moisten with dressing.
2. Scramble eggs with bits of crisp bacon and place between a slice of brown and a slice of white buttered bread.

Carrot Sandwich Filling

Grate carrots and mix with chopped nuts and dressing. Spread on thinly cut slices of whole wheat bread, cover with a second slice. A crisp lettuce leaf may be used, if desired.

Prune Sandwiches

1 c. cooked prunes	1 T. orange marmalade
1 t. lemon juice	Buttered brown and white bread

Drain and rub pitted prunes through coarse sieve. Add the lemon juice and the orange marmalade. Butter bread lightly and spread with the mixture.

Nut and Raisin Sandwiches

$\frac{3}{4}$ c. seeded raisins	1 t. lemon juice
$\frac{1}{4}$ c. shelled nuts	Buttered graham and white bread

Cut the raisins finely or pass them through a meat chopper with the shelled nuts. Blend smoothly and moisten with the lemon juice. Spread between slices of well buttered bread.

Fruit—Cheese Sandwiches

Wash prunes, dates, raisins, dried figs or apricots; chop fine, mix with about twice as much cream or cottage cheese and enough salad dressing to moisten. Add salt to season and chopped nuts, if desired.

Stuffed Eggs

Cut hard-cooked egg in half. Remove the yolks and mash to a smooth paste, season with salt and pepper and moisten with mayonnaise or boiled salad dressing. Fill the whites and put halves together with a toothpick.

Baked Bean Sandwiches

Add 2 T. chili sauce to $\frac{1}{2}$ c. cold baked beans, mash, mix to a smooth paste and spread between brown bread.

Peanut Butter Sandwich Spread

1 t. salt	2 T. light brown sugar
$\frac{1}{2}$ t. pepper	3 whole eggs or 6 egg yolks
1 c. weak vinegar	1 c. fresh peanut butter
1 T. dry mustard	

Mix together the salt, pepper, mustard and sugar. Add this mixture to the eggs which have been beaten until light. Then add the vinegar gradually and when well blended put into a double boiler and cook until thick. Just before removing from the fire add the peanut butter. Pour into a glass jar and keep in a cool place until needed.

Cooked Salad Dressing (1 $\frac{1}{4}$ cups)

1 t. salt	2 egg yolks, beaten
1 t. mustard	2 T. butter
Dash of cayenne	1 c. warm milk
2 T. flour	$\frac{1}{4}$ c. vinegar
2 T. sugar	

Mix dry ingredients in top of double boiler. Add beaten egg yolks, then butter and milk gradually, stirring constantly to keep the mixture smooth. Cook over hot water until thick and smooth, about 15 minutes. Remove from fire, cool and add vinegar.

Mayonnaise Dressing

1 egg yolk	$\frac{1}{2}$ t. sugar
$\frac{3}{4}$ to 1 c. salad oil	$\frac{1}{2}$ t. salt
2 T. vinegar or lemon juice	$\frac{1}{8}$ t. paprika

Mix the seasonings with 1 tablespoon vinegar or lemon juice, add the egg yolk and beat slightly with a rotary beater. Then begin adding oil, a teaspoon or two at a time, beating thoroughly each time. When enough oil has been added to make the mixture thick, add the remaining vinegar or lemon juice, and gradually beat in enough of the remaining oil to make a dressing of good consistency. **Note:** A good egg beater and a bowl which is somewhat round on the bottom and not too large for the egg beater should be used when making mayonnaise.

Cocoa

3 t. cocoa	$\frac{1}{3}$ c. boiling water
3 t. sugar	$1\frac{1}{8}$ c. scalded milk
Few grains salt	

Mix cocoa, sugar and salt. Add hot water, stirring constantly. Bring to boiling point and let boil 10 minutes. Combine with scalded milk and beat until well blended.

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