

**FOODS**

# *You Can Always Star With Cookies In A Jar*



— TEXAS A&M UNIVERSITY —  
TEXAS AGRICULTURAL EXTENSION SERVICE  
J. E. HUTCHISON, DIRECTOR, COLLEGE STATION, TEXAS

# YOU CAN ALWAYS STAR WITH COOKIES IN A JAR

by  
Blanche Randolph  
Extension Nutritionist

Cookies and cakes are energy or Go foods. So are all kinds of breads, corn flakes, and oatmeal. When you eat more of these than you use up in energy, they will turn to fat.

Cookies are easy to mix and easy to eat. For a quick snack you can't beat cookies and a glass of cold milk or hot cocoa. Serve cookies when your friends drop by. You and your family will enjoy cookies at the end of a meal or in a packed lunch.

You don't need any special pans. If you don't have a cookie pan (pan without sides) just turn the bread pan over and use the bottom.

Self rising flour has salt and baking powder in it. Don't add more. Start making cookies by making a Mix. Several different kinds of cookies can be made from the mix.



## To Make A Mix, you will need:



Flour



Lard or  
shortening



Salt



Baking  
Powder



Dish  
Pan



Cup



Knife &  
spoon



Big can  
or jar

Use spoon and dip flour from sack



into cup.



When cup is full, level off by running a knife blade across the top of the flour. Then take one level tablespoon of flour out of each cup.



Put 9 cups of flour in a big pan.



Add 4 level tablespoons of baking powder and one tablespoon of salt.



Stir until well mixed.



Put 2 cups shortening in the pan. Push shortening



down tight in the cup and level off the top.

Use fingertips or 2 knives to mix.

Mix until it is like coarse meal.



Put mix in a big can or jar. Put lid on container.



**To Make Sugar Cookies, you will need:**



Mix



Sugar



Milk



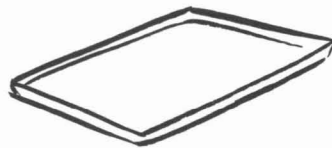
Egg, slightly  
beaten



Bowl



Spoon



Baking pan

1. Put 3 cups mix



in a bowl.

2. Add 1 cup sugar



and stir to mix.



3. Measure  $\frac{1}{4}$  cup milk  
Stir until mixed.



Put the egg in the milk.

4. Put  $\frac{1}{2}$  teaspoon flavoring in milk and egg.

5. Add milk and egg to flour and sugar.

6. Stir until well mixed.



7. Drop by teaspoon on pan.



8. Bake in hot oven—375°F.  
10-12 minutes.



### **To Make Peanut Butter Cookies**

Mix same as for sugar cookies. Then add  $\frac{1}{2}$  cup peanut butter after the egg and milk are added.

For a change you might like to add  $\frac{1}{2}$  cup chopped up nuts, raisins, or coconut to the cookie dough.



In case of disaster, cookies that are covered in jars or cans are safe to eat. Eating foods that are liked helps people to calm down.



(Permission to reproduce this material granted by the Arkansas Agricultural Extension Service.)