Thesis:
An Outline for a Series of Twelve Demonstration Lectures.

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1907
An Outline for a Series of Twelve Demonstration Lessons.

I Introduction

II Outline for the series of twelve lessons.

III Outline of each lesson:
   1. White-sauce Dishes
   2. Egg Dishes
   3. Custards
   4. Cheese Dishes
   5. Meats
   6. Left-over Meat Dishes
   7. Fruit and Breads
   8. Salads
   9. Beverages
   10. Frozen Dishes
   11. Gelatin Dishes
   12. Canning and Jelly

IV Miscellaneous
   1. General Equipment
   2. Supply Costliness
   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 these in the work and realize the benefits 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 series 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 Crumble

Second lesson — Eggs
1. Baked Egg
2. Creamed Egg on Toast
3. Scrambled Omelet

Third lesson — Custard
1. Steamed Custard
2. Baked Caramel Custard
Fourth lesson - Cheese
1. Cheese Soufflé
2. Cheese Bakes

Fifth lesson - Meat
1. Hamburg Steak.
2. Roast Beef.
3. Pan Gravy.

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. Pimachi.

Tenth lesson - Frozen Dishes
1. Lemon Ice.
2. Orange Sherbet.
3. Philadelphia Ice-Cream.

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. Clock
    a. Once recipe.
    b. For six people.

IX. Calorie value of once the recipe.

Abbreviations

tsp. = teaspoon
tbs. = tablespoon
c. = cup
fl. oz. = fluid ounce
qt. = quart
gal. = gallon
lo. = bushel
lb. = pound
pkg. = package
First Lesson

I. Recipes.

1. White Sauce

- 1 c. milk
- 1+4 tbsp. flour
- 1+4 tbsp. butter
- ½ 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.

II. Creamed Vegetables

2/3 c. white sauce (II)
3 medium sized potatoes

Boil potatoes and cut into ½ inch cubes. Heat in white sauce and serve.

3. Cream of Potato Soup

2 c. white sauce (II)
1/4 c. potato cooked and run through puree strainers
1/2 c. water

Add puree and liquid to white sauce and heat. Beat with a wooden egg beater and serve.

4. Escalloped Potatoes

Alternate layers of cooked material and white sauce in a buttered baking dish. Cover top layer 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 tablespoon
      1 fork.
   b. Demonstration
      2 granite plates
      1 paring knife
      1 double boiler
      2 measuring cups
      1 puree strainer
      4 bowls
      1 dover egg-beater
      2 small pans
      1 baking dish
      1 oiling paper
      4 tablespoon
      2 teaspoons
      1 spatula
      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.
   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 strainers.
4. Make white sauce.
5. Make soup and put on to re-heat.
6. Make creamed dish and heat.
7. Fig. scalloped 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 cooking 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.
7. Serving everything hot.

VII Amount of materials used.
A. Demonstration
1. White sauce
   2 parts for cream soups.
   3 parts for creamed vegetable.
   3 parts for scalloped vegetable.
2. 3 medium sized potatoes.
3. Buttered crumb - one half recipe.
B. Serving
1. Creamed potato - twice recipe.
2. Cream of potato soup - twice recipe.
3. Escalloped potato - use 1C white sauce.

VIII Cost
A. Once recipe
1. White sauce
1. White sauce
   1 c. milk
   1 tbsp. flour
   1 tbsp. butter
   ½ tsp. salt
   $0.01
   $0.0003
   $0.01
   $0.0805
   $0.02035 = Cost 1 cup.

2. Creamed Potatoes
   ½ c. white sauce
   potatoes, two.
   $0.01017
   $0.0062
   $0.01637 = Cost.

3. Cream of Potato Soup
   ½ c. white sauce
   potato, one half
   $0.01017
   $0.0031
   $0.01327 = Cost.

4. Escaloped Potatoes
   ½ c. white sauce
   potato, one half,
   butter, ½ tbsp.
   crumbs - left over
   $0.01827 = Cost.

6. For six people.
   1. Creamed potatoes
      Four times recipe
      $0.06548 = Cost for six.
   2. Cream of potato soup
      Six times recipe
      $0.07362 = Cost for six.
   3. Escaloped potatoes
      Three times recipe
      $0.05481 = Cost for six.
### IX. Caloric Value of once recipe.

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Second Lesson

I. Recipe

1. Baked Egg.

Put a layer of crumbs on the bottom of a buttered baking dish. Break egg into it. Salt and pepper. Add 2 tbsp. 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. Break 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. French Omelet.

1. Egg yolk.
2. 1 tbsp. liquid
3. 1 tsp. salt
4. 2 tbsp. butter
5. 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 shelf 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. Oiling paper
3. Toaster
4. 2 omelet pans
5. 2 egg beaters (small, large)
6. 1 flat-tin strainer
7. 2 bowls
8. 2 granite plates
9. 1 small cup
10. 1 small paw
I. Bread. Knife 
   1. Small knife 
   2. Spatula 

II. Serving 
   1. Baked Egg: 
      a. 4 ham slices and sauce 
      b. 30 forks 
   2. Creamed Egg on Toast: 
      a. 2 plates 
      b. Forks used for baked egg 
   3. Fried Omelet: 
      a. 1 plate 
      b. 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 five 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 ........................................... .00625
         $0.01625 = Cost
      2. Creamed Egg on Toast.
         1 egg ......................................................... .01
         Cream 1 c ................................................... .05
         1 tbsp. flour ............................................... .0003
         1 tsp. butter ............................................... .01
         1 slice bread ............................................... .00625
         $0.07635 = Cost
      3. Foamy Omelet.
         1 egg ......................................................... .01
         2 tbsp. milk ................................................ .00125
         3 tbsp. butter .............................................. .00166
         $0.01291 = Cost
   b. For six people.
      1. Baked Egg.
         Six times recipe = $0.3975 = Cost for six.
      2. Creamed Egg.
         Three times recipe
         Plus 3 egg ................................................. .025965 = Cost for six.
      3. Foamy Omelet.
         Five times recipe = $0.06455 = Cost for six.
### IX Calorie value of once recipes.

<table>
<thead>
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<th>Materials</th>
<th>Parts Used</th>
<th>Cal. 1 lb.</th>
<th>Cal. Used</th>
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<td>Egg</td>
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I

Recipes.

   1 c. milk
   1 egg
   2 tbsp. sugar
   1/2 tsp. salt
   10 drops vanilla

  Beat milk scalding hot in double boilers. Add sugar and salt to egg, beat beat moderately. Pour hot milk slowly onto egg. Return to double boiler and cook, stirring constantly, until spoon shows 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.
   1/2 c. milk
   2 eggs
   1 tbsp. sugar
   1/2 tsp. salt
   10 drops vanilla

  Beat egg moderately. Add sugar, salt, vanilla. Add milk and stir till sugar is dissolved. Pour into coated baking dish. Sake pan of hot water and place in slow oven until firm. Unmould when cold and serve. --- Caramelize 1 tbsp. sugar and pour into mould. Move rapidly to coat entire mould.

II

Utensils.

a. Preparation - none.

b. Demonstration.

1. Measuring cup
2. Double boiler
3. Bowls
4. Egg beater
5. Baking dish

1 small stew pan
1 granite pan
1 pan - basin
1 knife
3 table spoons
2 teaspoons
c. Serving
  1. Soft Custard
     a. 6 ramekins and saucers.
     b. 6 spoons.
  2. Baked Caramel Custard
     a. Sauce
     b. Large glass dish
     c. 6 table dishes
     d. 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 in to heat.
  3. Complete baked 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 caramel 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
   2. Baked caramel custard - once recipe.

b. Serving
   1. Soft custard - twice recipe.
   2. Baked caramel custard - six times recipe.

   Caramelise 10 sugar.

VIII. Cost.

a. Once recipe.
      1/2 milk
      1 egg
      2 the. sugar
      10 drops vanilla
      $0.0259 = Cost.

   2. Baked Caramel Custard.
      1/2 milk
      2 eggs
      4 the. sugar
      10 drops vanilla
      $0.0344 = Cost.

b. For six people.
      Twice recipe
      $0.0518 = Cost for six.

   2. Baked Caramel Custard.
      Five times recipe
      $0.172 = Cost for six.

IX. Caloric value of once recipe.

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I. Recipes

1. Cheese Souffle

- 1 tsp. salt
- 1/2 c. milk
- 1 tbsp. butter
- 1 tbsp. flour
- 1 egg yolk
- 1/2 c. grated cheese
- 1 egg white

Make milk, butter, flour and salt into a white sauce. Add cheese and stir till melted. Cook slightly and add yolks 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 souffle is firm when pressed with teaspoon. Serve as soon as removed from oven.

2. Cheese Box

Cut slice of bread 1/2 inch thick. Make top one fourth of slice or about 2" by 2". Cut nearly to bottom 3/4" 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
- pinch salt + cayenne

But to a paste with a fork.

II. Utensile

a. Preparation

- fork
- granite plate
- bread knife
- 1 c. bowl
b. Demonstration
1. Double boiler
2. Measuring cups
3. Bowls
1. Small cup
1. Square cake pan
2. Small bowls
2. Granite plates
1. Granite saucepan
1. Bread board
1. Bread knife
1. Egg beater
3. Forks
3. Tablespoons
3. Teaspoons
1. Pastry knife
1. Oiling paper.

c. Serving
1. Cheese Souffle
   1. Gr同伴ines and sauces.
   1. Baking dish (large)
   1. Table spoon.
   1. Gr同伴ines plates.
2. Cheese Torte
   4. Small plates.
   fork used for cheese souffle.

III What can be done before the hour.
1. Arrange ingredients on the table.
2. Arrange utensils on the table.
3. Grate the cheese.
4. Have hot water in double boiler.
5. Have three bread boards made.
6. Have souffle for service in oven.

IV Order of procedure during hour.
1. Make souffle.
2. Fix bread board.
3. Make cheese filling.

* Points to be brought out during demonstration.
1. Sloe baking of souffle.
2. Care in folding in beaten egg whites.
3. Bread boards used for various things.
4. Place of cheese board in menu.

* 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 Buns - once recipe.

b. Serving
   1. Cheese Soufflé - three times recipe.
   2. Cheese Buns - four times recipe.

VIII. Cost.

a. Once recipe.
   1. Cheese Soufflé.
      
      | Item         | Quantity | Cost  |
      |--------------|----------|-------|
      | 1/2 tsp. salt| 0.0002   | 0.00  |
      | 4 c. milk    | 0.0025   | 0.01  |
      | 1 tbsp. butter| 0.0033  | 0.01  |
      | 1 tbsp. flour| 0.0034   | 0.01  |
      | 1 egg        | 0.01     | 0.01  |
      | 1/2 c. grated cheese | 0.0137 |       |

   2. Cheese Buns.
      
      | Item         | Quantity | Cost  |
      |--------------|----------|-------|
      | Bread        | 0.0035   | 0.01  |
      | Cheese       | 0.0068   | 0.01  |
      | Cream        | 0.0031   | 0.01  |

   # 0.03 x 52 = Cost

b. For six people.
   1. Cheese Soufflé.
      Twice recipe
      # 0.0177 = Cost for six.

   2. Cheese Buns.
      Six times recipe
      # 0.0804 = Cost for six.
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I Recipes

1. Hamburg Steak
   1 lb. Beef
   1 egg
   1 tsp. salt
   1 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.
   2 tbsp. Fat from pan
   3 tbsp. flour
   1 c. water
   2 tbsp. tomato juice
   Remove all fat from pan except 2 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.
5. Demonstration
   2 granite plates
   1 open roaster
   1 rack
   1 fork
   1 frying pan
   2 spatulas
   1 pan
   1 bowl
   2 teaspoons
   3 tablespoons
   1 measuring cup
   Clean cloth
   String

6. 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 set.
5. Have meat for Hamburg ground.

IV. Order of procedure during the hour:
1. Fry roast for hour.
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:
   Seventy-eight minutes.

VI. Points to be brought out during Demonstration:
1. Use of cheap meats.
2. Roast beef roast.
3. Slow and rapid cooking of meats.

VII. Amount of materials used:
   a. Demonstration.
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. Sirloin .06
   1 tsp. salt .0001
   1 tsp. onion juice .0003
   1 egg .01
   $0.07 04 = Cost for 8 pieces

2. Roast: Bone Rib, 3 lb.
3. Pan Gravy:
   Fat from beef .0009
   3 tbsp. flour .0001
   3 tbsp. salt .0008
   3 tbsp. tomato juice .0005
   $0.0075 = Cost.

b. For six people:
1. Hamburg steak.
   One and one half times $0.10 56 = Cost for six.

2. Roast.
   Three pounds $0.30 = Cost for six.

2. Pan Gravy.
   Once recipe $0.0075 = Cost for six.
### Calorie Value of One Recipe

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Total: 3548.18
I Recipes

1. Meat Souffle

   \[\frac{1}{2}\text{ tbsp. butter}\]
   \[\frac{1}{3}\text{ tbsp. flour}\]
   \[2\text{ tbsp. milk}\]
   \[\frac{1}{4}\text{ tsp. salt}\]
   \[\frac{1}{4}\text{ tsp. pepper}\]
   \[2\text{ tbsp. cooked meat, finely chopped}\]
   \[\frac{1}{2}\text{ egg white}\]
   \[\frac{1}{2}\text{ egg yolks}\]

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

2. Meat Croquettes

   1 c. \((++)\) white sauce.
   \[\frac{1}{2}\text{ c. cold cooked ground meat, loosely measured}\]
   \[1\text{ egg}\]
   \[\frac{1}{2}\text{ c. dry bread crumbs}\]

   Add meat to hot white sauce. Spread in dish to cool. Make croquettes 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. tomatoes puree, strained.
   \[1\text{ tbsp. flour}\]
   \[1\text{ tbsp. butter}\]
   \[\frac{1}{4}\text{ tsp. salt}\]
   \[\text{pepper}\]

   Make as for white sauce.

II Utensils

a. Preparation.
I. Meat grinder
II. Demonstration
   3. bowls
   2. small cups
   2. egg beaters, large, small
   1. basin
   3. double boilers
   2. measuring cups
   4. granite plates
   1.anchovies
   5. tablespoons
   3. teaspoons
   1. large granite kettle
   1. frying basket
   1. sharp knife
   1. spatula
   1. cling paper.

C. Serving
   1. large baking dish
   1. tablespoon
   6. plates
   3. forks
   1. gravy boat, and ladle.

III. What can be done before the hour.
   1. Arrange materials on table,
   2. Arrange utensils on table.
   4. Have milk heating for white sauce.
   5. Have hard getting hot.

IV. Order of procedure during the hour.
   1. Make croquettes mixture and set to cool.
   2. Make stuffing.
   3. Shape croquettes, crumb, egg, crumb.
   4. Put tomatoes 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 soups do not suit with fried articles.

VII. Amount of materials used.
   a. Demonstration
      1. Souffle - once recipe.
      2. Croquettes - one half recipe.
      3. Tomato Sauce - once recipe.
   b. Serving
      1. Souffle - 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 Souffle.
            $\frac{1}{2}$ tbsp. butter  $\frac{0.005}{0.01}$
            $\frac{1}{2}$ tbsp. flour  $\frac{0.001}{0.002}$
            2 tbsp. milk  $\frac{0.025}{0.002}$
            $\frac{1}{2}$ tsp. salt  $\frac{0.0002}{0.0002}$
            1 egg  $\frac{0.005}{0.005}$
            \$ 0.01262 = Cost.

            1 c. milk  $\frac{0.01}{0.003}$
            4 tbsp. flour  $\frac{0.0125}{0.005}$
            1 tbsp. butter  $\frac{0.01}{0.005}$
            4 tsp. salt  $\frac{0.0002}{0.0002}$
            1 egg  $\frac{0.01}{0.005}$
            \$ 0.03127 = Cost of 12 croquettes.

         3. Tomato Sauce.
            10 tomatoes juice  $0.0525$
            1 tbsp. butter  $0.01$
            1 tbsp. flour  $0.003$
            \$ 0.0628 = Cost.
6. For six people.

1. Meat Souffle.

Twice times recipe = $0.0631 = Cost for six.


Once recipe = $0.08127 = Cost for six.

3. Tomato Sauce

Once recipe = $0.0628 = Cost for six.

IX. Calorie Value of once recipe.

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First, prepare:

1. Boil:
   - 1 medium sized potato - raw and peeled.
   - 1 c rapidly boiling water
   - 1 tbsp sugar
   - 4 tbsp salt
   - 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 lukewarm 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.
   - 3 c yeast
   - 2 tbsp butter
   - 2 tbsp sugar
   - 1 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 1/2" thick. Cut with biscuit cutter. Spread one half with butter and fold over. Put in buttered pan 1" apart to rise. Butter tops, then light bake in hot oven 15-20 minutes.

II. Utensils:

a. Preparation:
   - 1 small kettle
   - 4 measuring cups
   - 1 small cup
   - 3 granite pans
   - 1 vegetable grater

   1. Bottle and lid
   2. Teaspoons
   3. Teaspoons
   2. Dishes
   1. Wooden spoon.
I. Materials.
   1. spatula
   2. square cake pan
   3. bread board
   4. rolling pin
   5. Demonstration
      1. bread board
      2. rolling pin
      3. spatula
   6. Rolling paper.
   b. Servings.
      1. Bread + butter plates
      2. 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. Arrage all utensils on table.
   6. Have milk scalded and cooled.

IV. Order of procedure during the hour.
   1. Mix ingredients for rolls.
   2. Make but 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.
   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.
I. 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
   - 1 tsp. sugar
   - 1/3 tsp. salt
   - 1/2 cake dry yeast

   \[ \text{Cost} = 0.00699 \text{ = Cost of Yeast} \]

2. Parker House Rolls:
   - 1/2 c. yeast (1/2 recipe)
   - 1 c. milk
   - 2 tbsp. butter
   - 2 tbsp. sugar
   - 4 c. flour
   - 1/2 tsp. salt

   \[ \text{Cost} = 0.05603 \text{ = Cost of 34 rolls} \]

b. For Six People:

Parker House Rolls - one half recipe \[ \text{Cost} = 0.028 \text{ = Cost for six} \]

IX. Calorie Value of once recipe

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<th>Cal. Value</th>
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Recipes

1. Boiled Salad Dressing

Part I
- ½ c. milk
- 1 egg
- 2 or 3 drops of sugar
- ½ tsp. salt

Part II
- ½ c. vinegar
- 2 tsp. flour
- 2 tbsp. butter
- ½ tsp. mustard if desired
- black pepper

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

- 2 tbsp. butter
- 1 tbsp. salt
- 2 tbsp. sugar
- 2 eggs or 4 yolks
- black pepper
- ½ c. vinegar
- ½ c. heavy cream

Mix butter, sugar, salt and eggs, beat vigorously, and pour over egg mixture. Cook over hot water till thick. Whisk in 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
      3. Granite plates
      4. Teaspoon
      5. Fork
      6. Vegetable brush
      7. Nut cracker
      8. Bowl
   b. Demonstration
      1. Measuring cups
      2. Double boiler
      3. Eggs
      4. Bowls
      5. Saucepan
      6. Spatula
   c. Serving
      1. Plates
      2. Forks

III. What can be done before the hour
   1. Prepare vegetables and fruit
   2. Blanch 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 vegetables, fruit and nuts
   4. Whip cream and complete cream dressing
   5. Fill lettuce on plate
   6. Put salad on plate 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.
5. Do not combine until last minute before serving.
6. Place of Salad in menu.

VII. Amount of materials used.

a. Demonstration
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
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
   ½ c milk
   1 egg
   2 tbs. sugar
   ½ tsp. salt
   ½ c vinegar
   2 tbs. butter
   2 tbs. flour
   $0.027 = Cost.
2. Cream Salad Dressing
   1/2 tsp. buttermilk...
   1 tsp. salt
   3 tsp. sugar
   2 eggs
   1/2 t. vinegar
   1/2 cup heavy cream, 32%.
   $0.118 = Cost.

3. Vegetable Salad
   Dressing, once recipe...
   Potatoes (6 lbs.)
   $0.036 = Cost.

4. Fruit Salad
   Dressing (4 recipe)
   Orange
   Nectarine (4)
   $0.086 = Cost.

5. 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.
### Caloric Value of Once-Recipies

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I Recipes

1. Cocoa
   2 tsp cocoa or grated chocolate
   1 tsp sugar
   1/2 c milk
   3 tsp water
   Mix cocoa and sugar. Cook in boiling water till smooth and glossy. Add to scalding milk and mix 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 3-4 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 1/2 c cold water. Boil three minutes. Add boiling water and allow to boil up once. Draw to back of range and add 6-8 c cold water. Let stand one minute to settle. Pour into heated coffee pot.

4. Punch
   Juice 1 orange
   Juice 1 lemon
   3 tbsp sugar syrup
   1 c water
   Combine, strain and ice.

5. Syrup for sweetening punch 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.
      1. Egg beater
      2. Measuring cups
      3. Steel pots
      4. Granite plate
      5. Small strainers

   c. Serving.
      1. Cocoa
         1. Small cups and saucers
         2. Spoons
      2. Tea
         1. Small cups and saucers
         2. Small spoons
      3. Coffee
         1. Small cups and saucers
         2. Small spoons
         3. Small tray
         4. Cream pitcher
         5. Sugar bowl
      4. Punch
         1. 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 punch.
8. Have plenty of jellies in punch. Lemon brings out flavor of fruits.

VII. Amount of materials used:
   a. Demonstration
      1. Cocoa — one recipe.
      2. Tea — one recipe.
      3. Coffee — one-half recipe.
      4. Punch — one recipe.
   b. Servings
      1. Cocoa — one recipe.
      2. Tea — one recipe.
      3. Coffee — one-half recipe.
      4. Punch — one recipe.

VIII. Cost:
   a. One recipe
      1. Cocoa
         2 tbsp. cocoa  .004
         1 tbsp. sugar  .0008
         1/2 c. milk    .002
         $0.0078 = Cost.
      2. Tea
         1 tsp. tea    $0.0026 = Cost.
3. Coffee
   1c ground coffee .075
   1 egg .01
   $0.085 = cost

4. Punch
   1 orange .0333
   ½ lemon .0125
   3 trop. syrup .0048
   $0.0506 = cost.

5. For six people.
   1. Cocoa
      Six times recipe $1.0588 = cost for six.
   2. Tea
      Juice recipe $0.0352 = cost for six.
   3. Coffee
      One half recipe $0.0425 = cost for six.
   4. Punch
      Three times recipe $0.1518 = cost for six.

VI. Caloric value of once recipe.

<table>
<thead>
<tr>
<th>Material</th>
<th>Lb. Used</th>
<th>Cal. 1 Lb</th>
<th>Cal. Used</th>
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<td></td>
<td></td>
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<td></td>
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<tr>
<td>Punch</td>
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<tr>
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<td>170</td>
<td>112.33</td>
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<tr>
<td>Lemon</td>
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<td>145</td>
<td>14.5</td>
</tr>
<tr>
<td>Sugar</td>
<td>⅚</td>
<td>18.60</td>
<td>174.36</td>
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<tr>
<td></td>
<td></td>
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<td>311.19</td>
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</table>

Coffee and Tea have no Caloric values.
Recipes

1. Orange Ice
   3 c. cold water
   3 tbsp. lemon juice
   4 tbsp. syrup
   Mix and strain. Freeze.

2. Orange Sherbet
   3 c. orange juice
   3 tbsp lemon juice
   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
   2 c. milk cream
   1 tbsp. sugar
   1 tsp. vanilla
   1/2 tsp. cream of tartar
   Mix ingredients and freeze.

4. Freezing mixture
   Two thirds ice
   One third cream and salt

II. Utensils

a. Preparatory
   1 knife
   1 lemon squeezer
   1 measuring cup
   1 strainer
   1 fork
   1 spoon
   granite plate
   2 dish pans
   1 salt pan
   small stew pan
   ice cream scoop
   ice cream freezer
   hatchet
1. Demonstration
   - lemon creamer
   - egg beater
   - 4 tbsp.
   - 1 teadsp.
   - 2 measuring cups
   - 1 strainer

2. Serving
   - 10 Sherbet cups
   - 30 spoons

III. What can be done before the hour.
   1. Make orange sherbet
   2. Make syllabub
   3. Arrange all materials on table
   4. Arrange all utensils on table
   5. Fill a pan of ice and salt

II. Order of procedures during the hour.
   1. Make orange sherbet, sit in ice
   2. Make lemon ice
   3. Make Philadelphia Ice cream

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

II. Points to be brought out during demonstration.
   1. Good freezing mixture
   2. Freezing in small amounts
   3. Frozen dishes must be left sunk before freezing
   4. Difference between 1. punch 2. froze 3. ice 4. sherbet
   5. Varieties in ices and cream

III. Amount of materials used.
   1. Demonstration
      - Lemonade - once recipe
   2. Orange Sherbet - once recipe
   3. Philadelphia Ice cream - once recipe
VIII. Costs.
  a. Once recipe
    1. Lemon Ice
       2 tbsp lemon juice 0.0125
       4 tbsp syrup      0.0064
       Cost: $0.0189
    2. Orange Sherbet
       3/4 cup orange juice 0.0333
       4 tbsp syrup      0.0064
       2 tbsp lemon juice 0.0031
       1 egg white      0.005
       Cost: $0.0485
    3. Philadelphia Ice-Cream
       3/4 cup cream      0.025
       1 tbsp. sugar     0.0016
       1/2 tsp. vanilla  0.0029
       Cost: $0.0295
  b. For six people.
    1. Lemon Ice
       Four times recipe = $0.0756 = Cost for six
    2. Orange Sherbet
       Four times recipe = $0.1455 = Cost for six
    3. Philadelphia Ice-Cream
       Four times recipe = $0.118 = Cost for six.
### IX. Caloric Value of some recipes

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Material</th>
<th>Lb. Used</th>
<th>Cal. 1 Lb.</th>
<th>Cal. Used</th>
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<td>Sugar</td>
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<tr>
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<td>Orange</td>
<td>3/8</td>
<td>170</td>
<td>112.33</td>
</tr>
<tr>
<td></td>
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<td>Philadelphia Ice Cream</td>
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Eleventh Lesson

I. Recipes

1. Lemon jelly.
   1/2 tsp. gelatin
   1 tbsp. water
   3 tbsp. water
   2 tbsp. lemon juice
   1/2 tsp. sugar
   Soak gelatin in 1 tbsp. water. Combine with mixture. Strain into jell moulds and chill till firm.
   Drench edges with a pointed knife and surround by applying a clock wht in hot waer for a second.

2. Snow pudding.
   Same as jelly, place 1/2 tbsp. sugar, then nearly jum beat thoroughly and add stiffly beaten white of egg and beat till it will hold a drop. Pile on afleet dish and serve.

3. Orange Bavarian.
   1/3 cup gelatin
   1/3 cup of juice of fruit (ripe or cooked)
   1/3 cup cream
   1 cup sugar
   Soak gelatin in 1 tbsp. cold water. Soften over hot water and add to fruit mixture. Set aside to chill. Beat cream till stiff. Mix fruit in syrupy jell with the cream. Line mould with nice jell of fruit. Fill mould with Bavarian mixture. Unmould Bavarian on plate and serve decorated with whipped cream.

II. Utensils

   a. Preparation: none.
   b. Demonstration:
      1 lemon reamer
      1 pair scissors
      1 small cup
      1 strainer
      2 moulds
      4 bowls
      1 square cake pan
      1 measuring cup
I. Granita plate
2. Egg beaters
3. Knife

C. Serving
1. Lemon jelly
   6 glass plates
   24 spoons
2. Snow pudding
   6 glass plates
   Spoon rest for jelly
3. Orange Bavarian
   6 glass plates
   1 large glass plate
   1 tablespoon
   24 spoons rest 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.

II. Order of procedure during the hour.
1. Make Times recipe of lemon jelly.
2. Allow half to set, add egg and sugar to other half.
3. Make Bavarian.

IV. Time required for actual work of the hour.
Thirty minutes.

V. Points to be brought out during demonstration.
1. Swelling and softening of gelatin
2. Value of gelatin dishes
3. Decothing moulds.
5. Unmoulding.
VII  Materials needed.
   a. Demonstration.
      1. Lemon jelly - once recipe.
      2. Snow pudding - once recipe.
      3. Orange Bavarian.
         \[
         \frac{1}{3} \text{ c orange juice + pulp (1 orange)}
         \]
         \[
         \frac{1}{3} \text{ c double cream}
         \]
         \[
         1 \text{ tbsp. sugar}
         \]
         \[
         1 \text{ tbsp. gelatin}
         \]
   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.
         \[
         \frac{3}{4} \text{ tbsp gelatin}
         \]
         \[
         1 \text{ tbsp lemon juice}
         \]
         \[
         \frac{1}{2} \text{ tbsp. sugar}
         \]
         \[
         1 \text{ tbsp. cream (whipped)}
         \]
         \[
         0.02 + 0.005 = \text{Cost}
         \]
      2. Snow pudding.
         \[
         \frac{1}{2} \text{ tbsp. sugar}
         \]
         \[
         \frac{1}{2} \text{ c milk + egg}
         \]
         \[
         0.005
         \]
         \[
         0.0305 = \text{Cost}
         \]
      3. Orange Bavarian.
         \[
         \frac{1}{2} \text{ c orange juice + pulp}
         \]
         \[
         \frac{1}{2} \text{ c cream (32%)}
         \]
         \[
         1 \text{ tbsp. sugar}
         \]
         \[
         1 \text{ tbsp. gelatin}
         \]
         \[
         0.1002 = \text{Cost}
         \]
   b. For six people.
      1. Lemon jelly.
         \[
         \frac{1}{6} \text{ times recipe} = 0.1482 = \text{Cost for six}
         \]
      2. Snow pudding.
         \[
         \frac{1}{6} \text{ times recipe} = 0.0915 = \text{Cost for six.}
         \]
### Orange Bavarian Juice Recipe

$0.2004 = \text{Cost for six.}$

### Calorie Value of Juice Recipe

<table>
<thead>
<tr>
<th>Materials</th>
<th>lbs. Used</th>
<th>Cal. per lb.</th>
<th>Cal. per Head</th>
</tr>
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<td>Gelatin</td>
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<td>Jelly</td>
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Twelfth Lesson

Recipe


Pick grapes from vines, 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 the juice in a kettle large enough so that juice will not be more than ½ deep in kettle. Boil rapidly until reduced to 3 cups. Add 36 granulated sugar. Bring to boil, skim and pour into glasses.

II. Utensils.

a. Preparation - none.

b. Demonstration.

3 basin
stew kettle
2 wooden spoons.
2 measuring cups.
jelly bag.
c. Serving.
6 plates
12 knives.

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. Ordering procedure during the hour.

1. Prepare fruit
2. Cook & drain fruit.
3. Cook jelly
4. Pressure to glass of jelly.

V. Wine required.

No fruit in market to experiment upon.
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.

Amounts of materials used.

Cost.

Caloric value.
General Equipment:

Stove - Gasoline
1 gas
Long, narrow table
Side table
Ice box
Blackboard, chalk, eraser
Water pail, dipper
Garbage pail
4 dish pans
2 large trays
2 small trays
Bread box
Can opener
4 dish cloths
34 dish towels
2 scrubbing brushes
Soap
Sponge & scrub
Other sponges
White paper to cover table.

Supply Containers:

Pitchers, small, large
Sugar jar
Salt can
Vinegar bottle
Flour can
Butter dish
Crumb jar
Vanilla bottle
Salad jar
Tea can
Coffee can
Bottle for syrup
Pans for vegetables.
Prices

Bread, loaf (1 lb) $1.10
Butter, per lb .32
Cheese, per lb .22
tobacco, per can .18
toffee, per lb .375
tea, per lb .32
Butter, 52% per lb .32
crumbs, sifted
eggs, per dozen .12
flour, per lb .02
gelatin, per pkg .10
ice, per 100 lb .40
lard, per lb .125
lemons, per dozen .30
milk, per gal .04
oranges, per lb .05
oranges, per dozen .40
potatoes, per lb .80
salt, per lb .01
sugar, per lb .02
tea, per lb .075
vanilla, per 2 oz. bottle .25
vinegar, per gal .125
parsnips, English, per lb .20
yeast, dry, per pkg .05
Weights and Measurements

4 qt. = 1 gal.
4 c. = 1 pt.
2 c. = 1 pt.
16 tbsp = 1 c.
3 tbsp = 1 tsp.
45 drops = 1 tsp.

Bread: 10% loaf cuts 16 slices or 7 slices per piece. 1 slice per half makes 4 cheese slices and 2 bites for creamed vegetable.

Butter, 1 lb. = 32 tbsp.
Cuts 32 squares for table.
Cheese, - 4 c. grated cheese = 1 lb.
Cream, - 1 tbsp = 2 c. = 1 1/4 c.
Coffee, - 5 cups ground coffee = 1 lb.
Cream, - 1 pt = 1 lb.
Eggs, - 8 eggs = 1 lb.
Flour, - 1 c. = 1 lb.
Salt, - 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 1/2 lb.
1 lemon = 4 tbsp juice.
Onion, one large = 1 lb.
Potatoes, 4 medium size = 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 drams
1 1/2 tsp. = 1 dram.
Water (English), 32 nits = 1 lb. = 2 c. water
Yeast, 5 cakes = 1 pkg.
Weights and Measurements

4 pt. = 1 gal.
4 c. = 1 pt.
2 c. = 1 pt.
16 tbsp. = 1 c.
3 tbsp. = 1 tsp.
45 drops = 1 tsp.

Bread: 10 lb. loaf cuts 16 slices or 7 slices for twice.
1 slice per box makes 4 cheese biscuits, and
2 boxes for creamed vegetable

Butter, 1 lb. = 32 tbsp.
Cuts 32 squares per table.
Cheese, 4 c. grated cheese = 1 lb.
Cream, 1 lb. = 1/2 lb. = 1 1/4 c.
Coffee, 5 cups ground coffee = 1 lb.
Eggs, 8 eggs = 1 lb.
Flour, 4 c. = 1 lb.
Salad, 4 tbsp. = 1 pck.

Ice, 10 to 15 lb. to freeze a freezer of cream.
Lamb, 2 c. = 1 lb.
Lemons, 1 lemon weighs 1/2 lb.
1 lemon = 4 tbsp juice.

Onions, one large = 1 lb.
Potatoes, 4 medium sized = 1 lb.
60 lb. = 1 bw.
Salt, 2 c. = 1 lb.
Sugar, 2 c. = 1 lb.
Tea, 6 c. = 1 lb.
Vanilla, 1 bottle = 2 oz = 16 drams
1/2 tsp. = 1 dram.

Whitney (English), 32 oz. = 1 lb = 2 c. measures
Yeast, 5 cakes = 1 pck.