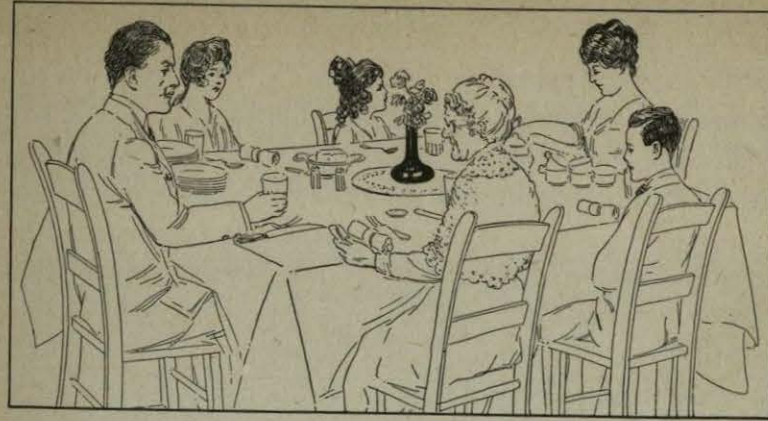


15. Compare bread with other staple foods as to value and cost.
16. What is yeast? Can you tell why yeast is used in bread?
17. Give complete directions for making white bread.
18. Just what is a meal?
19. What are some ways for using eggs in the school luncheon?
20. You gathered nuts last fall. Think of ways to use them in the school luncheon.
21. Why is fish valuable as a food?
22. How can one know whether the fish one buys is fresh?
23. Give one good fish recipe that could be used in a luncheon prepared at school.



### CHAPTER III

#### THE HOME SUPPER

##### LESSON 9

##### PREPARING SUPPER

How may we help in preparing supper?

Supper is one of the pleasantest meals of the day, because the hardest work is over for all, and there seems to be more time for the family to chat pleasantly, without a feeling of hurry. In summer the supper comes at the coolest hour, and in the winter there is a feeling of comfort in the warmth of the fire and the brightness of the lighted lamps.

If a girl has not learned to prepare a meal, supper is a practical one for her to begin with; it will give her mother a little leisure at the end of a busy day, and the girl herself is back from school, and glad to do something to help. Miss James, the teacher of the Pleasant Valley



School, gives credit for home work, as a part of the household arts work; but this should not be needed to make an energetic girl ready for the task. Marjorie Allen, Mollie Stark, and the other girls were discussing music at one of their club meetings, for they have a chorus in Pleasant Valley; and they all agreed that the time to play or practice upon the piano or organ is not while Mother is getting a meal or washing dishes. What do you think about it? After you have helped with the work, then in the quiet of the evening, when all the grown people can listen and join in the music, is not that a better time?

**Setting the table.** This is a pretty piece of work for the little ones before they learn to cook. Marjorie Allen makes a play of the table setting for the younger sisters and brothers. They have a table-setting song, and march back and forth in time to the music. Cannot some one of you make a rhyme for this occasion?

**The dining table.** The table may be standing in the kitchen or the living room, or, if the house is large, there may be a separate dining room; but this is not necessary, and, while it is very pleasant in many ways, it does make more steps. One of the houses in Pleasant Valley has a large old-fashioned kitchen across the back of the house with the cooking conveniences at one end, and at the other, a place for the dining table. Near the table is a corner cupboard that holds enough dishes for the table. That end of the room is cool because there are two doors. The oldest daughter has made a screen

from a clotheshorse covered with a pretty chintz-patterned calico; and, when the meal is ready, she stands the screen where it cuts off the heat of the stove. There could not be a pleasanter place for a meal, when



*Courtesy of Whitcomb and Barrows.*

FIG. 33. — An easy way to set an attractive table.

Father comes in from work, and Mother is glad to rest a minute.

In the Allen family, the father and brothers have a knack for carpentering. When farm work was slack,



they added a piazza to the house outside the kitchen, screened it in; and they have all their meals there in warm and pleasant weather. A shelf on each side the window ledge makes it easy to pass things through from the kitchen. Several other families in Pleasant Valley followed this fashion. (Fig. 75.)

What shall we have to cover the table? The table itself is probably an extension table with a smooth top.

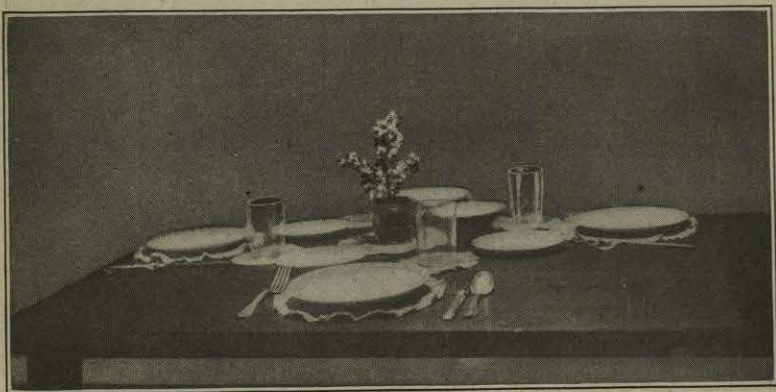


FIG. 34. — A table laid with doilies. The napkin should be at the left.

A dull finish is better than a polished top, because it does not become spotted or scratched so easily.

For a cover, have you ever tried white table oilcloth in the summer? It looks cool, can be washed off quickly at the end of each meal, and saves laundry work in hot weather. Why should a large tablecloth be used in summer or, indeed, in winter? Miss Travers, from the State College, advised the members of the Woman's Club to give them up and instead to use doilies or strips

of cloth or larger cloths that just cover the table. Some of the members, of course, did not want to give up their linen in the shape of large tablecloths; but, after all, is not the simplest often the most beautiful as well as the most labor saving?

Here is a picture (Fig. 35) of a table simply laid with



*Courtesy of the Bureau of Publications, Teachers College, Columbia University.*

FIG. 35. — A table laid with strips of blue and white Japanese toweling.

strips placed across in such a way that they lie under each place. These happen to be made of Japanese toweling, with blue or brown figures, that costs only ten cents a yard, and is easy to wash; but strips of plain



toweling are pretty used in the same way, — a rather fine “crash,” for instance. Or you may use squares of cloth with a simple edge, called doilies.<sup>1</sup> These can be made in sewing lessons at school, or for extra home

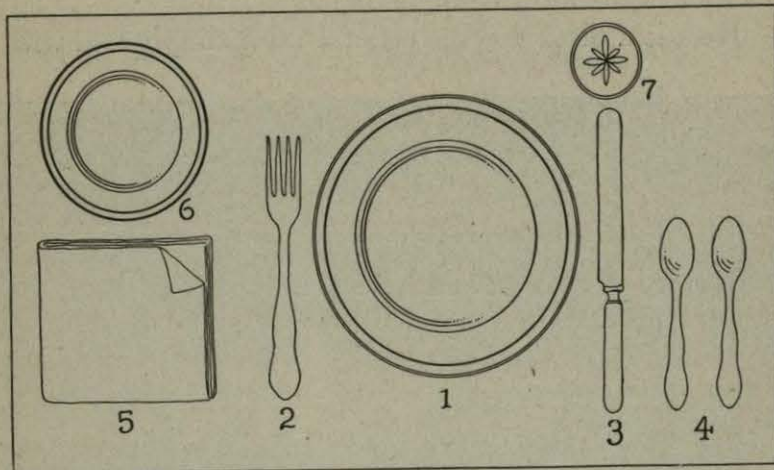


FIG. 36. — A plan for laying one place. 1, plate; 2, fork; 3, knife; 4, spoons; 5, napkin; 6, bread and butter plate; 7, glass for water.

work. Paper napkins in the summer are a great convenience; and why not for all the year? If cloth napkins must be used, have small ones.

**Laying the table.** To have everything clean and fresh is the first important thing; next, to have plates, spoons, and forks laid straight. The drawing (Fig. 36) shows a simple way of laying a place. The napkins should be placed at the left. Stand salt and pepper shakers where they are easily reached, and have mats,

<sup>1</sup> D'Oyley was the name of a merchant in England in the eighteenth century.

straw or crocheted, where the hot dishes are to stand, with a tablespoon ready for helping the food. Always know what food is to be put on the table, and plan dishes accordingly. In cold weather, at least, heat the plates and dishes.

Busy people sometimes leave a few of the articles on the table from meal to meal. If you do this, it is necessary to cover the table to keep off a stray fly; and you should be careful that all crumbs are brushed off before the cover is put over. It is neater to clear off the table after every meal.

**How can we help at the table?** When we wait on ourselves, this should be done pleasantly and all should take a share, each person helping to serve one or more dishes. The Allen children take turns as waiter in removing the soiled dishes and the food, and in putting on the dessert. A quick way is to place a tray on a small stand near the table, taking the dishes from one place at a time and sorting them on the tray as you go. The tray can then be carried into the kitchen, with the dishes ready for washing.

One mother uses a plan for having everybody help at breakfast time, by serving himself on a tray.

The breakfast is kept hot on the stove. On the kitchen table are all the dishes needed and a small tray, one for each of the family of four. Even the little boy sets his own tray, helps himself to food, and takes his place at the table. When the meal is ended, each one carries out his own dishes. This plan might not



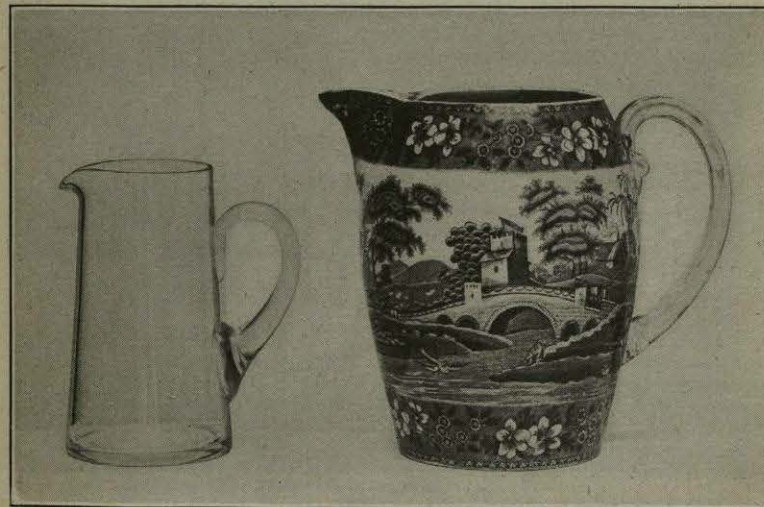
work with a large family, and some people would not like it.

Mollie Stark's older brother made a turntable on a pivot in the center of the table and standing above it. All the dishes of food were placed on this, and each one helped himself. The table has to be round to make this device convenient.

**What patterns shall we choose for the table china?** We cannot all see beauty in the same kind of thing. Some of us enjoy bright colors and gay patterns. Some things are in good taste in certain places and not in others, however. Although large figures and striking colors may attract our attention when we are buying chinaware, we may become very tired of the design when we see it every day. It is wiser to buy dishes with a simple pattern and quiet color. A narrow border of gold or of gold and green is pretty; and one does not grow tired of such a simple pattern. Notice the two designs on the china in the picture (Fig. 38) and also on the platters in the pictures of cooked food throughout this volume. Of course, if you are fortunate in having some old pieces of china or earthenware that belonged to your grandmother, perhaps, you will prize them and take good care of them; and they make interesting ornaments for the kitchen or dining-room shelf.

If you are not quite happy without gay dishes, then select a good pattern in some pitcher, or plate, or single dish, to be used once in a while. Do you know that a

pretty thing interests us more if we do not see it all the time? The Japanese, who have a strong artistic sense, have only a few beautiful objects out at one time, changing one for another to refresh the eyes. In the picture (Fig. 37) you find two pitchers, good in shape and easy



"Selection of Household Equipment." Year Book. Department of Agriculture, 1914.

FIG. 37. — Two pitchers, good in shape and easy to wash.

to wash. The larger is an old-time pattern in blue. The other picture (Fig. 38) shows a pretty teapot of an antique pattern, but it is so hard to clean that it would better be kept as an ornament. We need to think of other points in our china, in addition to its beauty, you see.

**Flowers on the table.** In a busy household and with a large family, perhaps we cannot always have flowers



on the table; but when the first rose opens, or some other flower is beginning to bloom, put it in a vase in the middle of the table, and see if it is not enjoyed.

**Setting the table for company.** Of course, the table should be neat and pretty for the home people, but we



"Selection of Household Equipment." Year Book. Department of Agriculture, 1914.

FIG. 38.—A pretty teapot of antique pattern, but so hard to clean that it better be kept as an ornament.

all like to honor our guests and to show them that we are glad to have them with us. Some of the prettiest dishes may be used that we do not always place on the table; and this is a time for a few flowers arranged in the center of the table.

Some people think it necessary to serve their company with several kinds of cake, and preserves; and one wonders sometimes if their friends may not have indi-

gestion from overeating. It is in better taste, and kinder, to have only one of each kind of food, each dish well cooked and daintily served; otherwise, the table may look as if it held a food exhibit instead of a meal. "Gold" and "silver" cake look pretty together on a plate, and are not too much to serve; but one layer cake is enough for any meal.

**What shall we say about table manners?** One day after the Girls' Club had given a luncheon to their

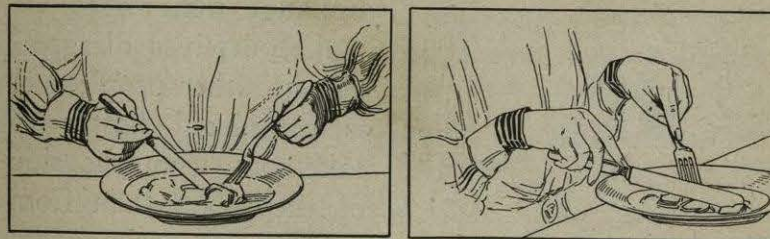


FIG. 39.—Incorrect position for holding knife and fork.

Correct position for holding knife and fork.

friends in the Ellen H. Richards house, Barbara Oakes said: "It seems to me that it is just as important to know how to use the forks and knives and spoons as it is to lay them straight on the table. Did you notice how differently people use their forks and spoons? I wonder if Miss James would talk it over with us." Their teacher was glad to do so, and she made several helpful suggestions. Miss James said that the use of silver and dishes at the table varies in different countries and at different periods. For instance, in old times in America it was considered quite proper to pour



the tea out into the saucer and to drink from that; and knives were made with round ends because the knife was once used for carrying food to the mouth. But there are certain principles of good manners that we all can remember. Eating slowly, drinking either a hot or cold beverage when the mouth is empty, chewing food with the mouth closed and without making a noise, and, of course, not dropping food, are all details that we should learn;



FIG. 40. — The fork is in the right hand ready to carry food to the mouth.

because otherwise we make ourselves disagreeable to other people. It is considered better to take soup from the side of the spoon than from the end. Sometimes people are worried as to whether they should hold the fork in the left or the right hand. Which hand to use really is not a matter of great importance, provided the fork is managed nicely. The English custom is to hold the fork in the left hand, lifting it to the mouth; the French are inclined to hold the fork in the right hand, using it somewhat as one would a spoon. The important thing is to use the fork quietly and naturally and without spilling food. When we are invited to a formal luncheon or dinner, where there is quite an array of silver, we, of course, like to do as other people. The soup spoon we can easily know because it

is larger. Some people have a small fork with one broad tine for fish. Fish is usually supposed to be eaten with a fork as it does not need cutting. If there are two or three knives, the smallest is probably for the bread and butter, and the largest for cutting meat. If there are two forks, one smaller and one larger, the smaller is probably for the salad and the larger for the meat dish. It is not worth while to be nervous and uncomfortable simply because the way of laying silver is not quite familiar. It is usually the custom to arrange silver at a formal affair in such a way that the outer pieces are used first. If you eat quietly and slowly, making as quiet motions as possible, your manners will be acceptable.

**Talking at the table.** There is one thing that does more at the meal than the table setting, and almost more than the good food. Do you know what it is? If you happen to be feeling what you call "out of sorts," make yourself tell an amusing story, and see what a flavor it adds to the supper.

#### EXERCISES AND PROBLEMS

1. Discuss together different ways of setting and waiting on the table.
2. Make a list of dishes needed for a family of six or eight.
3. Send for some price list of dishes, and calculate the cost.
4. Make a simple plan for waiting on your home table.
5. Make suggestions for covering the table for breakfast, for a simple and a formal luncheon, and for a family dinner and a dinner when there are guests.
6. Make a drawing of one place laid for dinner.



## LESSON 10

## DISHES SUITABLE FOR SUPPER

WHAT shall we have for supper?

As supper comes late in the day, we want, when we can, to choose those foods that will need little cooking; and thus we make as little work as possible. We have to remember, too, the time of year, for in summer we may not want a hot dish; whereas in winter, a warm supper is just what we need.

**A simple supper.** If we are thinking only of the needs of the body, a supper of bread and milk, with some cooked fruit or berries, is all that is required in warm weather. People who are satisfied with this, are very sensible and fortunate. But what shall we give to those who want something else?

There will be bread and butter, of course; something sweet in the way of simple cake or gingerbread or cookies; fruit, either berries or cooked canned fruit; cocoa or tea. Do we want meat or a substitute for it? Is there some cheese in the house? There is a cheese toast that will make a hot dish to take the place of meat. It can be cooked in a frying pan on top of an oil stove. This dish can be added to the list of foods prepared at school.

**Cheese toast.**

*What.* Skim milk, slices of stale bread  $\frac{1}{2}$  inch thick, salt, an egg, cheese, cut thin or grated.

*How much.* Enough slices for the family.

*Utensils.* A flat dish, a frying pan, a bread knife or griddle-cake turner.

*How to make.* Beat the egg in the dish, add the milk and salt. Lay in one or two slices of bread at a time until the slice is moist all through, but not soft.

Have the frying pan hot and greased a little. Lay in as many of the slices as the pan will hold. Brown the slices on one side and turn to brown on the other. Sprinkle grated cheese on the top, or lay on thin slices. When the lower side is browned and the cheese melted, the toast is ready to serve.

**Another way.**

Omit the cheese, and serve the toast with a little jelly on the top, or with maple or brown sugar sprinkled on.

Both of these are good in winter, as well as in summer.

**How shall we serve meat for supper?** Some people think that they must have meat for supper. The question of meat is found in another lesson farther on. If somebody *must* have it, then we will prepare it well, of course.

If a solid piece of meat is left from dinner, slice it cold, and serve with a little mustard or pickle.

If there is gravy left, chop the meat, and warm it in the gravy, but do not cook it long enough to make the meat hard. Make it savory by adding a little tomato, a bit of onion, or celery leaves, and serve it on bread or toast.

**What is scalloped meat?** This word "scalloped" is used for those cooked dishes where there are layers of two different food materials, first one and then the other, — some starchy material already cooked, like



bread crumbs, or boiled rice, or potato, with meat or fish or eggs or fruit. The name scalloped was given at first to a food that was heated in a large scallop shell with crumbs on top. Although we now use a dish in place of the shell most commonly, we keep the name.<sup>1</sup>

**How shall we make a scalloped dish?**

This is not the kind of dish where exact measures are needed. You need enough material to fill a baking dish large enough for your family. Use what you have on hand. Suppose you find in the pantry some pieces of cold meat, — perhaps of more than one kind, stale bread, stewed tomato, canned or fresh. Make as follows:

- a. Grease a baking dish.
- b. Cut the meat in small pieces or chop or grind it.
- c. Crumb the bread.
- d. Put a layer of crumbs in the bottom of the dish, then a layer of meat, and a layer of tomato. Sprinkle on a little salt. Put in another layer of bread and so on until the dish is full, having the crumbs on top. Moisten the top layer of crumbs with tomato juice or water, and put on it a few bits of butter, or a little suet, or beef fat tried out.
- e. Heat and brown in the oven.

The dish can be made without tomato. Then water or gravy will be needed to moisten it.

**Meat with rice or potato.**

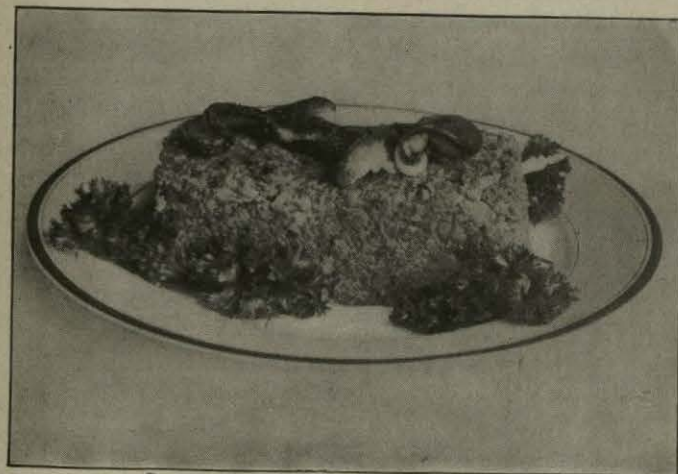
If there is cold boiled rice or cold mashed potato on hand, use either in place of the bread. Or, if the cold potatoes are whole, slice the potatoes, chop the meat, and make every other layer of those. A bit of some vegetable, onion, carrot, or tur-

<sup>1</sup> If you ever visit a part of the coast where the large scallop shells wash up on the beach, collect a set of several, and use them for warming up meat or fish with crumbs on top, one for each person.

nip can be mixed with the meat; or use fish, oysters or clams, or hard-boiled eggs sliced, in place of the meat. As this kind of dish needs an oven, it is perhaps better for that reason in winter than in summer, unless for some cool day when there is a fire, — or if there is an oven to the oil stove.

**Some other supper dishes.** The main dish for supper that has meat in it, or something to take the place of meat, can be a warmed-over dish, you see.

The baked-bean loaf is a very good substitute for meat.



*Courtesy of the New York State College of Agriculture at Cornell University.*

FIG. 41. — Baked-bean loaf.

**Baked-bean loaf.**

*What and how much.*

1 pint cold baked beans	1 tablespoonful finely minced onion
1 egg, beaten	2 tablespoonfuls tomato catsup
1 cupful bread crumbs	
Salt and pepper	



*How to make.* Combine the ingredients, and shape the mixture into a loaf. Bake it for twenty-five minutes. Serve with strips of broiled bacon on the top.

With baked beans, one likes Boston brown bread.

#### Boston brown bread.

*What and how much.*

Corn meal	1½ cup
Rye or Graham	2 cups
Salt	1 teaspoonful
Soda	1 teaspoonful
Molasses	1 cup
Thick sour milk	2 cups
Butter (melted)	2 tablespoonfuls

*How to make.* Mix in the order given, stirring the molasses and milk together first. Put the mixture in a greased pail, cover tightly, and put the pail in a kettle of water to boil 3 to 5 hours.

In winter, a stew of clams or oysters made with milk is a comfortable or, as some one has said, a "comforting" dish. These are not found fresh near Pleasant Valley, but canned oysters or clams are safe if they are put up in a good cannery.

Marjorie Allen tried making a milk or cream vegetable soup one cold winter evening, and the family enjoyed it thoroughly. (See page 231.)

We seem, in selecting the main supper dish, to be searching for something that satisfies the appetite, is nutritious, and does not make much work at supper time.

#### EXERCISES AND PROBLEMS

1. Explain why the cheese toast takes the place of meat.
2. Why is it just as well to use skim as whole milk in this dish?
3. Make out several plans for summer suppers and winter suppers.
4. Make a list of other dishes that are good for supper.

#### LESSON II

##### OTHER SUPPER DISHES

A SALAD is a palatable supper dish. What is the best way to make tea?

Marjorie Allen often makes a potato salad, one of her father's favorite dishes, and varies it by using other cold vegetables and adding cold meat or fowl.

What is a salad? The word "salad" is supposed to be derived from the Latin "sal," salt. We use the term for a dish that gives relish to a meal by the crispness of fresh lettuce, celery, a shredded cabbage, or some other green vegetable. These may be combined with cold cooked vegetables, meat, fish, shellfish, fresh fruit, or nuts, and served with a dressing. Lettuce eaten with lemon juice or vinegar and sugar is a simple old-fashioned salad. Some people enjoy the lettuce dressed with olive oil, vinegar, salt, and pepper. A cooked dressing made with butter or cream is relished by those who do not like the flavor of olive oil.

Green vegetables should be freshened in cold water, dried by shaking in a towel, and cooled. Cooked vegetables and meats should be cut in small pieces, and chilled. Fruit should be kept on ice and prepared just before serving.