

# ENTERTAINING

at  
buffets  
teas  
parties



by ANITA DEAN  
*Extension Specialist  
 in Foods and Nutrition*

## TABLE OF CONTENTS

### LET'S PLAN A PARTY

Select guests carefully .....	3	Single or Double service .....	8
Set date .....	3	Setting the table .....	8
Invite guests .....	3	The buffet menu	
Decide how much to spend.....	4	Suggested buffet menus .....	11
Decide on type of service and seating arrangements .....	4	Buffet suppers .....	12
Plan menu .....	4	AFTERNOON TEA	
Plan table setting .....	4	Ways of serving (Tray, small table, large tea table) .....	16
Make a plan for serving, re-serving and for clearing the table .....	4	Planning the tea menu	
Make a market list .....	4	Breads .....	20
Plan ahead to avoid last minute rush (Which jobs can be done ahead of time? Which foods can be prepared early?) .....	4-5	Tea sandwiches (and fillings).....	21
		Fruits for the tea .....	23
		Tea accompaniments .....	24
		Tea, Coffee, Punch .....	24-25
		A tea menu .....	26

### BUFFET MEAL

Ways of serving (Table, Tray or Plate service) .....	5
The buffet table	
Placing the table .....	6

### PARTIES

The dessert party .....	27
Hearty sandwiches .....	30
Snacks .....	30

## Entertaining . . . Buffets, Teas, Parties

Entertaining should be a pleasant, satisfying experience for the hostess. Today's busy homemaker likes to entertain simply. She often lets her friends help with last minute jobs. By entertaining small groups often, she avoids the need for the occasional large party.

She recognizes the importance of planning her work ahead so that she will be free to spend most of her time with her friends. Only then will her guests relax and enjoy themselves.

A good hostess makes her guests feel comfortable and wanted. Her graciousness is warm and genuine, never put on. She creates the setting for relaxed enjoyment of food, friends, and conversation.

There are many easy ways to entertain your friends. We will note ways of serving the buffet meal, the afternoon tea, the dessert coffee, and party refreshments. You can adapt these plans to the special conditions of your home.

### LET'S PLAN A PARTY

#### Select the guests carefully

Be practical about the number you can handle easily.

#### Set the date

For many, this is the hardest task. Once the date is set, you will be eager to complete the rest of your plans.

#### Invite your guests

Whether it's a formal engraved invitation to a wedding breakfast, or an informal note or telephone call to invite a few friends for luncheon, be sure to ask your guests in plenty of time. Tell them where, why, and when. Be sure to tell them whether or not you will serve a meal.

### **Decide how much to spend**

Inexpensive foods served with a flair can be as tempting as more expensive, elaborate foods.

### **Decide on the type of service and seating arrangements**

The menu is determined by the conditions under which your guests will eat. If they are to eat from plates held on their laps, the menu will be quite different from that offered to a guest seated at a table. Whenever possible provide tables at which to eat.

### **Plan the menu**

Select foods which can be served easily and eaten comfortably. Keep in mind the arrangements made for eating. In addition, observe all the rules of good menu planning. Don't overestimate your own cooking ability and energy. Aim for simple food, well prepared and attractively served and garnished. List everything you want to serve, including garnishes, mints, nuts, beverages, and an extra supply of ice cubes.

### **Plan the table setting**

Plans for setting the table include choice of color scheme, centerpiece, linen, silverware, and china. You can create a very elegant table by using silver, crystal, and damask; or you can achieve an entirely different effect with homespun and pottery.

### **Make a plan for serving, reserving, and clearing the table**

Clear a counter in the kitchen to collect soiled dishes; clear another for extra supplies and food.

### **Make a market list**

List everything you want to serve. Cross out the ingredients you have on hand already, and you have a ready-made shopping list. Be sure to check recipes carefully. Plan to prepare enough food.

### **Plan ahead to avoid that last minute rush**

- **Decide which jobs can be done ahead of time.**

This includes polishing silverware, shining glassware, and checking condition and supplies of linen, china, glassware, tables and chairs. You may wish to set your table the day before. Keep it spotless by covering with a clean cloth.

● **Decide which foods can be prepared ahead of time.**

Certain foods, such as gelatin desserts and salads, ice box desserts, frozen desserts, and some fruitcakes, are best prepared the day before. Most cakes, fruit pies, cream pies and tortes are at their best if freshly prepared. Freshly cooked food usually tastes better than when rewarmed or defrosted.

## **THE BUFFET MEAL**

Buffet service fits perfectly into our present informal way of life. If you are short of dining space and help, buffet service lets you entertain easily, yet graciously and pleasantly.

At the buffet table, a choice of foods is offered. Guests serve themselves; then eat in the living room or at small tables, according to arrangements made by the hostess. Second servings are always in order. Part of the charm of the buffet is in the freedom your guests have to choose foods they like.

Your guests will enjoy mingling and visiting while they are serving themselves. Ten or twenty persons can be served easily. Invite a few guests at a time to go to the buffet table to be served, thus preventing a long line from forming.

Buffet style is right for a breakfast, brunch, luncheon, dinner, or dessert. You can even serve afternoon or evening refreshments in this way. You can easily use this type of service for informal outdoor meals.

### **Ways of Serving**

There are three convenient ways to serve the buffet type meal: table service, tray service, and plate service. Your choice will depend on the occasion, the number and age of guests present, the facilities in your home, the amount of help you have, and the seating arrangement you have planned.

#### **Table service**

It is usually easier and more comfortable for guests, particularly men, if you provide tables. Card tables are often used. Set tables completely with cloths, napkins, silverware, water glasses, cups and saucers, accessories such as jelly, butter and saltcellars, and anything needed for the beverage to be served.

When tables have been set in this manner, the buffet table will be easier to arrange. Coffee can be poured after guests are seated. If you like, use placecards to "mix" the group.

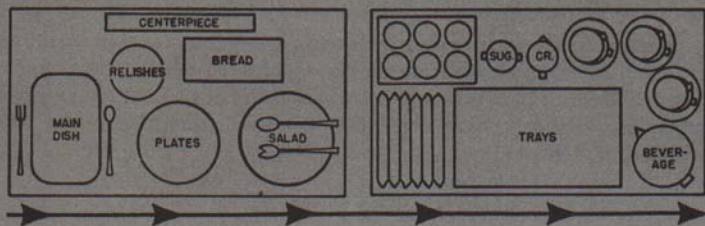


Fig. 1—Single service with buffet against wall (left) leading to table set with appointments and beverage (right). (Tray service)

### Tray service

Provide guests with trays which they hold on their laps. The buffet table offers plates and food, and the guest does not pick up a tray until he has served himself. Trays, beverage, napkins, and silverware can be placed on a separate table (Fig. 1). Since it is awkward to use a knife, meats should be fork-tender. Foods should be free of sauces and juices which may drip.

### Plate service

In this type of service, the guest eats from a plate which is held in hand. A beverage may or may not accompany the food. If you do serve a beverage, provide table space on which the guest can place a cup or glass while eating. Since it is impossible to use a dinner knife, foods must be easily cut with a fork, and all bread should have been buttered.

Guests are generally seated; sometimes, at receptions and simple suppers, some of the guests may stand. Plate service is often used at women's parties.

In many ways, this is the easiest and most practical way to serve a large group of people. It takes less space in your home, and it does away with setting tables and providing table covers.

## The Buffet Table

### Placing the table

The buffet table should be near the kitchen so that it can be serviced easily. Arrange the table so that food and service plates can be refilled without interfering with the guests who are serving themselves.

The table may be placed in the center of the room or against a

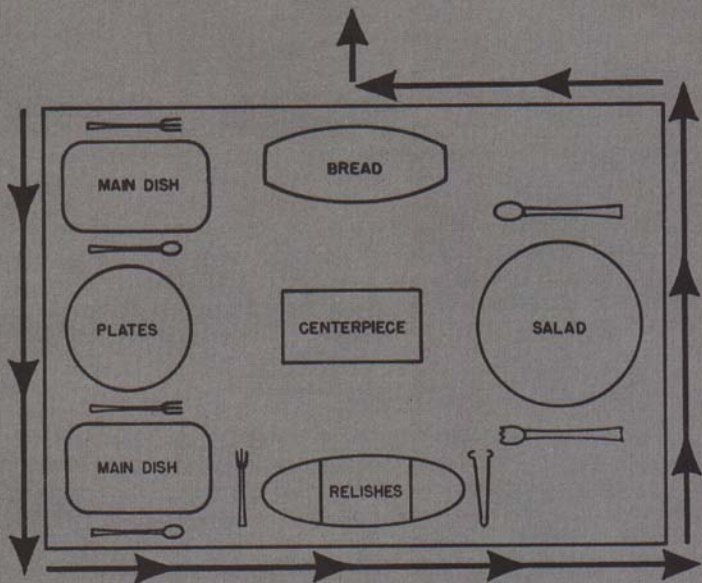


Fig. 2—Single service with buffet away from wall. (Table or tray service)

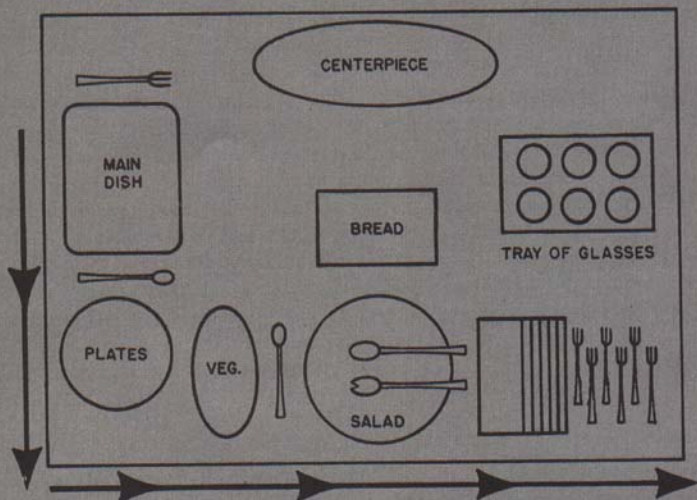


Fig. 3—Single service with buffet against wall. (Plate service)

wall. If placed against the wall, it would be well to leave enough space between the table and the wall so that you or your helpers can bring in extra plates or food.

#### **Single or double service?**

You may provide single service (Figs. 2 and 3) or double service. For double service, set identical services on two sides of a table, or place balancing arrangements on one side of a table. These arrangements often share some part of the setting. Service may begin at the ends and proceed to the center. This way, guests can form two lines.

#### **Setting the table**

In arranging the table, remember to make it convenient and attractive. Arrange the table so that guests will move from left to right. Place plates and serving dishes on the table in logical order, beginning with the plates and proceeding from the most important to the least important items on the menu.

Put a stack of six or eight plates between the main dishes so that the guest can serve himself without lifting the plate. Bring in more plates as you need them. Napkins, silverware and the beverage are the last items to appear on the buffet table.

#### **Selecting attractive serving dishes**

Use your largest dinner plates and napkins for a buffet meal. Select serving dishes in a variety of shapes and sizes to make an interesting table. An attractive chafing dish is perfect for serving mixtures such as creamed chicken or beef stroganoff.

Two serving pieces are usually needed for each food served. Place the spoon at the right and the fork at the left of the dish of food. If one serving utensil is used, place it at the right of the dish.

Avoid using footed sherbets and goblets since they upset easily. Low glasses and cups are better. If your guests are to eat from a plate held in hand, be sure that all food can be easily cut with a fork. Do not provide knives, unless guests are seated at tables where they can be used without too much trouble.

#### **Keeping the buffet table attractive**

It is easy to set an attractive table. See that it stays attractive throughout the meal. Picture how the table will look when the last guests serve themselves, and when they return for a second helping.



One of the best ways to keep the table attractive is to set out fresh dishes of food at intervals. Instead of using one large meat platter, have two and exchange one for the other. This way food will be served at its best. Of course, someone must be responsible for replacing the food on the table.

If you are planning for second servings of foods such as a casserole, have this part of the food in a separate baking dish to keep it hot and attractive.

If you are planning plate service, butter the bread for easy handling. Meats appearing on the buffet table should be carved in the kitchen and arranged on a platter with a suitable garnish. In arranging a meat platter or relish plate, remember that only a few guests will see it in its original form. A simple arrangement remains more attractive throughout the meal.

### **Removing the main course plates**

Take a few minutes to put your kitchen in order before clearing the main course plates. Put away leftover food, and wash or stack the cooking dishes.

There are several ways to remove the main course plates before serving dessert. To avoid confusion, ask for help in removing the main course dishes and in serving the dessert and beverage.

If dessert is served at the table, one person can easily remove two main course plates, take them to the kitchen, and return with two servings of dessert. If guests are seated at tables, ask one or two persons at each table to perform this task.

If guests are going to serve themselves dessert, or be served dessert from a buffet table, ask them to place their soiled plates and silverware on a service table placed conveniently near the kitchen. A friend may arrange the soiled plates and silverware on a tray at this table and later remove the tray to the kitchen.

### **Serving the dessert course**

The dessert course should not appear on the buffet table with the main course. It may be served in one of the following ways:

1. The hostess may serve the guests at the table. Clear the table of first course foods before serving the dessert. A beverage is usually offered at this time.
2. Guests may serve themselves from a buffet table set with

dessert or dessert and beverage (Fig. 4). Ask your guests to place their first course plates upon the service table, and then invite them to serve themselves dessert and beverage. Arrange the beverage service so that guests can pour the beverage and serve themselves easily. It is best not to stack cups and saucers.

If you wish to omit saucers, the cup of beverage can be placed on the plate beside the dessert. If the beverage has been served with the main course, the hostess may refill the cups when her guests have served themselves dessert.

3. Guests can be served from a table (Fig. 5). Ask two friends to serve the dessert and beverage. They would be seated at opposite ends of the buffet table. The dessert is served first, then the beverage. This method is especially suitable for the dessert party.

### Removing the dessert course

Have a definite plan for removing the dessert course dishes. Provide a tray for silver, a tray for cups, a place to stack dishes, and a container for scraps. Ask at least two friends to help you.

### The Buffet Menu

Much of the success of a buffet supper or luncheon depends on the selection of the right food for the occasion. The secret is not in having an elaborate array, but in having a few things that are unusually good.

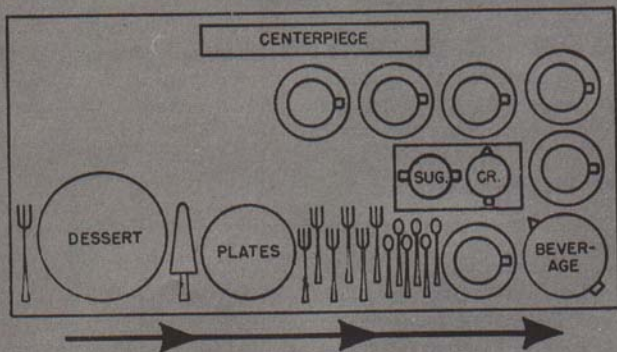


Fig. 4. Buffet table set for small tea or dessert party. (Self-served)



### Menu 5

Baked Beans      Cold Sliced Ham  
Assorted Relishes  
Buttered Brown Bread  
Fresh Fruit Cup  
Milk                                  Coffee

### Menu 6

Italian Spaghetti  
Tossed Green Salad with French Dressing  
Garlic Buttered Vienna Bread  
Assorted Cheeses, Crackers  
Fresh Fruits  
Milk                                  Coffee

### Menu 7

Ham Loaf  
Candied Sweet Potatoes  
Cabbage-Green Pepper Salad  
Hot Rolls  
Gingerbread-Apple Whip Topping  
Milk                                  Coffee

## BUFFET SUPPERS

Chicken Rice Casserole or Tunafish Mushroom Casserole

Molded Cherry and Grapefruit Salad

Creamy Dressing

Carrot Curls - Celery Hearts - Sweet Pickles

Date Nut Bread

Filled Angelfood Cake

Milk

Coffee

### Chicken Rice Casserole

(8 to 10 servings)

4 tablespoons butter or margarine	2 cups cooked chicken (cut in 1-inch pieces)
4 tablespoons flour	$\frac{3}{4}$ cup mushrooms, canned, sliced
1 cup chicken broth	$\frac{1}{4}$ cup pimiento, chopped
1 14½-ounce can evaporated milk	$\frac{1}{3}$ cup green pepper, chopped, sautéed
$\frac{1}{2}$ cup water	$\frac{1}{2}$ cup almonds, blanched, slivered*
1 teaspoon salt	
3 cups cooked rice	

Melt butter; blend in flour. Add broth, milk, and water, stirring constantly. Cook over low heat until thick. Add salt. Alternate layers of rice, chicken, vegetables, and sauce in greased baking dish. Pour remaining sauce on top, and sprinkle with slivered almonds. Bake 30 minutes at 350° F.

\* A small can of buttered, roasted, diced almonds can be substituted.

## Tunafish Mushroom Casserole

(8 to 10 servings)

- |   |  |
|---|--|
| ½ pound noodles, uncooked                           | 1 6½-ounce can tunafish                        |
| 2 to 2½ cups white sauce, medium<br>(well-seasoned) | ½ cup almonds, blanched, slivered,<br>toasted* |
| 1 3-ounce can mushrooms, sliced                     | 2 tablespoons pimiento, chopped                |
| 3 tablespoons onions, minced                        | ¾ teaspoon salt                                |
| 1 tablespoon butter                                 | 1 cup nippy cheese, grated                     |

Cook noodles in boiling salted water until just tender. Drain. Combine all ingredients except cheese. Place in shallow greased casserole. Sprinkle top with grated cheese. Bake 45 minutes at 350° F.

\*A small can of buttered, roasted, diced almonds can be substituted.

## Date Nut Bread

(2 loaves or 30 to 35 servings)

- |                          |                                |
|--------------------------|--------------------------------|
| 1½ cups boiling water    | 2 teaspoons soda               |
| 1 cup chopped dates      | 2½ cups sifted flour           |
| 1½ cups white sugar      | 1 tablespoon melted shortening |
| 1 egg, well beaten       | 1 cup nutmeats, chopped        |
| ¼ teaspoon baking powder | 1 teaspoon vanilla             |
| ½ teaspoon salt          |                                |

Pour water over dates; let stand 10 minutes. Beat egg; add sugar gradually. Add dates, shortening, vanilla, nuts, and dry ingredients. Mix thoroughly. Bake at 325° F. for at least 1¼ hours.

## Molded Cherry and Grapefruit Salad

(10 to 12 servings)

- |  |  |
|--|--|
| 3 packages raspberry gelatine                            | 3 cups boiling water                           |
| 1 can sweetened grapefruit sections,<br>(2 cups) drained | 2½ cups fruit syrup drained from<br>grapefruit |
| 1 can (2 cups) dark sweetened<br>cherries, drained       |  |

Dissolve gelatine in boiling water. Add fruit syrup drained from grapefruit sections. If more syrup is needed, add sweetened canned grapefruit juice. Chill until slightly thickened. Cut grapefruit sections in half. Add fruit. Pour into mold and chill until firm. Unmold on plate. (To center the salad easily, rinse serving plate in cold water before unmolding salad.)

## Creamy Dressing

(8 to 10 servings)

Add ½ cup of whipped cream to 1 cup mayonnaise.

## Filled Angelfood Cake

1 angelfood cake (10 inch)

½ pint heavy cream

1 package prepared instant chocolate pudding (made with one-half the amount of liquid called for on directions)

Slice the cake horizontally, into 4 equal-sized layers. Whip cream. Prepare instant pudding, using only ½ the amount of liquid called for on package directions. Fold ½ of the whipped cream into the prepared pudding mixture. Spread ⅓ cup of the pudding mixture on bottom layer of cake. Top with next layers, alternately stacking cake layers and ⅓ cup pudding, ending with top cake layer. To remaining pudding mixture, add rest of whipped cream. Cover tops and sides of cake with the lighter chocolate mixture. Refrigerate until ready to serve.

### Curried Shrimp or Beef Stroganoff

Buttered Rice

Spinach Salad

Buttered Rolls

Pecan Pie

### Curried Shrimp

(6 servings)

¼ cup melted butter or margarine

¼ cup flour

½ teaspoon salt

Dash paprika

½ to ¾ teaspoon curry powder

1½ cups milk

¼ cup cooking sherry

1½ cups cleaned shrimp

2 cups cooked rice (¾ cup uncooked)

Melt butter. Blend in flour and seasonings. Gradually stir in milk. Cook until thick and smooth, stirring constantly. Add shrimp and sherry to the first mixture; heat through. Serve over mounds of fluffy hot rice. Sprinkle with chopped parsley.

### Beef Stroganoff

(7 to 8 servings)

2 pounds lean beef or beef fillet

½ cup flour

1 teaspoon salt

¼ teaspoon pepper

½ cup fat

2 cups hot beef bouillon

6 tablespoons tomato juice

2 teaspoons Worcestershire sauce

1½ cups sour cream

Salt and pepper

Cut meat into thin strips about 3 inches long. Dredge meat in flour seasoned with salt and pepper. Brown lightly in fat and remove from skillet. Add hot beef bouillon in skillet and bring to boil. Add tomato juice, Worcestershire sauce, sour cream, and salt and pepper to taste. Bring to boil again. Add the meat; simmer about 20 minutes until meat is tender. For last part of cooking, turn up heat and cook without a cover to reduce and thicken the liquid. Serve the meat with the sauce in which it has been cooked.

### Rice

(2 cups)

$\frac{2}{3}$  cup uncooked rice  
1 $\frac{1}{2}$  cups cold water  
 $\frac{1}{2}$  to  $\frac{3}{4}$  teaspoon salt

Place uncooked rice, cold water, and salt in 2-quart saucepan, and cover with tight-fitting lid. Bring to vigorous boil; then turn heat as low as possible. Continue to cook 14 minutes. Turn off heat; allow rice to steam with heat off for an additional 5 minutes before removing the lid. Makes 2 cups.

### Spinach Salad

Toss a head of lettuce and equal amount of well-cleaned, tender spinach leaves with  $\frac{1}{2}$  cup chopped celery. Just before serving, add oil, salt, freshly ground pepper, and vinegar. Serve in chilled bowl. Garnish top with julienne spiced beets and sliced hard-cooked eggs.

### Pecan Pie

1 unbaked pastry shell	2 eggs, well-beaten
1 cup white sugar	4 tablespoons butter
1 cup light corn syrup	$\frac{1}{4}$ teaspoon salt
1 cup pecan meats, chopped	

Cream butter and sugar. Add salt, well-beaten eggs, syrup, and chopped nuts. Mix well. Bake in raw pastry shell for 1 hour at 300°F. Serve a small wedge garnished with whipped cream.

## THE AFTERNOON TEA

One of the simplest ways to entertain a group of friends is to invite them to an afternoon tea. The usual hour is from three to five o'clock. Guests may leave after 30 minutes. Women's club groups

often close their meetings in this manner. A tea or coffee may be planned for a few friends or for a large group. The beverage may be served from a tray or table.

## Ways of Serving

### Tray

When serving coffee or tea and finger foods to a few, a hostess may serve from a tray placed on a convenient table (Fig. 6). She pours, adds the accompaniments and places a spoon on the saucer. Placing a napkin underneath the cup and saucer, she passes it to her guest. When she has finished pouring, she passes the food.

### The Small Table (informal)

The hostess generally pours the beverage, serves cream and sugar, and hands the cup and saucer or cup and plate to the guest with a napkin and spoon. Each guest then helps himself to food. (See Fig. 7.)

### The Large Tea Table (formal or informal)

Use a large tea table when many guests have been invited. The table can be placed against a wall or in the center of the room. Guests should be able to serve themselves easily from one or both ends of the table, or from one side. The beverage may be served before or after the guest has served himself food.

You may ask a friend to pour for you. If the table is set for double service, a hostess sits at each end of the table to pour the beverage. Invite small groups to be served at one time. After receiving a beverage, each guest helps himself to other foods, a napkin, and silverware. (See Figs. 8 through 12.)

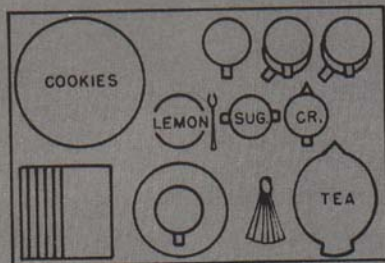


Fig. 6—Tray set for tea and coffee.



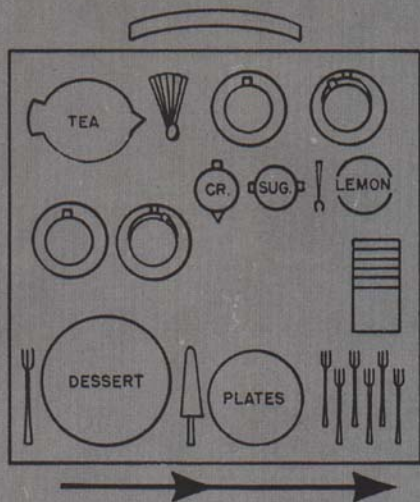


Fig. 7—Table set for self-served dessert course. (Pourer is seated)

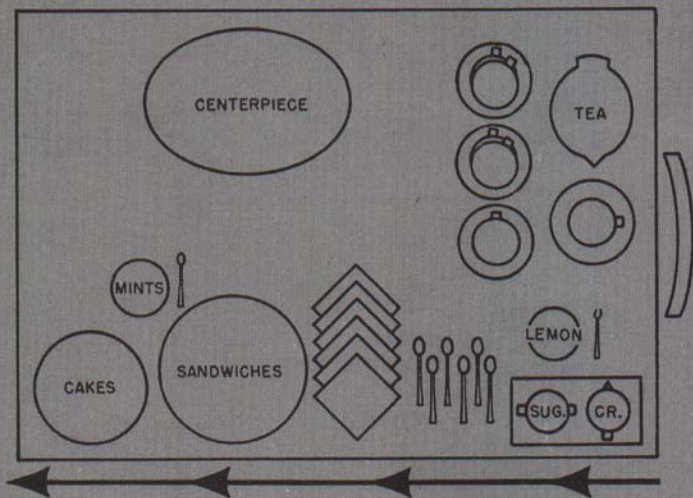


Fig. 8. Tea table set with one beverage service.

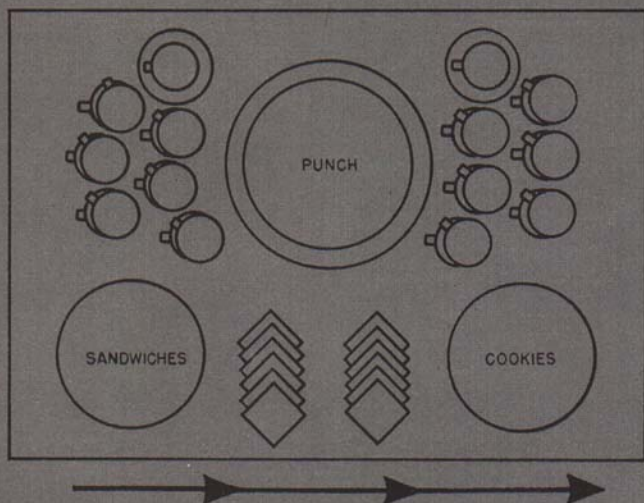


Fig. 9—Table set for punch service. (Pourer stands)

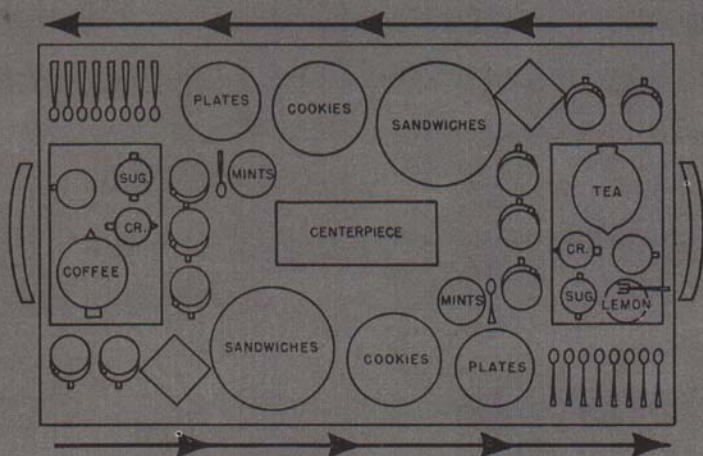


Fig. 10—Large tea table showing double service. (Guest takes food before receiving beverage.)

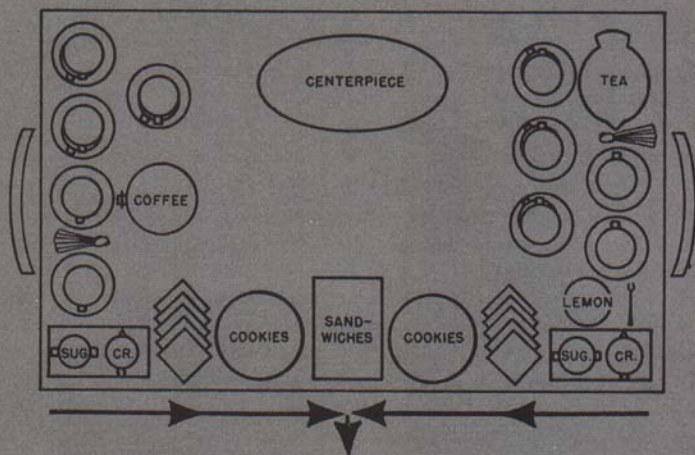


Fig. 11—Large tea table against wall. (Double service)

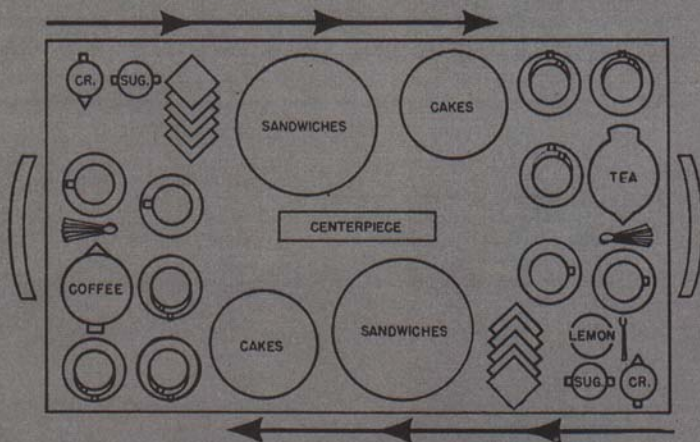


Fig. 12—Large tea table showing double service. (Guest takes beverage before receiving food.)

An attractive tea table can be the center of your party. Plan the setting in detail. The centerpiece may be tall and elaborate. Arrange it so the table has a balanced look. Candles add a decorative note and can be used except on bright, sunny days. Be sure to light them whenever you use them.

### Planning The Tea Menu

When planning your tea menu, remember that the beverage is most important. It may be coffee, tea, punch, a carbonated beverage, cider, or anything you wish to serve.

If you are planning to serve a large number of people, it is simpler to offer a single beverage, such as coffee or punch. Make tea in small amounts and serve it immediately to preserve its delicate flavor. Coffee, on the other hand, can be prepared in advance and held for a fairly long period of time without loss of flavor.

Instant coffee, properly prepared, makes a good beverage. Use about 1 teaspoon of instant coffee per cup of water, depending upon the strength you prefer. To make large amounts, use about  $\frac{1}{4}$  cup for each quart of boiling water. The quantity of coffee can be judged more accurately with this method, since it is easy to prepare an extra amount if needed.

Bread, in some form, should be served with the beverage. Select one or two from the following list. Sweets, fruits, and nuts can also be served. The number of items on the tea menu depends on the size of the group served. One or two items are enough for a small tea. For a large tea, the menu may include six or more items.

#### Breads

Homemade bread, thin, buttered slices with jam.

Datebread, orange bread, nutbread or banana bread, sliced and buttered.

Small, hot baking powder biscuits with jam or marmalade.

Small orange or cheese biscuits.

Hot, toasted English muffins, buttered and served with orange marmalade.

Cinnamon toast

Tiny cookies

Tiny cakes

Petit fours (tiny decorated cakes)

Dainty sandwiches

Coffeecakes

Small cinnamon rolls

Pastries

Small tarts

Poundcake

Fruitcake

### Tea Sandwiches

Tea sandwiches are always dainty and attractive. You may want to offer an assortment of sandwiches contrasting in flavor, color and texture. Vary the shapes and kinds of bread. Serve some open sandwiches and some closed.

### General directions for preparing sandwiches

1. Use bread that is 24 hours old. It is easier to slice and spread than fresh bread.
2. Use an "assembly line" technique in cutting and spreading the sandwiches.
3. To prevent soaking, spread the sandwiches lightly with softened butter before spreading the filling.
4. Sandwiches can be prepared ahead of time and stored in the refrigerator. To keep the sandwiches fresh, wrap in wax paper, then in a clean damp cloth, and place in the refrigerator.
5. Certain types of sandwiches can be prepared in advance and frozen. Fillings containing hard-cooked egg whites, raw vegetables, and mayonnaise do not freeze successfully.
6. One cup of filling will spread about 5 dozen small sandwiches.

### RIBBON SANDWICHES

1. Trim crusts from a loaf of bread; cut four lengthwise slices.
2. Spread three slices with butter and filling; put together and top with fourth slice.
3. Wrap in waxed paper and chill; cut in slices. For variety, use two or three contrasting fillings and alternating slices of dark and light bread.

### PINWHEEL SANDWICHES

1. Cut thin, lengthwise slices of a fresh loaf of bread.
2. Trim crusts, and spread with softened butter and filling.
3. Starting at one end, roll slice and seal open edge with softened butter.
4. Wrap in waxed paper and chill; cut in slices. If bread tends to break when rolling, place slice on damp cloth until it becomes slightly moist.

### Sandwich fillings

Tasty sandwiches need well seasoned fillings. Try one of the following butters or spreads, or experiment with one of your own.

The mixture should be easy to spread, but not so moist that it soaks into the bread.

### SAVORY BUTTERS

**Savory Butter**—Cream 1 cup butter. Add 1 teaspoon prepared mustard, 2 teaspoons lemon juice,  $\frac{1}{2}$  teaspoon white pepper, and  $\frac{1}{4}$  teaspoon Worcestershire sauce. Beat until light and fluffy. This can be used as a spread for fish and meat sandwiches. For variety, add one or more of the following: paprika, celery seed, onion juice, catsup, curry powder, chopped parsley, chives, grated horse-radish, and pimiento.

**Parsley Butter**—Combine  $\frac{1}{2}$  cup softened butter with 1 tablespoon lemon juice,  $\frac{1}{4}$  cup very finely chopped parsley, and  $\frac{1}{4}$  teaspoon salt. Chopped watercress, chives or olives can be substituted for parsley.

**Anchovy Butter**—Blend together  $\frac{1}{4}$  cup softened butter, 2 teaspoons anchovy paste, and 1 teaspoon lemon juice.

### SAVORY SPREADS

**Blue Cheese**—Combine 2 ounces blue cheese, one 3-ounce package cream cheese, 1 tablespoon mayonnaise, and 1 tablespoon crisp, diced bacon.

**Chicken Pecan**—Combine 1 cup finely minced chicken,  $\frac{1}{4}$  cup coarsely chopped pecans,  $\frac{1}{4}$  cup chopped celery,  $\frac{1}{4}$  cup chopped stuffed olives,  $\frac{1}{2}$  cup mayonnaise, and  $\frac{1}{2}$  teaspoon salt.

**Tuna, Crab, Shrimp or Lobster**—Combine 1 cup finely shredded tuna, crabmeat, shrimp, or lobster with 1 cup finely cut celery,  $\frac{1}{4}$  cup chopped green pepper,  $\frac{1}{2}$  cup savory butter (see recipe above),  $\frac{1}{2}$  cup mayonnaise, and lemon juice to taste.

**Cream Cheese, Green Pepper and Pimiento**—Combine one 3-ounce package cream cheese, 1 tablespoon finely chopped green pepper, 1 tablespoon finely chopped pimiento, and 1 tablespoon mayonnaise.

**Liverwurst**—Combine 1 cup liverwurst with a few chopped stuffed olives, 2 tablespoons mayonnaise, 1 tablespoon lemon juice, and a dash pepper. Delicious spread on rye bread.

**Sardines**—Combine sardines and chopped hard-cooked egg. Moistened with lemon juice.

**Watercress**—Combine 1 part finely chopped watercress with 2 parts of cream cheese. Spread on rye or whole wheat bread and garnish with stuffed olive slices.

**Chicken Livers**—Combine 1 cup mashed cooked chicken livers, 2 tablespoons minced cooked bacon, 4 drops Tabasco sauce, and 1 tablespoon lemon juice.

**Bologna**—Combine 1 cup ground bologna sausage, 2 teaspoons chopped onion, 2 tablespoons chopped celery with enough mayonnaise to bind mixture.

**Pimiento Cheese**—Combine 1 cup grated American cheese with  $\frac{1}{4}$  cup finely chopped pimiento, 1 tablespoon French dressing,  $\frac{1}{4}$  teaspoon onion juice, and  $\frac{1}{8}$  teaspoon salt.

**Tongue**—Combine 1 cup finely minced cooked tongue,  $\frac{1}{3}$  cup mayonnaise,  $\frac{1}{4}$  teaspoon Worcestershire sauce,  $\frac{1}{4}$  teaspoon onion juice.

#### SWEET SPREADS

**Cream Cheese and Apricot**—Blend one 3-ounce package cream cheese with 3 tablespoons apricot pulp, 1 teaspoon lemon juice,  $\frac{1}{2}$  teaspoon sugar, and a dash of salt.

**Cream Cheese and Date**—Blend one 3-ounce package cream cheese with  $\frac{1}{3}$  cup cream. Add  $\frac{1}{2}$  cup chopped dates and  $\frac{1}{2}$  cup chopped nuts.

**Cream Cheese and Maraschino Cherry**—Blend one 3-ounce package cream cheese with  $\frac{1}{2}$  cup chopped well-drained maraschino cherries,  $\frac{1}{4}$  cup finely chopped blanched almonds, and a dash of salt.

**Cream Cheese and Marmalade**—Blend one 3-ounce package cream cheese with 1 tablespoon marmalade, 1 tablespoon chopped pecans, and  $\frac{1}{4}$  teaspoon salt.

**Cream Cheese and Prune**—Blend one 3-ounce package cream cheese, 3 finely cut uncooked prunes,  $\frac{1}{2}$  teaspoon sugar,  $\frac{1}{4}$  teaspoon cinnamon, and 1 tablespoon chopped nuts.

#### Fruits for the Tea

Arrange one or two tiny pieces of fruit on a cocktail pick. Select those which can be easily eaten. Some of these are: a cube of pineapple, a melon ball, a pitted black sweet cherry, or a half section of an orange. Fresh whole strawberries or candied grapefruit or

orange peel can be placed on an attractive plate. Cut a pretty red apple into thin wedges. Reshape the wedges into the original form of the apple and place on a serving dish.

#### Tea Accompaniments

Lemon or orange slices, some plain and others garnished with sprig of mint or whole clove.

Milk or cream.

Sugar cubes.

### TEA

#### A few cups

Bring a measured amount of freshly drawn cold water to a rolling boil. Place tea in a scalded crockery pot. It takes 1 to 3 teaspoons of tea and 2 measuring cups of water to make 3 cups of tea. You can put the tea in a double cheesecloth bag, loosely tied. Pour the boiling water over the tea and steep 3 minutes. Remove bag or strain into a preheated serving pot. Serve at once.

#### Twenty-five cups

2½ tablespoons tea  
3 cups boiling water

Bring boiling water over tea; steep for 10 minutes to make a strong tea essence. Strain, and keep essence hot. One cup of essence and 1½ quarts of boiling water will give a tea of the proper strength. If too strong, add a little boiling water.

### COFFEE

#### Twenty-five cups

¾ pound (3¾ cups) medium ground coffee      1 egg, slightly beaten  
½ cup cold water      ½ cup cold water  
1½ gallons cold, freshly drawn water

Bring 1½ gallons of water to a rolling boil. Mix coffee with cold water and egg. Tie loosely in a large cloth sugar sack or double cheesecloth bag. When water comes to a full boil, remove from direct heat and drop the coffee sack into the water. Push sack up and down to force water through the coffee. Cover kettle and allow coffee to brew for 12 to 15 minutes, moving sack up and down often. Lift sack out of kettle and drain thoroughly. Add ½ cup cold water to settle grounds. Do not allow coffee to boil if serving is postponed. This destroys the flavor.



## PUNCH

### Fruit Juice Punch

(4 quarts or 25 to 30 servings)

- |                              |  |
|------------------------------|--|
| 1 pint water                 | 1 quart grape, cranberry, or pineapple juice |
| ½ cup sugar                  |  |
| ½ teaspoon salt              | ¾ cup strained lemon or lime juice           |
| 1 quart strong tea           | 3 9-ounce bottles ginger ale                 |
| 2 cups strained orange juice |  |

Combine sugar, salt, water. Boil 5 minutes. Mix this syrup with tea and fruit juices and chill thoroughly. Just before serving, pour over ice in punch bowl. Add ginger ale.

### Golden Punch

(2¼ gallons or 65 to 70 servings)

- |   |                                      |
|---|--------------------------------------|
| 1 No. 5 can (1½ quarts) apricot nectar          | 1 pint lemon juice (fresh or frozen) |
| 2½ quarts orange juice (fresh or frozen)        | 1½ quarts sugar syrup                |
| 1 No. 5 can (1½ quarts) pineapple juice, canned | 2 quarts carbonated water, chilled   |

Combine fruit juices. Add sugar syrup to taste and chill. Add carbonated water just before serving. Serve in punch bowl. (To make sugar syrup, combine sugar and hot water, 1½ times as much water as sugar, stirring until sugar is dissolved. Cool.)

### Frosty Sherbet Punch

(3½ quarts or 25 servings)

- |  |                           |
|--|---------------------------|
| 1 46-ounce can orange and grapefruit juice | 1 quart ginger ale        |
| 1 12-ounce can apricot nectar              | 1 quart pineapple sherbet |

Chill juice and ginger ale. Combine juice and ginger ale in punchbowl. Add sherbet. Spoon liquid over sherbet until partly melted. Repeat process when supply runs low.

## A Tea Menu

### Assorted tiny sandwiches

Sandies

Chocolate brownies

Salted nuts

Dainty mints

Tea with lemon or cream

### Chocolate Brownies

(1 dozen)

2 ounces chocolate, unsweetened	1 teaspoon vanilla
½ cup butter or margarine	½ cup sifted flour
1 cup sugar	½ cup chopped walnuts
2 eggs	

Melt chocolate over hot water. Cream butter and sugar. Add eggs; beat well. Blend in melted chocolate, vanilla, and flour. Mix nuts in batter. Pour into greased 8 by 8 by 2 inch pan. Bake in slow oven (325°F.) 35 minutes. Frost with fudge frosting, if desired.

### Sandies

(3 dozen)

1 cup butter	1 tablespoon water
¼ cup confectioners' sugar	2 cups flour
2 teaspoons vanilla	1 cup chopped pecans

Cream butter and sugar. Add vanilla and water. Add flour; mix well. Add chopped pecans. Form small rolls, 1½ inches long. Bake on ungreased cookie sheet in slow oven (300°F.) 20 minutes until delicately browned. While hot, roll in confectioners' sugar.

### Chocolate Pinwheels

(4 dozen)

½ cup shortening	½ teaspoon baking powder
½ cup sugar	¼ teaspoon salt
1 egg yolk	3 tablespoons milk
1½ teaspoons vanilla	1 ounce unsweetened melted chocolate
1½ cups sifted flour	

Cream shortening and sugar thoroughly. Add egg yolk and vanilla. Sift dry ingredients. Add to creamed mixture alternately with milk. Divide dough in half. To one half, add chocolate. Mix thoroughly and chill. Roll each half ¼ inch thick on heavy waxed paper. Place white half on chocolate, allowing chocolate to extend ½ inch on edge

toward which you roll. Remove paper and roll as for jelly roll. Wrap in waxed paper, and chill. Slice thin and bake on ungreased cookie sheet at 375°F. about 10 minutes.

### Chinese Chews

(3 dozen)

¾ cup sifted flour	1 cup chopped dates
1 teaspoon baking powder	1 cup walnuts, chopped
1 cup sugar	3 eggs, well beaten
¼ teaspoon salt	

Sift dry ingredients. Stir in remaining ingredients. Pour into greased 10½ by 15½ by 1 inch pan. Bake in slow oven (300°F.) for 30 minutes.

### Congo Squares

(2 dozen)

¾ cup butter or shortening	2½ teaspoons baking powder
2¼ cups (1 package) light brown sugar	½ teaspoon salt
3 eggs	1 cup nutmeats, chopped
2¼ cups sifted flour	1 package chocolate chips

Cream shortening and sugar thoroughly. Add eggs and mix well. Sift flour, baking powder, and salt together and add to mixture. Spread in greased and floured tins. Bake at 350°F. for 30 to 35 minutes.

## PARTIES

### The Dessert Party

Dessert and coffee are often served to guests before or after an evening of cards. The dessert party is easy on you and your guests. Many desserts can be made the day before they are to be served.

The dessert is served to guests who have already eaten their lunch or dinner at home. In this way, it need not add calories to the day's meals or interfere with dinner appetites. Make servings small if the dessert is rich.

Any delicious cake or pie is suitable for a dessert party. Other good choices are tortes, shortcakes, and ice cream sundaes.

For a change from rich desserts, serve an attractive fruit salad. Offer tiny finger sandwiches, or thin slices of parmesan rye toast with it.

Tailor your refreshments to fit the age and appetities of your guests, as well as the time of day. Bring the dessert to the guest, returning with the beverage; or serve both on a small tray. Buffet service or table service can also be used.

Here are some suggestions:

**Pineapple Upsidedown Cake**—Serve with whipped cream.

**Peach Melba**—Fill a peach half with vanilla ice cream and serve on top of a circle of cake. Strawberry or raspberry sauce top the ice cream.

**Ice Cream Sundae or Parfait.**

**Cream Puffs**—Fill with custard or ice cream and top with chocolate sauce or crushed fruit.

**Angelfood Cake**—Top with ice cream and crushed fruit.

**Ice Cream**—Serve with cookies.

**Fruit Shortcakes.**

**Filled Angelfood Cake**—Slice cake horizontally and fill with a layer of whipped cream containing crushed fruit and nuts. Chill in refrigerator for several hours.

**Filled Gingerbread Squares**—Slice a square of gingerbread; spread with a mixture of cream cheese, cream, and chopped dates and walnuts; and garnish with whipped cream.

### **Date and Pineapple Torte**

(8 to 10 servings)

#### **Meringue**

6 egg whites  
½ teaspoon cream of tartar  
2 cups sugar

Beat egg whites until foamy; add cream of tartar. Continue beating until stiff. Gradually add 1 cup of sugar, then fold in another cup of sugar. Place in a well-greased and floured pie tin or spring form. Bake at 300°F. for 35 minutes. Cool.

#### **Filling**

1 pint whipping cream	1 cup dates (cut in small pieces)
1 cup chopped nuts	1 cup crushed drained pineapple

Whip the cream and fold in other ingredients. Spread filling on top of cooled meringue. Put it in refrigerator overnight. Cut in squares and serve on a colorful plate.

### Frozen Lemon Delight

(8 to 10 servings)

3 eggs	1 cup whipping cream or evaporated milk
½ cup lemon juice	
3 teaspoons lemon rind, grated	¾ cup vanilla wafer crumbs (about 12 wafers)
½ teaspoon salt	
¾ cup sugar	

Separate yolks from whites of eggs. Beat egg yolks in top of double boiler. Add lemon juice, lemon rind, salt, and ¼ cup sugar. Cook over hot water until mixture is consistency of custard. Cool. Beat egg whites until they stand in peaks; add remaining ½ cup sugar and beat well. Fold egg whites into cooled lemon mixture. Beat cream or evaporated milk until thick and fold into mixture. Sprinkle half the vanilla wafer crumbs in bottom of deep refrigerator tray. Pour lemon mixture on crumbs, and sprinkle the remaining crumbs on top. Place in freezing compartment and freeze overnight (at least 4 hours). Unmold on platter for serving. The platter can be garnished with bunches of seedless white grapes or sections of orange.

### Waldorf Salad

(6 servings)

2 cups diced apples	½ cup broken nuts
½ cup chopped celery	¼ cup cooked dressing or whipped cream dressing
½ cup pitted chopped dates	
4 marshmallows, quartered	

Pare apples if desired. Squeeze the juice ½ lemon over apples to prevent them from darkening. Combine ingredients and chill thoroughly. Serve on crisp lettuce.

### Easy Fruit Salad

(12 servings)

2 11-ounce cans Mandarin oranges, drained	16 marshmallows, quartered
1 can (about 2 cups) pineapple tidbits, drained	1 3½-ounce can flaked coconut
	1 pint sour cream, cultured

Combine all ingredients. Chill in refrigerator for 24 hours, stirring occasionally. Serve on lettuce leaf; garnish with mandarin orange sections.

### **Parmesan Rye Toasties**

(2 dozen)

- 2 tablespoons soft butter
- 2 tablespoons finely grated parmesan cheese
- 2 dozen thin slices party rye bread

Combine butter and parmesan cheese. Spread on each slice of rye bread using  $\frac{1}{2}$  teaspoon of parmesan butter per slice. Place on cookie sheet, spread side up, and toast in hot oven (400°F.) for 10 minutes until crisp. Serve as snack with salads and soups.

### **Hearty Sandwiches**

Most men enjoy hearty sandwiches served with a beverage late in the evening. You may arrange all the ingredients on a platter or tray and let each person make his own sandwich.

Try one of the following combinations. First toast the bread and spread it with butter, mayonnaise, or Russian dressing.

- Bacon, tomato, and lettuce.
- American cheese, sliced ham, thin tomato slices, and lettuce.
- Swiss cheese, crisp bacon, tomato slices, and lettuce.
- Chicken, crisp bacon, thin tomato slices, and a raw onion slice.
- Sauteed chicken livers, bacon, tomato, and lettuce.
- Chicken salad, bacon, tomato and lettuce.
- Roast beef, Swiss cheese, and lettuce.
- Egg salad, tomato, bacon, and lettuce.
- Ham, Swiss cheese, bacon, tomato, and lettuce.
- Corned beef, tomato, and onion.

### **Deviled Ham and Swiss Rollups**

(6 sandwiches)

- |   |  |
|---|--|
| 6 slices of white or whole wheat<br>bread, thinly sliced and buttered | 1 teaspoon prepared mustard<br>6 slices Swiss cheese |
| 1 4½-ounce can deviled ham  |  |

Trim crusts from bread. Mix deviled ham and mustard, and spread on bread. Place a slice of cheese on each piece of bread. Roll up and chill.

### **Snacks**

Everybody likes a snack. Savory dips or spreads can be served with crackers, potato chips, or crisp vegetable relishes. Vegetables such as carrot straws, cucumber sticks, and cauliflowerrets are often served with a cheese dunking sauce. They are easier to prepare and serve

than canapés. Heap them lightly into a small bowl and surround with the desired accompaniment.

If you are counting your calories, substitute whipped cottage cheese for the cream cheese, thinning with a little milk. To fill out the tray, try an assortment of tiny cheese cubes or bite-sized pieces of meat or fish on a toothpick, apple slices, pickles, olives, or other relishes.

**Cheese Dunking Sauce**—Mix equal parts of blue and cream cheese and blend to the texture of a dip with mayonnaise. Season with salt, Worcestershire sauce and lemon juice.

**Onion and Sour Cream Dip**—Stir half of a 1½-ounce package of dried onion soup into ½ pint cultured sour cream. Taste and season if necessary. If mixture is too thick to be dipped easily, stir in a little sweet cream or milk. (12 servings.)

**Avocado Spread (Guacamole)**—Peel 1 large avocado which is thoroughly ripe; remove the seed. Rub the avocado pulp through a food mill or sieve; stir in ½ tablespoon lime or lemon juice, a few drops of Tabasco sauce and 1½ tablespoons of minced onion.

**Cream Cheese and Ham**—Mix 1 package cream cheese with one 3-ounce can deviled ham; add ¼ teaspoon pepper, a little salt, ¼ teaspoon dry mustard, 1 tablespoon minced onion, dash of Tabasco and Worcestershire sauce. Thin with a little cream and chill in refrigerator.

Teenagers enjoy planning and preparing their own snacks and parties. A football or basketball game calls for hearty fare. Following a few hours of active sports such as ice skating or swimming, you may wish to serve a bowl of chili, pizza pie, or a hot sandwich. Keep a supply of crisp celery, carrot sticks, radishes, or green onions on hand.

Chilled fresh fruit served at its peak of ripeness is a favorite. Fruits and vegetables supply needed vitamins and minerals without adding too many calories. Frequently, a beverage such as a cup of hot cocoa, a tall glass of iced fruit juice, or a milk drink, is all that they will want. Milk shakes, sodas and floats are popular with teenagers.

**Ginger Flip**—Pour equal parts of gingerale or root beer and milk into tall glasses. Add a scoop of vanilla ice cream.

Cooperative extension work in agriculture and home economics. Michigan State University and the U. S. Department of Agriculture cooperating. N. P. Ralston, Director, Cooperative Extension Service, Michigan State University, East Lansing. Printed and distributed under Acts of Congress, May 8 and June 30, 1914.

5P-8:61-10M-SH

