DINNER AS AN ART. Dinner offers a daily opportunity for cultivating the graces of hospitality. Correct table manners, interesting conversation, the spirit of companionship, should attend this meal whether it be a family or guest affair. Food study promotes social ease in familiarizing the student with the foods that may be offered, their service and eating. In addition, it teaches the student how to plan a well-balanced dinner menu, set the table correctly, cook the foods appetizingly and serve them attractively.

DINNER MENU PATTERN OR GUIDE. A sample basic dinner pattern or guide for an average student, includes:

A fruit (first course, salad or dessert)
A protein or tissue-building food (cheese, eggs, meat or meat substitute)
A starch food (potatoes, rice, macaroni, desserts)

2 vegetables, other than potatoes (one preferably a green leafy vegetable)
Bread and butter
A beverage, milk or fruit juice (milk may be served in soup)

Supplementary foods to meet the individual’s needs and provide any of the day’s requirements not furnished by breakfast or lunch. This meal furnishes from ¼ to ½ the day’s food.

Girls of adolescent age require liberal amounts of foods rich in iron, provided by 2 or 3 dinner servings weekly of leafy vegetables or liver.

The dinner menu should include at least one fruit serving. Citrus fruits have a wide range of use and may be served often as appetizers, garnishes and sauces accompanying meats and vegetables, salads and salad dressings, desserts. In uncooked dishes, they provide a valuable source of Vitamin C.

FORMAL DINNER. Present day custom gives the dinner several courses, which will vary for formal or informal service. For a formal dinner they usually include:

Appetizer (grapefruit, melon, oysters, or fruit or sea-food cocktail. Hors d’oeuvres and other appetizers may be served before guests come to table).

Soup.
Fish or entree.
Main course (piece de résistance).
Salad (light–lettuce or fruit).
Dessert (fruit, candies, nuts may be served after this course).
Coffee (demi-tasse, usually served after guests leave table).

A fruit cup beverage, such as ginger ale and orange juice, may correctly accompany this dinner. Rolls are served, without butter, bread and butter plates being omitted.
**CITRUS FRUIT COCKTAILS**  
**Serve 6-8**

**Orange Cocktail:** Combine:
- 2 cups chilled orange segments
- 2 tablespoons powdered sugar
- 2 tablespoons lemon juice
- 1 cup chilled orange juice

Serve in cocktail glass (this may be a double glass with ice in outer glass), or in orange peel basket. Garnish with maraschino cherry or mint.

**Orange Ginger Ale Cocktail:** In place of orange juice, pour one 12-ounce bottle of chilled ginger ale over fruit just before serving.

**Lemon Fruit Cocktail Sauce:** Boil for 5 minutes:
- 1/2 cup sugar
- 1 cup water
- 1/4 cup any red jelly
- 1/4 cup lemon juice

Add:
- 3 cups any sliced fruit mixture or melon balls

Serve chilled in cocktail glasses.

**LEMON GARNISHES**

Lemon garnishes (both the plain or decorative slices or the more practical, juice-providing quarters, halves or baskets) are standard accompaniments for many foods. Decorate with paprika, pimento, chopped mint or parsley.

**Soup** (Float lemon slices on top):

**Fish** (Serve lemon quarters with fish on half shell; oyster or shrimp cocktails; fried oysters, clams, scallops, or any fried or cooked fish. Serve slices with seafood salads).

**Meats** (Serve lemon quarters with hot steaks, etc.; fancy lemon garnishes with cold meats).

**Vegetables** (Serve with spinach, greens of all kinds, carrots, beets, or other cooked vegetables, baked beans).

**Fruits** (Serve lemon quarters with casaba or honey dew melons or with avocados; also with fruit juice cocktails—tomato, pineapple, prune juice).

**Beverages** (Serve with tea and other drinks).

**ORANGES WITH MEAT**

Orange juice used to baste fowl (chicken, duck, goose, turkey), gives a delicious flavor and increases tenderness of meat.

**Orange slices as garnishes** for roast fowl and other meats, are colorful and appetizing. Top with nuts, candied cherries, or cubes of red jelly.

**FRUIT AND MEAT OVEN GRILL**  
**(Serves 4)**

| 4 orange slices, 1/2 inch thick | 4 tomato halves |
| 4 green-lipped bananas | 4 chops (lamb or veal) peeled |

Place on greased broiler rack. Brush bananas with melted butter. Salt bananas and tomatoes. Broil for 10 to 12 minutes with rack 4 inches under moderately high flame. Turn once. Serve on hot platter. Season meat with salt and pepper. Garnish with parsley, stuffed olive slices and lemon quarters. (See illustration, page 1.)

**LEMON ICE CREAM**  
**(About 1 1/2 quarts)**

| 2 cups sugar, dissolved in 1/4 cup lemon juice | 3 cups milk |
| 3/4 cup lemon juice | 1 cup cream |

Mix well. Freeze in crank freezer or in automatic refrigerator at quick freezing temperature.

**Lemon Ice Cream Pie:** Cover bottom of freezing tray with wax paper. Spread with graham cracker crust mixture, using half of crumbs. Pour in unfrozen Lemon Ice Cream. When mixture thickens, top with remaining crumbs. Freeze without stirring at coldest temperature until hard.

**ORANGE SHERBET**  
**(1 to 1 1/2 quarts)**

| 1 1/2 cups sugar | 1 cup water |
| 1 cup lemon juice | 2 egg whites, beaten stiff with 2 tablespoons sugar |

Add:
- 2 eggs white, beaten stiff with 2 tablespoons sugar
- 3/4 cup lemon juice

Freeze in crank freezer; or in refrigerator tray, stirring once when sherbet is firm.

**SAMPLE DINNER MENUS**

**FORTY-FIVE MINUTE DINNER**

**LEMON MAYO SALAD**

- 2 cups chilled orange juice
- 1/4 cup lemon juice

Stir well. (Filling will thicken as though cooked.)

**Lemon Ice Cream Pie:**

- 1 1/2 cups sugar, dissolved in 3 cups milk
- 1/2 cup melted butter

Cover bottom of plate and fill in spaces between wafers. Or cover sides and bottom of pan with:

**Graham cracker mixture.**

- 1/2 cup melted butter
- 1/2 cup graham cracker crumbs

**Serve For:**

Dinner meat course

**FROZEN CUSTARD**

Orange Sherbet as accompaniment for meat course

**MAGIC LEMON BANANA CREAM PIE**  
**(1 eight-inch pie)**

| 1 1/2 cups sweetened condensed (not evaporated) milk | 1/4 cup lemon juice |
| 1/4 cup lemon juice | 1 1/2 cups cream |

Stir well. (Filling will thicken as though cooked.)

Add:
- 2 medium-sized bananas, cut in small pieces

Pour into crust and chill. Cover:
- 1/4 cup cream, whipped, and sweetened with 1/2 tablespoon powdered sugar

Decorate top of pie with banana slices. Chill.

**Unbaked Crumb Crust:**

Arrange row of lemon or vanilla wafers to stand around edge of pie plate. Mix:

- 3/4 cup rolled wafer crumbs
- 1/4 cup melted butter

Cover bottom of plate and fill in spaces between wafers. Or cover sides and bottom of pan with:

**Graham cracker mixture.**

- 1/2 cup melted butter
- 1/2 cup graham cracker crumbs

**Serve For:**

Informal dinner or luncheon dessert

**FORTY-FIVE MINUTE DINNER**

**BROCCOLI WITH HOLLANDAISE SAUCE**

- 2 cups chilled orange juice
- 1/4 cup lemon juice

Stir well. (Filling will thicken as though cooked.)

**Lemon Ice Cream Pie:**

- 1 1/2 cups sugar, dissolved in 3 cups milk
- 1/2 cup melted butter

Cover bottom of plate and fill in spaces between wafers. Or cover sides and bottom of pan with:

**Graham cracker mixture.**

- 1/2 cup melted butter
- 1/2 cup graham cracker crumbs

**Serve For:**

Dinner meat course

**MAGIC LEMON BANANA CREAM PIE**  
**(1 eight-inch pie)**

| 1 1/2 cups sweetened condensed (not evaporated) milk | 1/4 cup lemon juice |
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Add:
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Decorate top of pie with banana slices. Chill.

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Arrange row of lemon or vanilla wafers to stand around edge of pie plate. Mix:

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Cover bottom of plate and fill in spaces between wafers. Or cover sides and bottom of pan with:

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- 1/2 cup melted butter
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**Serve For:**

Informal dinner or luncheon dessert

**LEMON MAYO SALAD**

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Stir well. (Filling will thicken as though cooked.)

**Lemon Ice Cream Pie:**

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**Serve For:**

Informal dinner or luncheon dessert

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**Serve For:**

Dinner or luncheon dessert

**Special refreshments**

Orange Sherbet as accompaniment for meat course.
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