

OUTLINES
FOR
CHAUTAUQUA DEMONSTRATIONS
IN
DOMESTIC SCIENCE

6-18-'08

LOUISE FLEMING.

General Outline.

I Recipe.

1. Ingredients and directions for mixing.
2. Number served.
3. Cost per recipe.
4. Cost per person.

II Utensils used in each demonstration.

III Supplies for each demonstration.

IV General topics for lecture work.

General Equipment.

Large table	
Small table	
Desk boards-----	2
Refrigerator	
Gasoline stove	
Trays-----	2
Desk pans	
Absorbent paper	
Measuring cups-----	4
Lemon reamer	
Double boilers-----	3
Sauce pans-----	2
Small sauce pans-----	2
Stransky bowls-----	2
Fat kettle	
Stransky pitchers-----	2
Stransky cup and saucer	
Molds-----	6
Fancy molds-----	2
Puree strainers-----	2
Table spoons-----	6
Teaspoons-----	6
Steel spatulas-----	4
Paring knives-----	2
Forks-----	3

General Equipment (continued)

Salad forks and spoons-----3

Egg beaters, large-----2

" " small-----2

Grater

Meat chopper

Frying basket

Potato ricer

Wooden spatulas-----2

Toaster

Scissors

Quart bottle

Cheese cloth

Silver knives-----2

Silver forks-----2

Mixing bowls-----2

Cake pans-----4

Waffle iron-

cream whip

Freezer

Coffee can

Stone crock

Quart Mason jar

Timbale iron

Serving Dishes

Soup bowls -----	8
Salad plates-----	12
Dinner plates-----	4
Platters-----	2
Coffee cups-----	8
Bread and butter plates-----	8
Tumblers-----	6
Punch cups-----	6
Soup spoons-----	2

Abbreviations

Cup-----c

Teaspoon---ts

Tablespoons---tbs.

Speck-----spk

Pound-----lb.

Demonstration I.

White Sauce

I Recipe.

1. 1 c milk

1-4tbs flour

1-4tbs butter

 $\frac{1}{2}$ ts salt.

First Method.-- Mix flour and salt with an equal quantity of cold milk to smoothness. Scald remainder of milk in double boiler, add flour

and milk mixture to hot milk, cook twenty minutes, stirring until thick.

Remove from heat and stir in butter.

Second Method.--Scald milk in double boiler. Rub butter, salt, and flour to smooth paste and stir into hot milk. Cook twenty minutes.

Third Method.--Heat butter until it bubbles. Stir flour and salt into butter until smooth. Add cold milk and cook seven minutes stirring constantly.

2. Number served.--Depends upon materials with which it is combined.

3. Cost per recipe.

1 c milk-----	.0125
1-4tbs butter-----	.01-.04
1-4tbs flour-----	.0005-.002
1 c 1-1 white sauce---	.023
1 c 1-2 " " ---	.034
1 c 1-3 " " ---	.044
1 c 1-4 " " ---	.055

4. Cost per person depends upon material with which it is combined.

Cream of Tomato Soup.

1. 2 c white sauce 1-2
- 1 c strained tomato juice
- $\frac{1}{4}$ ts. baking soda.
- 2 ts salt

Bring tomato to boil, add soda combine with white sauce and reheat quickly. Avoid bringing to boil. Whip with dover egg beater and serve.

2. Serves eight.

2 c white sauce-----.068

4. Cost per person-----.013

1. $\frac{1}{2}$ c white sauce 1-2

1 c peas

 $\frac{1}{2}$ ts salt

Pepper to taste

Drain peas, rinse, place in hot water till heated thoroughly.

Drain, add to white sauce, season.

2. Serves three.

3. Cost

$\frac{1}{2}$ c white sauce-----.017

1 c peas-----.05
.067

4. Cost per person .022

1. 1 c white sauce 1-4

1½ c cold milk

1 egg

Add ground meat to white sauce, spread in dish to cool.

When cool shape as desired. Crumb, egg and crumb. Fry in deep fat and dry on absorbent paper. Serve hot either with or without white sauce. Egg should be beaten but slightly.

2. Serves six.

3. Cost

1 c white sauce-----	.055
1½ c meat-----	.09
1 egg-----	.015
Fat-----	.02
Crumbs-----	.02
	<u>.200</u>

4. Cost per person-----0.033

II Utensils

Double boilers-----	3
Tablespoons-----	6
Wooden spatulas-----	2
Teaspoons-----	1
Sauce pans-----	2
Bowls-----	4
Measuring cups-----	2
Steel spatulas-----	2
Large eggbeater-----	1
Small "-----	1
Strinsky bowls-----	2
Kettle-----	1
Frying basket-----	1
Fork-----	1
Strinsky pitcher-----	1

III Supplies

Soda
Salt
Flour

III Supplies (continued)

Tomato juice

Peas

Butter

Milk

Chopped nuts

Eggs

Parsley

IV Lecture Work

Variations of white sauce and their uses.

Methods of combining white sauce with soup foundation.

Curdling of tomato soup

Thickness of creamed soups

When to serve creamed soups

Dietetic, economic and nutritive value of creamed soups

Ways of serving creamed dishes.

Economic, dietetic and nutritive value of croquettes.

When to serve croquettes.

Demonstration II.

Beef Broth.

1. 3 lbs. rib roast
- 3 pts. cold water
- 1 ts salt

2 lbs boiled rice or barley.

Wipe meat, remove bone, skin and fat and cut lean meat in small pieces across grain. Put meat and bones together in kettle, add salt and water and heat gradually to boiling point. Skim and cook slowly till

2. Serves two.

3 lbs rib roast .36

2 tbs rice-----.01

4. Cost per person-----.185

1. 1 pt. beef broth

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

Mix egg with broth, bring quickly to boiling point, stirring rapidly and allow to boil 1 minute. Strain through cheesecloth placed over puree strainer.

2. Serves two.

3. Cost

$\frac{1}{2}$ c white sauce 1-2-----034

$\frac{1}{2}$ c asparagus	.02
	<hr/>
	.054

4. Cost per person-----\$.027

1. Juice of one orange

" " " lemon

$\frac{1}{2}$ c pineapple juice

Combine and chill

2. Serves one.

3. Cost

Juice of 1 orange------.025

" " 1 lemon------.0083

$\frac{1}{2}$ c pineapple juice-----	.025
	<u>.058</u>

4. Cost per person------.058

II Utensils.

Large knife

Measuring cups-----3

Quart sauce pan-----2

Teaspoons-----2

Tablespoons-----2

Sauce pans-----3

Eggbeater

Double boiler

Bowls-----2

Lemon reamer

III Supplies

Meat

Cloth

Eggs

Milk

Oranges

Lemons

Pineapple

Asparagus

Butter

Salt

Pepper

Flour

IV Lecture work.

Cuts of meat for broth.

Methods of cooking meat

Reason for methods of cutting and for removing bone,
skin and fat.

Nutritive and dietetic value of meat in relation to
its cookery.

When and how to serve clear soup.

Various additions to soups.

Kinds of creamed soups.

Demonstration III.

Washington Pie

1. Soft Custard

1 c milk

1 egg

$\frac{1}{4}$ ts salt

2 tbs sugar

Scald milk, beat egg slightly and pour milk into egg, add salt and sugar, return to double boiler and cook until mixture will heap on a spoon. Stir constantly. Place one slice ($\frac{1}{2}$ " thick) of cake on plate, cover with chilled custard. Place on this another slice; cover the whole with custard.

2. Serves two.

3. Cost

1 c milk----- .012

1 egg----- .015

2 tbs sugar----- .003

Cake----- .032
.062

4. Cost per person-----0.031

Caramel Mold Custard

1. 4 tbs sugar

1 c milk

1 egg

$\frac{1}{4}$ ts salt

2 tbs sugar

Caramelize 2 tbs. sugar and use for lining mold. Prepare other ingredients as for boiled custard. Pour in mold, set in pan of hot water in slow oven. Too long baking will cause separation of water from other constituents.

2. Serves two.

3. Cost

1 c milk-----0.013

6 tbs sugar-----0.009

1 egg-----0.015
 -----0.037

4. Cost per person-----0.018

Welsh Rabbit

1. 1 tbs butter

$\frac{1}{2}$ lb cheese

2 egg yolks or 1 whole egg

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

spk salt

$\frac{1}{4}$ ts soda

Put butter in hot dish, let it melt and run over bottom, add the cheese grated or cut fine. Stir constantly until cheese is melted, then stir in egg yolks beaten and diluted with cream, add salt and soda and stir

until smooth and creamy. Serve on wafer.

2. Serves ten.

3. Cost

1 tbs butter-----	.01
$\frac{1}{2}$ lb cheese-----	.15
1 egg-----	.015
$\frac{1}{2}$ c cream-----	.025
Wafers-----	.05
	<u>.25</u>

4. Cost per person----- .025

Cheese Balls

1. $\frac{1}{2}$ c grated cheese

1 egg white

Salt, pepper or other condiments

Beat egg white stiff and combine with cheese and seasoning. Shape in balls size of walnut, roll in crumbs and fry in deep fat.

2. Serves four.

3. Cost.

$\frac{1}{2}$ c cheese-----	.025
1 egg white-----	.008
Crumbs-----	.005
Fat-----	.02
	<u>.058</u>

4. Cost per person----- .014

II Utensils

Sharp knife

Tablespoons-----2

Wooden spoon

Eggbeaters-----2

II Utensils (continued)

Bowls-----	3
Double boiler	
Molds-----	2
Sauce pan	
Chafing dish	
Measuring cups-----	2
Fat kettle	
Frying basket	
Grater	

III Supplies

Eggs
Milk
Soda
Crumbs
Salt
Pepper
Sugar
Butter
Cheese
Cream

IV Lecture Work

Custards
Length of cooking
Beating of eggs
Temperature of milk
Utensils used
Uses of custards.

IV Lecture Work (continued)

Variations of custards

Comparison of thickening powers of egg, flour and
cornstarch.

Uses of eggs in various mixtures

Dietetic and nutritive value of Washington Pie.

Dietetic, economic and nutritive value of cheese.

Digestibility and cookery of cheese

When to serve Welsh rabbit

" " " cheese balls.

Demonstration IV.

Meat Souffle

1. 1 c chopped cooked meat

1 c white sauce 1-2

3 eggs

Combine meat with warm white sauce. Add to this
beaten yolks. Mix thoroughly, fold in whites beaten stiff, pour into buttered
baking dish, set in pan of hot water. Bake in slow oven.

2. Serves three

3. Cost

1 c meat----- .03

1 c white sauce----- .034

3 eggs----- .045
 .109

4. Cost per person----- .036

Meat in Brown Sauce on Toast.

1. $\frac{1}{2}$ c cubed meat (cooked)

1 c brown sauce made as follows:

- 1 tbs butter
- 2 " flour
- 1 c stock or milk
- $\frac{1}{2}$ ts salt

Brown flour and combine other ingredients as for white sauce. Pour sauce over meat and serve hot on buttered rounds of toast.

2. Serves three.

3. Cost

$\frac{1}{2}$ c meat-----	.02
1 c brown sauce-----	.012
Toast-----	.016
	<u>.048</u>

4. Cost per person----- .016

Beef Loaf

- 1. 2 lbs lean beef from top of round
- 1 tbs parsley finely chopped
- 1 ts salt
- 1 egg, beaten
- $\frac{1}{3}$ c soft bread crumbs
- $\frac{1}{4}$ ts pepper

Pass meat through chopper several times, add other ingredients, mix thoroughly and shape in loaf. Bake on rack in small pan 30 to 40 minutes. Baste frequently with salt pork fat and hot water.

2. Serves eight.

3. Cost

2 lbs meat-----	.26
1 tbs parsley-----	.003
1 egg-----	.015
$\frac{1}{3}$ c crumbs-----	<u>.005</u>
	.283

4. Cost per person-----0.035

II Utensils

Egg beater

Meat chopper

Measuring cup

Double boilers-----2

Tablespoons-----2

Teaspoon

Strinsky bowl

" cup

Baking dish

Sharp knife

Bowl

Toaster

Scissors

III Supplies

Cooked meat

Milk

Flour

Salt

Butter

Pepper

Eggs

Bread

Raw meat

Parsley

Meat stock

IV Lecture Work

Cuts of beef and their various prices and uses.

Economic, dietetic and nutritive value of various cuts.

Various ways of cooking and serving meats

Left over meat dishes.

Uses of meat stock

" " " fats.

Dietetic value of raw meat and beef juice.

Demonstration V.

Grape Nectar.

1. $\frac{1}{2}$ c grape juice

$\frac{1}{2}$ c water

Juice of $\frac{1}{2}$ lemon

" " $\frac{1}{2}$ orange

4 tbs sugar

Make syrup of sugar, add to other ingredients and chill.

2. Serves two.

3. Cost

$\frac{1}{2}$ c grape juice-----.05

$\frac{1}{2}$ lemon-----.008

$\frac{1}{2}$ orange-----.013

4 tbs sugar-----.006
 .077

4. Cost per person-----.039

Koumiss

1. 1 qt. milk
- $\frac{1}{4}$ yeast cake
- $1\frac{1}{2}$ tbs sugar
- 1 tbs luke warm water.

Warm milk to 75 degrees F. Dissolve yeast in warm water.

Add to sugar and then to milk. Keep at 70 degrees F for 10 hours, then place on ice for 8 hours and serve. Bottle should be stopped tight.

2. Serves six

3. Cost

1 qt. milk-----	.06
$\frac{1}{4}$ yeast cake-----	.008
$\frac{1}{2}$ tbs sugar-----	.002
	<u>.07</u>

4. Cost per person----- .012

Percolated Coffee.

1. 1 tbs finely ground coffee
- $\frac{3}{4}$ c boiling water

Stretch thin cheese cloth over hot bowl. Place in it coffee and pour in slowly the hot water. If not strong enough heat coffee and pour again over grounds.

2. Serves one.

3. Cost

1 tbs coffee-----	.006
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4. Cost per person----- .006

Egg Lemonade

1. $\frac{1}{2}$ egg
- 2 ts lemon juice

2 tbs crushed ice.

3. Cost

$$\begin{array}{r} .008 \\ + .010 \\ \hline .018 \end{array}$$

4. Cost per person .018

2 ts cold water.

3. Cost

1 egg@-----.015
 .033

4. Cost per person-----.017

II Utensils

Measuring cups-----2

Sauce pan

Strinsky bowl

Bottle

China bowls-----2

Cheese cloth

Tablespoons-----4

Teaspoons-----2

Eggbeater

III Supplies

Grape juice

Oranges

Lemons

Milk

Yeast

Sugar

Coffee

Cocoa

Salt

Eggs

IV Lecture Work

Needs of beverages

Discussion of thirst and uses of water in body.

Effects of acid drinks, nourishing drinks.

Various additions made

Ways of and reasons for modifying milk

Frozen drinks.

Dietetic and nutritive value of cocoa.

Difference between cocoa and chocolate.

Demonstration VI.

Whipped Cream Salad Dressing.

- 1.
- $\frac{1}{2}$
- c boiling vinegar

1 ts butter

3 egg yolks

2 ts sugar

 $\frac{1}{2}$ ts mustard $\frac{1}{2}$ ts salt

spk cayenne

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

Beat eggs until thick and lemon colored; add sugar, salt, mustard, cayenne and pour over mixture the hot vinegar to which butter had been added. Cook if necessary until mixture thickens. Chill and add whipped cream just before serving.

2. Number served depends upon material with which it is combined.

3. Cost

 $\frac{1}{2}$ c vinegar----- .006

1 ts butter----- .003

3 eggs, yolks----- .023

2 ts sugar----- .002

 $\frac{1}{2}$ c heavy cream----- .10
.133

4. Cost per person depends upon material with which it is combined.

Fruit and Nut Salad .

1. 2 apples

3 bananas

6 Eng. walnuts

Peel and dice apples and bananas, cut nuts in small pieces, mix and serve on heart leaves of lettuce with whipped cream dressing.

2. Serves four

3. Cost

2 apples-----	.05
3 bananas-----	.063
6 nuts-----	.04
8 lettuce leaves-----	.03
4 tbs salad dressing-----	.029
	<u>.212</u>

4. Cost per person----- .053

Tomato Salad.

1. Pare evenly two smooth tomatoes, remove enough of pulp to admit one hard cooked egg. Garnish with whipped cream salad dressing and parsley.

2. Serves two.

3. Cost

2 tomatoes-----	.02
2 eggs-----	.03
parsley-----	.015
dressing-----	.029
	<u>.094</u>

4. Cost per person----- .047

Egg Salad

1. Hard cook six eggs, remove yolks and mix with seasoning as for devilled eggs, adding chopped nuts. Heap lightly on lettuce leaf in a mound and garnish with white farced through puree strainer.

2. Serves four

3. Cost

6 eggs------.09

4 tbs salad dressing-----.029

 4 tbs chopped nuts------.04
 .159

4. Cost per person------.049

II Utensils

Desk pans-----3

Bowls-----3

Wooden forks-----3

" spoons-----3

Double boiler

Potato ricer

Sauce pan

Egg beater

Silver knife

III Supplies

Vinegar

Butter

Eggs

Sugar

Mustard

Salt

Cayenne

Cream

Apples

Bananas

Nuts

III Supplies (continued)

Lettuce

Tomatoes

Parsley

IV Lecture Work

Garnishing of salads

Dietetic and nutritive value of salads.

Various kinds of salads

Uses in the diet

Salad dressings

Compare nutritive, dietetic and economic value of oil
and boiled dressings.

Demonstration VII.

White Cake

1. $\frac{1}{2}$ c butter
- 2 c sugar
- 1 c milk or water
- $2\frac{1}{2}$ c flour
- 4 ts Baking Powder
- 5 egg whites

Cream butter, add sugar and cream again, Add alternately milk and 2 c flour beating thoroughly between each addition. Beat egg whites stiff but not dry. Add to first mixture the baking powder sifted with $\frac{1}{2}$ c flour. Mix thoroughly and fold in beaten egg whites. Bake in loaf or layers.

2. Serves 20
3. Cost

$\frac{1}{2}$ c butter-----	.08
2 c sugar-----	.05
1 c milk-----	.012
$2\frac{1}{2}$ c flour-----	.02
5 egg whites-----	.037
4 ts B.P.-----	.015
	<u>.214</u>

4. Cost per person----- .021

Caramel Icing.

1. $\frac{1}{2}$ c milk

2 c sugar

1 ts butter

1 ts vanilla

Cook milk and $1\frac{1}{2}$ c sugar together. When boiling add to $\frac{1}{2}$ c sugar caramelized. Cook mixture to soft ball stage and remove from heat. Add butter and vanilla and beat till creamy. Spread quickly onver cake.

2. Covers 1 small cake

3. Cost

$\frac{1}{2}$ c milk-----	.006
2 c sugar-----	.05
1 ts butter-----	.003.
	<u>.059</u>

4. Cost per person----- .006

Waffles

1. $2\frac{1}{2}$ c flour

$\frac{1}{2}$ ts salt

1 ts soda

2 c thick sour milk

4 eggs

6 tbs butter melted.

Sift together the flour, salt and soda, add yolks of eggs beaten and mixed with sour milk, then melted butter and lastly egg whites, beaten stiff.

2. Serves six

3. Cost

2½ c flour-----	.02
1 ts soda-----	.001
2 c sour milk-----	.015
4 eggs-----	.06
6 tbs butter-----	.06
Fat for frying-----	.01
	<u>.166</u>

4. Cost per person----- .027

Mocha Icing.

1. 11/3 c powdered sugar

1/3 c butter

1 tbs cocoa

½ ts vanilla

Few drops strong coffee

Cream butter, add sugar gradually and cream between each addition. Add cocoa and vanilla, then coffee, drop by drop, till mixture is of the consistency to spread on warm cake.

2. Covers 1 small cake

3. Cost

1 1/3 ^c powdered sugar-----	.05
1/3 c butter-----	.053
1 tbs cocoa-----	.008
	<u>.111</u>

4. Cost per person----- .011

II Utensils

Measuring cups-----	3
Teaspoon	
Tablespoons-----	4
Spatula	
Mixing bowls-----	2
Cake pan	
Egg beaters-----	2
Waffle iron	
Sauce pan-----	2
Bowls-----	2

III Supplies

Eggs	
Butter	
Sour milk	
Flour	
Sugar	
Salt	
Baking powder	
Soda	

IV Lecture Work

Dietetic and nutritive value of cakes	
Reasons for icing	
Kinds of cakes	
Digestibility	
Reasons for failure to make good cake.	
" " " " " " icing.	
Digestibility of waffles vs. pancakes.	

Demonstration VIII.

Bavarian Cream

1. $\frac{1}{4}$ c heavy cream
- 2 tbs sugar
- $\frac{1}{4}$ c crushed strawberries
- $\frac{3}{4}$ ts gelatine
- 1 tbs cold water
- 2 whole strawberries

Swell gelatine in cold water, dissolve over hot water, add sugar and gelatine to crushed berries and set mixture in crushed ice. Allow to thicken to syrup consistency, stirring constantly. Whip cream stiff and add to berry mixture. Pour into wet molds decorated with berries. Chill, unmold, and serve.

2. Serves two.

3. Cost

$\frac{1}{4}$ c heavy cream-----	.05
2 tbs sugar-----	.003
Berries-----	.01
	<u>.063</u>

4. Cost per person-----

Double Mold Ice Cream .Philadelphia Ice Cream

1. 1 c thin cream
- 2 tbs sugar
- 2 ts vanilla
- spk salt
- Mix and freeze

Strawberry Ice Cream .

1 c milk
 1 c cream
 1 c sugar
 2 c berries

Whip cream, crush berries, add sugar and let stand 30 minutes;
 combine with other ingredients and freeze.

Line chilled mold with strawberry cream, fill inside tightly
 with Philadelphia cream. Cover with buttered paper, place lid and pack in 1-3
 salt and ice mixture for three hours

2. Serves six

3. Cost

1 c thin cream-----	.05
1 c thick " -----	.10
1 c and 2 tbs sugar-----	.018
1 c milk-----	.015
2 c berries-----	.10
Ice and salt-----	.10
	<u>.393</u>

4. Cost per person----- .066

II Utensils

Measuring cups-----	2
Teaspoons-----	3
Tablespoons-----	2
Potato Ricer	
Egg beater	
Spatula	
Ice cream freezer	
Can for freezing	

II Utensils (continued)

Mold

Fancy molds***-----2

Sauce pan

III Supplies

Strawberries

Lemons

Cream

Gelatine

Sugar

Salt

Milk

IV Lecture Work

Dietetic, economic and nutritives value of frozen dishes.

Varieties and ease of preparation

Utensils for freezing

Relation of grain to ice and salt mixture

Coloring of creams

Methods of adding nourishment

Molding and serving.

Demonstration IX

Fruit Cocktail

1. 2 bananas

1 pineapple

1 orange

1 lemon

Slice bananas, add pineapple grated and juice of one orange and one lemon. Combine, serve in orange baskets, adding to the top powdered sugar and cracked ice.

2. Serves two.

3. Cost

2 bananas-----	.05
1 pineapple-----	.15
1 orange-----	.025
1 lemon-----	.016
2 tbs powd. sugar-----	.005
	<u>.246</u>

4. Cost per person----- .123

Orange Sponge

1. $\frac{1}{2}$ box gelatine

1 c sugar

1 pt orange juice

4 egg whites

Soak gelatine in $\frac{1}{2}$ c cold water for $\frac{1}{2}$ hour. Stand it over hot water until dissolved. Add sugar and orange juice. Beat egg whites, turn orange mixture into basin, stand in pan of ice water stirring as it begins to solidify. Turn in eggs, stir constantly until contents of pan are thoroughly mixed and slightly thickened. Turn into mold and chill.

2. Serves eight

3. Cost

$\frac{1}{2}$ box gelatine-----	.05
1 c sugar-----	.025
6 oranges-----	.15
4 egg whites-----	.03
	<u>.255</u>

4. Cost per person----- .032

Pineapple

1. 1 can pineapple

1 pt. lemon ice

Place on plate 1 round of chilled pineapple, place spoonful of ice in center and serve.

2. Serves ten.

3. Cost

1 can pineapple-----	.25
1 pt lemon ice-----	.045
Ice and salt-----	.02
	<u>.315</u>

4. Cost per person-----0.032.

II Utensils

Silver knife

" fork

Lemon reamer

Bowls-----3

Sharp knife

Tablespoon

Strinsky cup

Measuring cups-----2

Egg beater

Mixing bowl

Coffee can

Spatula

III Supplies

Bananas

Grated Pineapple

III Supplies (continued)

Sliced Pineapple

Oranges

Lemons

Powdered sugar

Gelatine

Eggs

Granulated sugar

IV Lecture Work

Dietetic, economic and nutritive value of acid, sub-acid
and sweet fruits.

Best time for caning fruits

Preservation of fruits

When and how to serve fruits

Digestibility and cookery

Fermentation of fruit

Value of fruit juices

Composition of fruits

Demonstration X

Yeast

1. 4 medium sized raw potatoes

1 yeast cake

1 qt. rapidly boiling water

1 tbs salt

Grate potatoes into rapidly boiling water and boil until clear. Stir in sugar and salt while mixture is hot. Cool to lukewarm and add yeast dissolved in a little water. Allow to ferment 24 hours in stone jar. Place in glass jar and set in cool dry place. This will keep about two weeks and last cup may be used instead of yeast cake in making new supply.

2.-----

3. Cost

4 potatoes-----.04

1 yeast cake-----
 .03
 .07

4. Cost per person***-----

Zutzbach1. $\frac{1}{2}$ c milk $\frac{1}{4}$ c yeast or $\frac{1}{4}$ cake $\frac{1}{2}$ ts salt

2 tbs sugar

2 " butter

 $1\frac{1}{2}$ eggs

Flour

Scald milk, when luke warm add yeast, salt and an $\frac{1}{2}$ c flour.

Cover and allow to rise. When light add sugar, butter, eggs unbeaten and flour enough to handle. Knead, shape, place in pans, let rise and bake in hot oven,

2. Serves four.

3. Cost

1 c milk-----.013

 $\frac{1}{4}$ c yeast-----.008

2 tbs sugar-----.003

2 " butter-----.02

 $1\frac{1}{2}$ eggs-----.023 $2\frac{1}{2}$ c flour-----
 .02
 .087

4. Cost per person-----.022

Parker House Rolls.

1. 1 c scalded milk

 $\frac{1}{2}$ yeast cake $\frac{1}{4}$ c luke warm water

Make sponge of milk scalded and cooled, the yeast cake softened in water and about 2 c flour. Beat thoroughly, cover and set aside till light, then add sugar, salt, melted butter and flour to knead. Knead about 20 minutes. Let rise until double its bulk then shape into balls, cover closely and when light press handle of small wooden spoon across center of each biscuit without dividing it. Brush edge of one side with butter, fold and press together lightly. Place in buttered tins one inch apart. Cover, bake, when light, from 12 to 18 minutes.

2. Serves six.

3. Cost

1 c milk-----	.015
$\frac{1}{2}$ yeast cake-----	.015
1 tbs sugar-----	.002
4 " butter-----	.04
Flour 3 c-----	.03
	<hr/>
	.102

4. Cost per person-----.017

Bread Sticks

1. $\frac{1}{4}$ c scalded milk
1/8 c yeast or 1/8 yeast cake
1 tbs lukewarm water
 $\frac{1}{4}$ tbs sugar
1/8 ts salt
1 tbs butter
Flour

Make stiff dough of ingredients, allow to rise, shape sticks size of thick lead pencil. Allow to rise and bake a few minutes in hot oven.

2. Serves eight

3. Cost

$\frac{1}{4}$ c milk-----	.004
$\frac{1}{8}$ yeast cake-----	.004
1 tbs butter-----	.01
1 c flour-----	.01
	<u>.028</u>

4. Cost per person----- .004

II Utensils

Grater

Sauce pans

Strinsky cup and saucer

Knife

Wooden spoons-----3

Stone crock

Glass jar

Measuring cups-----3

Teaspoons-----2

Tablespoons-----2

Eggbeater

Bowls-----2

Mixing bowls-----2

Cake pans-----3

III Supplies

Potatoes

Flour

Salt

III Supplies (continued)

Sugar

Yeast

Butter

Milk

Eggs

IV Lecture Work

Dietetic, economic and nutritive value of Zurebach

" " " " " " Parker House
Rolls.

Use of Zurebach for special diseases.

General discussion of twice baked breads.

Occasions when bread sticks are used.

Comparison of nutritive and economic values of white
and whole wheat breads; of white and fancy breads,

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