

4. Then, when you put other foods with potato to make a meal, what should the other foods contain?

5. Can you now add to or change the definition of cooking that you made in the lesson before?

LESSON 15

GRIDDLECAKES AND SWEET CAKE

ARE griddlecakes and sweet cake wholesome for supper and other meals?

The quick breads are convenient for any meal when there is time enough to bake them; especially in cold weather, when there is more likely to be a steady fire.

The quickest batter to mix and bake is the griddlecake, or pancake. Almost every one likes them, when they are a fine brown, served with sugar, or maple sugar or sirup, or molasses. But how wholesome a food are they? This was another question that Miss Travers answered at the school exhibit, when they were discussing quick breads. The answer was something like this: We must remember that, although two cooked foods may have the same materials in them, one is easily digested and the other is not. And why?

What do we mean by "digestible"? "To digest" means "to dissolve," to make liquid. All solid food must become liquid, before it can be absorbed and carried about the body by the blood. The water that we drink helps to do this, but nature has provided us with substances, beginning with the saliva in the mouth, that help in the work of dissolving. You know that

when you begin to chew food the saliva begins to flow, and, when the food reaches the stomach, the stomach begins to churn the food, and the gastric juice flows from the walls of the stomach to help this digestive process.¹

What difference is there between the digestibility of the griddlecake, and of a light, dry muffin or biscuit? The flour in the griddlecake is not well cooked, for the time is too short. The cake is so soft that we do not chew it; and so the starch in the flour has missed the first step of digestion. This pasty mass in the stomach is a bad thing, especially with the large amount of sugar that we usually take on griddlecakes. *But we like griddlecakes and we cannot go without them!* Can we not, when it is a choice between being strong and well, happy and helpful, on the one hand, and half well and dull with indigestion, on the other? There is no reason why healthy people should not eat griddlecakes once in a while; but griddlecakes are not meant for a steady diet.

How can we make griddlecakes more digestible? If people insist on eating them, we will try to make them as wholesome as we can.

1. Use some material that has been cooked before, — bread crumbs, cooked corn meal, oatmeal, rice, or any other cooked cereal.

2. Make them very light and porous with sour milk and soda, or with baking powder. One good cook

¹ See a physiology for further description of the digestive process.

makes delicious, dry, light griddlecakes by using sour milk and soda, and a little baking powder, too.

3. Bake the griddlecakes as thoroughly as you can. Do not take them from the griddle the moment they are brown, but let them stand until they are cooked "inside."

4. Do not drown them in sirup or bury them in sugar when you eat them.

5. Take small mouthfuls, and try to chew each portion.

Sour milk griddlecakes.

What and how much.

Flour	2½ cups
Salt	½ teaspoonful
Melted butter	2 tablespoonfuls
Sour milk	2 cups
Soda	1¼ teaspoonfuls
Egg	1

How to make. Mix dry ingredients. Add sour milk, egg well beaten, and melted butter in order given. Beat thoroughly. Drop by spoonfuls on a greased griddle, and let cook until the edges are done and the cake full of bubbles. Turn with a cake turner or knife, and cook on the other side. Serve with butter and sirup or scraped maple sugar.

Cake making. One of the Pleasant Valley girls said that her father and brothers wanted cake at every meal. Cake has good food materials in it; so why should we not eat it often? Some food has to be cooked; why should it not be cake? The answer to this is a simple one. Although sugar is an important fuel food, yet,

if we use too much, it is likely to cause an acid ferment in digestion and to irritate the stomach. Little children should not take more than two ounces a day, and grown people about four. We should not eat sweets between



Courtesy of the Department of Foods and Cookery, Teachers College, Columbia University.

FIG. 59. — Marjorie Allen made a loaf of cake for supper one Saturday.

meals; and the best time for a piece of candy, even, is at the end of a meal.

Cake is a soft food, too; so we swallow it easily without chewing. For this latter reason, cookies, which are drier, are more wholesome than cake. Moreover, if we depend on cake, we may take less of more useful foods like bread and butter, vegetables and fruit, eggs and milk.

Must we give up cake? No, indeed; but we should be temperate in using it. We think of the word "temperance" in connection with alcohol, but it can be applied to eating, just as well.

Miss James gave very little time to cake making in her cooking lessons, because the Pleasant Valley girls, who could cook little else, already knew how to make cake. Most families have good rules of their own for cake, cake filling, gingerbread, and cookies.

Miss James advised the girls to learn to make one cake mixture and to use it with different flavorings and fillings. They laughed at first when Miss James spoke of one-egg cake, and were sure that it would not be good, but they found it very light and well flavored. Miss James explained that when eggs bring a good price it is sensible to use as few as possible in cake. Here are a few of her rules:

A table of three recipes for one and two egg cake.

<i>What and how much.</i>			
Butter	4 tb.	5 tb.	4 tb.
Sugar	$\frac{3}{4}$ c.	1 c.	$\frac{1}{2}$ c.
Egg	1	2	1
Flour	2 c.	2 c.	2 c.
Baking powder	2 t.	2 t.	
Moisture	$\frac{1}{2}$ c.	$\frac{1}{2}$ c.	
Molasses			$\frac{1}{2}$ c.
Vanilla	$\frac{1}{2}$ t.	$\frac{1}{2}$ t.	
	or		
Chocolate	2 tb.		
Ginger			1 t.
Allspice			1 t.

Mixed spices for a cake.

Cloves and allspice	$\frac{1}{2}$ teaspoonful each
Mace and nutmeg	1 teaspoonful each
Cinnamon	3 teaspoonfuls

Remarks. This is the table that Miss James showed the class how to use in their notebooks. You have made quick breads. Can you not think out the way of mixing cake? Remember about creaming (rubbing soft) the butter and sugar. See Lesson 20.

Cookies.

What and how much.

Butter	1 cup
Sugar	$1\frac{1}{2}$ cups
Eggs	2
Milk	3 tablespoonfuls
Flour	about 3 cups
Baking powder	1 teaspoonful
Salt	$1\frac{1}{2}$ teaspoonfuls

How to make. The flavoring may be two teaspoonfuls of vanilla, or lemon essence, one or two tablespoonfuls of ground spice, or caraway seeds.

For baking use a floured iron sheet or flat pan. Temperature 400° F., or even more. The baking requires from 15 to 20 minutes, depending on the thickness of the cooky.

Method of mixing. Sift all the flour, and stir the salt and baking powder with one cup of the flour. Cream the butter, and beat in the sugar. Beat the whites and yolks of the eggs together, and add to the creamed butter and sugar. Add the flour and milk alternately; that is, a quarter or third of the flour, then a portion of the milk, and so on. First stir; then beat vigorously.

Shaping the cookies. Turn the dough out upon the floured board, gently roll it out to a quarter of an inch, cut and place

cookies in a floured pan; or, cut off a small piece, roll it in the flour, and pat it down to a round. This last way may seem to take longer; but it is easier, and there is no board to clean afterward.

A *plainer cooky* is made with $\frac{1}{2}$ cup butter and $\frac{1}{2}$ cup water or milk, with somewhat more flour.

Remarks. These are a good sweet for children to take for the school lunch and to serve at entertainments.

Sugar from the farm. When the home-making class at the Pleasant Valley School studied the question of sugar and sweet cakes, Miss James talked about the use of maple sugar in place of the cane or beet sugar that we buy. There is a sugar-maple grove on the Allen farm, and the pupils were invited to a "sugaring off," when the time came for making the sugar and sirup.¹ Mrs. Allen has the old-fashioned habit of using maple sugar at the table for cereals, for berries and fruit, and even for coffee and tea; she finds it useful in cooking, also. It is worth while to set out sugar maples, for they grow as far south as Texas, as well as in the eastern states, middle west, and northwest.

Why not keep bees? We may make sugar in the home grounds, and employ honeybees to do the work. A few hives are not difficult to care for, and the bees will more than repay us for our labor.

Using honey in place of cane sugar. Honey is delicious on cereal and bread. We are experimenting with its use in cooking, a practice common in old times,

¹ See Farmers' Bulletin No. 516, and Bureau of Forestry Bulletin No. 59, U. S. Department of Agriculture.

especially in Europe. It may be used in cakes, cookies, and desserts. There is an acid in honey, and, therefore, it can take the place of molasses in some recipes.

Soft honey cakes.¹

What and how much.

Butter	$\frac{1}{2}$ cup
Honey	1 cup
Egg	1
Sour milk	$\frac{1}{2}$ cup
Soda	1 teaspoonful
Cinnamon	$\frac{1}{2}$ teaspoonful
Ginger	$\frac{1}{2}$ teaspoonful
Flour	4 cups

How to make. Rub the butter and honey together; add the egg well beaten, the milk and the flour sifted with soda and spices. Bake in a shallow pan.

EXERCISES AND PROBLEMS

1. Explain why a dry, well-baked muffin is better than a fresh griddlecake.
2. Study the two rules for cake and see how many variations you can make.
3. Describe the baking of a loaf of cake.
4. Why is it better not to eat sweet cake at every meal?
5. Explain why sugar, which is a good food, can do us harm.

LESSON 16

CLEARING UP

HAVE you ever wished at the end of a meal for a good fairy like one of those in the stories who waves a wand: "Presto" — and table and dishes vanish? Can "clearing up" after supper be made pleasant?

¹ See Farmers' Bulletin No. 653 for this and other recipes with honey.

There are some people who like to wash dishes. For the rest of us there is nothing to do but to make an art of cleaning up thoroughly, quickly, and cheerfully. One of our great writers, Mr. William James, tells us that when we feel unhappy, if we behave as if we were cheerful, all at once we shall find that we really are cheerful! Try it when it is dish-washing time.

When dish washing is done well, it is really a pretty piece of work. When we hurry through and it is badly done,—the dishes, spoons, and forks are left “sticky,” the sink greasy, the towels unclean,—what more unpleasant task!

Here is something to remember at the very beginning of our talks about cleanliness. Nothing can be half-clean. A thing is either clean, or it is not; and when it is not clean it is “dirty.” If one spot of spilled food is left anywhere, how soon that one fly finds it!

The importance of cleanliness. Cleanliness is not only beautiful and comfortable, but it is an enemy of ill health, sickness, disease. When we study sanitation, which we hear about so often, we are studying how to keep clean; and that is all. The word sanitation comes from a Latin word meaning “health.” You cannot see what this has to do with dish washing? Sore throats and other sicknesses will go from one member of a family to another on half-washed spoons, forks, cups; and a musty dishcloth or mop may be a source of illness.

What does cleaning up after a meal mean? It means putting the uneaten food neatly away; collecting the

scraps; leaving the table in order, and the floor underneath free from crumbs; having all the dishes washed, the glasses and silver shiny and set away in order, and the sink and dish towels spotlessly clean.

What do we need for dish washing? Water, air, sunshine are nature’s cleansers, always at work if we give them a chance. When we wash dishes, we need plenty of clean hot water.

Soft and hard water. Rain water is always “soft.” Brook and spring water and even well water are sometimes so. When the water takes up lime or iron from the soil, we then have a “hard” water; and you know that it is hard when the soap does not make foamy suds. One kind of hard water is improved by boiling, and another is not; with either we need to use borax, ammonia, or some stronger washing powder in the water. If you are still making and using the old-fashioned “soft soap,” there is nothing better to soften the water; but many people have given up doing this.

Plenty of hot water. When there is running water in the house, the easiest way is to have a boiler connected with the stove, and a water back put in for heating the water. Some stoves, either coal or wood, come with a tank at the back into which water can be poured. It is in summer weather when we do not need a hot fire that the question of water is troublesome. If you are using kerosene, you may still have plenty of hot water, with a little thought and care. Study in Lesson 26 the Atkinson and the fireless cookers, and this may suggest

to you a way of having hot water for dishes without heating the kitchen. A large pail of water can be brought to a boil on a kerosene stove, and kept hot either



Courtesy of Miss Ethel Dole.

FIG. 60. — Washing dishes. Notice the rack at the left for draining dishes. The sink is too low.

in the Atkinson or in a fireless, ready for the next dish washing.

A word about soap. Soap making was always done at home in the days of our great-grandmothers. For this purpose they saved fat to be boiled with lye made from wood ashes. In these days a good soap can be purchased cheaply. Buying soap is one way of saving

time and strength in the country home. It does not cost much less bought by the box than by the dozen cakes or bars, but it can be laid away to harden if we buy a large quantity at one time. Borax or naphtha soap is a help when the water is hard.

Washing the dishes. With plenty of hot water, soap, and something to soften the water, with a dishpan and another pan for rinsing, we are ready for action. Remember to have ready a clean dishcloth and towels, — if used, — dried in air and sun, although not necessarily ironed. Perhaps you have a soap shaker, with small pieces of soap put into it. Make one from a tin can, with holes driven in by a large nail and hammer, near the bottom of the can. You also need fine sand, or a gritty cleaner or soap, and a small stiff brush.

1. The cooking utensils have been standing with cold water in them; or, if greasy, with hot water and a little washing powder.
2. Scrape and pile the dishes — dishes of a kind together. Rub greasy dishes off with soft paper, and put the paper in the stove.
3. Put water in pans, and use the shaker vigorously. How clean and sweet the soapsuds smell!
4. Wash a dish at a time, the cleanest first. Why? Do not fill the pan with dishes first. Why?
5. Rinse the dishes in the clear hot water pan and wipe; or, better still, arrange the dishes as in Fig. 61, pour boiling water over them, and allow them to drain dry.

6. Change the dishwater if it begins to look greasy and unpleasant.

7. Wash the cooking utensils as clean as the glasses and silver. This may mean a good scrubbing on the bottom. The iron pot or pan can be just as clean, and should be, as any other dish. Be doubly sure that all utensils that can rust are dry, before you put them away.

8. If there are any steel knives, leave them clean and dry.

9. Wash out the towels in clean soapsuds, rinse and hang outdoors; or, if stormy, dry them near the stove, and then put them away.

10. Wash out the dish pans and put them to dry.

11. Wash the sink, leaving it sweet and clean and dry. If there is a waste pipe, with or without running water, put some cleanser down, with some clean water. A little kerosene helps here.

12. Put all the dishes away.

13. Of course, a thoroughly good housekeeper leaves the kitchen table and stove clean, too.

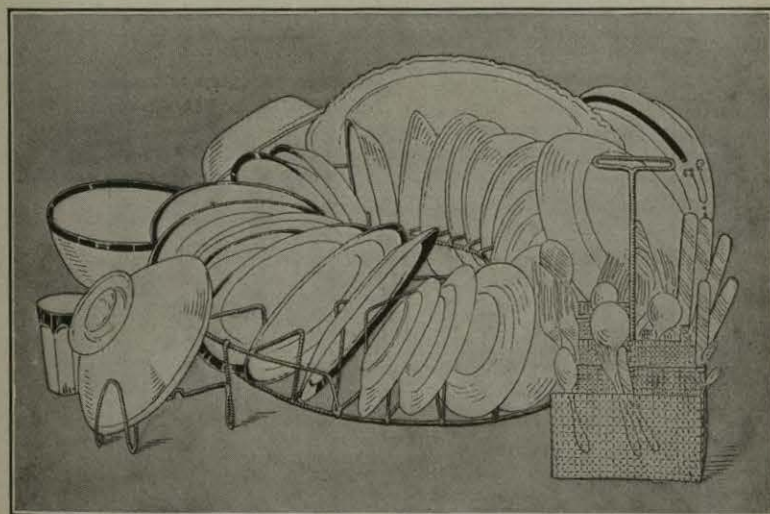
Do you draw a long breath, glad that it is over? It is not so long a task as it sounds, if done promptly. If you hurry too much, see the "nicks" on the dishes.

Can we not save some time and trouble?

Yes, indeed. Barbara Oakes reported a cleaning-up game, where the children divided the work so there was something for No. 1, No. 2, No. 3 to do, taking turns at different times. Barbara said that one was made inspector, to see that each thing was properly done. They

had found that singing in chorus helped a bit, when everybody seemed a little "out of sorts."

A number of people have been studying the question of dish towels, and they tell us that the very cleanest way to finish off our dishes is to arrange them in a rack in such a way that they can be well rinsed with boiling



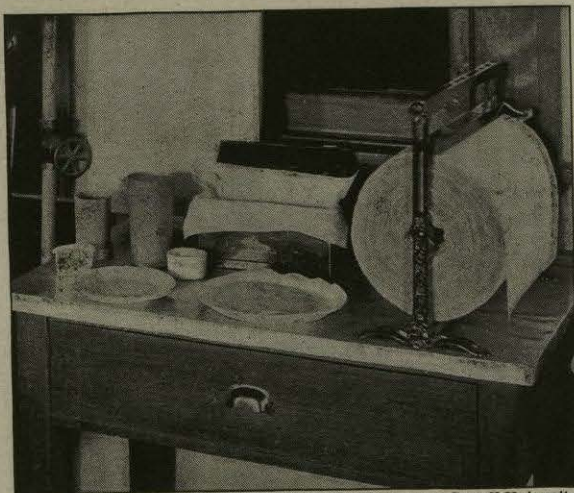
Courtesy of Domestic Utilities Co., Newark, N. J.

FIG. 61. — Dishes placed in a round rack.

water. If they have been thoroughly washed in the soapsuds, the hot water rinses off the suds and the dishes will drain dry. Figure 60 shows such a rack standing on the drain board at the left. A *better way* is to have a round rack with a handle. Place the dishes as you see them in Fig. 61. Empty the dish pan, fill it with hot water, and set it on the stove. Lower the rack

of dishes into the water and let it remain until the water boils. Lift the rack, drain off the water, and set the rack where the dishes will dry quickly. A few may need polishing with a clean towel.

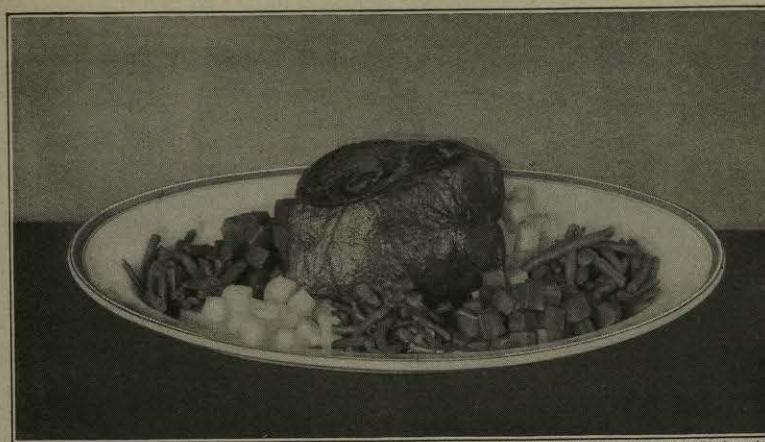
Can we "save dishes"? This you will have to talk over with Mother. Somebody suggests using paper



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

FIG. 62. — Paper dishes for saving work.

or wooden plates sometimes in summer, and burning them. Another way to save dishes is to put more than one kind of food on the serving dish or platter (Fig. 63), or to put the food on the table in the dish in which it is cooked, when this is possible (Fig. 64). If we use large plates at each place, we can put several kinds of food upon the plate, instead of having many small dishes. The use of heavy plated knives will save rub-



Courtesy of Department of Foods and Cookery, Teachers College, Columbia University.

FIG. 63. — One way to save dishes is to put more than one kind of food on the serving dish or platter.



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

FIG. 64. — Utensils in which foods may be both cooked and served.

bing. Some people save one dish washing by rinsing off the supper dishes, piling them up, and covering them to be washed with the breakfast dishes; but perhaps

this is not a good plan with a very large family where we need a large number of dishes.

A dishwasher. Show your mother this picture, Fig. 65, and ask her what she thinks about having a dishwasher. There are several made for family use, which may be found a help in a large family. This would be a good question for the Woman's Club to ask Miss Travers or some one else at the State College. Can you recommend a good dishwasher?

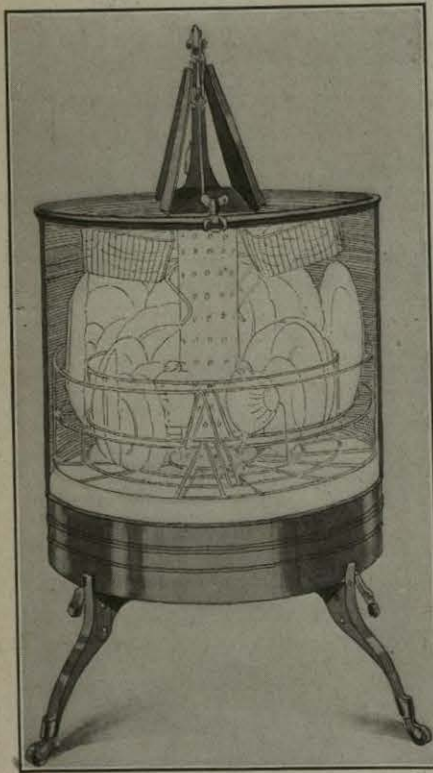
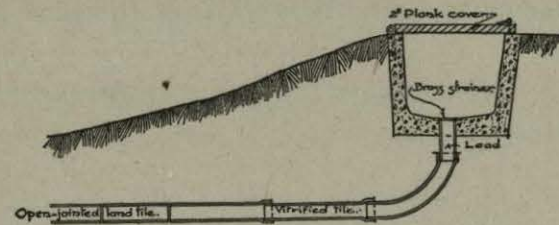


FIG. 65. — A dishwasher saves time and work.

What shall we do with our waste water? It is all very well to turn dish-water into the sink and let the water run out through the drain; but what becomes of it?

All slops from the house must be carried far away

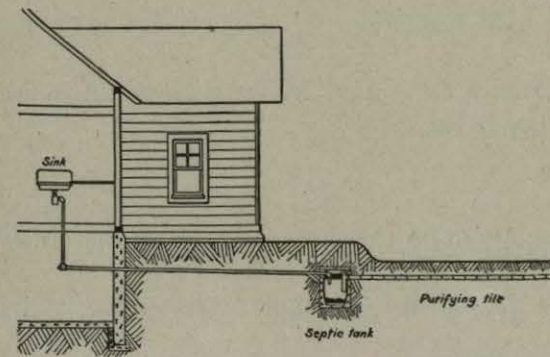
from the house and poured out in some way so that no moisture or filth collects. In the lesson on vegetables



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

FIG. 66. — A waste water hopper prevents moisture and filth from collecting around the house.

we speak of taking out the slops in dry weather for watering purposes. Drainage from the house can be carried out in pipes to the garden, provided the slope of



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

FIG. 67. — A safe plan is to have a septic tank built underground into which the waste water drains.

the land is right for this. If this cannot be done, a very safe plan is to have a tank built underground into which the waste water drains and from which it is

carried out. Never let slop water of any kind collect in a wet or bad-smelling spot under the window, or anywhere near the house. This is one of the most important matters in our housekeeping. Your mother and father can have pamphlets from the government telling them just what to do.

EXERCISES AND PROBLEMS

1. Why may it be dangerous to have slops poured out near the house?
2. Make a plan of taking care of slop water at home.
3. How can you simplify dish washing at school and at home?
4. What are the most important points in dish washing?
5. What is the danger in a damp, old mop or a partly soiled dish towel?
6. Give some suggestions for *saving dishes* in the preparation of a meal.
7. It is baking day. How are you going to "save dishes" and make clearing up easy?

REVIEW

1. Make a drawing showing how to place the dishes and the silver for a home supper for six persons.
2. What do you like for supper in the winter? for supper in summer?
3. Can you think of some meat substitutes for supper?
4. What is essential to a good salad?
5. You have been told that you should not drink tea. Do you know why tea is injurious?
6. Careless cooks make very poor tea. Just how should tea be made?
7. Give the two methods for canning fruit.

8. How does preserving fruit differ from canning?
9. Outline the process of making jelly.
10. What fruits will you use when you make jelly? Why?
11. You have heard of girls' canning clubs. Can you tell how to can tomatoes or peas?
12. What is the value of fruit in the diet?
13. In what ways may apples or pears be cooked during the winter?
14. Does the potato contain any valuable food substances?
15. Describe the effect of cooking on the potato.
16. There are many good ways of cooking a potato. How many ways can you describe?
17. Have you learned anything about washing dishes?
18. What is the difference between hard and soft water?
19. Tell how you can help in preparing supper at home on Saturday.