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The 4-H Club Entertains
Michigan State University Cooperative Extension Service
4-H Club Bulletin
Olga Bird
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CLUB BULLETIN 42
JUNE 1940

THE 4-H CLUB ENTERTAINS

MICHIGAN STATE COLLEGE :: EXTENSION DIVISION
EAST LANSING

Cooperative Extension Work in Agriculture and Home Economics,
Extension Service, Michigan State College and the U. S.
Department of Agriculture Cooperating.

THE 4-H CLUB ENTERTAINS

OLGA BIRD

To the attic, to the library, to the bookcases, Elsie and Raymond hurried searching, searching, searching—for what? Well, Louise Johnston was moving to the city and Elsie, Raymond, Wayne, George and Marie wanted to give a party for her. Just how should they go about making the plans? That is what they were trying to find—books that would give them ideas for the party.

While seeking ideas for this particular party, they found much about entertaining that they thought other 4-H club members might use in planning a party. To be a gracious host or hostess, to be an interesting or charming guest, and to prepare dainty, attractive party foods are achievements.

To make this information available to other 4-H club members, Elsie and Raymond are presenting it to you in the regular project bulletin form.

Who Shall be Members of the Project?

Anyone who is more than 15 years old or anyone who has completed Food Preparation Projects I, II and III.

What Shall Each Member Do?

Prepare party foods as suggested in each section.

Act as host or hostess for either a tea, an afternoon or evening party.

File recipes and menus in a recipe box and exhibit it.

Complete a final report that will be sent from the county extension office.

The county agricultural agent may ask that party cakes or cookies be exhibited at achievement time or at the county fair.

CONTENTS AND SUGGESTIONS

It is suggested that at club meetings discussions and demonstrations be given on the topics that are starred(*). The other sections may be completed at home.

***Invitations**

Write a formal invitation and acceptance.

Write an informal invitation and acceptance.

Table Linen, Silver and China

Girls wash and iron a table cloth.

Clean silverware.

Table Decorations

*Arrange a dining room table bouquet.

*Arrange one unusual table decoration.

Sandwiches

*Prepare three varieties of party sandwiches.

Cakes and Cookies

Make one loaf or layer cake.

*Make one kind of small party cakes and add frosting. (Suggestion—frost part of the cakes with a cooked frosting, part with an uncooked, and save a few cakes unfrosted for club meeting discussion.)

These cakes may be made at home, but samples should be taken to the club meeting for discussion.

*Make two kinds of party cookies.

Beverages

*Discussion of types

*Prepare one cold milk drink

Prepare one other type of beverage

Teas, Afternoon and Evening Parties

*Discussions—The planning of a tea

Going to a tea

An afternoon or evening party

Menus

Courtesies

*Practice introductions at a club meeting.

*Discuss courtesies.

Being Host or Hostess at a Party

*The club members enrolled in this project should give a tea or have an afternoon or evening party. If a tea is given one might invite mothers and friends.

Note—If an afternoon or evening party is given, one might invite parents, friends including boys, girls and older friends as teachers, extension agents and so on, or have just a party for the young folk.

If there are more than three enrolled in this project, two types of parties should also be given. If there are not enough persons in the club enrolled in this project to justify the expense of the party, the other club members may help, but the project members should do the planning and supervising.

RECIPE AND MENU BOX

For a permanent file, record recipes and menus on cards to be kept in a box for the sake of convenience.

The Box

A box may be made of cardboard or may be bought at a low cost. One may buy menu or recipe boxes, as they are often called, that are made of wood, tin or cardboard. The box should have a cover. The suggested size is $5\frac{1}{4}$ inches long, $3\frac{1}{4}$ inches wide and 4 inches high. This will hold a menu or recipe card, 3 by 5 inches. (The boxes may be painted to match the kitchen color scheme.)

The Cards

Material—

The best cards for filing are called "reference" or "index" cards in many stores. If the regular cards are not available use heavy paper cut to size. The card must fit the box so that the edges of the card will not become ragged from use.

Contents of the Cards—

- | | |
|---|--------------------------------|
| 1. Two party sandwich recipes and directions for making | 5. Two "tea" menus |
| 2. Two beverage recipes | 6. Two "Afternoon Party" menus |
| 3. Two cake recipes | 7. Two "Evening Party" menus |
| 4. Two cookie recipes | 8. Invitations |

Note: The recipes and menus on these cards should not be duplicates of those given in the bulletin.

INVITATIONS

To us, in the past invitations merely meant that we were asked to go some place. Now we have decided that an invitation can mean much, to us personally, if we receive it in a proper manner and if we give a sincere and correct response.

There are two types of invitations, the informal and the formal. Most 4-H club members use the informal invitations, but should know how to write a formal invitation.

Informal Invitations

Informal invitations to a tea, or an afternoon or evening party may be given in person or over the telephone or may be written. The person inviting you pays you a compliment, and your reply should indicate your appreciation of the invitation. "I shall be glad to come to your party" would be a suitable reply to a personal or telephone invitation.

A written invitation to an informal party may be just a note. These invitations are always written with pen and ink on note paper and are similar to this:

Dear Mrs. Arthur:

On Saturday afternoon, August eighth, the Happy Ten 4-H Club members plan to have a party in honor of their mothers at Ruth Smith's home.

We hope that each mother will be present at two o'clock.

Sincerely yours,

Alice Jones,

Secretary

A suitable acceptance would be:

Dear Alice:

I shall be very happy to be at Ruth Smith's home for your party at two o'clock Saturday afternoon.

Sincerely yours,

Mrs. A. J. Arthur

It is always a courtesy to answer any invitation, unless it is for a tea or reception. If the host or hostess wishes to know how many are to be present at a tea or reception there will be an "R. s. v. p." in the lower left-hand corner of the invitation.

Formal Invitations

Some day you may receive an invitation similar to this:

Miss Eleanor Hayes

At Home

Thursday, the fourth of January

from three until six o'clock

This means that you are invited to a tea and your presence at the tea is your acceptance. An invitation to a party may be:

Miss Eleanor Hayes

and

Mr. Richard Hayes

request the pleasure of

Miss Marie Smith's

company at a party

Saturday evening, the sixth of January

at eight o'clock

The response would be :

Miss Marie Smith
accepts with pleasure
Miss Eleanor Hayes'
and
Mr. Richard Hayes'
kind invitation to a party
on Saturday evening, the sixth of January
at eight o'clock

OR

Miss Marie Smith
regrets that a previous engagement
prevents her accepting
Miss Eleanor Hayes'
and
Mr. Richard Hayes'
kind invitation to a party
on Saturday evening, the sixth of January
at eight o'clock

TABLE LINEN, SILVER AND CHINA

All things considered, the appearance of the table from which food is served to guests is really what helps to make a successful party.

George says that he wouldn't know whether the table cloth was made of linen, cotton or gold cloth but he would know when it "looked nice". We decided that even though the silver and china and table linen are of the least expensive kind, they can be made to look very attractive by giving them good care. Shining silver and glistening dishes on a spotlessly clean table cover provide a very nice background for the appetizing food to be served.

The kind of party will help you to decide upon the table covering. For a tea, usually a white damask cloth is used unless you have a table that has a well finished surface. If this is true a simple runner may be used for the center.

White table linen should be so laundered that it is snow-white and then ironed so that it is free from wrinkles. To insure its best appearance, table linen should be washed, dried and thoroughly dampened with warm water, rolled in a towel and left some time before ironing. Iron the linen until it is perfectly dry.

For unusual table settings, a burlap or a checkered table cloth and wooden bowls help to make an attractive table.

The silver should be free from stains. Polish silver as frequently as necessary and always thoroughly wash, rinse and dry after using.

Polishing Silver—*Silver polish method*

Use a good silver polish; rub lightly on the silver.

Wash in soapy water and rinse.

Home equipment method

Use a bright aluminum kettle. Add one teaspoon soda and one teaspoon salt to each quart of water.

Put tarnished silver in solution for a few minutes.

Remove, wash and rinse with hot water. Dry on linen cloth.

Select dishes that will be most suitable for the use in the home and then keep them in the best of condition. Be sure that dishes are washed and dried so that they are free from water spots and lint.

TABLE DECORATIONS

We found novel and interesting table decorations in the magazines in our homes. Some pictures of course were very elaborate but nevertheless they gave ideas.

Flowers—

Elsie thinks that fresh flowers add charm to one's home because they make it appear so friendly and cheerful. We should take special care in arranging flowers to produce the most pleasing effect. If suitable containers are used the most ordinary flowers add beauty and color to a room.

Select flowers suitable for the color scheme of the room. Many wild flowers, as well as fruit tree blossoms and flowers that grow in the garden, may be selected and arranged to be very attractive.

For the dining room table—

Select dainty flowers that harmonize with the linen, glassware and china.

Bouquets low in height are desirable on a dining room table because they do not obstruct the view of the persons seated at the table.

For the living room—

On a table radio or shelf.

Medium sized bouquets are most suitable.

Large bouquets in large containers on the floor.

Containers—

Use undecorated containers that are simple in shape; the mouth should be large enough so the flowers need not be crowded. Soft colored containers, such as dull green, dull blue, cream, brown, and yellow help the flowers to appear their best.

If one does not have a flower vase of the right size, shape or color, for a living room bouquet, simple household articles may be used such as pickle bottles, crocks, glasses or water pitchers. For the table, one may arrange flowers in low salad or kitchen bowls.

Arrangement of Flowers—

Give both time and thought to flower arrangement.

Do not crowd flowers nor use too many.

Some flowers which are attractive in mass when arranged in large containers are peonies, lilacs, chrysanthemums, asters, larkspur and Queen Anne's lace. Flowers such as roses and marigolds have both lovely color and line, therefore, they look attractive when a few are arranged in a container with a stem holder, often called "a frog," in the bottom.

(A small piece of chicken wire crumpled up to fit the container makes a very good "frog".)

Put one flower in at a time.

Use some foliage from the flowers.

Combine colors that give pleasing effect, such as blue and pink larkspur.

The blossoms should be at irregular heights and should not be at uniform distances.

Mixed bouquets are pleasing but it is suggested that drooping flowers not be used with stiff flowers.

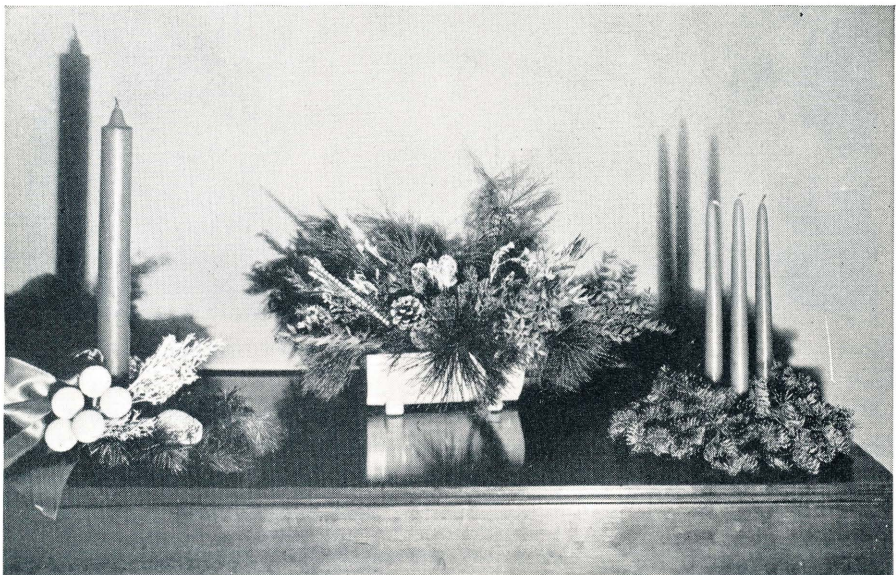


Fig. 1. Holiday season table appointments.

Candles and Evergreens—

It is difficult for Michigan club members to have flowers in the winter, therefore, we will give you a few other suggestions for decorations. Candles, evergreens, and cones may be used very effectively.

Candles add to the festivity of an evening party—they seem to throw a light of friendliness. Candles are not used in the daytime unless the room in which they are placed is dark. If people are to be seated at the table, be sure that the candles are high enough to prevent the light's being at eye level.

Candle holders should harmonize with the other appointments on the table. With glass or fine porcelain dishes you will probably wish to use glass or silver. With heavy dishes one may use pottery or small blocks of wood nicely finished for the candle holders.

Very attractive centerpieces for the Christmas holiday season may be made of evergreens and cones. Christmas tree decorations or candles may be combined with the greens and cones. Figure 1 illustrates three types of arrangement.

DO YOU KNOW

—that introductions pave the way toward conversation with different people?

—that proper responses to introductions often lead to new friendships?

—that one thing that brings the greatest returns, yet costs nothing, is Courtesy?

INTRODUCTIONS

How embarrassing it is for one to enter a room where there are strangers and no one introduces you! Wayne says he feels as if he should stand in the middle of the floor and in his basso voice say—“Ladie-ees and Genntle-men, I am Robinson Crusoe—who are you?” Now we all know that Wayne would not do that but nevertheless we can appreciate the situation.

We think that simple introductions are done with much more ease and poise. Some general rules are:

Present a boy to a girl.

—“Esther Wray, this is John White.”

—“John, I want you to know my sister.—Elizabeth Harris, John White.”



Fig. 2. Introduce your friends.

Young people of college age use given names in making introductions to classmates and friends, although they are of an age when it is permissible to use "Miss" and "Mister".

Present a man to a woman.

— "Miss Bolling may I present Mr. Hayes. Miss Bolling has just returned from the West."

—“Mother, this is Blanche Hopkins and John Baker.”

—“Blanche Hopkins, my father.”

—“Father, this is John Baker.”

Present an unmarried woman to a matron (unless the matron is much the younger.)

—“Mrs. Hansen, may I present Miss Houghton.”

If a friend should call at your home while you are entertaining your 4-H club members, be sure to introduce her to the group. One may do so in this way: “I want you to know my friend Ruth Green who is a 4-H club member in Allenville.” “Mrs. Evans, may I present Ruth Green.” “Mrs. Evans is our club leader.” “Ruth—Ethel Carr, Janet Barr, Alice Janes,” and so on to others of her group, if there are more at the meeting.

Acknowledging Introductions—

Always acknowledge an introduction. It may be by smiling and repeating the name, or by smiling and saying, “How do you do,” or “How do you do Mrs. Smith.”

Two men or boys always shake hands in acknowledging introductions. One shakes hands with an older woman if she extends her hand to you. Other than those two instances, it is not the custom today to shake hands in acknowledging introductions—but if some one, a man, a woman, a boy or a girl should extend his hand, never refuse to shake hands.

Boys always rise for all introductions, but girls need not rise unless it is a woman or elderly gentleman to whom they are being introduced.

On leaving, a girl says to an older person, “I am happy to have met you,” or “I am glad to have met you”. A girl does not say this to a man unless he is much older and a distinguished person.

A man may say to a girl or woman “I am very glad to have met you”; the response: “Thank you”.

HOW SHALL WE EAT?

Butter only a small piece of bread or roll at one time. Break off the piece you wish to butter, do not cut it with a knife.

When helping yourself to bread, whole pickles, olives, cheese or nuts, use your fingers.

Break sandwiches and eat with your fingers unless the sandwiches are too juicy. (Tea sandwiches are very small and therefore, do not need to be broken.)

Desserts served in tall sherbet glasses should be eaten with a spoon. The spoon is never left in the glass.

Cake is eaten with the fingers unless it has a soft or sticky frosting.

Watermelon is eaten with a fork.

Cantaloupe is eaten with a spoon.

We should train ourselves to eat all foods. What bad taste to say, "I don't like that"!

Accept food with a "thank you".

A sugar spoon should always be used for the sugar bowl.

Toothpicks are never used in the presence of other people.

Food should not be washed down with a drink.

Hold the silver in a graceful way. The little finger is kept close to the third finger.

Express some preference for a food when you are consulted.

Do not hesitate to make decisions; this delays the service.

Take small bites.

Keep the lips closed while chewing; one does not talk with the mouth full.

Sit erect, with your feet on the floor.

Eat slowly. It is harmful to one's health to eat too rapidly.

Spoons are not left in the cups; thus one avoids the possibility of the cups being overturned.

The knife and fork are placed across the plate when one has finished. The tines of the fork up. Do that also when returning your plate for a second helping.

"Politeness is to do and say the kindest things in the kindest way."

"OH! WHAT SHALL WE WEAR?"

That is the everlasting question that we girls have confronting us. Now if a boy has a well pressed suit, a clean shirt, and a good looking tie he is all set to go to an ordinary party. His worries do come, though, when he is in college and goes to formal parties. And we girls would like to make one comment: Boys who always wear a tie (unless they are wearing a real summer sports outfit) are much better looking than those who neglect this bit of wearing apparel.

For an informal party or tea a girl may wear a street or afternoon dress. If just a few girls are stopping at a very good friend's home for an afternoon, a simple sweater or blouse and skirt is appropriate. It is considered correct to wear hat and gloves, but in your community you may not think it necessary. The hat is worn while at the tea unless the hostess asks that you remove both hat and coat.

Neither fine silks nor prettiness makes the interesting person. If you feel sure that your shoes are in good condition, nails clean, and your toilet is complete, you can forget your looks and be at ease.

HOW SHALL WE ACT?

Our suggestion is to be your natural self. Greet the hostess and shake hands if she offers to do so. After greeting the hostess, join some group of guests, and then go about the room talking to all present. If it happens you are a stranger, your hostess or her helper will introduce you to the guests.

Try to include at least two or three persons in the conversation and be quiet in your tone of voice. Loud laughing, excess giggling, and whispering often give an unfavorable impression to those who do not know you.

To mention the following general courtesies may seem absurd, but we are going to include them in case some one may want to see the suggestions in "black and white":

Gum chewing is done *only* in private.

Always appear your best.

Be agreeable to all. Do not visit with just one or two persons.

If you are invited to an afternoon or evening party be prompt but not early.

Noisy people are often disliked. Boisterous laughter is taboo.

One rises when an older person enters the room.

HOW YOU CAN BE A GRACIOUS HOST OR HOSTESS

It is really fun to be a host or hostess—especially if you are sure the party has been well planned and you yourself feel at ease. Some suggestions to help you be a good host or hostess are:

Plan the entertainment before the guests arrive.

Create a friendly feeling.

Receive guests naturally and express pleasure at seeing them. Show the guests where to put their wraps.

Introduce all guests to each other and to the members of your family.

Serve the refreshments in an attractive manner.

Be present when the guests are leaving and receive their compliments on the party with appreciation. Do this in a friendly and gracious manner.

After the Party is Over

If there should be more than one host or hostess, each should do his share of the cleaning-up after the party. Do not leave it all for

Mary and her mother. If everyone helps all will feel the party was a success.

Note: We suggest that if there is a 4-H boys' club in the community that members be invited to a "4-H Club Entertains" project meeting to discuss courtesies and that they be invited to either an afternoon or evening party.

TEAS

An afternoon tea is a friendly and enjoyable social affair even though it may be formal. One gives a tea so that an honored guest may be introduced to one's friends, or for a guest who may be leaving the community, or to listen to some one play the piano or sing. And again, one may wish to give a tea merely to see and visit with one's friends.

A hostess may sit at her own tea table if the "tea" is very small, but if the "tea" is of any size, the table is set in the dining room and two intimate friends of the hostess "pour". Tea is served at one end, and another beverage such as chocolate at the other end. If but one beverage is to be served only one person sits at one end of the tea table. The persons who "pour" are always especially invited.



Fig. 3. An afternoon tea.

Menu—

Only a beverage, a form of bread, and cakes are served at teas. There may be all sorts of dainty sandwiches, and there may be layer cakes, sliced cake and any kind of small cakes and cookies. Hot breads, such as small muffins, may be served at very informal teas.

Plan the menu so that the food served will be very tasty and so that the color will harmonize with the table cloth, dishes and flowers. Be sure that the food harmonizes in flavor as well as with the decorations. Too many foods of the same flavor are not desirable; for example, it is not well to have chocolate sandwiches, chocolate cakes and cocoa. If a sweet drink is served it would be better to serve unsweetened sandwiches and unfrosted cake, such as orange cake or simple cookies.

Example of menus that might be served at a tea.

| | |
|------------------------------|----------------|
| Three varieties of cookies | Orange cake |
| Cocoa | Fruit drink |
| Open faced cheese sandwiches | |
| Rolled jam sandwiches | |
| Boston brown bread | |
| Cookies or cakes | |
| Hot tea—Iced tea | |
| Cup cakes (dark and light) | Egg sandwiches |
| Milk drink | Wafers |
| | Cocoa |

The Tea Table for a Large Tea—

Prepare the tea table to appear very attractive. Refer to page 7 for suggestions in selecting silver, table linen, and table decorations. Six to ten of the guests at one time, depending on size of dining room, are invited to the dining room by a friend of the hostess who is assisting her. Each guest is asked which is her choice of beverage, if two are served, and she goes to the end of the table where that beverage is poured. If the guest has chosen tea, she is asked if she cares for cream and sugar or lemon for the tea. The person who is pouring then hands the cup of tea on a plate to the guest, who in turn helps herself to a spoon, napkin, sandwiches and cookies or cakes. The guests seat themselves in the chairs that have been placed about the dining room. The napkin may be unfolded completely, because a tea napkin is small, or left partially folded on one's lap. Sometimes at large teas it is necessary to stand to drink your tea; in that case, the napkin is held with one hand under the plate. When one group has finished, the helper takes the plate and napkins, and the guests go back into the living room to chat. Another group is then taken into the dining room in the same manner.

At large teas, especially if held in a club house, hall or recreation room it is desirable to have *very soft* music being played on the piano, violin or other stringed instrument while the guests are visiting. Do not have a set program of music unless you have invited guests to come for that feature.

One stays about one-half hour at a large tea, while at a small tea no doubt the hostess will ask you to stay longer. On leaving, say goodbye to the hostess unless she is very busy. If the tea is at a girl's home remember to speak to her mother when leaving.

AFTERNOON AND EVENING PARTIES

Everyone enjoys a nice party, and careful planning is the secret of giving a party at which the guests do thoroughly enjoy themselves. The host or hostess should plan the party from the time the invitations are written or given verbally until the guests depart and the house is again in order. When giving a party in one's home be sure that all members of the family are consulted so that it will be agreeable to all.

Invitation—

Ask guests who will be interested in each other.

Make the invitation very definite as to the hour, place, and type of party (refer to page 5 for invitation suggestions).

Entertainment—

Plan entertainment that will be interesting to all guests.

Suggestions for entertainment:

Quiet games—paper and pencil type

Active or semi-active games

Croquet for an afternoon party

Treasure hunt

Musical games—Folk dances

Group singing

WHAT SHALL WE SERVE AT AFTERNOON AND EVENING PARTIES?

Light refreshments served at an afternoon party may be the same as those served at a tea. An afternoon party menu may include salad or ice cream or both.

The refreshments at an afternoon party should be served by 4:30 o'clock or sooner to prevent the possibility of their taking the place of the evening meal. For an evening party, the refreshments should not



Fig. 4. Refreshments for a summer day.

be served later than 8:30 o'clock for younger club members and not later than 10 o'clock for older club members.

If it is a small, afternoon party, the guests may be seated around the dining room table, but if it is a large party the plates of food, napkins and silver may be served to the guests or the guests may be seated at small tables.

For an evening party, one adds interest to the party by serving buffet or tea style. The use of individual trays aids in the ease of one's holding his plate and cup or tumbler. The title page picture may give you an idea for this type of service.

Afternoon Party Menus

| | |
|---|-------------------------|
| Chicken salad | Prune salad |
| Plain bread and butter sandwiches or hot rolls | Oatmeal cookies |
| Beverage | Beverage |
| | Fruit tapioca |
| Fruit salad | Wafers |
| Cottage cheese sandwiches | Beverage |
| Beverage | Salmon or tuna salad |
| | Graham bread sandwiches |
| Tomato jelly salad | Macarons |
| Ground American cheese sandwiches | Beverage |
| Ice Cream and wafers | Cookies |
| Beverage | Beverage |

Evening party menus: Do not include salads with sandwiches.

| | |
|------------|----------|
| Sandwiches | Pop Corn |
| Cookies | Apples |
| Beverage | |
| Ice Cream | Cake |
| Cake | Beverage |

VANILLA ICE CREAM (8 small servings)

| | |
|--------------|------------|
| 3 c. cream | ½ c. sugar |
| ½ T. vanilla | |

Make a syrup by cooking the sugar and one-half cup of cream for 5 minutes. Cool, add remaining cream and vanilla. Freeze and serve.

FROZEN CUSTARD (French ice cream)

| | |
|-------------|--------------|
| 1 qt. cream | Salt |
| 1 pt. milk | 1 c. sugar |
| 4 egg yolks | 1 T. vanilla |

The eggs should be combined with the sugar and cream and cooked as for a soft custard. Cool, add milk and vanilla. Freeze and serve.

FRUIT ICE CREAM

To vanilla ice cream, add one cup of crushed and sweetened fruit after mixture is partly frozen.

PEPPERMINT ICE CREAM

| | |
|--|-------------|
| ½ lb. peppermint stick candy broken in pieces | 1 qt. cream |
| 1 qt. milk | ½ t. salt |

Soak the candy overnight in milk. Add cream and salt and freeze using six parts of ice to one of salt.

FRUIT ICE

| | |
|-------------------|-------------------|
| 1½ c. fruit juice | 1 c. orange juice |
| 1 c. sugar | 2 T. lemon juice |
| 2 c. water | |

Strawberry, cherry, pineapple, raspberry, grape or peach juice, or a combination may be used. Boil sugar and water together 5 minutes; chill. Add fruit juice, strain and freeze.

To make a sherbet—

Milk or a mixture of 1 c. milk and 1 c. cream may be substituted for the water, add two beaten egg whites to the mixture just before putting in the freezer.

CIDER FRAPPE (18 to 24 servings)

| | |
|-------------------|-----------------------------|
| 1½ c. sugar | ⅓ c. lemon juice (2 lemons) |
| 1 pt. water | 1 qt. cider |
| 2 c. orange juice | |

Boil water and sugar for 3 minutes; cool, add fruit juice, strain and freeze in an ice cream freezer. Garnish each serving with thin wedge of red-skinned apple.

Other Suggestions for Parties

- | | |
|--|---------------------------------|
| 1. Angel food cake—½ peach—whipped cream | 5. Baked cinnamon apples |
| 2. Sponge cake—ice cream | 6. Fruit whip |
| 3. Frozen fruit salad | 7. Variety of sandwiches |
| 4. Waldorf salad (apple) | 8. Variety of cookies and cakes |

PARTY SANDWICHES

Sandwiches for teas and parties are usually small, dainty ones. Small open-faced sandwiches are served at teas, while the sandwiches for afternoon and especially evening parties are closed sandwiches and somewhat larger. To make dainty sandwiches, one must not use bread that has just been baked because very fresh bread is difficult to cut. Bread 24 hours old is the best. Sandwich bread should not be either too dry or too spongy. Bread for small round sandwiches may be baked in one-pound baking powder cans.

White bread, whole wheat bread, graham bread, rye bread, nut bread or Boston brown bread, in fact any kind of loaf bread, may be used for making sandwiches.

Making Sandwiches**A. Cutting the bread**

1. Cut the bread in thin slices not thicker than ⅛ inch.
2. Remove the crust and cut in various shapes, such as diamond, heart, triangle or round for teas. Biscuit or cookie cutters may be used if round sandwiches are desired. (The crust may be used for a bread pudding.) For evening parties, one may cut the sandwich diagonally or straight through the center, making rectangularly shaped sandwiches.

B. Buttering

1. Spread bread sparingly with creamed butter. The butter may be spread on the loaf before cutting, or spread carefully after slicing.
 - a. Creamed butter.
 - (1) Allow the butter to stand in a mixing bowl, covered, at room temperature until it has lost its hardness. (About 10 minutes.) Crush with a wooden spoon, then stir until soft and creamy.

C. Filling

Add just enough filling to make a delicious tasting sandwich, but not so much that the sandwich is no longer dainty in appearance. Have filling go well into the corners.

D. Keeping

Prepare sandwiches as near the time of serving as possible to prevent their drying. When it is not possible to serve them soon, cover the sandwiches with a dry cloth, then wring a cloth out of hot water and cover sandwiches, or wrap the sandwiches in waxed paper.

SANDWICH RECIPES

Egg Sandwiches

Chop finely the whites of hard-cooked eggs; force the yolks through a strainer or potato ricer. Mix yolks and whites, season with salt and pepper and moisten with mayonnaise or cream salad dressing. Spread mixture between thin slices of buttered bread. Cut in desired shapes.

Ribbon Sandwiches

These are made by alternating bread slices and filling (having bread at the top and bottom) to the desired height (about three slices of bread), pressing firmly together and slicing across so that each sandwich is made of strips of bread and filling. Only soft and pasty fillings that will hold the slices of bread together are good for this purpose.

Open Sandwiches

An open sandwich is made of a single slice of bread, thus the filling is seen. Many attractive fillings and garnishes may be used on these sandwiches.

- A. Bread—cut thinly sliced bread in round, square, diamond or some other shape, varying from one inch to about two and one-half inches in diameter. Cookie cutters may be used to do this. Spread sparingly with creamed butter and then spread the filling.
- B. Filling—one filling might be of cottage cheese, softened with cream and seasoned, spread over the top of the buttered bread and garnished with slices of stuffed olives.

Note: Be sure fillings are not juicy or sticky.

Nut Bread

Brown Bread

Small sandwiches made of nut bread or brown bread and butter are desirable to serve at any kind of party.

C. Filling

Add just enough filling to make a delicious tasting sandwich, but not so much that the sandwich is no longer dainty in appearance. Have filling go well into the corners.

D. Keeping

Prepare sandwiches as near the time of serving as possible to prevent their drying. When it is not possible to serve them soon, cover the sandwiches with a dry cloth, then wring a cloth out of hot water and cover sandwiches, or wrap the sandwiches in waxed paper.

SANDWICH RECIPES**Egg Sandwiches**

Chop finely the whites of hard-cooked eggs; force the yolks through a strainer or potato ricer. Mix yolks and whites, season with salt and pepper and moisten with mayonnaise or cream salad dressing. Spread mixture between thin slices of buttered bread. Cut in desired shapes.

Ribbon Sandwiches

These are made by alternating bread slices and filling (having bread at the top and bottom) to the desired height (about three slices of bread), pressing firmly together and slicing across so that each sandwich is made of strips of bread and filling. Only soft and pasty fillings that will hold the slices of bread together are good for this purpose.

Open Sandwiches

An open sandwich is made of a single slice of bread, thus the filling is seen. Many attractive fillings and garnishes may be used on these sandwiches.

- A. Bread—cut thinly sliced bread in round, square, diamond or some other shape, varying from one inch to about two and one-half inches in diameter. Cookie cutters may be used to do this. Spread sparingly with creamed butter and then spread the filling.
- B. Filling—one filling might be of cottage cheese, softened with cream and seasoned, spread over the top of the buttered bread and garnished with slices of stuffed olives.

Note: Be sure fillings are not juicy or sticky.

Nut Bread**Brown Bread**

Small sandwiches made of nut bread or brown bread and butter are desirable to serve at any kind of party.

Rolled

The bread for rolled sandwiches must be fresh, cut thin and very even. Cut off crusts. Spread with butter or with any desired filling, roll, fasten with a toothpick. Cover sandwiches with dry cloth and over that put a cloth wrung out of hot water and let stand at least 15 minutes. Remove toothpicks before serving.

Another method is to cut lengthwise of loaf, spread with creamed butter and filling. Roll like a jelly roll, wrap in dry cloth and then in a slightly moist one and put in cool place. When ready to serve, cut roll in thin slices.

Sandwich Filling Suggestions

For teas

- Chopped cucumber with mayonnaise dressing.
- Minced ham with mayonnaise dressing.
- Chopped celery, green tomato pickles, chopped egg, dressing.
- Cottage cheese and strawberry or pineapple jam.
- Grated cheese, olives, salad dressing.
- Raisin, peanut butter, dressing.
- Honey, peanut butter.
- Dates, nuts, dressing.
- Finely chopped spinach, salad dressing, with a bit of lemon juice.
- Finely chopped carrot and salted peanuts, salad dressing.
- Creamed cheese.
- Thin slices of tomato, salad dressing.
- Chocolate.
- Chopped hard-cooked eggs with salad dressing.

For other parties and meals

- Any of those listed above or—
- Minced meat—beef, veal, chicken, pork, ham, tongue, with lettuce leaf and salad dressing.
- Salmon or tuna fish, chopped celery, and pickles, olives or relish.
- Finely chopped cabbage, carrot, celery, green pepper and salad dressing.
- Bacon, tomato and salad dressing.

Cakes for Teas or Parties

Cakes when served at a meal are usually in the form of loaf or layer cakes. When served at teas or afternoon parties, the cakes may be cup-cakes, very small and dainty. For an afternoon or evening party, layer or loaf cakes may be served.

The cakes for these social occasions may be baked in small muffin tins (each cake section not more than one inch or one and one-half inches in diameter). Another method is for one to make a sponge or loaf cake and bake it in a large tin so that the cake is about one inch in height, then to cut the cake in one and one-half inch pieces and frost the tops. The little cakes are difficult to handle if the sides are frosted.

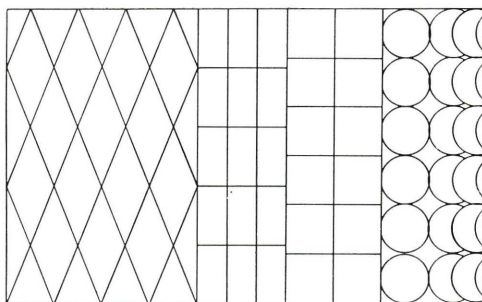


Fig. 5. The loaf cake may be cut in various shapes.

The tops of the cakes may have frostings of various colors and decorated with nutmeats or shredded cocoanut.

PREPARATIONS FOR CAKE MAKING

Equipment necessary—

- Bowls with rounded base and of convenient size to hold ingredients
- Measuring cup
- Spoons—a wooden spoon for creaming shortening, a set of measuring spoons
- Pans for baking
- Racks enable cakes to cool more evenly and quickly thus affecting the appearance of the baked products

To make a good cake—

Use good materials

- Pastry or cake flour will produce a cake of a finer grain than will general purpose flour
- Fine granulated sugar
- Butter has a more pleasing flavor in a white cake. Lard or other solid fats may be used in certain cakes such as chocolate or spiced cakes

Measure ingredients accurately

Mix ingredients well. Avoid over-mixing after the flour and baking powder have been moistened

Follow directions of the cake being made

Cake making (with fat)

Preparation of ingredients

- Allow fat to be in room temperature until softened
- Sift flour and sugar before measuring
- Add all dry ingredients, except sugar, to the measured flour and mix well

Combining of ingredients

Cakes with fat

- Cream the fat
- Add sugar gradually, beat well
- Add beaten egg yolks and beat well
- Add alternately the dry ingredients sifted together and the liquid, beginning and ending with the flour mixture
- Flavoring such as vanilla and similar extracts are added to the milk
- Stir in the beaten egg whites
- Put in greased pans to bake

Bake the cake as follows:

Layer cake—at 365 to 375 degrees F. for about 30 minutes. (8" in diameter)

Cup cakes—at 365 to 375 degrees F. for about 25 minutes.

Loaf cake—at 350 to 365 degrees F. for about 40 minutes. (8" square)

PLAIN CAKE

| | |
|----------------------|--|
| 1 c. sugar | $\frac{2}{3}$ c. milk |
| $\frac{1}{3}$ c. fat | $1\frac{3}{4}$ c. pastry or cake flour |
| 2 eggs | 2 t. double acting baking powder |
| 1 t. vanilla | $\frac{1}{4}$ t. salt |

Mix according to directions and bake.

Variations: After all ingredients have been added, this mixture may be divided. Cocoa or nut meats may be added to one-half of the mixture. If cup cakes are being made one can have a variety from one batter using any recipe, reducing flour by 1 T. for each cup of flour in the recipe.

CHOCOLATE CAKE

| | |
|-------------------------|--------------------------------|
| $\frac{1}{2}$ c. butter | $1\frac{1}{2}$ c. pastry flour |
| 1 c. sugar | 2 t. baking powder |
| 2 eggs | 2 sq. chocolate melted |
| $\frac{1}{2}$ c. milk | $\frac{1}{2}$ t. vanilla |

Directions for making and baking: Melt the chocolate in a shallow pan over steam and add last. Cakes containing chocolate require a lower temperature than do those without chocolate. From 40 to 60 minutes is required for a loaf chocolate cake at 350° F.

WHITE CAKE

| | |
|--------------------------|------------------------------|
| 1 c. butter or other fat | 3 c. cake flour |
| $1\frac{1}{2}$ c. sugar | 3 t. baking powder |
| 1 c. water | 1 t. salt |
| 1 t. vanilla | 4 egg whites, stiffly beaten |

Cream butter and sugar until fluffy. Sift flour, baking powder, and salt together. Add water and flour mixture alternately. Beat until well mixed and stir in the beaten egg whites. Bake at 350° F.

Cakes Without Fat

SPONGE CAKE

| | |
|----------------------------|----------------------------------|
| 5 egg whites (medium size) | 1 tablespoon lemon juice |
| 5 egg yolks (medium size) | Grated rind, $\frac{1}{2}$ lemon |
| 1 c. sugar | 1 c. flour, sifted 4 times |
| | $\frac{1}{4}$ teaspoon salt |

Beat whites until stiff but not dry; beat in half the sugar. Add lemon rind and juice to yolks and beat until thick and lemon colored. Beat in remaining sugar. Combine mixtures. Cut and fold in flour

sifted with salt. Turn into unbuttered pan. Cut through mixture several times to break large air bubbles. Bake 1 hour or more in moderately slow oven (325° F.) if in angel-food or other deep pan. Bake 25 to 30 minutes in moderate oven (350° F.) if in layer-cake pans or individual tins.

ANGEL-FOOD

| | |
|-------------------------------|--|
| 1 c. egg white (8 to 10 eggs) | 1 t. cream of tartar |
| 1 c. cake flour (sifted) | 1 t. vanilla, almond or other flavoring |
| ¼ t. salt | |
| ¼ c. sugar (sifted) | |

Directions for making angel-food: Beat the whites on a platter until stiff, using a wire whisk, adding the cream of tartar during beating. Add the sugar and flavoring gradually using the wire whisk. Sugar should be sifted three times. Sift in the flour quickly and lightly, using wire whisk. Flour should be sifted four times. Pour into an ungreased angel food pan and bake in a very slow oven 45 to 60 minutes. Invert the pan and let it remain until the cake is cool. There should be an air space between cake and table. Do not attempt to remove the cake when hot because it will "fall".

Frostings

Care should be taken in making a cake frosting so that a smooth and attractive appearance is obtained. Follow directions carefully when making a frosting.

Frosting cakes

Cooked frostings are spread on cold cakes, uncooked frostings on warm cakes.

Loaf and layer cakes

Remove the crumbs so that none mixes with the frosting. On the center of the cake, place enough frosting to cover the top and spread with bowl of a tablespoon. Cakes are much more attractive if the frosting is left a little rough rather than by smoothing the frosting flat with a knife.

Angel-food and sponge cakes are better unfrosted unless the sponge cake is made in loaf form and cut in squares for teas.

Small cakes

Use same method for frosting loaf cakes or dip the cakes in the frosting. Stick a slender fork in the bottom of the cakes. Dip the cakes in the frosting to about three-quarters the depth of the cakes. Take out and set cakes on a board or rack right side up. The frosting will run down the sides.

Cakes may be decorated with very small candies, chopped nuts, coconut or colored frostings.

Cooked Frostings**WHITE MOUNTAIN CREAM**

| | |
|-----------------|-----------------------------|
| 1¼ c. sugar | ½ t. vanilla or lemon juice |
| ⅓ c. cold water | ⅛ t. cream of tartar |
| White of 2 eggs | |

Directions for making: Cook as candy until it reaches the thread stage. Pour immediately on beaten white of eggs, beating mixture constantly and continue beating until of right consistency to spread. If not beaten long enough, frosting will run; if beaten too long, it will not be smooth. Frosting beaten too long may be improved by adding a few drops of lemon juice or boiling water.

SEVEN MINUTE FROSTING

| | |
|----------------------|---------------------------------|
| 1 c. sugar | 3 T. boiling water |
| 1 egg white unbeaten | 1 t. vanilla or other flavoring |

Directions for making: Put the unbeaten egg white, sugar and boiling water into the top of a double-boiler. Beat with rotary egg beater for seven minutes, starting to count time when water in lower part of double boiler begins to boil. Remove from fire immediately, add flavoring and beat until hard enough to spread on cake. This is a very simple, reliable recipe for making white frosting.

ORANGE FROSTING

| | |
|--|------------------|
| Grated rind of ½ orange | ½ T. lemon juice |
| 1½ T. orange juice | Yolk of 1 egg |
| 2½ c. confectioner's sugar sifted and slightly packed | |

Add fruit juices to orange rind, let stand 5 minutes, then strain. Add strained juice to egg yolk and mix thoroughly. Gradually add sifted confectioner's sugar to make frosting of consistency to spread.

CONFECTIONER'S FROSTING

| | |
|------------------------------|----------------------------|
| Boiling water, milk or cream | 1½ c. confectioner's sugar |
| Flavoring | |

Add to sifted sugar the liquid to make right consistency to spread, add flavoring. Fresh fruit juice may be used for liquid.

FUDGE FROSTING

| | |
|--|-----------------|
| ½ c. white sugar | 1 T. corn syrup |
| 1 c. brown sugar, packed into measure | Few grains salt |
| ⅔ c. milk | 3 T. butter |
| | ¼ t. vanilla |

Mix all ingredients except butter and vanilla. Cook (following method for fondant)—to 236° F.—(soft ball). Cool to 104° F.,* and l

*104° F. is "lukewarm".

vanilla. Beat until mixture loses its shiny appearance. Turn all at once on to cake and spread quickly. **To make chocolate fudge frosting**, beat one square (1 oz.) melted chocolate into the mixture when it has cooled to 104° F.

Cookies and Wafers

There are two types of cookies, the drop cookies and the rolled cookies. If small and dainty, either type of cookie may be used for parties. Frostings of various colors look very attractive on small cookies.

Wafers are thin cookies. They dry more in baking and therefore are crisp all the way through.

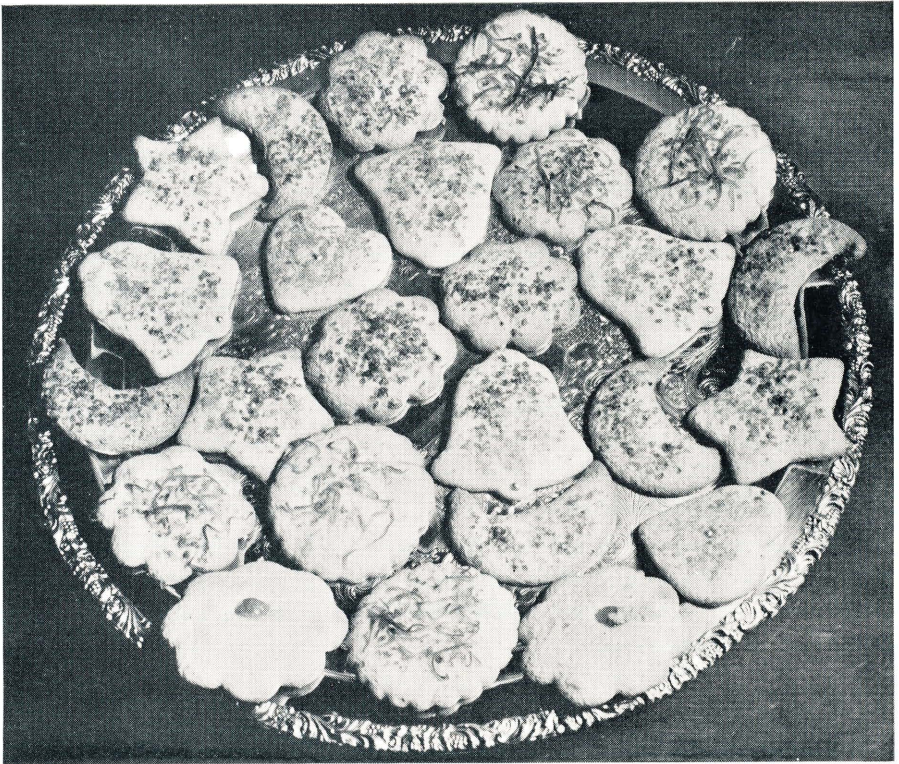


Fig. 6. Christmas cookies.

ROLLED COOKIES AND WAFERS

In order to obtain the best results in making these cookies and wafers, care must be taken in the handling of the dough.

Cookies

Keep dough as soft as it can be to roll.

Method I for rolling cookies :

A portion of dough is rolled at one time. The unused dough for the cookies is piled to one side each time, and then all put together for cookies at the last. This avoids re-rolling the same dough so many times.

Lightly flour the board and rolling pin for rolling.

Roll the cookies to about 1/8 to 3/16 inch in thickness for small cookies.

Cut cookies in desired shapes with cookie cutters.

Avoid working in extra flour into the cookies.

Method II:

The dough for ice box cookies is rolled into long rolls of the desired thickness and placed into the ice box for chilling wrapped in waxed paper. (At least four hours or over night is good.)

The cookies are then sliced from the roll.

Baking.

Bake cookies on a slightly greased baking sheet in a hot oven (exceeding 400° F.). (Molasses and chocolate cookies bake in moderate oven 350° F.)

Watch cookies carefully to determine that they are browned evenly.

SUGAR COOKIES I

| | |
|-------------------------|----------------------|
| 1/2 c. fat | 1/2 c. milk or water |
| 1 c. sugar | 2 t. baking powder |
| 1 egg | 2 c. flour |
| 1 t. flavoring or spice | |

Mix according to directions for cakes with fat, add just sufficient milk to make the dough stiff enough to be rolled out. Roll out in small portions to one-fourth inch thickness. Then sprinkle with sugar. Cut, and bake 10 minutes.

VANILLA WAFERS

| | |
|---|--------------------|
| 1/3 c. butter and lard, equal proportions | 1/4 c. milk |
| 1 c. sugar | 2 c. flour |
| 1 egg, well beaten | 2 t. baking powder |
| 1/2 t. salt | 2 t. vanilla |

Cream shortening, add sugar, egg, milk and vanilla. Mix and sift dry ingredients and add to first mixture. Chill, roll. Cut with small cookie cutter and bake.

SPICED COOKIES

| | |
|---------------------------------------|--------------------------------|
| $\frac{1}{2}$ c. fat | $\frac{3}{4}$ t. baking powder |
| $\frac{1}{2}$ c. molasses (very mild) | $\frac{1}{2}$ t. allspice |
| $\frac{1}{2}$ c. brown sugar | $\frac{1}{4}$ nutmeg |
| 2 egg yolks | $\frac{1}{2}$ t. cinnamon |
| 2 cups sifted flour | $\frac{1}{4}$ t. salt |
| $\frac{1}{4}$ t. soda | |

Add fat, molasses and sugar. Cream together. Add egg yolks. Sift and measure flour and add all the other dry ingredients. Combine with fat mixture. Stir well, chill and roll out on a floured pastry board; $\frac{1}{4}$ inch thick. Cut with small cookie cutter and bake on a greased baking sheet. Temperature 300° F. about 10 minutes.

DROP COOKIES

Drop cookies from a spoon on to a greased baking sheet. Avoid having the edges too thin by flattening the top of the cookie lightly. Avoid having the cookie mixture so stiff that the cookie is dry and hard when baked, yet the mixture should be stiff enough to keep the cookie from flattening out.

OATMEAL-DATE-NUT COOKIES

| | |
|---------------------------------|------------------------------------|
| 1 c. minus 2 T. of pastry flour | $\frac{1}{2}$ c. butter |
| 1 t. baking powder | $\frac{1}{2}$ c. light brown sugar |
| $\frac{1}{4}$ t. salt | $\frac{1}{3}$ c. milk |
| 1 c. rolled oats | $\frac{3}{4}$ c. dates or raisins |
| $\frac{1}{2}$ c. shelled nuts | |

Mix oats with 1 T. milk. Mix dry ingredients and sift together. Cut dates or raisins and nuts in small pieces and turn into flour mixture. Mix with the hands until all pieces are separated. Add sugar to butter and mix well. Add dry ingredients, then the oats and the rest of the milk to the butter-sugar mixture. Mix well. Drop on baking sheet by a teaspoon. Pile it rather high. Bake at 375° F. until brown.

BROWNIES

| | |
|-------------------------------------|-------------------------------|
| 1 c. sugar | $\frac{2}{3}$ c. sifted flour |
| $\frac{1}{4}$ c. fat | 1 t. baking powder |
| 2 sq. unsweetened chocolate | $\frac{1}{8}$ t. salt |
| $\frac{1}{2}$ c. nut meats, chopped | 1 t. vanilla |

Melt fat, and sugar, mix well, add egg and melted chocolate and vanilla. Mix thoroughly, add sifted flour, baking powder and salt. Add nuts and spread very thinly on greased floured shallow pan and bake in slow oven for 30 minutes. Cut in squares before removing from pan and still hot.

BEVERAGES

When one mentions a beverage many people think only of tea and coffee, but two very important beverages are milk and water.

Beverages are very important to a meal since they stimulate digestion and are an excellent means of adding water to the diet. One should not use a beverage, however, to wash down the food.

Beverages may be served in two ways, cold and hot. Milk drinks or fruit juices are used as cold drinks, while the common hot drinks are tea, coffee, and cocoa.

Tea and coffee, except for the value of the water they contain in carrying on the needs of the body, and for the small quantity of sugar and cream used with them, have no food value. They contain strong stimulants which are harmful, especially to children. The bitter taste which often develops in these beverages comes from tannic acid which is drawn out during too long cooking of the drink. This is also a harmful substance.

Cocoa and chocolate contain theobromin, which is stimulating, but when used in small quantities and made with milk, the danger is offset. To some children, however, these drinks are too stimulating and should be avoided.

FRUIT DRINKS

Juices extracted from fresh fruit, canned fruit or canned fruit juices may be used to make fruit drinks. If several juices are combined, it is best to have one flavor predominating. If a citrus fruit such as lemon is added, the flavor is improved.

To make: Sweeten the fruit juices slightly with a sugar syrup made by boiling together equal parts of sugar and water. Chill the fruit drink thoroughly before serving. Juices from cherries, pineapple, apricots and plums make delicious drinks.

RHUBARB PUNCH (about 15 servings)

| | |
|-------------------|-------------------|
| 1 qt. rhubarb | 4 T. lemon juice |
| 1 qt. water | 1½ c. sugar syrup |
| ⅓ c. orange juice | 1 pt. water |

Cut rhubarb in small pieces, cook with water until fruit is soft. Strain through cheesecloth. Add fruit juice, syrup and water. Serve very cold.

CRANBERRY PUNCH

Cover 1 qt. of cranberries with water. Cook until tender and strain. When cold add 1 qt. of apple juice. Sweeten to taste and chill.

SPICED CIDER (8 servings)

1 qt. sweet cider
8 whole cloves

A two-inch piece of stick cinnamon,
broken in pieces

Place ingredients in a saucepan and heat slowly to boiling. Strain, serve hot.

PINEAPPLE LEMONADE (about 8 servings)

1 pt. water
1 c. sugar
Juice of 3 lemons

1 qt. ice water
1 can grated pineapple

Make syrup by boiling water and sugar 10 minutes. Cool, add pineapple and lemon juice, strain and add ice water.

MILK DRINKS

Fruit juice syrup or chocolate syrup when added to cold milk makes a delicious beverage to serve at a party.

Fruit Juice Syrup

Boil the sweetened juice from canned fruit such as grape, raspberry, blackberry or pineapple, to a thick syrupy consistency. A drop of artificial color may be added if more color is desired. Cool and add two or three teaspoons of this syrup to each glass of ice-cold milk.

Chocolate Syrup

1 c. sugar
 $\frac{1}{2}$ c. cocoa or 2 oz. (2 sq.) chocolate

$\frac{3}{4}$ c. warm water
1 t. vanilla

Mix cocoa (melted chocolate, if chocolate is used), sugar and water in a saucepan and boil 2 minutes. Cool, add the vanilla and strain. (This syrup may be kept in a jar in the ice box for some time.) Add 1 T. of syrup to each cup of cold milk and serve in glasses.

HOT CHOCOLATE

Add 1 T. of the chocolate syrup to 1 cup of hot milk. Heat the milk in a double boiler so that it does not boil.

COFFEE

There are different methods of making coffee such as percolating, filtering (in a drip coffee pot) and boiling.

Proportions for 1 cup water

Weak 1 T. (level) Strong 3 T. (level)
Medium 2 T. (level)

Methods of Making

1. Filtered or Drip Coffee

Use finely ground coffee

- (a) Heat pot and strainer by rinsing with boiling water.
- (b) Place coffee in the strainer.
- (c) Pour boiling water over coffee and keep pot hot.
- (d) Serve as soon as water has stopped dripping through coffee.

2. "Boiled" Coffee

Use $1\frac{1}{8}$ c. medium ground coffee 7 c. boiling water

1 c. cold water

- (a) Mix coffee and cold water in a crockery or enameled coffee pot.
- (b) Add boiling water and keep just below boiling point for 2 minutes.
- (c) Let stand one to two minutes to allow grounds to settle.
- (d) Strain and serve.

3. Coffee with Egg (2 qt. coffee)

$1\frac{1}{4}$ c. medium ground coffee

1 whole egg, slightly beaten and

1 c. cold water

crushed shell

7 c. boiling water

- (a) Put measured coffee into the coffee pot.
- (b) Wash egg and add it with crushed shell to coffee, add one-half the cold water.
- (c) Add boiling water and bring the coffee to boiling point. Reduce heat and keep just below boiling point for 5 minutes. Add remaining half-cup of cold water, and let stand one or two minutes.
- (d) Strain and serve.

4. Percolated Coffee

1 c. ground coffee

8 c. water (hot or cold)

- (a) Place coffee in the strainer, add water.
- (b) Heat until water boils up through the tube and percolates through the coffee until the desired strength is obtained. This will require 3 to 4 minutes after "boiling" begins. To make a stronger coffee, increase the amount of coffee, but **do not prolong heating.**

5. Iced Coffee

Pour strong, freshly prepared coffee over cracked ice, having glasses three-fourths filled with ice. Add cream and sugar as desired. Left-over coffee may be used but the flavor will not be so good.

TEA

There are two common kinds of tea—black tea and green tea. Either kind may be served hot or cold.

To make tea: One level teaspoonful of tea to each cup of water is placed in a tea bag in a “scalded” tea pot. (Teapots that insure good flavored tea are made of porcelain, earthenware, glass or china.

Pour boiling water over the tea bag and allow to brew for about 3 minutes or less if desired. Remove the tea bag. Serve hot with thin slices of lemon or orange or with cream and sugar.

ICED TEA

Make the brew stronger than for hot tea because it is diluted when ice is added. Do not add cold water because that will cause the tea to turn an unattractive color.

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4-H CLUB MOTTO—“To Make the Best Better”



4-H CLUB COLORS—Green and White

4-H CLUB PLEDGE

I pledge

My head to clearer thinking,
My heart to greater loyalty,
My hands to larger service and
My health to better living

For

My Club
My Community and
My Country.