

*Thesis. —*  
*An Outline for a*  
*Series of Twelve Demonstration Lectures.*

*Ethel E. Berry*

*1907.*

An Outline for a  
Series of Twelve Demonstrating Lectures.

I Introduction

II Outline for the series of twelve lessons.

III Outline of each lesson.

1. White-sauce Dishes
2. Egg Dishes
3. Mustards.
4. Cheese Dishes.
5. Meats.
6. Left-over Meat Dishes
7. Yeast and Breads.
8. Salads.
9. Beverages.
10. Frozen Dishes.
11. Gelatin Dishes.
12. Canning and Jelly.

IV Miscellaneous.

1. General Equipment.
2. Supply Containers.
3. Price List.
4. Weights and Measures.

An Outline  
For a Series of Twelve Demonstration Lectures.

It is a fact that Domestic Science is regarded with more esteem at present than it ever has been in the past. It has won its place of honor among the sciences upon its own merits. People are beginning to see its importance in the homes and in the schools, feel the dignity of those in the work and realize the future of such a practical study.

With the great growth of Domestic Science there comes a demand from Chautauquas all over the United States for Domestic Science Departments. In this thesis such lessons have been selected as would be suitable for a Chautauqua course or any short course in the subject. The time allowed at such occasions varies from thirty minutes to one hour, consequently such articles must be chosen as can be conveniently prepared.

First lesson - White Sauce Dishes

1. White Sauce
2. Creamed Vegetable.
3. Cream of Potato Soup.
- 4 Escalloped Potatoes
5. Buttered Crumbs.

Second lesson - Eggs.

1. Baked Egg.
2. Creamed Egg on Toast.
3. Foamy Omelet.

Third lesson - Custards

1. Steamed Custard.
2. Baked Caramel Custard

Fourth lesson - Cheese.

1. Cheese Soufflé.
2. Cheese Boxes.

Fifth lesson - Meats.

1. Hamburg Steak.
2. Roast Beef.
3. Pan Gravy.
4. Carving.

Sixth lesson - Left-over Meat Dishes

1. Meat Soufflé
2. Meat Croquettes
3. Tomato Sauce.

Seventh lesson - Yeast and Bread.

1. Yeast.
2. Parker House Rolls.

Eighth lesson - Salads.

1. Boiled Salad Dressing.
2. Whipped Cream Salad Dressing
3. Vegetable Salad.
4. Fruit Salad.

Ninth lesson - Beverages.

1. Cocoa
2. Tea
3. Coffee
4. Punch.

Tenth lesson - Frozen Dishes.

1. Lemon Ice.
2. Orange Sherbet
3. Philadelphia Ice-Creams.

Eleventh lesson - Gelatin Dishes.

1. Lemon Jelly.
2. Snow Pudding.
3. Orange Bavarian

Twelfth lesson - Canning.

1. Canned Fruit.
2. Grape Jelly.

Each of these lessons will now be discussed after the following outline.

I Recipes.

II Utensils

a. Preparation.

b. Demonstration

c. Serving.

III What can be done before the hour.

IV Order of procedure during the hour.

V Time required for the actual work of the hour.

VI Points to be brought out.

VII Amount of materials used.

a. Demonstration

b. Serving.

VIII Cost.

a. Once recipe.

b. For six people.

IX Caloric Value of once the recipe.

### Abbreviations

- tep. = teaspoon
- tbsp. = table spoon.
- c. = cup
- pt. = pint
- (doz. = dozen)
- qt. = quart
- gal. = gallon
- bu. = bushel.
- lb. = pound.
- pkg. = package.

First Lesson

## I Recipes.

1. White Sauce

- 1 c. milk  
 1-4 tbsp. flour  
 1-4 tbsp. butter  
 $\frac{1}{2}$  tsp. salt.

## Methods for making

I Mix flour and salt with an equal quantity of cold milk to smoothness. Scald remainder of milk in double boiler. Add flour mixture to hot milk. Cook twenty minutes, stirring till thick. Remove from heat and stir in butter.

II Scald milk in double boiler, Put butter, flour and salt to smooth paste and stir into hot milk. Cook seven minutes stirring constantly.

III Heat butter until it bubbles. Stir flour and salt into butter. Add cold milk. Cook seven minutes stirring constantly.

space<sup>7</sup> 2. Creamed Vegetable.

- $\frac{1}{2}$  c white sauce (I-1)  
 2 medium sized potatoes

Boil potatoes and cut into  $\frac{1}{2}$  inch cubes.  
 Heat in white sauce and serve.

3. Cream of Potato Soup.

- $\frac{1}{2}$  c white sauce (I-1)  
 $\frac{1}{4}$  c potato cooked and run through puree  
 strainer  
 $\frac{1}{2}$  c water.

Add pulp and liquid to white sauce and reheat. Beat with Dover egg-beater and serve.

4. Escalloped Potatoes.

Alternate layers of cooked material and white sauce in a buttered baking dish. Cover top layer of white sauce with buttered crumbs and brown in the oven.

5. Buttered Crumbs.

- 1 tbsp. butter
  - 4 tbsp. crumbs.
- Melt butter and stir in crumbs.

II Utensils.

a. Preparation

- 1 vegetable brush
- 1 granite kettle and lid.
- 2 granite plates
- 1 paring knife
- 1 teaspoon
- 1 fork.

b. Demonstration

- |                    |               |
|--------------------|---------------|
| 2 granite plates   | 2 small pans  |
| 1 paring knife     | 1 baking dish |
| 1 double boiler    | oiling paper  |
| 2 measuring cups   | 4 tablespoons |
| 1 puree strainer   | 2 teaspoons   |
| 4 bowls            | 1 spatula     |
| 1 dower egg-beater | 1 fork.       |

c. Serving.

- 1. Creamed Potato
  - 6 small plates
  - 30 forks.
- 2. Cream of Potato Soup.
  - 6 soup plates
  - 30 soup spoons.
- 3. Escalloped Potatoes.
  - 6 ramekins and saucers.
  - forks used for creamed potatoes.

III What can be done before the hour.

- 1. Arrange utensils on the table.
- 2. Arrange materials on the table.
- 3. Prepare dishes to be served and place in warming <sup>oven.</sup>
- 4. Cook potatoes
- 5. Have boiling water in lower part of double boiler.

#### IV Order of procedure during the hour.

1. Wash and pare potatoes.
2. Put milk on to heat.
3. Cut up potatoes and put part through puree strainer.
4. Make white sauce.
- 5.6. Make soup and put on to re-heat.
- 6.7. Make creamed dish and heat.
5. Fix escalloped dish and buttered crumbs.

#### V Time required for the actual work of the hour.

Twenty seven minutes.

#### VI Points to be brought out during demonstration

1. Thorough cookery of starch foods.
2. Varied use of all vegetables, fresh and canned.
3. Uses for left-over vegetables.
4. Nutrition and healthfulness of such dishes.
5. Use of double boiler
6. Necessity of constant stirring.
7. Serving everything hot.

#### VII Amount of materials used.

##### a. Demonstration

1 c. white sauce

$\frac{1}{3}$  for Cream Soup.

$\frac{1}{3}$  for Creamed Vegetable

$\frac{1}{3}$  for Escalloped Vegetable.

3 medium sized potatoes.

Buttered Crumbs - one half recipe.

##### b. Serving

1. Creamed potato - twice recipe.
2. Cream of potato soup - twice recipe.
3. Escalloped potato - Use 1 c. white sauce.
4. Buttered crumbs - twice recipe.

#### VIII Cost

##### a. Once recipe

1. white sauce



1. White sauce  
 1 c milk \$ .01  
 1 tbsp. flour .0003  
 1 tbsp. butter .01  
 ½ tsp. salt .00005  
 \$ 0.02035 = Cost 1 cup.

2. Creamed Potatoes  
 ½ c white sauce \$ .01017  
 potatoes, two. .0062  
 \$ 0.01637 = Cost.

3. Cream of Potato Soup.  
 ½ c white sauce \$ .01017  
 potato, one half, .0031  
 \$ 0.01327 = Cost.

4. Escalloped Potatoes  
 ½ c white sauce .01017  
 potato, one half, .0031  
 butter, ½ tbsp .005  
 crumbs - left overs  
 \$ 0.01827 = Cost.

b. For six people.

1. Creamed potatoes  
 Four times recipe \$ 0.06548 = Cost for six.

2. Cream of potato soup  
 Six times recipe \$ 0.07962 = Cost for six.

3. Escalloped potatoes  
 Three times recipe \$ 0.05481 = Cost for six.

IX. Calorie value of once recipe.

|                      | Materials | Lbs. Used       | Cal. 1 Lb. | Cal. Used. |
|----------------------|-----------|-----------------|------------|------------|
| Creamed Potatoes     | Potatoes  | $\frac{1}{4}$   | 385        | 96.25      |
|                      | Milk      | $\frac{1}{4}$   | 325        | 81.25      |
|                      | Butter    | $\frac{1}{64}$  | 3605       | 56.32      |
|                      | Flour     | $\frac{1}{128}$ | 1635       | 12.77      |
|                      |           |                 |            | 246.59     |
| Cream of Potato Soup | Potatoes  | $\frac{1}{8}$   | 385        | 48.125     |
|                      | Milk      | $\frac{1}{4}$   | 325        | 81.25      |
|                      | Butter    | $\frac{1}{64}$  | 3605       | 56.32      |
|                      | Flour     | $\frac{1}{128}$ | 1635       | 12.77      |
|                      |           |                 |            | 198.465    |
| Escalloped Potatoes  | Potatoes  | $\frac{1}{8}$   | 385        | 48.125     |
|                      | Milk      | $\frac{1}{8}$   | 325        | 40.625     |
|                      | Butter    | $\frac{3}{128}$ | 3605       | 85.98      |
|                      | Flour     | $\frac{3}{256}$ | 1635       | 19.155     |
|                      | Crumbs    | $\frac{1}{32}$  | 1225       | 38.28      |
|                      |           |                 | 232.165    |            |

Second Lesson.

## I. Recipes

1. Baked Egg.

Put a layer of crumbs in the bottom of a buttered baking dish. Break egg into it. Salt and pepper. Add 2 tbsps cream or milk. Cover with crumbs and bake set in pan of hot water till set.

2. Creamed Egg on Toast.

Fill omelet pan with cream or rich milk one inch deep. Poach egg in this. Remove egg and place on a piece of toasted bread. Thicken cream as for white sauce (1-1) and pour over egg. Serve hot.

3. Foamy Omelet.

- 1 egg yolk.
- 2 tbsps. liquid
- $\frac{1}{8}$  tsp. salt
- $\frac{1}{2}$  tsp. butter
- 1 egg white.

Beat yolk slightly. Add liquid and salt. Beat white till very stiff and dry. Melt butter in omelet pan. Fold yolk mixture into white and pour into omelet pan. Cook slowly until set and under portion is a delicate brown. Slip spatula under half of omelet next to handle of pan. Fold omelet and turn onto a heated plate. Serve immediately.

## II Utensils

a. Preparation - none.

b. Demonstration.

- |                              |                     |
|------------------------------|---------------------|
| 1 baking dish                | 2 bowls             |
| oiling paper                 | 2 granite plates    |
| 1 toaster                    | 1 small cup         |
| 2 omelet pans                | 1 small pan         |
| 2 egg beaters, small, large. | 1 flat tin strainer |

- 1 bread knife
- 1 small knife
- 2 spatulas
- 3 tablespoons
- 2 teaspoons.

c. Serving.

- 1. Baked Egg.
  - 4 ramekins and saucers.
  - 30 forks.
- 2. Creamed Egg on Toast.
  - 2 plates
  - forks used for baked egg.
- 3. Foamy Omelet.
  - 1 plate
  - forks used for baked egg.

III What can be done before the hour.

- 1. Arrange utensils on the table.
- 2. Arrange materials on the table.
- 3. Have hot water ready.

IV Order of procedure during the hour.

- 1. Fix baked eggs and place in oven.
- 2. Put cream on to heat.
- 3. Toast bread.
- 4. Fix yolk of egg for omelet.
- 5. Complete creamed egg.
- 6. Complete omelet.

V Time required for the actual work of the hour. Twenty six minutes.

VI Points to be brought out during Demonstration.

- 1. Digestibility of eggs, raw and cooked.
- 2. Warning against hard cooking.
- 3. Use of water around baking dish.
- 4. Slow cooking of omelet.
- 5. Many variations of the plain omelet.

## VII. Amount of materials used.

## a. Demonstration

1. Baked Egg - once recipe.
2. Creamed Egg on Toast - twice recipe.
3. Foamy Omelet - once recipe.

## b. Serving.

1. Baked Egg - three times recipe.
2. Creamed Egg - twice recipe.
3. Foamy Omelet - once recipe.

## VIII. Cost.

## a. Once recipe.

## 1. Baked Egg.

|                |                  |
|----------------|------------------|
| 1 Egg          | .01              |
| 2 tbsp. cream  | .00625           |
| 2 tbsp. crumbs |                  |
|                | <hr/>            |
|                | \$0.01625 = Cost |

## 2. Creamed Egg on Toast.

|                |                  |
|----------------|------------------|
| 1 Egg          | .01              |
| Cream - 1c     | .05              |
| 1 tbsp. flour  | .0003            |
| 1 tbsp. butter | .01              |
| 1 slice bread. | .00625           |
|                | <hr/>            |
|                | \$0.07655 = Cost |

## 3. Foamy Omelet

|                           |                   |
|---------------------------|-------------------|
| 1 Egg                     | .01               |
| 2 tbsp milk               | .00125            |
| $\frac{1}{2}$ tsp. butter | .00166            |
|                           | <hr/>             |
|                           | \$0.01291 = Cost. |

## b. For six people.

## 1. Baked egg.

Six times recipe = \$0.0975 = Cost for six

## 2. Creamed egg

Three times recipe  
plus 3 eggs = \$0.25965 = Cost for six.

## 3. Foamy Omelet

Five times recipe = \$0.06455 = Cost for six.

IX Calorie value of once recipe.

|                          | Materials | Lbs. Used.      | Cal. 1 lb. | Cal. Used. |
|--------------------------|-----------|-----------------|------------|------------|
| Baked Egg                | Egg       | $\frac{1}{8}$   | 720        | 90.        |
|                          | Cream     | $\frac{1}{16}$  | 910        | 56.875     |
|                          | Crumbs    |                 | 1225       |            |
|                          |           |                 |            | 146.875    |
| Creamed Egg<br>on Toast. | Egg       | $\frac{1}{8}$   | 720        | 90.        |
|                          | Cream     | $\frac{1}{2}$   | 910        | 455.       |
|                          | Flour     | $\frac{1}{64}$  | 1635       | 25.54      |
|                          | Butter    | $\frac{1}{32}$  | 3605       | 112.64     |
|                          | Bread     | $\frac{1}{16}$  | 1225       | 76.56      |
|                          |           |                 | 759.74     |            |
| Omelet                   | Egg       | $\frac{1}{8}$   | 720        | 90.        |
|                          | Milk      | $\frac{1}{16}$  | 325        | 10.31      |
|                          | Butter    | $\frac{1}{192}$ | 3605       | 18.25      |
|                          |           |                 | 118.56     |            |

Third Lesson.

## I Recipes.

1. Soft Custard.

- 1 c. milk
- 1 egg
- 2 tbsp. sugar
- speck salt
- 10 drops vanilla

Heat milk scalding hot in double boiler. Add sugar and salt to egg and beat moderately. Pour hot milk slowly onto egg. Return to double boiler and cook, stirring constantly, until spoon when lifted from mixture is coated. Lift upper from lower portion of double boiler occasionally to avoid too rapid cooking. Add vanilla after custard is cooked.

2. Baked Caramel Custard.

- $\frac{1}{2}$  c. milk
- 2 eggs
- 1 tbsp. sugar
- speck salt
- 10 drops vanilla

Beat egg moderately. Add sugar, salt, vanilla. Add milk and stir till sugar is dissolved. Pour into coated baking dish. Set in pan of hot water and bake in slow oven until firm. Unmould when cold and serve. --- Caramelize 3 tbsp. sugar and pour into mould. Move rapidly to coat entire mould.

## II Utensils

a. Preparation - none.

b. Demonstration.

- 1 measuring cup
- 1 double boiler
- 2 bowls
- 1 egg beater
- 1 baking dish

- 1 small stew pan.
- 1 granite pan
- 1 pan - basin.
- 1 knife
- 3 table spoons
- 2 teaspoons.

## c. Serving

## 1. Soft Custard

6 ramekins and saucers.

30 spoons.

## 2. Baked Caramel Custard.

1 saucer

1 large glass dish

6 sauce dishes.

spoons used for soft custard.

## III What can be done before the hour.

1. Arrange materials on the table.
2. Arrange utensils on the table.
3. Make the large caramel custard.
4. Make twice recipe of soft custard.
5. Have hot water.

## IV Order of procedure during the hour.

1. Coat baking dish with caramel.
2. Put milk on to heat.
3. Complete baked custard.
4. Complete soft custard.

V Time required for actual work of the hour.  
Sixteen minutes.

## VI Points to be brought out during Demonstration.

1. Principle involved in caramelization of sugar.
2. Two ways to caramelize sugar.
3. Temperature of caramelization
4. Solubility of caramel.
5. Use of double boiler for steamed custards.
6. Use of water around baking dish.
7. Pour hot milk onto beaten egg.
8. Constant stirring necessary.
9. Warning against over cooking.
10. Modifications of soft custards.
11. Digestibility and food value of custards.



## VII Amount of materials used.

## a. Demonstration

1. Soft custard - once recipe.
2. Baked caramel custard - once recipe

## b. Serving.

1. Soft custard - twice recipe.
2. Baked caramel custard - six times recipe.  
Caramelize 1 c sugar.

## VIII Cost.

## a. Once recipe.

## 1. Soft Custard.

|                  |                   |
|------------------|-------------------|
| 1 c milk         | .01               |
| 1 egg            | .01               |
| 2 tbsp. sugar    | .0032             |
| 10 drops vanilla | .0027             |
|                  | \$ 0.0259 = Cost. |

## 2. Baked Caramel Custard.

|                      |                   |
|----------------------|-------------------|
| $\frac{1}{2}$ c milk | .005              |
| 2 eggs               | .02               |
| 4 tbsp sugar         | .0067             |
| 10 drops vanilla     | .0027             |
|                      | \$ 0.0344 = Cost. |

## b. For six people

## 1. Soft Custard

Twice recipe \$ 0.0518 = Cost for six.

## 2. Baked Caramel Custard.

Five times recipe 0.172 = Cost for six.

## IX Calorie value of once recipe.

|                             | materials | Lbs. Used.     | Cal. 1 Lb. | Cal. Used. |
|-----------------------------|-----------|----------------|------------|------------|
| Soft Custard                | Milk      | $\frac{1}{2}$  | 325        | 167.5      |
|                             | Egg       | $\frac{1}{8}$  | 720        | 90         |
|                             | Sugar     | $\frac{1}{16}$ | 1860       | 116.2      |
|                             |           |                |            | 373.7      |
| Baked Car-<br>amel Custard. | Milk      | $\frac{1}{4}$  | 325        | 81.25      |
|                             | Eggs      | $\frac{1}{4}$  | 720        | 180.       |
|                             | Sugar     | $\frac{1}{8}$  | 1860       | 232.5      |
|                             |           |                |            | 493.75     |

Fourth Lesson.

## I Recipes

1. Cheese Soufflé.

- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  c. milk
- 1 tbsp. butter
- 1 tbsp. flour
- 1 egg yolk
- $\frac{1}{4}$  c. grated cheese
- 1 egg white

make milk, butter, flour and salt into a white sauce. Add cheese and stir till melted. Cool slightly and add yolk of egg. Beat the white of egg till stiff and dry and fold into mixture. Turn into buttered baking dish and set in pan of hot water. Bake in slow oven until soufflé is firm when pressed with teaspoon. Serve as soon as removed from oven.

2. Cheese Box

Cut slice of bread  $1\frac{1}{4}$  inches thick. Make box one fourth of slice or about 2" by 2". Cut nearly to bottom  $\frac{1}{4}$ " from edge of box. Take out center with a fork. Butter top and sides and brown in oven. Fill with following mixture and set in oven till it melts.

- 2 tbsp. grated cheese.
- 1 tbsp. cream
- speck salt + cayenne.

Put to a paste with a fork.

## II Utensils

## a. Preparation.

- 1 fork
- 1 granite plate.
- 1 bread knife
- 1 tbsp.
- 1 bowl.

## b. Demonstration.

- 1 double boiler
- 3 bowls
- 2 measuring cups
- 1 small cup.
- 1 square cake pan
- 2 small basins
- 2 granite plates
- 1 granite saucer.

- 1 bread board
- 1 bread knife
- 1 egg beater
- 2 forks
- 3 table spoons
- 3 teaspoons
- 1 paring knife
- oiling paper.

## c. Serving.

## 1. Cheese Soufflé

- 3 ramekins and saucers.
- 1 Baking dish (large).
- 1 table spoon.
- 6 small plates.
- 30 forks.

## 2. Cheese Boxes.

- 4 small plates.
- forks used for cheese soufflé.

## III What can be done before the hour.

1. Arrange materials on the table.
2. Arrange utensils on the table.
3. Grate the cheese.
4. Have hot water in double boiler.
5. Have three bread boxes made.
6. Have soufflé for serving in oven.

## IV Order of procedure during hour.

1. Make soufflé.
2. Fit bread box
3. Make cheese filling
4. Melt in oven.

\*

## V. Points to be brought out during Demonstration.

1. Slow baking of soufflé.
2. Care in folding in beaten egg whites.
3. Bread boxes used for various things.
4. Place of cheese boxes in menus.

\*

VI. Time required for actual work of the hour  
Twenty-two and one-half minutes.

## VII Amount of materials used.

## a. Demonstration

1. Cheese Soufflé - once recipe.
2. Cheese Box - once recipe.

## b. Serving.

1. Cheese Soufflé - three times recipe.
2. Cheese Boxes - four times recipe.

## VIII Cost.

## a. Once recipe.

## 1. Cheese Soufflé.

|                                |                    |
|--------------------------------|--------------------|
| $\frac{1}{4}$ tsp. salt        | .0002              |
| $\frac{1}{4}$ c milk           | .0025              |
| 1 tbsp. butter                 | .01                |
| 1 tbsp. flour                  | .0003              |
| 1 egg                          | .01                |
| $\frac{1}{4}$ c grated cheese. | <u>.0137</u>       |
|                                | \$ 0.03652 = Cost. |

## 2. Cheese Box.

|        |                  |
|--------|------------------|
| Bread  | .0035            |
| Cheese | .0068            |
| Cream  | <u>.0031</u>     |
|        | \$ 0.0134 = Cost |

## b. For six people.

## 1. Cheese Soufflé.

Twice recipe \$ 0.077 = Cost for six.

## 2. Cheese Box

Six times recipe \$ 0.0804 = Cost for six.

IX Calorie Value once recipe.

|                | Materials | Lbs. Used.     | Cal. 1 Lb. | Cal. Used. |
|----------------|-----------|----------------|------------|------------|
| Cheese Souffle | Milk      | $\frac{1}{8}$  | 325        | 41.25      |
|                | Butter    | $\frac{1}{32}$ | 3605       | 112.64     |
|                | Flour     | $\frac{1}{64}$ | 1635       | 25.54      |
|                | Egg       | $\frac{1}{8}$  | 720        | 90.        |
|                | Cheese    | $\frac{1}{16}$ | 2055       | 128.43     |
|                |           |                |            | 397.86     |
| Cheese Box.    | Cheese    | $\frac{1}{32}$ | 2055       | 64.21      |
|                | Cream     | $\frac{1}{32}$ | 910        | 28.43      |
|                | Bread     | $\frac{1}{28}$ | 1225       | 43.75      |
|                |           |                |            | 136.39     |

Fifth Lesson

## I Recipes

1. Hamburg Steak.

1 lb. beef

1 egg

1 tsp. salt

 $\frac{1}{4}$  tsp. pepper.

1 tsp. onion juice

Grind meat with food cutter. Beat egg slightly. Add egg, salt and onion juice to beef. Mix thoroughly and shape into small cakes. Pan broil.

2. Boned Rib Roast.

For roast beef choose a compact roasting piece. Wipe with clean dry cloth. Tie if necessary and place on rack in roasting pan. Put in hot oven with roaster uncovered. When well seared draw from oven, sprinkle with salt and add a small amount of water and put lid on. Finish cooking at covered temperature, 25 minutes for each pound and 25 minutes for the pan will cook it completely to center.

3. Pan Gravy.

3 tbsp. fat from pan.

3 tbsp. flour

2 c water

2 tbsp. tomato juice.

Remove all fat from pan except 3 tbsp. Add flour, brown and add water and tomato juice. Cook till it thickens.

## II Utensils

## a. Preparation

1 pan

1 meat grinder

1 fork

1 knife

clean cloth.

## b. Demonstration

2 granite plates  
 1 oven roaster  
 1 rack  
 1 fork  
 1 frying pan.  
 2 spatulas  
 1 pan

1 bowl  
 2 teaspoons  
 3 tablespoons  
 1 measuring cup.  
 clean cloth.  
 string.

## c. Serving.

2 platters  
 1 carving set.  
 8 plates  
 30 forks.

## III What can be done before the hour.

1. Arrange utensils on the table.
2. Arrange materials on the table.
3. Have one roast nearly done when hour begins.
4. Have plates and platters hot.
5. Have meat for Hamburg ground.

## IV Order of procedure during the hour.

1. Fix roast for oven.
2. Make Hamburg steak and set in warming oven.
3. Take out roast and make gravy.
4. Carve roast.

V Time required for the actual work of the hour.  
Twenty-eight minutes.

## VI Points to be brought out during Demonstration

1. Use of cheap meats.
2. Why sear roast.
3. Slow and rapid cooking of meats.
4. Carving across fibre of meat.

## VII Amount of materials used.

## a. Demonstration.

1. Hamburg Steak - once recipe.
  2. Roast - 3 lbs.
  3. Pan Gravy - once recipe.
- b. Serving.
1. Hamburg - once recipe.
  2. Roast - 3 lbs.
  3. Pan Gravy - once recipe.

## VIII Cost.

## a. Once recipe.

## 1. Hamburg Steak.

|                    |                   |                     |
|--------------------|-------------------|---------------------|
| 1 lb. neck         | .06               |                     |
| 1 tsp. salt        | .0001             |                     |
| 1 tsp. onion juice | .0003             |                     |
| 1 Egg.             | .01               |                     |
|                    | <u>          </u> |                     |
|                    | \$0.0704          | = Cost for 8 pieces |

2. Roast-Boned Rib, 3 lb. \$0.30 = Cost.

## 3. Pan Gravy.

|                      |                   |         |
|----------------------|-------------------|---------|
| Fat - from beef      |                   |         |
| 3 tbsps flour        | .0009             |         |
| 1 tsp. salt          | .0001             |         |
| 2 tbsps tomato juice | .0065             |         |
|                      | <u>          </u> |         |
|                      | \$0.0075          | = Cost. |

## b. For six people.

## 1. Hamburg steak.

One and one-half times \$0.1056 = Cost for six.

## 2. Roast.

Three pounds \$0.30 = Cost for six.

## 2. Pan Gravy -

Once recipe \$0.0075 = Cost for six.



## IX Calorie value of once recipe.

|                     | Materials | Lbs. Used.     | Cal. 1 Lb. | Cal. Used. |
|---------------------|-----------|----------------|------------|------------|
| Hamburg<br>Steak    | Neck      | 1              | 325        | 325.       |
|                     | Egg       | $\frac{1}{8}$  | 720        | 90.        |
|                     |           |                |            | 415.       |
| Roast mink<br>Gravy | Rib       | 3              | 1155       | 3465       |
|                     | Flour     | $\frac{3}{64}$ | 1635       | 76.62      |
|                     | Tomato    | $\frac{1}{16}$ | 105        | 6.56       |
|                     |           |                |            | 3548.18    |

Sixth Lesson.

## I Recipes.

1. Meat Soufflé. $\frac{1}{2}$  tbsp. butter $\frac{1}{3}$  tbsp. flour

2 tbsp. milk

 $\frac{1}{4}$  tsp. salt

peppercorn pepper.

2 tbsp. cooked meat, finely chopped.

 $\frac{1}{2}$  egg white. $\frac{1}{2}$  egg yolk.

Make white sauce of first five ingredients. Add meat and well beaten yolk of egg. Fold in stiffly beaten white of egg. Fill buttered ramekin half full and bake set in hot water. Serve immediately.

2. Meat Croquettes.

1 c (1+) white sauce.

 $\frac{1}{2}$  c cold cooked ground meat, loosely measured.

1 egg

1 c dry bread crumbs.

Add meat to hot white sauce. Spread in dish to cool. When cooled shape as desired. Crumb, egg and crumb again. Fry in deep fat and drain on crumpled absorbent paper. Serve hot, with or without tomato sauce. --- Egg should be beaten slightly and a tbsp. of water may be added.

3. Tomato Sauce.

1 c tomato juice, strained.

1 tbsp. flour.

1 tbsp. butter

 $\frac{1}{4}$  tsp. salt

pepper

make as for white sauce.

## II Utensils

## a. Preparation.

1 meat grinder

1 basin

1 knife

b. Demonstration

3 bowls

2 small cups

2 egg beaters, large, small.

1 basin

3 double boilers

2 measuring cups

4 granite plates

1 ramekin

5 tablespoons

3 teaspoons.

1 large granite kettle

1 frying basket

1 sharp knife

1 spatula.

oiling paper.

c. Serving.

1 large Baking dish

1 tablespoon.

6 plates

30 forks

1 gravy boat, and ladle.

III What can be done before the hour.

1. Arrange materials on table.
2. Arrange utensils on table.
3. Grind meat.
4. Have milk heating for white sauce.
5. Have lard getting hot.

IV Order of procedure during the hour.

1. make croquette mixture and set to cool.
2. make soufflé.
3. Shape croquettes, crumb, egg, crumb.
4. Put tomato juice on to heat.
5. Fry croquettes.
6. Complete sauce.

V Time required for actual work of the hour.  
Thirty-four minutes.

## VI Points to be brought out.

1. Making use of left-overs, both meat and vegetable.
2. Proper size of croquettes.
3. Why roll croquettes in egg and crumbs.
4. Use of hot fat is dangerous.
5. Acid sauces good with fried articles.

## VII Amount of materials used.

## a. Demonstration

1. Soufflé, - once recipe.
2. Croquettes - one half recipe.
3. Tomato Sauce - once recipe.

## b. Serving.

1. Soufflé - six times recipe.
2. Croquettes - one half recipe.
3. Tomato Sauce - once recipe.

## VIII Cost, (In addition to left-over meat and crumbs.)

## a. Once recipe.

## 1. Meat Soufflé.

|                            |        |
|----------------------------|--------|
| $\frac{1}{2}$ tbsp. butter | .005   |
| $\frac{1}{3}$ tbsp. flour  | .0001  |
| 2 tbsp. milk               | .0025  |
| $\frac{1}{4}$ tsp. salt    | .00002 |
| $\frac{1}{2}$ egg          | .005   |

\$ 0.01262 = Cost.

## 2. Meat Croquettes.

|                         |        |
|-------------------------|--------|
| 1c milk                 | .01    |
| 4 tbsp. flour           | .00125 |
| 1 tbsp. butter          | .01    |
| $\frac{1}{4}$ tsp. salt | .00002 |
| 1 egg                   | .01    |

\$ 0.03127 = Cost of 12 croquettes.

## 3. Tomato Sauce.

|                 |       |
|-----------------|-------|
| 1c tomato juice | .0525 |
| 1 tbsp. butter  | .01   |
| 1 tbsp. flour.  | .0003 |

\$ 0.0628 = Cost.

b. For six people.

1. Meat soufflé.

Five times recipe = \$0.0631 = Cost for six.

2. Meat Croquettes.

Once recipe

= \$0.03127 = Cost for six.

3. Tomato Sauce

Once recipe

= \$0.0628 = Cost for six.

IX Calorie Value of once recipe.

|                 | Materials | Lbs. Used.      | Cal. 1 Lt.     | Cal. used.    |
|-----------------|-----------|-----------------|----------------|---------------|
| Meat Soufflé.   | Butter    | $\frac{1}{32}$  | 3605.          | 112.64        |
|                 | Flour     | $\frac{1}{192}$ | 1635           | 8.51          |
|                 | Milk      | $\frac{1}{16}$  | 325            | 20.31         |
|                 | Meat      | $\frac{1}{16}$  | 2805           | 175.31        |
|                 | Egg       | $\frac{1}{16}$  | 720            | 45.           |
|                 |           |                 |                | <u>361.77</u> |
| Meat Croquettes | Butter    | $\frac{1}{32}$  | 3605           | 112.64        |
|                 | Flour     | $\frac{1}{16}$  | 1635           | 102.18        |
|                 | Milk      | $\frac{1}{2}$   | 325            | 162.5         |
|                 | Meat      | $\frac{1}{2}$   | 2805           | 1402.5        |
|                 | Egg       | $\frac{1}{8}$   | 720            | 90.           |
|                 | Crumbs    | $\frac{1}{5}$   | 1225           | 245.          |
|                 | Lard      | $\frac{1}{4}$   | 4220           | 1055.         |
|                 |           |                 | <u>3169.82</u> |               |
| Tomato Sauce    | Tomato    | $\frac{1}{2}$   | 105            | 52.5          |
|                 | Flour     | $\frac{1}{32}$  | 1325.          | 51.09         |
|                 | Butter    | $\frac{1}{64}$  | 3605           | 56.32         |
|                 |           |                 | <u>159.91</u>  |               |

Seventh Lesson.

## I Recipes.

1. Yeast.

- 1 medium sized potato - raw and pared.
- 1 c rapidly boiling water
- 1 tbsp. sugar
- $\frac{1}{4}$  tbsp. salt.
- $\frac{1}{4}$  cake dry yeast.

While water boils rapidly grate potato into water and boil till clear. Stir and add sugar and salt. Cool down to luke warm and add yeast cake dissolved in a little warm water. Allow to ferment for 24 hours. Place in jar and set in cool dark place.

2. Parker House Rolls.

- 1 c milk scalded and cooled.
- $\frac{1}{2}$  c yeast
- 2 tbsp. butter
- 2 tbsp. sugar
- $\frac{1}{2}$  tsp. salt.

Flour to make as stiff as can be beaten (about 4 cups). Melt butter, combine all ingredients except flour. Add flour gradually beating vigorously until no more flour can be added. Cover and allow to rise until three times original bulk. Roll  $\frac{1}{2}$ " thick. Cut with biscuit cutter. Spread one half with butter and fold over. Put in buttered pans 1" apart to rise. Butter tops, when light bake in hot oven 15-20 minutes.

## II Utensils.

## a. Preparations.

- |                    |                  |
|--------------------|------------------|
| 1 small kettle     | 1 kettle and lid |
| 4 measuring cups   | 2 tablespoons.   |
| 1 small cup.       | 2 teaspoons      |
| 3 granite pans     | 2 knives         |
| 1 vegetable grater | 1 wooden spoon.  |

- |                    |                  |
|--------------------|------------------|
| 1 spatula          | 1 biscuit cutter |
| 2 square cake pans | 1 granite saucer |
| bread board        | oil paper        |
| 1 rolling pin      |                  |
- b. Demonstration
- |               |                   |
|---------------|-------------------|
| 1 bread board | 1 biscuit cutter  |
| 1 rolling pin | 1 granite saucer  |
| 1 spatula     | 1 square cake pan |
| oil paper.    |                   |
- c. Serving.
- 6 Bread + butter plates
  - 6 Knives.

### III What can be done before the hour.

1. Make yeast
2. Start rolls, having two pans ready for oven when hour begins.
3. Have hot water.
4. Arrange all materials on table
5. Arrange all utensils on table.
6. Have milk scalded and cooled.

### IV Order of procedure during the hour.

1. Mix ingredients for rolls.
2. Make out portion of dough left and set to rise.

### V Time required for actual work of the hour - Twenty-eight minutes.

### VI Points to be brought out during Demonstration

1. Conditions for growth of yeast.
2. Why milk is scalded.
3. Proper consistency of rolls.
4. Importance of beating rolls.
5. As little kneading as possible when making out.

### VII Amounts of materials used.

#### a. Demonstration

1. Yeast - once recipe.
  2. Parker House Rolls - one half recipe.
- b. Serving.  
Parker House Rolls - once recipe.

VIII Cost

a. Once recipe:

1. Yeast.
    - 1 potato .0033
    - 1 tbsp. sugar .0016
    - $\frac{1}{4}$  tsp. salt .00002
    - $\frac{1}{4}$  cake dry yeast .00207
- \$0.00699 = cost  $\frac{1}{4}$  c yeast.

2. Parker house Rolls.
    - $\frac{1}{2}$  c yeast ( $\frac{2}{3}$  recipe) .00278
    - 1 c milk .01
    - 2 tbsp. butter .02
    - 2 tbsp. sugar .0032
    - 4 c. flour .02
    - $\frac{1}{2}$  tsp. salt .00005
- \$0.05603 = Cost of 34 rolls.

b. For six people.  
Rolls - one half recipe \$0.028 = Cost for six.

IX Calorie Value of once recipe

|                        | materials     | lbs. Used                  | Cal. 1 lb. | Cal. Used.     |
|------------------------|---------------|----------------------------|------------|----------------|
| Yeast                  | yeast, dry    |                            |            |                |
|                        | Potato        | $\frac{1}{4}$              | 385        | 96.25          |
|                        | Sugar         | $\frac{1}{32}$             | 1860       | 58.1           |
|                        |               |                            |            | <u>154.35</u>  |
| Parker House<br>Rolls. | Yeast, liquid | ( $\frac{2}{3}$ of 154.35) |            | 61.74          |
|                        | Butter        | $\frac{1}{16}$             | 3605       | 225.28         |
|                        | Milk          | $\frac{1}{2}$              | 325        | 162.5          |
|                        | Flour         | 1                          | 1635       | 1635.          |
|                        | Sugar         | $\frac{1}{16}$             | 1860       | 116.2          |
|                        |               |                            |            | <u>2200.72</u> |



Eighth Lesson

## I Recipes

1. Boiled Salad Dressing.

## Part I

$\frac{1}{2}$  c milk  
1 egg  
2 tsp. sugar.  
 $\frac{1}{2}$  tsp. salt

## Part II.

$\frac{1}{4}$  c vinegar  
2 tsp. flour.  
2 tsp. butter  
 $\frac{1}{2}$  tsp. mustard } if desired.  
speck cayenne }

Prepare part I as for steamed custard.

Prepare part II as for white sauce. Combine while hot and strain if necessary. Use when cold.

2. Whipped Cream Salad Dressing.

$\frac{1}{2}$  tsp. butter  
1 tsp. salt  
2 tsp. sugar.  
2 eggs or 4 yolks.  
speck cayenne  
 $\frac{1}{2}$  c vinegar.  
1 c heavy cream.

Mix butter sugar, salt and eggs. Heat vinegar and pour over egg mixture. Cook over hot water till thick. Whip 1 c heavy cream and when salad dressing is cold fold in cream.

3. Vegetable Salad.

Any vegetable may be used. Dice and mix with a portion of the boiled dressing. Place on lettuce leaf on plate. Serve with bit of dressing on top.

4. Fruit Salad.

Any combination of fruit and nuts may be used. Slice fruit and cut up nuts. Mix with a portion of the whipped cream dressing and place on lettuce leaf on plate. Serve with a bit of dressing on top.

## II. Utensils

## a. Preparation.

- 1 small kettle
- 2 knives
- 2 granite plates
- 1 teaspoon
- 1 fork.
- 1 vegetable brush
- 1 nut cracker
- 1 bowl.

## b. Demonstration

- 2 measuring cups
- 3 double boilers.
- 2 egg-beaters
- 4 bowls
- saucer
- spatula

- 2 teaspoons
- 3 tablespoons.
- spatula
- 1 granite pan
- 1 granite plate.
- paper for bowl (+)

## c. Serving.

- 6 plates
- 30 forks.

## III. What can be done before the hour.

1. Prepare vegetable and fruit
2. Crack and cut up nuts.
3. Have hot water.
4. Arrange materials on table
5. Arrange utensils on table.

## IV. Order of procedure during the hour.

1. Make boiled dressing and set to cool.
2. Make cream dressing and set to cool.
3. Necessary preparation of vegetable, fruit and nuts.
4. Whip cream and complete cream dressing.
5. Fix lettuce on plates.
6. Put salad on plates with bit of dressing on top.

V Time required for actual work of the hour.  
Twenty-four minutes.

VI. Points to be brought out during Demonstration.

1. Review of principles of custard making.
2. Review of principles of white sauce making.
3. Keeping qualities of salad dressing.
4. Necessity of having everything cold.
5. Do not combine until last minute before serving.
6. Place of salads in menus.

VII Amount of materials used.

a. Demonstration

1. Boiled Salad Dressing - once recipe.
2. Whipped Cream Salad Dressing - one half recipe.
3. Vegetable Salad.  
Two potatoes, boiled, diced.
4. Fruit Salad.  
One orange, 4 English walnuts.

b. Serving

1. Boiled Salad Dressing - once recipe
2. Cream Salad Dressing - one half recipe.
3. Vegetable Salad.  
Two potatoes, boiled, diced.
4. Fruit Salad.  
Two oranges, 8 English walnuts.

VIII. Cost.

a. Once recipe.

|                          |                 |
|--------------------------|-----------------|
| 1. Boiled Salad Dressing |                 |
| 1/2 c milk               | .005            |
| 1 egg                    | .01             |
| 2 tsp. sugar             | .0011           |
| 1/2 tsp. salt            | .00005          |
| 1/4 c vinegar            | .004            |
| 2 tsp. butter            | .00666          |
| 2 tsp. flour             | .0002           |
|                          | <hr/>           |
|                          | \$0.027 = Cost. |

2. Cream Salad Dressing.

|                       |                   |
|-----------------------|-------------------|
| 1/2 tsp. butter       | .00165            |
| 1 tsp. salt           | .0001             |
| 2 tsp. sugar.         | .0011             |
| 2 eggs                | .02               |
| 1/2 c vinegar         | .008              |
| 1 c heavy cream, 32%. | <u>.08</u>        |
|                       | \$0.11085 = Cost. |

3. Vegetable Salad.

|                       |                  |
|-----------------------|------------------|
| Dressing, once recipe | .027             |
| Potato (two)          | <u>.0066</u>     |
|                       | \$0.0336 = Cost. |

4. Fruit Salad.

|                       |                 |
|-----------------------|-----------------|
| Dressing (1/4 recipe) | .0277           |
| Oranges               | .0333           |
| Nuts (four)           | <u>.025</u>     |
|                       | \$0.086 = Cost. |

b. For six people.

|                      |                          |
|----------------------|--------------------------|
| 1. Boiled dressing   |                          |
| Twice recipe         | \$0.054 = Cost for six.  |
| 2. Cream dressing    |                          |
| Three-fourths recipe | \$0.083 = Cost for six   |
| 3. Vegetable salad   |                          |
| Twice recipe         | \$0.0672 = Cost for six. |
| 4. Fruit salad       |                          |
| Three times recipe   | \$0.258 = Cost for six.  |

IX Caloric value of once recipe.

|                 | Materials      | Lbs. Used.              | Cal 1 lb. | Cal. Used. |
|-----------------|----------------|-------------------------|-----------|------------|
| Boiled dressing | Milk           | $\frac{1}{4}$           | 325       | 81.25      |
|                 | Egg            | $\frac{1}{8}$           | 720       | 90.        |
|                 | Sugar          | $\frac{1}{48}$          | 1860      | 38.75      |
|                 | Flour          | $\frac{1}{96}$          | 1635      | 17.03      |
|                 | Butter         | $\frac{1}{48}$          | 3605      | 75.1       |
|                 |                |                         |           | 302.13     |
| Cream Dressing  | Butter         | $\frac{1}{192}$         | 3605      | 18.775     |
|                 | Sugar          | $\frac{1}{48}$          | 1860      | 38.75      |
|                 | Egg            | $\frac{1}{4}$           | 720       | 180.       |
|                 | Cream          | $\frac{1}{2}$           | 910       | 455.       |
|                 |                |                         |           | 692.525    |
| Vegetable Salad | Salad Dressing | (once recipe)           |           | 302.13     |
|                 | Potatoes       | $\frac{1}{2}$           | 385       | 192.5      |
|                 |                |                         |           | 494.63     |
| Fruit Salad     | Salad Dressing | ( $\frac{1}{7}$ recipe) |           | 175.631    |
|                 | Oranges        | $\frac{2}{3}$           | 170.      | 112.333    |
|                 | Nuts           | $\frac{1}{8}$           | 1375.     | 171.875    |
|                 |                |                         |           | 459.839    |

Ninth Lesson

## I Recipes

1. Cocoa.

- 2 tsp cocoa or grated chocolate
- 1 1/2 tsp. sugar.
- 1/2 c milk
- 3 tbsp. water

Mix cocoa and sugar. Cook in boiling water till smooth and glossy. Add to scalding milk and mill thoroughly. Serve with or without whipped cream.

2. Tea.

- 1 tsp. tea
- 1 c boiling water.

Bring water to boiling point. Add tea and allow to set three minutes. Strain tea into hot cup and serve.

3. Coffee.

- 1 c coffee finely ground.
- 1 egg
- 2 1/2 c cold water
- 6-8 c boiling water.

Mix coffee egg and 2 c. cold water. Boil three minutes. Add boiling water and allow to boil up once. Draw to back of range and add 1/2 c. cold water. Let stand one minute to settle. Recant into heated coffee pot.

4. Punch.

- juice 1 orange
- juice 1/2 lemon
- 3 tbsp. sugar syrup.
- 1 c water

Combine, strain and ice.

(5) Syrup for sweetening punches and ices.

- 1 c sugar.
- 1/2 c water

Boil rapidly seven minutes. Cool and bottle for use.

## II Utensils

a. Preparation - none

b. Demonstration.

2 double boilers

1 egg beater

2 measuring cups

2 stew pans

1 granite plate

3 small strainers

1 coffee pot

1 lemon reamer

2 teaspoons

4 tablespoons

1 knife

c. Serving.

1. Cocoa

6 small cups and saucers.

6 spoons.

2. Tea

4 small cups and saucers.

4 small spoons.

3. Coffee

6 small cups and saucers.

6 small spoons.

1 small tray

Cream pitcher

Sugar bowl

4. Punch

6 punch cups.

## III Order of procedure during the hour.

1. Make cocoa

2. Make punch

3. Put tea into boiling water.

4. Put coffee on to boil

5. Strain tea

6. Complete coffee.

## IV What can be done before the hour.

1. Get materials arranged on table.

2. Arrange utensils on table.

3. Have boiling water.

V Time required for actual work of the hour.  
Sixteen minutes.

- VI Points to be brought out during Demonstration.
1. Use of beverages.
  2. Thorough cooking of starch in cocoa.
  3. Do not boil tea
  4. Coffee and tea must be strained immediately after making.
  5. Ill effects of drinking tea and coffee.
  6. Good effects of drinking tea and coffee.
  7. Various kinds of punches.
  8. Have plenty of juice in punch. Lemon brings out flavor of fruits.

VII Amounts of materials used.

- a. Demonstration
1. Cocoa - once recipe.
  2. Tea - once recipe.
  3. Coffee - one-half recipe.
  4. Punch - once recipe.
- b. Serving.
1. Cocoa - once recipe
  2. Tea - once recipe
  3. Coffee - one-half recipe
  4. Punch - once recipe.

VIII. Cost:

- a. Once recipe.
1. Cocoa
 

|                  |                  |
|------------------|------------------|
| 2 tap. cocoa     | .004             |
| 1 1/2 tap. sugar | .0008            |
| 1/2 c milk       | .005             |
|                  | <hr/>            |
|                  | \$0.0098 = Cost. |
  2. Tea
 

|            |                  |
|------------|------------------|
| 1 tap. tea | \$0.0026 = Cost. |
|------------|------------------|



3. Coffee  
 1c ground coffee .075  
 1 egg  
.01  
 \$0.085 = Cost

4. Punch  
 1 orange .0333  
 1/2 lemon .0125  
 3 tbsp. syrup  
.0048  
 \$0.0506 = Cost.

b. For six people.

1. Cocoa  
 Six times recipe \$0.0588 = Cost for six.  
 2. Tea  
 Twice recipe \$0.0052 = Cost for six  
 3. Coffee  
 One half recipe \$0.0425 = Cost for six.  
 4. Punch  
 Three times recipe \$0.1518 = Cost for six.

IX Calorie value of once recipe.

|       | Materials | Lbs. Used. | Cal. 1 Lt. | Cal. Used.    |
|-------|-----------|------------|------------|---------------|
| Cocoa | Milk      | 1/4        | 325        | 81.25         |
|       | Cocoa     | 1/84       | 2320       | 27.61         |
|       | Sugar     | 1/64       | 1860       | 29.05         |
|       |           |            |            | <u>137.91</u> |
| Punch | Orange    | 2/3        | 170        | 112.33        |
|       | Lemon     | 1/10       | 145        | 14.5          |
|       | Sugar     | 3/32       | 1860       | 174.36        |
|       |           |            |            | <u>311.19</u> |

Coffee and Tea have no Calorie values.

Tenth Lesson

## I Recipes.

1. Lemon Ice. $\frac{1}{3}$  c cold water

2 tbsp. lemon juice

4 tbsp. syrup.

Mix and strain. Freeze.

2. Orange Sherbet. $\frac{1}{3}$  c orange juice $\frac{1}{2}$  tbsp lemon juice $\frac{1}{3}$  c cold water

4 tbsp syrup.

1 egg white beaten stiff.

Combine orange and lemon juice with syrup and water. Strain and partially freeze. Add egg and complete freezing.

3. Philadelphia Ice-cream. $\frac{1}{2}$  c shoe cream.

1 tbsp. sugar.

 $\frac{1}{4}$  tsp. vanilla.

few grains salt.

Mix ingredients and freeze.

4. Freezing mixture

Two thirds ice

One third coarse salt.

## II. Utensils

## a. Preparation

1 knife

1 lemon reamer

1 measuring cup

1 strainer

1 tbsp

1 tsp.

1 granite plate

2 dish pans

1 salt pan.

1 small stew pan.

ice crusher

ice cream freezer.

hatchet

## b. Demonstration

1. Lemon reamer  
 egg beater  
 4 tbsps.  
 1 teaspoon  
 2 measuring cups.  
 1 strainer

1 knife  
 4 bowls.  
 lower part of large double boiler  
 upper part of small double boiler.

## c. Serving

10 Sherbet cups.  
 30 spoons.

## III. What can be done before the hour.

1. make orange sherbet.
2. make syrup.
3. Arrange all materials on table.
4. Arrange all utensils on table.
5. Fix a pan of ice and salt.

## IV. Order of procedure during the hour.

1. make orange sherbet, set in ice
2. make lemon ice.
3. make Philadelphia Ice-cream.

## V. Time required for actual work of the hour

Few minutes.

## VI. Points to be brought out during demonstration.

1. Good freezing mixture.
2. Freezing in small amounts
3. Frozen dishes must be too sweet before freezing.
4. Difference between - 1. punch, 2. frappé, 3. ice and 4. Sherbet.
5. Variations in ices and creams.

## VII. Amount of materials used.

## a. Demonstration

1. Lemon ice - once recipe.
2. Orange Sherbet - once recipe.
3. Philadelphia Ice-cream - once recipe.

b. Serving.

Orange Sherbet - six times recipe

VIII Cost.

a. Once recipe

1. Lemon Ice.

2 tbsp. lemon juice

.0125

4 tbsp syrup

.0064

\$0.0189 = Cost.

2. Orange Sherbet

$\frac{1}{3}$  c orange juice

.0333

4 tbsp syrup

.0064

$\frac{1}{2}$  tbsp lemon juice

.0031

1 egg white

.005

\$0.0485 = Cost.

3. Philadelphia Ice-cream.

$\frac{1}{2}$  c thin cream

.025

1 tbsp. sugar

.0016

$\frac{1}{4}$  tsp. vanilla

.0029

\$0.0295 = Cost.

b. For six people.

1. Lemon Ice.

Four times recipe = \$0.0756 = Cost for six.

2. Orange Sherbet

Four times recipe = \$0.1958 = Cost for six.

3. Philadelphia Ice-cream

Four times recipe = \$0.118 = Cost for six.

IX. Caloric Value of once recipe.

|                        | Materials | Lbs. Used.     | Cal. 1 lb. | Cal. Used. |
|------------------------|-----------|----------------|------------|------------|
| Lemon Ice              | Lemon     | $\frac{1}{10}$ | 145        | 14.5       |
|                        | Sugar     | $\frac{1}{8}$  | 1860       | 232.5      |
|                        |           |                |            | 247.       |
| Orange Sherbet         | Orange    | $\frac{2}{3}$  | 170        | 112.33     |
|                        | Lemon     | $\frac{1}{40}$ | 145        | 3.625      |
|                        | Sugar     | $\frac{1}{8}$  | 1860       | 232.5      |
|                        | Egg       | $\frac{1}{16}$ | 720        | 45.        |
|                        |           |                |            | 393.455    |
| Philadelphia Ice Cream | Cream     | $\frac{1}{4}$  | 910        | 227.5      |
|                        | Sugar     | $\frac{1}{32}$ | 1860       | 56.09      |
|                        |           |                |            | 283.59     |

Eleventh Lesson.

## I Recipes.

1. Lemon Jelly.

- $\frac{3}{4}$  tsp. gelatin
- 1 tbsp. water
- 3 tbsp. water
- 2 tbsp. lemon juice
- $1\frac{1}{2}$  tsp. sugar.

Swell gelatin in 1 tbsp. water. Combine with mixture. Strain into wet moulds and chill till firm. Loosen edges with a pointed knife and unmould by applying a cloth wet in hot water for a second.

2. Snow Pudding.

Same recipe plus  $1\frac{1}{2}$  tbsp sugar, when nearly firm beat thoroughly and add stiffly beaten white of egg and beat till it will hold a drop. Pile on a glass dish and serve.

3. Orange Bavarian.

- $\frac{1}{2}$  c pulp and juice of fruit (ripe or cooked)
- $\frac{1}{2}$  c double cream.

Sugar to sweeten fruit.

- 1 tsp. gelatin.

Soak gelatin in 1 tbsp cold water, soften over hot water and add to fruit mixture. Set on ice to chill. Beat cream till stiff, when fruit is syrupy fold into the cream. Line mould with nice pieces of fruit. Fill mould with Bavarian mixture. Unmould Bavarian on plate and serve decorated with whipped cream.

## II Utensils

a. Preparations. now.

b. Demonstration.

- 1 lemon reamer
- 1 stew pan.
- 1 small cup
- 1 strainer

2 moulds

4 bowls

1 square cake pan.

1 measuring cup.

- 1 granite plate
- 2 egg beaters
- 1 knife

- 4 tablespoons
- 3 teaspoons.

### C. Serving

1. Lemon Jelly.
  - 6 glass plates
  - 24 spoons.
2. Snow pudding.
  - 6 glass plates.
  - spoons used for jelly.
3. Orange Bavarian
  - 6 glass plates
  - 1 large glass plate.
  - 1 tablespoon.
  - 24 spoons used for jelly.

### III What can be done before the hour.

1. Arrange materials on table.
2. Arrange utensils on table.
3. Have a lemon jelly mould made.
4. Have a Bavarian made.
5. Have moulds chilling in pan of ice.
6. Have fruit, cream, eggs cold.

### IV. Order of procedure during the hour.

1. Make twice recipe of lemon jelly.
2. Allow half to set. Add egg and sugar to other half.
3. Make Bavarian.

### V Time required for actual work of the hour.

Thirty minutes.

### VI Points to be brought out during Demonstration.

1. Swelling and softening of gelatin
2. Value of gelatin dishes
3. Decorating moulds.
4. Filling moulds full.
5. Unmoulding.

## VII Materials used.

## a. Demonstration.

1. Lemon Jelly - once recipe.
2. Snow Pudding - once recipe.
3. Orange Bavarian.

$\frac{1}{3}$  c orange juice & pulp (1 orange)  
 $\frac{1}{3}$  c double cream.

1 tbsp. sugar  
 1 tsp. gelatin.

## b. Serving

1. Lemon Jelly - five times recipe.
2. Snow Pudding - once recipe.
3. Orange Bavarian - three times recipe.

## VIII Cost.

## a. Once recipe.

## 1. Lemon Jelly.

|                           |                 |
|---------------------------|-----------------|
| $\frac{3}{4}$ tsp gelatin | .0064           |
| 2 tbsp lemon juice        | .0125           |
| $1\frac{1}{2}$ tsp. sugar | .0008           |
| 1 tbsp cream (whipped)    | .005            |
|                           | <hr/>           |
|                           | \$0.0247 = Cost |

## 2. Snow Pudding -

|                           |                  |
|---------------------------|------------------|
| Jelly                     | .0247            |
| $1\frac{1}{2}$ tsp. sugar | .0008            |
| white 1 egg               | .005             |
|                           | <hr/>            |
|                           | \$0.0305 = Cost. |

## 3. Orange Bavarian

|                                     |                  |
|-------------------------------------|------------------|
| $\frac{1}{2}$ c orange juice & pulp | .05              |
| $\frac{1}{2}$ c cream 32%           | .04              |
| 1 tbsp sugar                        | .0016            |
| 1 tsp. gelatin                      | .0086            |
|                                     | <hr/>            |
|                                     | \$0.1002 = Cost. |

## b. For six people.

## 1. Lemon Jelly.

Six times recipe = \$0.1482 = Cost for six

## 2. Snow Pudding

Three times recipe = \$0.0915 = Cost for six.



3. Orange Bavarian  
Twice recipe #0.2004 = Cost for six.

IX Caloric Value of once recipe.

|                 | materials | Lbs. Used.      | Cal. 1 lb. | Cal. Used. |
|-----------------|-----------|-----------------|------------|------------|
| Lemon Jelly     | Lemon     | $\frac{1}{10}$  | 145.       | 14.5       |
|                 | Sugar     | $\frac{1}{64}$  | 1860       | 28.04      |
|                 | Gelatin   | $\frac{1}{256}$ | 1705       | 6.62       |
|                 | Cream     | $\frac{1}{32}$  | 910        | 28.4       |
|                 |           |                 |            | 77.56      |
| Snow Pudding    | Jelly     | without cream   |            | 49.16      |
|                 | Sugar     | $\frac{1}{64}$  | 1860.      | 28.04      |
|                 | Egg       | $\frac{1}{16}$  | 720.       | 45.        |
|                 |           |                 |            | 122.20     |
| Orange Bavarian | Orange    | 1               | 170.       | 170.       |
|                 | Sugar     | $\frac{1}{32}$  | 1860       | 56.09      |
|                 | Cream     | $\frac{1}{4}$   | 910.       | 227.5      |
|                 | Gelatin   | $\frac{1}{192}$ | 1705       | 8.27       |
|                 |           |                 |            | 461.86     |

Twelfth Lesson

I Recipes

1. Grape Jelly.

Pick grapes from stems, wash, crush to extract some of the juice. Boil until seeds separate and come to the top of the liquid. Place in a jelly bag and drain over night if possible. Place 4c juice in a kettle large enough so that juice will not be more than 1 1/2" deep in kettle. Boil rapidly until reduced to 3 cups. Add 3c granulated sugar. Bring to boil, skim and pour into glasses.

II Utensils.

a. Preparation - none.

b. Demonstration.

3 basins

stew kettle

2 wooden spoons.

2 measuring cups.

jelly glass

c. Serving

6 plates

12 knives.

stew pan

tablespoon

granite pan

table

jelly bag.

III What can be done before the hour.

1. Arrange materials on table

2. Arrange utensils on table.

3. Have a glass of jelly made.

IV Order of procedure during the hour.

1. Prepare fruit

2. Cook & strain fruit.

3. Cook jelly

4. Prepare a glass of jelly.

V Time required.

No fruit in market to experiment upon.

VI Points to be brought out during Demonstration.

1. Why jelly jells.
2. Use of wooden spoon.
3. Importance of rapid boiling - 10 minutes or less.
4. Necessity of small amount in kettle.

VII Amounts of materials used.  
Ancient recipe.

VIII Cost.

IX Caloric value.

General Equipment.

Stoves - Gasoline

Gas.

Long, narrow table.

Side table.

Ice box.

Black-board, chalk, eraser.

Water pail, dipper.

Garbage pail.

4 Dish pans.

2 Large trays

2 Small trays.

Bread box.

Can opener

6 Dish cloths

24 dish towels

2 Scrubbing brushes.

Soap

Sapalis & corks.

Paper napkins

White paper to cover table.

Supply Containers.

Pitchers, small, large

Sugar jar

Salt can.

Vinegar bottle

Flour can

Butter dish

Crumb jar

Vanilla bottle

Gelatin jar

Tea can

Coffee can

Bottle for syrup.

Pans for vegetables.

Prices

|                           |       |                                 |
|---------------------------|-------|---------------------------------|
| Bread, loaf (1-lb.)       | ----- | \$.10                           |
| Butter, per lb.           | ----- | .32                             |
| Cheese, per lb.           | ----- | .22                             |
| Cocoa, per can            | ----- | .18                             |
| Coffee, per lb.           | ----- | .375                            |
| Cream, 32% per qt.        | ----- | .32                             |
| Crumbs. Left overs        |       |                                 |
| Eggs, per doz.            | ----- | .12                             |
| Flour, per lb.            | ----- | .02                             |
| Gelatin, per pkg          | ----- | .10 <sup>1</sup> / <sub>3</sub> |
| Ice, per 100 lb.          | ----- | .40                             |
| Lard, per lb.             | ----- | .125                            |
| Lemons, per doz           | ----- | .30                             |
| Milk, per qt.             | ----- | .04                             |
| Onions, per lb.           | ----- | .05                             |
| Oranges, per doz.         | ----- | .40                             |
| Potatoes, per bu.         | ----- | .80                             |
| Salt, per lb.             | ----- | .01                             |
| Sugar, per lb.            | ----- | .05 <sup>1</sup> / <sub>4</sub> |
| Tea, per lb.              | ----- | .75                             |
| Vanilla, per 2oz. bottle  | ----- | .25                             |
| Vinegar, per gal.         | ----- | .25                             |
| Walnuts, English, per lb. | ----- | .20                             |
| Yeast, Dry per pkg.       | ----- | .05                             |

## Weights and Measurements

4 qt. = 1 gal.

4 c = 1 qt.

2 c = 1 pt

16 tbsp = 1 c

3 tsp = 1 tbsp.

45 drops = 1 tsp.

Bread, - 10¢ loaf cuts 16 slices or 7 slices for bread.  
1 slice for box makes 4 cheese boxes, and  
2 boxes for creamed vegetable

Butter, 1 lb. = 32 tbsp.

Cuts 32 squares for table.

Cheese, - 4 c grated cheese = 1 lb.

Cocoa, - 1 box =  $\frac{1}{2}$  lb =  $1\frac{3}{4}$  c

Coffee, - 5 cups ground coffee = 1 lb.

Cream, - 1 pt = 1 lb.

Eggs, - 8 eggs = 1 lb.

Flour, - 4 c = 1 lb.

Gelatin, - 4 tbsp = 1 pkg.  
4 c = 1 lb.

Ice - 10 to 15 lbs. to freeze a freezer of cream.

Lard - 2 c = 1 lb.

Lemons - 1 lemon weighs  $\frac{1}{5}$  lb  
1 lemon = 4 tbsp juice.

Onion, one large = 1 lb.

Potatoes, 4 medium sized = 1 lb.  
60 lb. = 1 bu.

Salt, - 2 c = 1 lb.

Sugar, - 2 c = 1 lb.

Tea, - 6 c = 1 lb.

Vanilla, 1 bottle = 2 oz = 16 drachms  
 $1\frac{1}{3}$  tsp. = 1 drachm.

Walnuts (English), 32 nuts = 1 lb = 2 c meats  
Yeast, 5 cakes = 1 pkg.

## Weights and Measurements

4 qt. = 1 gal.

4 c = 1 qt.

2 c = 1 pt

16 tbsp = 1 c

3 tsp = 1 tbsp.

45 drops = 1 tsp.

Bread, - 10¢ loaf cuts 16 slices or 7 slices for bread.  
1 slice for box makes 4 cheese boxes, and  
2 boxes for creamed vegetable

Butter, 1 lb. = 32 tbsp.

Cuts 32 squares for table.

Cheese, - 4 c grated cheese = 1 lb.

Cocoa, - 1 box =  $\frac{1}{2}$  lb =  $1\frac{3}{4}$  c

Coffee, - 5 cups ground coffee = 1 lb.

Cream, - 1 pt = 1 lb.

Eggs, - 8 eggs = 1 lb.

Flour, - 4 c = 1 lb.

Gelatin, - 4 tbsp = 1 pkg.  
4 c = 1 lb.

Ice - 10 to 15 lbs. to freeze a freezer of cream.

Lard - 2 c = 1 lb.

Lemons - 1 lemon weighs  $\frac{1}{5}$  lb  
1 lemon = 4 tbsp juice.

Onion, one large = 1 lb.

Potatoes, 4 medium sized = 1 lb.  
60 lb. = 1 bu.

Salt, - 2 c = 1 lb.

Sugar, - 2 c = 1 lb.

Tea, - 6 c = 1 lb.

Vanilla, 1 bottle = 2 oz = 16 drachms  
 $1\frac{1}{3}$  tsp. = 1 drachm.

Walnuts (English), 32 nuts = 1 lb = 2 c meats  
Yeast, 5 cakes = 1 pkg.