

5. Cottage cheese and chopped green-pepper sandwiches or a pot of cream cheese with bread-and-butter sandwiches; peanut sandwiches; fruit; cake.

6. Hard-boiled eggs; crisp baking-powder biscuits; celery or radishes; brown-sugar or maple-sugar sandwiches.

7. Bottle of milk; thin corn bread and butter; dates; apple.

8. Raisin or nut bread with butter; cheese; orange; maple sugar.

9. Baked bean and lettuce sandwiches; apple sauce; sweet chocolate.

15. **Preparation of Orange Pectin.** Miss Agnes Harris, Assistant State Agent of Florida, in charge of Home Extension work, sent Miss James a box of jellies and jams that her girls had made, and a pamphlet of recipes.

Use $\frac{1}{4}$ lb. white orange peel; $\frac{1}{2}$ pt. water; 2 tablespoons lemon juice. Cut or scrape the yellow from the peel of the orange. Pass the remaining white portion through a food chopper; then weigh it. For each $\frac{1}{4}$ lb. of the peel, add $\frac{1}{2}$ pt. of water. Add the lemon juice, mix thoroughly, and allow to stand 1 hr. Add $1\frac{1}{4}$ pts. of water. Let stand 1 hr., boil 10 minutes, and then let stand until cold. Place in a flannel jelly bag, press to remove the juice, and drain juice through a clean, flannel jelly bag. It may be prepared, poured into jars while hot, sealed, and kept for later use.

For *strawberry and orange pectin jelly* use $\frac{1}{2}$ pt. orange pectin; $\frac{1}{2}$ lb. sugar; $\frac{1}{2}$ pt. strawberry juice. Mother and I are experimenting with pineapple, cherry juice, and other fruits.

The alcohol pectin test. Pour a teaspoonful of fruit juice, when cooled, into a clean cup, and pour in a teaspoonful of grain alcohol of 95% strength. Mix by gently shaking; then pour into a spoon. For jelly, if the pectin is in a solid lump, it is safe to add equal parts of sugar and juice; if it has not gathered in one lump, use less sugar, — say $\frac{3}{4}$ sugar to 1 of juice.

INDEX

- Air as cleanser, 137.
 Alcohol:
 from bread, 49.
 result of fermentation, 97.
 Allen family:
 dining table on piazza, 72.
 "sugaring off," 132.
 American custom for use of silver and dishes, 80.
 Apparatus:
 for cooking, 246-255.
 for preserving fruits, 97.
 Apple:
 baked, 111, 113.
 calorie portion, 275.
 composition of, 110.
 cooking, 112.
 drying, 105.
 for fruit beverage, 18.
 Apple butter, 101.
 Apple jelly, 102.
 Apple sauce, 113.
 Apple scallop, 115.
 Apricots, 114.
 Ash:
 in celery, 225.
 in corn, 225.
 in milk, 35.
 in parsley, 225.
 in potato, 118.
 product of combustion, 7.
 Atkinson cooker, 165, 250.
 Bacilli, 95.
 Bacteria:
 harmful in water, 22.
 help purify water, 22.
 Bacteria (*Continued*)
 how to fight, 96.
 in meat, 210.
 in milk, 36.
 types of, 95.
 Bacteria cells, 95.
 Baking:
 bread, 49, 53.
 fruit, 112.
 potato, 121.
 vegetables, 228.
 Baking powder:
 biscuit, 181.
 griddle cakes, 127.
 study of, 184.
 Baked-bean loaf, 85.
 Baked beans, 230.
 Baked Indian pudding, 240.
 Baked peas, 231.
 Baked potatoes, 123.
 Baker's bread, 46.
 Banana, 20.
 Barberries, 113.
 Beef:
 calorie portions, 275.
 corning, 214.
 creamed dried, 151.
 cuts of, 208.
 "frizzled" with egg, 151.
 how to cook corned, 215.
 prime ribs of, 210.
 ways of cooking, 212, 214, 216.
 See Steak and Roasts.
 Bees, 132.
 Berries:
 dried, 114.
 for table, 111.

- Berries (*Continued*)
value in diet, 109.
- Beverages:
for school lunch, 18-25.
fruit, 18.
hot, 26-31.
- Big Tree School Luncheon Club, 15.
- Biscuit:
baking powder, 181.
digestibility of, 127.
dough for, 51.
soda and sour milk, 181.
- Blueberry jelly, 103.
- Body-building material:
in bread, 46.
in meat, 205.
in milk, 35.
protein as, 35.
- Boiled salad dressing, 88.
- Boiling:
meat, 212, 215.
potatoes, 121.
vegetables, 228.
- Borax, 135.
- Boston brown bread, 86.
- Bread:
baker's, 46.
Boston brown, 86.
calorie portions, 275.
contest, 40, 42, 47.
dough for rolls, 51.
flour for, 48.
machine, 54.
making, 48-55.
points of good, 43.
relation of price to food value of, 278.
staple food, 40-48.
uses for, 53.
what it contains, 45.
what to put in, 51.
why a cheap food, 46.
why it will "rise," 49.
why put yeast in, 49.
- Bread score, 43.
- Breads, quick, 177-185.
- Breakfast:
cereals, 156-165.
coffee for, 152.
for business man, 147.
for farmers, 147.
how easy to get, 151.
how served at the Allens', 75.
in winter, 147.
meat dishes for, 150-151.
muffins for, 181.
plans for, 147.
reason for a light, 148.
- Breakfast dishes, 146-156.
- Broiling chops and steaks, 216.
- Brown Betty, 115.
- Brown bread, 45.
- Brown Elizabeth, 115.
- Butcher's cart, 209.
- Butter:
calorie portions, 275.
diseases carried in, 36.
in bread, 51.
making for sale, 285.
using, 277.
- Butterine, 39, 51.
- Butter sauce, 65.
- Buying and selling foods, 280-287.
- Cabbage, 229.
- Cake, 79, 129-133.
- Calorie, what it is, 273.
- Calorie portions:
in foods, 275.
of vegetables, 223.
study of, 268-279.
100-calorie portions, 275-279.
- Calorimeter, 272.
- Canned fruits, 18, 114.
- Canned oysters, creamed, 64.
- Canneries, 94, 106.
- Canning:
fruit and vegetables, 92-108.
methods of, 100.
reasons for, 92-94.

- Canning apparatus:
steam cooker, 98.
sterilizer, 99.
- Canning clubs, 4, 93, 94, 106.
- Carbohydrate:
in celery, 225.
in corn, 225.
in milk, 35.
in parsley, 225.
in potato, 118.
- Carbon, 119.
- Carbon dioxide, 49.
- Celery:
composition of, 225.
stewed, 229.
- Cellar:
care of food in, 262.
care of vegetables in, 224.
- Cells of yeast, 49.
- Centigrade, 270.
- Cereals:
cooking, 159.
corn, 161.
double boiler for, 158.
eating, 164.
effect of cooking on, 158.
fireless cooker for, 165.
ready cooked, 158.
rye, 162.
time for cooking, 160.
uses of cold, 160.
why valuable, 157.
- Cheese:
for sandwiches, 60.
recipe for, 33.
- Cheese toast, 82.
- Chemicals used for preserving, 97.
- Cherries:
drying, 105.
in fruit-ade, 20.
- Chicken, canned, 298.
- Chili sauce, 103.
- China, 76.
- Chocolate, 27.
- Chops, broiling, 216.
- Clam chowder, 65.
- Clean cup, 24.
- Cleanliness, importance of, 134.
- Clean milk, 36, 39.
- Clearing off table, 265.
- Clearing up after meals, 133-145.
- Coal range, 248.
- Cocoa, 26-31.
- Coffee:
boiled, 154.
cereal, 152.
drip, 155.
effect on nerves, 26.
for breakfast, 152.
percolator, 154.
pots for, 153.
- Common drinking glass, 24.
- "Commonwealth," 291.
- Compost heap, 266.
- Compressed yeast, 50.
- Cooked fruit, 111.
- Cooker:
Atkinson, 165, 250.
fireless, 165, 255.
homemade, 250.
steam, 25.
- Cookies, 131.
- Cooking:
apparatus, 246-256.
at school, 11.
by kerosene, 249.
cereals, 159.
dainty, pretty work, 27.
effect on fruit, 111.
effect on potato, 120.
fish, 66.
fresh meat, 216.
meat, 214.
neatly dressed for, 257.
packing box equipment for, 12.
planning for, 29.
rice, 162.
selecting meat for, 211.
to have heat for, 247.
utensils for, 192.

- Cooking (*Continued*)
vegetables, 227-234.
- Corn:
canning, 107.
composition of, 225.
drying, 105.
- Corn beef:
hash, 150.
how to cook, 215.
- Corning beef, 214.
- Corn meal:
for bread, 44, 161.
in griddle cakes, 127.
mush, 162.
- Corn products, 161.
- Corn starch:
fruit sponge with, 236.
pudding, 238.
- Correct position for holding knife and fork, 79.
- Cow, 36-38.
- Cranberry sauce, 113.
- "Crash" for table cover, 74.
- Cream:
calorie portions, 275.
for children, 277.
for hot drinks, 26.
removed by dairy separator, 35.
using, 276.
with fruit, 111.
- Creamed codfish, 63.
- Creamed dried beef, 151.
- Creamed potato, 125.
- Creaming butter and sugar, 131.
- Cream of tartar, 19, 184.
- Cream of tomato soup, 233.
- Creamy rice pudding, 239.
- Cupboard, 13.
- Cups:
for drinking, 24.
for measuring, 27.
- Curd of milk, 35.
- Currant jelly, 19, 103.
- Currant juice for beverages, 18.
- Currants, in bread, 51.
- Custard ice cream, 245.
- Dates, 115, 284.
- Desserts:
dishes for, 234-246.
fruit, 115, 236.
milk, 238.
pies as, 241-243.
- Diet:
griddle cakes in, 127.
milk in, 34.
value of fruit in, 108.
- Dining table, 72.
- Dinner:
at night, 148.
home, 199-267.
how different from other meals, 198-204.
plans for, 199, 203.
- Directions for work in canning and preserving, 98.
- Diseases, carried in milk, 36.
- Dishcloth, 137.
- Dishes:
placed in rack, 139.
rinsing, 139.
use of, 79.
washing, 133-145.
- Dishwasher, 142.
- Doilies for table, 73.
- Double boiler, 13, 158.
- Drainage, 143.
- Dried food, 105.
- Dried fruit, 114.
- Dried vegetable soup, 232.
- Drinking cups, 24.
- Drinking fountain, 25.
- Dry yeast, 50, 51.
- Earning money, 284.
- Eating, good manners in, 80.
- Eating and work, 148.
- Eggs:
baked, 175.
beating, 172.

- Eggs (*Continued*)
boiled, 174.
calorie portions, 275.
compared with milk, 36.
cost of, 169.
digestibility of, 60, 171.
eating raw, 173.
effect of cooking on, 172.
food value of, 171.
for cake, 130.
for market, 167.
for sandwich, 60.
hard-cooked, 60, 171.
jellied or coddled, 174.
poached, 174.
preserving for winter use, 175.
selling fresh, 168.
storing, 169.
taking to market, 170.
whipped, 173.
- Ellen H. Richards house, 79, 289.
- Energy:
from foods, 278.
from milk, 34, 46.
from potato, 119.
- English custom for use of silver, 80.
- Evaporation, 263.
- Exhibit of quick bread, 179, 183.
- Experiments with meat, 212.
- Fahrenheit, 270, 271.
- Family, how much food to give, 201, 268-279.
- Fat:
in bread, 51.
in chocolate, 27.
in meat, 205.
in potato, 118.
potato warmed over in, 125.
- Fermentation, 97.
- Figs, 114, 115, 284.
- Fireless cooker, 14, 28, 136, 165, 252-254.
- Fish:
baked, 63.
buying, 66.
- Fish (*Continued*)
chowder, 65.
cooking, 66.
for dinner, 199.
hash, 156.
scalloped, 63.
value as food, 66.
- Floor, kitchen, 189.
- Flour:
in griddle cakes, 127.
kinds of, 48.
- Flowers for table, 77.
- Foamy sauce, 116.
- Food:
buying and selling, 280-287.
care of, 256-267.
cheap brands of, 282.
dry, 94.
facts about, 5-8.
for body building, 6.
for work, 6.
how to keep clean, 256.
ice for keeping, 259.
keeping dry, 264.
keeping in the cellar, 262.
meat as, 204-219.
milk as, 36.
potatoes as, 117-126.
reasons for studying about, 3.
requirements for day, 276.
table of 100-calorie portions of, 276, 279.
to serve to company, 79.
washing of, 258.
window shelf for, 263.
white bread as, 44.
why, spoils, 94.
- Foodstuffs:
in bread, 45.
in cake, 129.
potatoes as, 117.
vegetables as, 226.
- Food value:
of cake, 129.
of chocolate, 27.

- Food value (*Continued*)
 of cocoa, 27.
 of fish, 66.
 of milk, 46.
 of potatoes, 46, 117-126.
 of white bread, 44.
 Formal luncheon, use of silver, 80.
 Fowl:
 cooked in Atkinson cooker, 251.
 principles of cooking, 214.
 French custom for use of silver, 80.
 Fresh vegetables, 219-234.
 Frizzled beef with egg, 151.
 Fruit:
 baking, 111.
 canning, 92-106.
 for dessert, 115.
 for jam, 101.
 for jelly, 102.
 preparing for preserving and canning, 99.
 stewing, 112.
 using canned, 114.
 value of, 108-111.
 with cornstarch mold, 239.
 with squares of pie crust, 242.
 Fruit acids, 110.
 Fruit-ade, 20.
 Fruit butter, 101.
 Fruit juice, 18, 20, 111.
 Fruit scallops, 115.
 Fruit sponge, 236.
 Fruit tapioca, 116.
 Garbage, care of, 266.
 Garden making, 219-221.
 Gas, from yeast, 49.
 Gastric juice, 127.
 Gelatin in meat, 205.
 Gelatin mold, 236.
 Germs, in milk, 36.
 Gluten, in bread, 45.
 Good bread flour, 48.
 Good manners, 79-81.
 Grains, *see* Cereals.
 Green corn, composition of, 225.
 Griddle cakes:
 digestibility of, 126.
 for supper and other meals, 126-133.
 to make digestible, 127.
 with sour milk, 128.
 Guests, how to honor, 78.
 Ham, boiled, 215.
 Hard sauce, 115.
 Hash, corned-beef, 150.
 Hashed brown potatoes, 125.
 Hasty pudding, 150.
 Health:
 clean milk for, 36.
 effect of meat on, 205.
 fruit for, 111.
 Heat:
 "conductors" of, 250.
 effect on potato, 120.
 for cooking, 247.
 "nonconductors" of, 250.
 Heat unit, 273.
 Homemade ice box, 259.
 Honest measures and weights, 281.
 Honey, 132.
 Hot drinks, 26-31.
 Hot water, 135-139.
 Household measures, 28.
 Ice:
 caution about using, 24.
 for keeping food, 259.
 putting in, 260.
 Ice cream custard, 244.
 Impure water, 22.
 Indian corn, 161.
 Indian meal mush, 162.
 Indian pudding, 251.
 Iron:
 in fruit, 20.
 in potato, 120.
 in vegetables, 226.

- Jam, 101, 243.
 Japanese toweling for table, 73.
 Jars for canning, 96, 99.
 Jelly:
 apple, 102.
 barberry, 114.
 blueberry, 103.
 cranberry, 113.
 currant, 103.
 lemon, 237.
 Johnny cake, 178.
 Junket, 32, 33.
 Kerosene, cooking by, 136, 249
 Kitchen:
 arrangement of, 191.
 clean, 189.
 lesson about, 186-196.
 Mrs. Allen's, 187.
 place for dining-room table in the, 72.
 saving steps in, 190.
 to have hot water in, 192.
 Kitchen cabinet, 192.
 Kitchen floor, 189.
 Kitchen sink, 189.
 Kitchen walls, 189.
 Knife, use of, 79, 80.
 Lamb, cuts of, 209.
 Lemon jelly, 237.
 Lemon juice for fruit beverages, 18.
 Lettuce:
 calorie portions of, 275.
 for salad, 87.
 Lime, 7, 35.
 Luncheon:
 at school, 9-67.
 definition of, 56.
 list of foods for, 57.
 nuts for, 60.
 picnic, 61.
 sandwiches for, 58.
 Luncheon club, 10, 15, 24, 40, 61, 65.
 Magnesia, in fruit, 110.
 Manners at table, 79.
 Maple sugar, 132.
 Marjorie Allen, 4, 9, 18, 19, 36, 54, 70, 71, 86, 201, 219, 257, 268, 274.
 Marketing eggs, 170.
 Meal:
 clearing up after, 134.
 definition of, 56.
 effect of season of year on, 149.
 Measures:
 convenient, 28.
 honest, 281.
 liquid for dry, 282.
 Measuring, spoonfuls in, 29.
 Meat:
 as food, 204-219.
 canned, 298.
 cooking, 214, 216.
 danger from, 210.
 effect on health, 205, 206.
 extractives from, 214.
 for sandwiches, 58, 60.
 old-fashioned, soup, 218.
 roasted, 217.
 salted, corned, and smoked, 214.
 scalloped, 83.
 selecting, 211.
 Menu, 147, 199.
 Milk:
 composition of, 35.
 for hot drinks, 36.
 for school lunch, 32.
 how to keep, 38.
 rennetted, 32.
 value of, as food, 32-39, 46.
 100-calorie portions of, 277.
 Milk desserts, 238.
 Milk sherbet, 246.
 Mineral matter:
 for body building, 7.
 in bread, 45.
 in food, 7.
 in fruit, 20, 110.
 in meat, 205.

- Mineral matter (*Continued*)
 in milk, 35.
 in potato, 118.
 Miss Fields, 168.
 Miss Travers:
 about bread, 46.
 about buying and selling foods, 280.
 about canning food, 106.
 about earning money, 284.
 about fruit, 108.
 about griddle cakes, 126.
 about pies, 241.
 about 100-calorie portions, 275.
 at quick bread exhibit, 183.
 Molasses, 19, 126.
 Mold, 94-96.
 Muffins, 180.
 Mutton, cuts of, 209.
- Naphtha soap, 137.
 Napkin, 73, 74.
 Nitrogen, 35, 36.
 Nuts:
 in bread, 51.
 for luncheon, 60.
 with dried fruit, 114.
- Oatmeal:
 calorie portions, 275.
 cooking, 158, 159, 165.
 in griddlecakes, 127.
 Old-fashioned meat soup, 218.
 Old-fashioned Rhode Island johnnycake, 178.
 One-egg cake, 130.
 Oysters, 64.
- Parsnip, 225.
 Patterns, for dishes, 76, 77.
 Peaches, 111, 114, 115.
 Pears, 113.
 Peas, 107, 231.
 Phosphorus, 66, 110, 119.
 Pickling, 103.
 Picnic luncheon, 61.
- Pie, 241-243.
 Pitcher, 13, 77.
 Planting garden, 220.
 Plants, 119, 221.
 Plates, 74, 140.
 Pleasant Valley, 3, 10, 25, 40, 55, 62, 70, 94, 109, 132, 290.
 Plums, 114.
 Popovers, 179.
 Pork, 206, 211.
 Potash, 110, 119.
 Potato:
 best way to cook, 121.
 boiled, 122.
 calorie portions, 275.
 creamed, 125.
 food value of, 117-126.
 hashed brown, 125.
 mashed, 123.
 salad, 87.
 scalloped, 124.
 soup, 232.
 Pots, for coffee, 153.
 Pot roast, 202, 217.
 Pot stew, 217.
 Poultry, 166.
 Ptomaine poison, 210.
 Public drinking cups, 24.
 Pudding:
 baked Indian, 240.
 corn starch, 238.
 creamy rice, 239.
 suet, 240.
 Pump, with fountain attached, 25.
- Quick bread:
 exhibit of, 179.
 experiments about making, 184.
 how to make and serve, 177-185.
 making light, 183.
 "Quick lunch," 173.
- Rack, for dishes, 139.
 Rain barrel for water, 194.
 Ready cooked cereals, 158.

- Refrigerator:
 care of, 262.
 circulation in, 261.
 Mrs. Allen's, 260.
 well-built, 261.
 Renneted milk, 32.
 Rice:
 boiled, 164.
 cooking, 162.
 for scalloped dish, 84.
 in griddlecakes, 127.
 polished, 163.
 section of kernel, 163.
 varieties of, 163.
 where grown, 162.
 Roast beef gravy, 217.
 Rolls, 51.
 Round steak, 217.
 Running water, 193.
 Rye meal, 45, 162.
- Salad:
 dressing, 87.
 for supper, 87-90.
 potato, 87.
 tomato jelly, 89.
 Salmon, creamed, 64.
 Sandwich, materials for, 58.
 Sanitation, meaning of, 134.
 Saving steps in kitchen, 190.
 Scalloped dishes, 84, 124.
 School kitchen, 27.
 Selling foods, 280-287.
 Selling fresh eggs, 168.
 Septic tank, 143.
 Sherbet, 246.
 Silver, use of, 79.
 Sink, 189, 190.
 Skimmed milk, 38.
 Soap, 136, 137.
 Soda:
 in griddlecakes, 127.
 to make food light, 184.
 Soda biscuit, 181.
 Soft honey cake, 133.
- Soft soap, 135.
 Soup:
 cream of tomato, 233.
 dried vegetables, 232.
 old-fashioned meat, 218.
 potato, 232.
 tomato, 202.
 vegetable, 231.
 Sour milk, 33, 39, 127.
 Sour milk griddlecakes, 127.
 Spices, for cake, 131.
 Spoons, for measuring, 29.
 for soup, 80.
 placing on table, 74.
 Squash, canning, 107.
 Starch:
 and sugar, 118.
 cooked, 120.
 in bread, 45.
 in potato, 117.
 raw, 121.
 Steak:
 broiling, 216.
 compared with milk, 37, 171.
 Steam cooker, 255.
 Steam pump, 195.
 Sterilizer, 99.
 "Succotash," 105.
 Sugar:
 for fruit beverage, 18.
 for yeast cells, 51.
 from the farm, 132.
 honey in place of, 132.
 in bread, 51.
 "Sugaring off," 132.
 Supper:
 dishes for, 82-92.
 meat served for, 83.
 preparing, 69-82.
 salad for, 87-92.
 Sweet cakes, 126, 133.
- Table:
 clearing off, 75, 135, 265.
 cover for, 70-73.

Table (*Continued*)

- flowers for, 78.
- for cooking, 27.
- for lunch club, 10.
- how to help at, 75.
- laying, 71-74, 78.
- Table manners, 79.
- Tank in attic, 195.
- Tannic acid, 91.
- Tea:
 - composition of, 91.
 - effect on nerves, 26.
 - how to make, 90-92.
 - pots for, 91.
- Temperature, how measured, 269.
- Testing jars, 100.
- Thanksgiving dinner, 200.
- "Theine," 91.
- Thermometer:
 - Centigrade, 269.
 - Fahrenheit, 270.
 - for oven, 183.
- Toast, 82.
- Tomatoes:
 - eating raw, 227.
 - for catsup, 104.
 - salad, 89.
 - soup, 202, 233.
 - with meat dish, 83.
- Tuberculosis, from public drinking cups, 24.
- Vanilla, 32, 283.
- Vegetables:
 - calorie portions of, 223.
 - canning, 92-108.
 - eating raw, 227.
 - effect of cooking on, 227.
 - foodstuffs, 226.
 - for salad, 87.
 - how best to cook, 227.
 - selling and shipping, 287, 288.
 - soup, 231.
 - steaming, 228.
 - stewing, 228.

Vegetables (*Continued*)

- storing, 224.
- time-table for cooking, 228.
- Warmed-over dish for winter supper, 86.
- Washing dishes, directions for, 134-142.
- Washing off food, 258.
- Waste water, disposal of, 142.
- Water:
 - bacteria in, 22.
 - boiling, 25.
 - distilling, 25.
 - for beverages, 18.
 - for body, 7.
 - function in health of body, 21.
 - home supply, 23.
 - how nature purifies, 22.
 - lime in, 25.
 - on the farm, 193.
 - plenty of hot, 135.
 - soft and hard, 25, 135.
 - supply in kitchen, 192.
 - tank for, in alley, 195.
 - to soften, 135.
 - when improved by boiling, 25.
- Well, how to protect, 20-23.
- Wheat, 45, 46.
- Wheat flour, 48, 49.
- Whey, 35.
- Whipped cream salad dressing, 90.
- White bread, 44, 52.
- Whole milk, 35.
- Windmill, 195.
- Window shelf, 263.
- Work for the year, 8.
- Yeast:
 - cause of spoiling foods, 95.
 - causes working of canned fruit, 94.
 - cells, 95.
 - effect of sugar on, 97.
 - for bread, 49.
 - source of, 50.
 - wild cells, 51.
 - why put in bread, 49.

