

Foods Project for 4-H Clubs

The 4-H Club Member
Entertains

Circular 393

UNIVERSITY OF KENTUCKY
COLLEGE OF AGRICULTURE AND HOME ECONOMICS
AGRICULTURAL EXTENSION SERVICE

Thomas P. Cooper, *Dean and Director*

FOODS PROJECTS FOR 4-H GIRLS

The following six foods projects are available to 4-H Club girls:

- Breakfast
- Supper or Luncheon
- Dinner
- School Lunch
- The 4-H Club Member Entertains
- 4-H Bake Book

Only one project should be undertaken within any one year of 4-H club work. A girl beginning 4-H club foods work should start with "Breakfast" and the following year take "Supper or Luncheon." After having finished these two units she may choose the following three projects in the order desired. "Dinner," "School Lunch," and "The 4-H Club Member Entertains." The "4-H Bake Book" should be the last food project taken.

All girls should keep complete records of foods work, including the project requirements and the "extras" done at home. At the completion of a series of food projects the records may prove of great value in competing for county, state and national awards.

The work of the 4-H Foods Projects is planned to do at least five things:

- Give knowledge of wholesome foods, their preparation and combination
- Interest girls in sharing the responsibility of preparing foods for themselves and their families
- Improve health habits
- Promote a varied, well-balanced diet
- Teach correct table service and table manners

ABBREVIATIONS	AND THEIR	EQUIVALENTS
T	tablespoon	3 t
t	teaspoon	16 T
c	cup	2 T
oz	ounce	16 oz.
lb	pound	$\frac{1}{2}$ c
g	gill	$\frac{2}{2}$ c
pt	pint	2 pt
qt	quart	4 qt
gal	gallon	

The 4-H Club Member Entertains

By ANITA BURNAM DAVIS, EDITH LACY, and RUTH LATIMER

Your most pleasing appearance partly depends on your clothing and on wearing it without being conscious of it. In a similar way your best behavior partly depends on your knowledge of the rules of good manners and good form and on observing them as an established habit. Rules of etiquette merely guide you to the practice of good taste and to the promotion of charm and elegance in life. A real person instinctively observes them.

This project calls attention to the rules that regulate certain social events in the life of a 4-H club member. While young, learn to observe these social niceties unconsciously. Let their practice become a part of your behavior and mark you as a girl with kindly motives and neighborly consideration. They will not only make your social events run more smoothly but make your life more pleasant.

What to do in this project

Write an informal invitation and acceptance.

Arrange 3 table bouquets.

Prepare 3 varieties of party sandwiches.

Make 1 loaf or layer cake or 2 kinds of party cookies.

Make 3 beverages.

Practice introductions and other courtesies until they are so much a part of you that they are second nature.

Have a picnic, party, tea, or supper alone or with assistance of other club members.

Serve tea to the family or chance callers.

PLANNING TO ENTERTAIN

In planning a party consider the season, the likes and dislikes of the group to be invited, equipment for entertaining, the help available for preparation of food and all items that affect the comfort of the guests. Careful planning is needed to determine the type of party that you will have. Many enjoyable parties are planned where guests assist in the preparation, cooking, and serving of food and in the entertainment. Consult all members of your family to be sure your plans are agreeable to them.

Make your party or tea very informal. Choose simple and plain refreshments from your own farm food supply. Several girls may be co-hostesses and each assume her part of the preparation as well as

the entertaining. The more preparation in advance, the freer the hostess will be for her most important job—seeing that her guests enjoy themselves.

Types of Entertainment

Think over the following types of entertainment: (1) teas, with dainty food, dainty flowers, and service; (2) parties for an occasion such as your birthday, Christmas, or Valentine's day, when you wear your best clothes and serve sweet refreshments; (3) picnics, with easy clothes, hearty food and plenty of it. For a picnic plan a weiner roast preceded by a hike; or a log fire supper usually preceded by a hike; or an outdoor oven supper held in the back yard or near the house; or a lunch packed to be eaten away from home after a hike or swim.

Informal Invitations

Informal invitations to a tea, or evening party, may be given in person, over the telephone, or may be written. The person inviting you pays you a compliment; your reply should indicate your appreciation of the invitation. "I shall be glad to come to your party" is a suitable reply to a personal or telephone invitation. A written invitation to an informal party may be just a note. It is always written with pen and ink on note paper or a correspondence card. Follow this form:

Dear Mrs. Dean:

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

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

Sincerely yours

Alice Jones, Secretary

In accepting Mrs. Dean writes:

Dear Alice:

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

Sincerely yours

Edna Dean

Courtesy demands an answer to any invitation, unless it is to a tea or reception. If the host or hostess wishes to know how many are to be present at a tea or reception there will be an "R. S. V. P." in the lower left-hand corner of the invitation. This means a prompt reply is expected.

As you grow older you will want to know how to write formal

invitations and acceptances. In case you need this information now, consult "Etiquette" by Emily Post, a book in the Homemakers Library.

Entertainment

Plan entertainment that will be interesting to all guests. For indoors use quiet games, table games, group singing, paper and pencil games; for outdoors, active or semi-active games, croquet, treasure hunt. Consult Circular 344, "Recreation for 4-H and Utopia Clubs," College of Agriculture and Home Economics, University of Kentucky.

How to Make an Introduction

Place of honor.—Always give the woman the place of honor; that is, introduce a man to a woman. A man is always brought to a woman for an introduction; never a woman to a man.

Forms of introduction to use.—Use any one of the following forms:

- Miss G, this is Mr. B.
- Miss G, may I present Mr. B?
- Miss G, may I introduce Mr. B?
- Miss G, Mr. B.

If you are introducing two men, it doesn't matter which one you present to the other; however, if one is a much older man, give him the place of honor.

If you are introducing any one to your mother, always say, "Mother, this is so and so," no matter if the person to whom you are introducing your mother is much older and much more important. You always give your mother the place of honor; for example, say, "Mother, this is Miss X, my teacher."

If your mother has a different name from your own, you should bring her name into the introduction. Say, for example, "Mother, this is Miss X, my teacher;" then turn to the teacher and say, "This is my mother, Mrs. Y."

If you are introducing two girls, say, "Miss G, this is Miss Y." Never say, "Miss G, this is my friend, Miss Y," because it indicates that one is your friend and the other isn't, and might hurt the feelings of one of the girls. If you are introducing two girls, each of whom you have previously mentioned to the other, it is all right to say, "Mary Smith, this is Grace Jones."

If you are introducing members of your family, for example, a friend to your father, say, "Miss Smith, this is my father." If you are introducing a boy friend to your father, you say, "Father, this

is Bob Smith." If you are introducing your brother to a young lady, say, "Miss Smith, this is my brother Charles."

Group introductions.—If the group is small and the conversation is general, a new arrival should be introduced to everyone. Never include the whole group in one introduction. If men and women comprise the group, the hostess proceeds in order, rather than taking the women first and then returning to the men. It is not necessary to repeat the newcomer's name each time. Those being introduced last may not have caught the name; consequently the hostess should repeat the name at intervals so that all may know it. If a man and woman arrive together they are introduced at the same time, the woman's name being mentioned first. If the group is too large to permit individual introductions, newcomers should be introduced to several of the people nearest at hand.

Forms of introduction to avoid.—On no occasion say, "Mr. Smith, *meet* Mr. Jones," or "This is my girl friend" or "boy friend" or "gentleman friend." In fact, it is never good form to use any of these expressions at any time.

What to say when introduced.—When you are introduced the best reply is "How-do-you-do?" If you are the type person who can very smoothly add another line, such as "It is nice to know you," or "I am glad to see you," you may do so. Never say, "I am glad to 'meetcha'," or "howdy" or "charmed" or "delighted."

When to stand.—Only on two occasions should a girl stand when introduced: (1) When introduced to a much older lady, someone the age of your mother, remain standing until she passes on to the next person or is seated. (2) If you are the hostess and some one comes into the room stand to greet him or her. A gentleman rises when introduced either to a lady or another gentleman.

When to shake hands.—It is a lady's privilege to offer her hand or not. A gentleman never extends his hand to a lady. However, if a lady meets someone who extends his hand to her she should shake hands. An older lady has the privilege of extending her hand to a younger lady if she desires. A lady does not have to remove her gloves to shake hands. She should not say, "Pardon my gloves," because no pardon is needed for a proper procedure.

A gentleman always shakes hands with another gentleman to whom he is introduced, or to a lady if she extends her hand to him. He removes his gloves. If a lady extends her hand a gentleman should not grab it with a vise-like grip and squeeze her fingers

tightly. No gentleman would be so inconsiderate. A firm clasp but not a grip is the mark of a gentleman. Just shake hands firmly and cordially, not limply and feebly.

If it seems awkward to shake hands, don't do it. For example, if there are people standing near those being introduced it may be more awkward to try to shake hands than to leave it undone.

Attractive Table

The appearance of the table from which you serve your guests is a big factor in giving cheer and charm to a party. A guest may not know the value of the table cloth, silver, and china but he knows when it "looks nice." Silver, china, and table linens may be very inexpensive but with good care look attractive. Shining knives, forks, and spoons and glistening dishes on a spotlessly clean table cover or table mats provide the right background for appetizing food. Cleanliness is an essential art in the preparation and serving of food. Flowers add beauty and should not be forgotten.

Arrangement of Flowers

Use an undecorated container simple in shape and with a mouth large enough so the flowers are not crowded. Soft colored containers, such as dull green, dull blue, cream, brown, and yellow help the flowers to appear their best. If one does not have a flower vase of the right size, shape, or color for a living room bouquet, simple household articles may be used such as pickle bottles, crocks, glasses, or water pitchers. For the table, one may arrange flowers in low salad or kitchen bowls.

Dainty flowers need dainty containers and surroundings. Daintiness may be in the color or the material of the vase or bowl. For example, sweet peas being dainty in size, quality and color are suited to arrangement in a bowl of clear glass. Zinnias express sturdiness, are stiff and look best in pottery, pewter, brass, or copper containers.

Watch proportions. See that flowers are approximately one and a half times the height of the vase, or one and a half times the width of the bowl. Mass the heavy or dark flowers near the base of the arrangement. Keep light colors and forms at the top for balance. Bouquets low in height are desirable on a diningroom table because they do not obstruct the view across the table. Avoid confusion in your arrangement. Better too few flowers than too many. Put one flower in at a time. Use some foliage. Flower holders make possible a more natural arrangement of flowers. Homemade holders of chicken wire, a potato, or other article may be used.

HOW TO BE A GRACIOUS HOST OR HOSTESS

It is real fun to be a host or hostess—especially if you are sure the party has been well planned and you yourself feel at ease. Plan the entertainment before the guests arrive. Create a friendly feeling that will make guests feel at home. Receive guests naturally and express pleasure at seeing them. Show the guests where to put their wraps. Introduce all guests to each other and to your family. Serve the refreshments in an attractive manner. Be present when the guests are leaving and receive their compliments with appreciation. Do this in a friendly, gracious manner. If there is more than one host or hostess, each should have a share in cleaning up after the party. Do not leave it to others.

RULES FOR PARTY GUESTS

Be your natural self. Greet the hostess. If you are a stranger, your hostess or her helpers will introduce you to the other guests. Join some group of guests; and then go about the room talking to all present. Try to include at least three persons in the conversation.

The following general courtesies are listed that you may see them in "black and white" and review them from time to time.

1. Answer invitations promptly.
2. If you are invited to an afternoon or evening party be prompt but not too early.
3. Be agreeable. Do not visit with just one or two persons.
4. Noisy people are often disliked. Boisterous laughter is taboo. Avoid making yourself conspicuous at any time.
5. Be considerate of others; in doing this you forget yourself.
6. Etiquette is built on the "Golden Rule."
7. When a person is talking to you, give that person your entire attention.
8. One rises when an older person enters the room.
9. Neither eat your food too fast nor take too big bites. Talking while chewing is crude.
10. Gum chewing is not considered good taste at teas and parties but is permissible on picnics or other informal outings.
11. To be popular be well groomed, clean and neat, and appropriately dressed on all occasions.
12. Upon leaving a party, tea, picnic, or other social event thank your hostess or hostesses for your invitation and entertainment.

THE TEA PARTY

Many hostesses express a very real hospitality by serving afternoon tea to the chance guest or caller. Home folks enjoy it too. The kind of tea given governs the choice of cloth, dishes, food, and so on.

If it's a tea for a chance caller or the family taking time out to relax it may be served from a small table in the living room, in the dining room, kitchen, or on the porch—any place where there are enough chairs for everyone to be seated. The tea may be made and poured in the pot for serving or a pot of hot water and individual tea bags may be used. In summer a cold drink is refreshing. Cookies, bread and butter sandwiches, cheese straws, crackers, or any simple bread or cake may be served. Cup, saucer, teaspoon and paper napkins only are needed for each person. The informality of this type of tea, as you sit and chat, makes one feel welcome.

If it's a dainty tea with invited guests, then you may have flowers for the tea table of the dainty varieties; flower containers, dainty; table cloth, plain or lace; napkins, small (about $\frac{1}{4}$ size of dinner napkins); silver, teaspoons only; china, cups and saucers. Tea may be served hot or cold or used as foundation for fruit punch. For refreshments you may have small open faced cream cheese sandwiches (on brown, whole-wheat or white bread); rolled jam sandwiches; tiny cookies or inch blocks of cake; nuts; candy.

Seating guests is unnecessary—they stand and chat as they sip their tea, and remain not more than 30 minutes.

Dainty Tea Sandwiches

Fresh bread is always essential for good sandwiches. Use white, whole-wheat or Boston brown bread or a combination of white and whole-wheat. In all cases slice the bread very thin. When using whole-wheat or white bread, first cut off the crusts and wrap the loaf in a clean, damp cloth, and chill for an hour or more in the refrigerator before attempting to slice it. All sandwiches should be spread with a thin layer of well creamed butter before the filling is added to prevent it from soaking into the bread. As sandwiches are made, place them between layers of wax paper; then place a damp cloth over the wax paper to prevent drying out before ready to use.

Pin-wheel Sandwiches

Follow directions above, then slice the bread lengthwise about $\frac{3}{8}$ inch in thickness. Place each slice on a damp cloth when ready to spread. First spread with a very thin layer of well creamed butter,

then with the desired filling. Roll up the slice like a jelly roll, making the first bend rather sharp and press the bread at each twist. Wrap each roll separately in wax paper. Place in refrigerator. Slice crosswise when ready to serve.

Rolled Sandwiches

Use one thin crosswise slice of white bread for each sandwich. Spread with very thin layer of well creamed butter, then with desired filling, and roll as a jelly roll. Place on a damp cloth; wrap in this cloth and put in a cool place until serving time.

Open-Face Sandwiches

An open-face sandwich always adds an attractive bit of color to a sandwich plate. Slice bread thin, about $\frac{1}{8}$ inch in thickness. From these slices cut rounds of other fancy shapes, using biscuit or cookie cutter. After spreading each with butter and salad dressing, decorate with thin slices of tomato from which seeds have been removed, or with cucumber, or spread with a cheese filling and decorate with slices of pickle, egg, pimento, or bits of watercress, chives, or parsley.

CHEESE SANDWICH FILLING

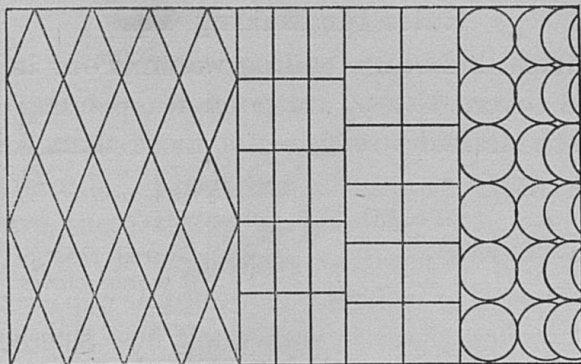
4 green peppers	1 lemon (juice)
$\frac{1}{2}$ t chopped onion	1 c cottage or other soft cheese
4 T mayonnaise or cooked dressing	4 stuffed olives or small amount of pickle or relish
$\frac{1}{4}$ t salt	4 black walnuts or 8 pecans

Seed and chop the peppers very fine. Cover with lemon juice and let stand one hour. Add finely chopped onion, salad dressing, salt, cream cheese, finely chopped nuts and olives. Any of the following combine well with cheese for a sandwich spread: pimento, green pepper, crushed pineapple, cucumber, nuts, olives, pickles, onion juice. A combination of 2 or 3 of these may be used in one filling.

WHITE CAKE

4 egg whites	$\frac{1}{2}$ c milk
1 c sugar	2 t baking powder
$\frac{1}{2}$ c butter	$\frac{1}{2}$ t salt
2 c flour	1 t flavoring

Cream shortening. Add sugar gradually and cream until fluffy and light. Sift flour, baking powder and salt together. Add flour and milk alternately to creamed mixture. Add flavoring and mix into a smooth batter. Fold beaten egg whites in last. Pour into greased paper-lined 9-inch square layer cake pan. Bake 30 minutes in moderate oven (350° F). Use egg yolks in custard, salad dressing or sandwich fillings. The tops of the cakes may have frostings of various colors and may be decorated with nutmeats, or small candies; or the cake blocks may be frosted all over, or just on top.



The loaf cake may be cut in these various shapes.

PASTEL FROSTING

1 egg white

1 six ounce glass tart jelly

Combine the 2 ingredients in the top of a double boiler. Beat vigorously over boiling water until the mixture is stiff enough to hold its shape. Spread over the cake before cutting. Different color schemes can be developed by using jellies of different fruits which produce different colors. For example: cherry jelly gives a pink icing, mint jelly gives a green icing, and grape jelly gives a lavender icing.

SEVEN MINUTE FROSTING

1 c sugar

3 T boiling water

1 egg white unbeaten

1 t vanilla or other flavoring

Put the unbeaten egg white, sugar and boiling water into the top of a double-boiler. Beat with rotary egg beater for 7 minutes, starting to count time when water in lower part of double boiler begins to boil. Remove from fire immediately, add flavoring and beat until hard enough to spread on cake.

Sponge Cake Lace Squares

Try putting a lace icing on a sheet of sponge cake. For the lace icing you need confectioner's sugar and lace paper doilies with loose or open pattern. If you prefer to make an original lace pattern, cut a 3-inch square of paper and fold in halves diagonally. Fold this triangle in halves. Fold the resulting triangle in halves. Do it once more. Now you have a small triangle with many folds of paper. With a sharp scissors cut little nicks or curves ever so often along the edges. When you open the folded paper you have a square with an openwork design. Lay the square or the lace paper doily flat on the cake. Shake confectioner's sugar over the top. It will sift through the holes in the paper. Lift the paper very carefully—and there you have a lace icing on the cake!

Rules for Making Tea

Always use fresh, bubbling, boiling water. Pour it over tea leaves or tea bags and cover. Use $\frac{1}{2}$ teaspoon tea per cup plus 1 for the pot. Steep to any desired strength—not more than 3 to 5 minutes—and *never* boil.

SPICED TEA (20 servings)

1 gallon tea (16 cups)	Grated rind of a lemon
2 oranges	6 whole cloves
2 lemons	1 bay leaf
$1\frac{1}{2}$ c sugar	$\frac{1}{2}$ stick cinnamon (broken)

Make tea. Put tea spices in small bag. Dissolve sugar in hot tea and add spice bag. Let stand 20 minutes or more. Remove bag. Add fruit juices just before serving.

FOUNDATION PUNCH (20 servings)

3 c strained orange juice, grape juice, berry juice, canned cider	2 c sugar
2 c strained lemon juice	1 c water

Heat sugar and water to make a sirup. Cool. Combine with the fruit juices. Add enough water to make one gallon of punch. Serve cold.

PARTIES

At most 4-H Club parties everyone will be acquainted and know the news of the neighborhood. They will want fun and frolic! To make these guests have a good time, keep them busily engaged in various games, stunts, or singing, so there are no dull moments before refreshments. After refreshments a party soon ends.

Suggestions for Entertainment

If it is an outdoor party play croquet and tag, have a treasure hunt, or run relay races. If it is an indoor party play semi-active games such as musical chairs, thimble, fruit basket, or such quiet games as puzzles (make your own), guessing games, quiz games (battle front geography), add-a-line poetry, simple crossword puzzles, anagrams, and bingo. Other forms of entertainment are group-singing around the piano; burlesque radio programs; and solos, duets, readings, story telling, and tricks in which the guests participate. Moreover, you may seat your guests at tables with a different game or puzzle at each table and let the groups compete with each other.

The prizes most enjoyed by all are those that cause surprise and laughter. Be original. Find, rather than buy, your prizes. For example—to a winner, a neat package containing a chicken feather with the inscription, "Another feather in your cap," would get a big laugh; or a nut with the words, "Not that you are." War stamps are patriotic prizes and in keeping with the spirit of the times.

Scald the milk, stirring constantly or use a double boiler. Mix cornstarch and cold water to a smooth paste and slowly add to it the scalded milk, continuing the stirring. When slightly thickened, return mixture to the double boiler and cook for about 15 minutes. Add sugar, salt, and beaten egg yolks. Cook 2 minutes. Strain if lumpy. (Cornstarch is less apt to lump than flour.) When cold, add the cream and vanilla. Freeze, using 4 parts ice to one of salt.

FRESH FRUIT ICE CREAM

1 pint fresh fruit	1 c honey
1 pint cream	$\frac{1}{8}$ t salt

Mash pared fruit and add honey. Allow to stand a short while. Then add cream and salt. Sugar may be added if needed. Freeze. Turn freezer about 10 minutes before removing paddle and packing. Let stand 2 hours.

LEMON MILK SHERBET

1 t unflavored gelatin	$\frac{3}{4}$ c lemon juice
1 quart milk	$\frac{1}{8}$ t salt
$1\frac{1}{2}$ c sugar or honey	

Soften the gelatin in $\frac{1}{2}$ cup of the milk. Dissolve over hot water or directly over the fire, stirring constantly to prevent burning and add to remainder of milk. Mix sugar, salt and lemon juice. Add *slowly* to milk mixture. Pour into the freezer. In freezing, follow directions for freezing vanilla ice cream. Orange, lime or any other fruit juice may be substituted for the lemon.

MOLASSES POPCORN BALLS

12 c popped corn	1 T butter
1 c sorghum molasses	$\frac{1}{2}$ t salt
$\frac{1}{2}$ c sugar	

Pick over corn, discarding hard kernels; put in large pan; sprinkle with salt. Mix molasses and sugar and boil until mixture becomes brittle when dropped in cold water (270° F). Add butter. Pour mixture gradually over the corn while stirring corn constantly. Shape into balls, using as little pressure as possible. Wrap in waxed paper.

OATMEAL DROP COOKIES

$\frac{3}{8}$ c butter	$\frac{1}{2}$ t salt
1 c sugar or part honey	1 t baking powder
2 eggs	$\frac{1}{2}$ t cinnamon
$\frac{1}{2}$ c milk	1 t nutmeg
2 c rolled oats	1 c chopped raisins
2 c flour	

Cream shortening, add sugar gradually, and beat until light. Add beaten eggs, milk, and rolled oats. Sift together flour, salt, baking powder, cinnamon, and nutmeg, and add to first mixture. Add raisins and mix well. Drop from teaspoon onto a greased cookie sheet. Bake in moderately heated oven (375° F) for 12 to 15 minutes.

MOLASSES COOKIES

$\frac{3}{4}$ c molasses	3 t baking powder
$\frac{1}{2}$ c butter or other fat	$\frac{1}{2}$ t soda
1 egg	$\frac{1}{2}$ t cinnamon
$\frac{1}{2}$ c sugar	$\frac{1}{2}$ t ginger
$\frac{1}{2}$ c milk	$\frac{1}{2}$ t salt
$2\frac{3}{4}$ c flour	

Heat the molasses and fat until the fat is just melted, and add these to the mixture of beaten eggs, sugar and milk. Sift together and add the other ingredients. Drop by spoonfuls onto a greased baking sheet, and bake in a moderately heated oven (350° F). Remove from the pan at once. (To increase the milk solids in this recipe, add the one-half cup of dried skim milk, sifted with the dry ingredients.) Yield, 50 3-inch cookies.

OUTINGS — FRESH AIR FEED

Get ready for an outdoor party "if you love the lure of a woody trail and the cheer of a crackling fire!" Guess it's the hobo in us, this itch to toss food in a basket and eat it in some other place, miles away or in our own back yard or woods. It is sometimes referred to as the "call of the wild." Nature is more attractive to us in spring or early fall and we yearn to be out-of-doors. When this feeling strikes, plan a picnic! It may be a log fire meal, a weiner roast, an outdoor oven meal, or a packed lunch picnic.

In olden times there were tribes of people called "fire-worshippers" because they revered fire as god. After all, aren't all of us fire-worshippers at heart? The rosy glow from a crackling log fire seems to throw a charm over all who come within its reach. Wouldn't it be fun for your club to plan a log-fire supper for some afternoon when autumn first tangs the air or when spring comes over the hill?

The very oldest known cookery process was broiling—and certainly there is nothing much more appetizing than the smell of broiling ham or bacon. Perhaps you would vote for broiled steak. Another primitive way of cooking was roasting in the embers—and certainly no better way of cooking many foods has been found in all the thousands of years since roasting was first practiced.

Hints on Preparation

In preparing for any type of outdoor cookery meal, the menu and equipment for cooking and serving has to be well thought out in advance. It's smart to make a list of things to be taken and check your list as the things are assembled. Advance preparation makes the picnic more enjoyable for everyone. If sticks are to be used for

cooking, be sure you know where to get them. Don't forget knife for cutting and sharpening sticks.

Paper plates and cups are desirable but you can have a picnic without either. Substitute something for them or let your guests bring their own. You may have the type of food that does not require a plate, such as food cooked on a stick and then eaten from the stick or put into a bun.

Plan to have everybody help in some way. If possible suggest couples work together. They'll love cooking their own food.

The following directions are given in the "Boy Scout Handbook" for building a fire: "Get dry twigs or, if in rain, split open piece of log and get dry interior. Cut into long, thin slivers. Pile these with some slightly larger pieces on end, into a cone or pyramid, and light them below and on the windward side. No paper or dangerous kerosene may be used. Especial care should be exercised to avoid spread of fire and upon leaving a fire **BE SURE IT IS OUT**. Plenty of water or sand or damp earth may be used, especially water, but **BE SURE IT'S OUT**."

Actual food preparation and eating usually follow a hike, a swim, or group games.

Cooking Suggestions

The outdoor oven meal is cooked on an oven built in the open. It may be in a park, public picnic grounds or your own back yard. Usually tables and benches are constructed near an oven to make the service easier. Cooking utensils are needed, as well as plates, cups, paper napkins, and so on, depending on menu.

The log fire meal requires no cooking utensils unless perhaps a container for making coffee or other hot drink. However, utensils can be used on an open wood fire. Sticks and wire plus a little ingenuity work well.

Potatoes may be roasted (in their skins) either in the coals or in a hollow tile, one end of which is next to the fire and the other covered with a board or stone. They will roast more beautifully in this arrangement than if they were in your kitchen range at home. They may be wrapped in many folds of wet newspapers and baked in the ashes.

To roast corn strip off only the very outside husks, then open shucks enough to remove silks, replace shucks in their former position, and roast the ears in the hot ashes. Each ear may be wrapped in wet newspaper before being buried in the ashes. Roasting time approximately 30 to 45 minutes.

Meat may be broiled in several ways. One good way is to make a broiler by putting four stakes in the ground at each side of the fire and fastening a piece of woven wire fencing across them. This makes quite an ideal broiler. Or you may be able to find a large, smooth, flat stone which you can place on edge close to the fire and, when it is piping hot, lower it to a horizontal position and broil the steak on its surface. Eggs, cornpone, hot cakes and biscuit can be cooked in this way.

The kabob is a whole meal in itself, and is good if thoroughly cooked. For each member of the party, $\frac{1}{4}$ pound of round steak or ham or bacon (each member can bring his own meat) and $\frac{1}{2}$ each of a good sized onion and of a potato are needed. Cut the meat into 1-inch squares. Cut the onion lengthwise, that is, from top to bottom, and separate the leaves of each half. Cut the potato into $\frac{1}{2}$ -inch slices. Carrots and apples may also be used if desired. Onions and potatoes may be pared and put in bowls. Each member of the group makes a kabob by running a pointed stick through meat, onion, potato, repeating until meat is all used. This should be pushed well up toward middle of stick. The stick is then turned continually during the broiling process.

Cheesey bacon is prepared by running a pointed stick through a cake of cheese and wrapping around it a slice of bacon to prevent the loss of cheese as it melts. A tooth pick may be needed to hold the bacon in place. Cooking should be done *slowly* or the bacon will be overdone before the cheese is hot through. This delectable tidbit is placed while hot in a roll or bun.

Twist-on-a-stick is easy to prepare. Erect a crane about 3 or 4 feet high with a top pole of green, sweet wood about 2 inches in diameter, with the bark peeled. A rich biscuit dough is rolled $\frac{1}{4}$ to $\frac{1}{2}$ inch in thickness, cut in long strips about 2 inches wide and then wound around the pole. The pole is rotated as the cooking proceeds. The fire should be a bed of coals when cooking starts.

Baking beans.—Make a "bean hole" 2 or 3 ft. in diameter and about 2 ft deep. First put in a layer of hot coals and then a cast iron pot with lid or "Dutch Oven" containing the prepared beans. Cover the pot or oven with hot coals. On top of the "bean hole" build a fire and keep it burning about 6 to 8 hours.

To prepare beans soak 2 c navy beans over night, drain, cover with fresh water and bring to boil. Boil 1 minute. Drain, cover with fresh water and cook slowly until tender. Drain, fill bean pot half

full, lay on strips of salt pork or bacon and add remaining beans. Pour over them hot water in which 1 t salt, 1 t mustard, 2 T molasses have been dissolved. Add enough more hot water to cover beans. Draw pork to top during last hours of baking or place some of the strips on top at start of cooking. Yield, 6 servings.

Hike chocolate is enthusiastically recommended. It is easy to make and cannot be burned; and it is neither too hot nor too cold. Its food value is high, and the ingredients can be carried easily.

One can condensed milk (1 lb size)
One can evaporated milk (1 pint)

Four bars 5c chocolate
One 5c chocolate peppermint
patty (or peppermint stick
candy may be substituted)

Boil 2 quarts of water. While it is coming to a boil, open the cans and break up the chocolate. Remove boiling water from fire and dissolve the chocolate. Next add condensed milk, and lastly the evaporated milk. Do not put the pot back on the fire. If prepared in this way, the drink will be found comfortably hot even in winter.

Whole milk may be used. Boil just $\frac{1}{2}$ pint of water to dissolve the chocolate and peppermint. Then heat the rest of the milk (the equivalent of liquid in recipe) and combine with chocolate. Yield, 10 cupfuls.

For mock angel food, cut crust off a loaf of white bread; cut bread into inch cubes; dip cubes first into condensed milk or thick sweetened cream, then into cocoanut or powdered sugar; toast over fire as you do marshmallows.

Suggested Menus

For log fire supper Cheesey Bacon Buns Whole Ripe Tomatoes
Corn on cob (roasted) Hot or cold drink (depending on weather)
Cookies

Weiners (a favorite among 4-H'ers)	Buns	Adirondack Salad
Roast Sweet Potatoes	Fruit Drink	Cookies

Baked Beans	Cheesey Bacon	Pickles	Twist-on-a-stick
Summer Salad	Hike Chocolate	Mock Angel Food	

Kabobs	Twist-on-a-stick	Butter	Pickles or relish
Apples	Cookies	Drink	

For outdoor oven supper Broiled Ham, Bacon, Pork Chops or Steak
Roasted Potatoes Whole-Wheat Bread and Butter Sandwiches
Harlequin Salad Fresh Fruit
Drink (hot or cold, depending on weather)

For outdoor oven breakfast (After an early morning hike)

Broiled Ham or Bacon Scrambled Eggs Hot Drink
Whole-Wheat Toast buttered Whole ripe tomatoes or fruit

Broil the bacon in a skillet, then scramble the eggs. Make hot drink while bacon is broiling. Finally, toast the bread on long sticks held over the embers. See if you haven't a meal fit for a king! Pour extra bacon fat in tin cans for salvage. Leave the ground around the oven clean and put out the fire.

For lunch basket picnic.—The club girl can use no end of originality in making sandwiches. Picnic sandwiches should be substantial and nourishing. Meat, cheese, eggs, fish, nuts, dried fruits, vegetables such as lettuce, peppers and onions may all be used in savory sandwich fillings. For additional suggestions see "Picnic Lunches," distributed by General Mills, Minneapolis, Minnesota.

After the picnic lunch is prepared, the next problem is to pack it. And herein lies many a secret, for you want the food to reach the picnic table in good shape.

Sandwiches may be kept moist by wrapping each one in paraffin paper. Wrap each kind of food separately. Put the heaviest things in the bottom of the basket, reserving for the top those things most likely to crush. Place a tablecloth and napkins on the very top. The tablecloth may be an old linen one discarded for table use. Or better still, save laundry by using a paper cloth and paper napkins. And finally a gay little cover tucked over the top. If you have no cover for this purpose use a tea towel. Don't forget another towel for drying your hands before spreading the lunch. Take extra newspapers along for spreading under your tablecloth. (Newspapers are good to use in many unthought-of-ways.) Remember salt.

Fruit is an asset to any menu. A cold drink for hot weather or hot drink for cold weather simply makes cold food taste grand! A salad is always welcome. A few salad suggestions follow:

ADIRONDACK SALAD

1 can early June peas	3 t chopped sweet pickle
3 t grated or diced cheese	Mayonnaise dressing
3 t finely chopped onion	

This is a fine salad for the use of leftovers. Line a bowl with crisp lettuce leaves, fill the center with the salad.

HARLEQUIN SALAD

1 c shredded cabbage	1 diced onion
1 c diced red beets (cooked)	Salt and pepper to season
1 c green peas (cooked)	

Add French dressing to beets and peas separately and allow to stand for an hour. (This is called marinating.) Then toss together lightly with cabbage and onion and put in a glass jar or paper cups. (The name harlequin means many-colored.)

RECORD — 4-H CLUB MEMBER ENTERTAINS

<i>Name of club member</i>	<i>Age</i>

<i>County</i>	<i>Date</i>

<i>Post Office</i>	<i>R. F. D.</i>

I have been in 4-H Club work ___ years; in Food projects ___ years.

Number of informal invitations written _____

Number of informal acceptances written _____

Number of table bouquets arranged _____

Varieties of party sandwiches prepared _____

Varieties of party cookies made _____

Number of loaf or layer cakes made _____

Varieties of beverages made and served _____

Write about your entertaining:

Name of leader

Name of parent

Approved: _____

County Extension Agent

Lexington, Kentucky

October, 1943

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