

# Food and Fun



with **F**riends

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# Food and Fun With Friends

EXTENSION FOODS AND NUTRITION SPECIALISTS  
*Texas A. & M. College System*

THE ABILITY to entertain friends with ease and without too much fuss and bother is an art easily learned. A keen appreciation of the meaning of hospitality is the key to being a successful host or hostess.

A good hostess plans ahead and is not worried, hurried or bothered when guests arrive. Arrange ahead for the foods to serve, preparation and serving, recreation and other details necessary for a good party.

## *Invitations*

Invite your friends to your home and have a good time with them. Most of your entertaining at home will be informal, so invite your guests when you see them or by telephone. Make the invitations definite as to time and place. A friendly way to ask a guest over the telephone could be something like this:

"Will you have dinner with us on Saturday, the eighth of June, at seven o'clock? My sister is visiting me, and I would like to have you meet her."

The reply might be:

"It will be fun to have dinner with you on Saturday at seven. I am looking forward to meeting your sister."

## *Introducing Guests*

The good host or hostess is always sure that all of the guests meet each other, but not necessarily at the same time.

When introducing people, mention first the name of the person who is being honored, age before youth, woman before

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man, a man of importance over a man of lesser rank or distinction. You will be correct if you say: "Mother, may I present Miss Jones?" or "Mrs. Smith, Mr. Brown."

Men and boys usually shake hands. Women may do so if they wish. Boys always rise for introductions, but girls need not rise unless they are introduced to a woman or an elderly man. To avoid an awkward pause, mention a topic of common interest to start a conversation immediately following the introduction.

When you are introduced you may say, "How do you do!" or "How do you do, Mrs. Smith!" A pleasant farewell when leaving helps create a friendly feeling.

### *Being a Good Guest*

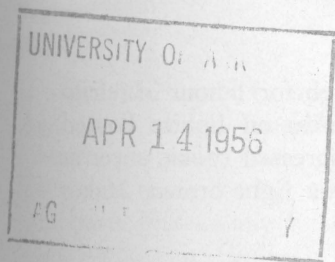
Be prepared to do with enthusiasm whatever is planned. Know definitely when to arrive and when to go home. Express verbally, by letter, or in some other way, your appreciation for the kindness and consideration shown you. Write a "bread and butter" letter to your hostess soon after you have been an overnight house guest.

Dress to suit the occasion is a good rule to follow. If your hostess does not explain clearly what may be desirable, ask her. Clean, well-pressed clothes and a well-groomed appearance help you have a better time, because you feel at ease.

### *When You Entertain*

There are many ways to entertain your friends. Regardless of the kind of party there are certain things which must be done. Before the guests arrive clean the house and put everything in order; arrange fresh flowers or other decorations; prepare the refreshments and arrange dishes, silver and napkins.

When the party is over, stack the dishes, glasses, plates and silverware; wash, rinse, drain or dry and put the house in order.



*Individual refreshment plate*



## *Individual Refreshment Plates*

*Cottage cheese sandwiches*  
 \*Sugar cookies Gumdrops  
 \*Lemonade float  
 Mints

*Ice cream*  
 \*Cottage cheese cookies  
 \*Fruit punch

\*Open-face sandwiches  
 Salted nuts  
 \*Snowy cooler

\*Chocolate fudge  
 \*Popcorn balls  
 \*Fruit nectar

Ask two of your friends before party time to help you serve the refreshment plates. Let one of them pass the napkins; the other can help pass the plates. Arrange on serving trays to save time and walking. Serve each guest. When your guests have finished, ask the same friends to help you remove the plates to the kitchen.

### *Savory Cheese Spread for Open-face Sandwiches*

Combine  $\frac{1}{2}$  pound finely grated natural sharp cheese, with  $\frac{1}{2}$  teaspoon grated onion,  $\frac{1}{2}$  teaspoon Worcestershire sauce,  $\frac{1}{4}$  teaspoon tabasco, 1 tablespoon vinegar. Use at room temperature. Spread on bread cut in various shapes.

### *Sugar Cookies*

6 tablespoons butter, margarine	1 $\frac{1}{2}$ teaspoons baking powder
or shortening	$\frac{1}{8}$ teaspoon salt
$\frac{3}{4}$ cup sugar	$\frac{1}{4}$ teaspoon vanilla
1 tablespoon milk	2 cups flour
1 egg	

Cream fat with sugar; add vanilla and beaten egg to which milk has been added. Mix well. Sift and measure flour; add baking powder and salt and sift again. Add to sugar and egg

\*Recipes are included.

mixture, and mix until smooth. Chill dough for 1 hour in refrigerator. Roll out to about 1/4-inch thickness on lightly floured canvas. Cut with cookie cutter. Bake on greased cookie sheet at 375°F., 10 minutes, or until cookies are a light brown. Makes 4 dozen, 2-inch cookies.

#### Lemonade Float

Place a scoop of ice cream or sherbet in bottom of tall glass. Add 1/2 cup of cold lemonade; mix slightly. Add more lemonade. Top with another scoop of ice cream. Serve immediately.

#### Lemonade

6 lemons

1 cup sugar

6 cups water

Make a sugar syrup by heating 1 cup sugar and 1 cup water. Cool. Squeeze juice from lemons; add the sugar syrup and 5 cups of water. Pour over ice in tall glasses. Garnish with mint leaves, orange or lemon slices, fresh berries or pineapple chunks. Serves 6.

#### Cottage Cheese Cookies

1/2 cup butter or margarine

2 teaspoons baking powder

1/4 cup cottage cheese

1/2 cup sugar

1 1/2 cups flour

1/2 teaspoon salt

Blend butter or margarine and cheese thoroughly. Gradually add sifted dry ingredients. Form into a loaf or roll; chill overnight; slice thin. Bake on greased baking sheet at 350°F. to 375°F., 10 minutes, or until delicately browned.

#### Fruit Punch

2 lemons

3/4 cup sugar

2 cups water

1 No. 2 can grapefruit juice

1 1/2 cups grape juice

Slice lemons; boil with sugar and water for 7 minutes; cool. Add grapefruit juice and grape juice. Chill. Serve with ice cubes in tall glasses. This recipe makes approximately 1 1/2 quarts.

#### Snowy Cooler

2 cups orange juice

1/2 cup sugar

1/2 cup lemon juice

1 cup water

Make a syrup of sugar and water. Cool. Combine with fruit juices. Pour into tall glasses and top with a generous scoop of lemon sherbet or vanilla ice cream. Have all ingredients cold, as ice is not added.

#### Uncooked Chocolate Fudge

1/4 cup butter or margarine

3 cups powdered sugar

1/4 cup water

1/2 cup nonfat dry milk solids

1 teaspoon vanilla

1/2 cup cocoa

1/2 cup finely cut nuts (optional)

1/8 teaspoon salt

Heat the butter or margarine and water in a 1½-quart saucepan until melted. Remove from heat and add vanilla. Mix sugar, nonfat dry milk, cocoa and salt. Add to first mixture about ¼ cup at a time, beating until smooth after each addition of sugar mixture. Mix in any kind of unsalted nuts. Spread in a greased 9 x 5-inch pan. Chill ½ hour, or until firm. Cut into 1½-inch squares. Makes 2 dozen.

#### Popcorn Balls

5 quarts popped corn	2 cups sugar
1½ cups water	1/3 teaspoon salt
½ cup light corn syrup	1 teaspoon vinegar
1 teaspoon vanilla	

Keep popcorn hot and crisp in slow oven (300° to 325°F.). Boil sugar, water, salt and corn syrup until it forms a very hard ball in cold water. Add vinegar and vanilla and boil to light crack stage. Slowly pour over corn stirring well so that every kernel is covered. Butter hands lightly, press into balls and let stand in cool place until firm.

#### Fruit Nectar

¾ cup mashed bananas	3 tablespoons honey or sugar
3 tablespoons orange juice	2 cups milk
¼ teaspoon almond extract	⅛ teaspoon salt

After mashing bananas, add fruit juice, honey or sugar, salt, almond extract. When ready to serve, add milk and beat well.

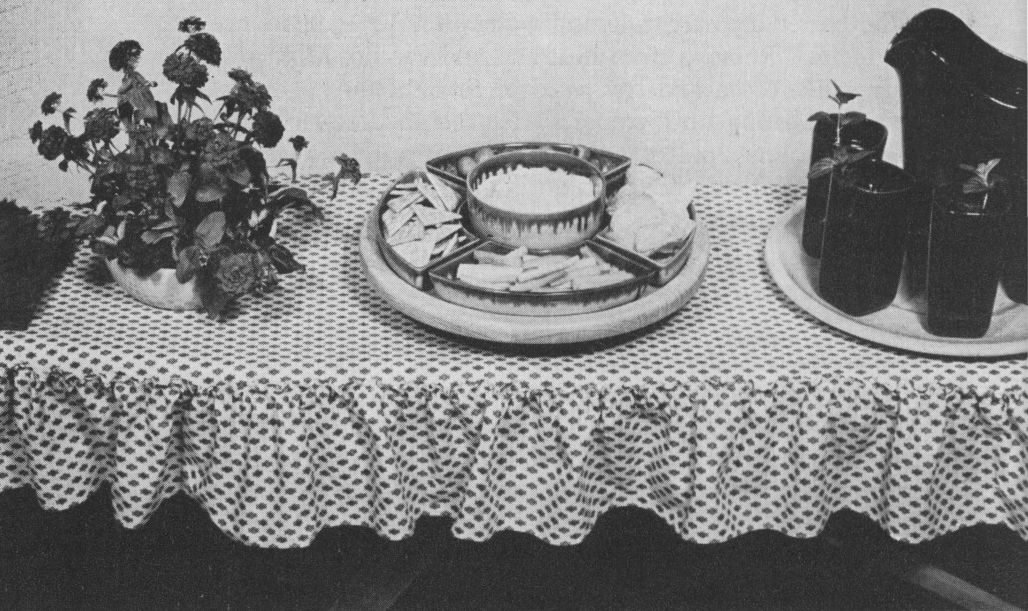
## Small Party

Who wants to have lots of friends? Who wants to be known as the most popular hostess in the community? Just about everyone! Fun with the gang is fun for everyone. This is your chance to entertain a few of your friends in your own home with food you can prepare easily and well. The next time you plan to have the gang over, try one of these, and your party is sure to be a hit.

*Cottage cheese dip	Cheese dip
Stuffed olives	Carrot and celery sticks
Potato chips	Corn chips
Small crackers	Hot apple juice
*Grapefruit slip	

The food may be placed on a card table, dining table or an ironing board with a perky cover. With refreshments like these there will be very few dishes to wash, and your friends will feel free to go back to the table for a bite throughout the party. The drinks may be poured in the kitchen and placed on the table, or you may have each person pour his own. The crackers, potato

\*Recipes are included.



*Refreshments served from an ironing board*

chips or vegetable sticks are placed so that everyone can use them to dip into the cheese dip. If you prefer, small knives may be used for spreading the cheese instead of "dipping."

#### **Cottage Cheese Dip**

- |   |                                   |
|---|-----------------------------------|
| 1 cup cottage cheese                          | $\frac{1}{2}$ teaspoon mustard    |
| 2 tablespoons butter or margarine,<br>creamed | $\frac{1}{2}$ teaspoon salt       |
| 1 teaspoon sugar                              | 1 tablespoon catsup               |
|   | 1 teaspoon lemon juice or vinegar |

Press cottage cheese through fine sieve. Mix cheese with creamed butter or margarine. Add catsup, vinegar or lemon juice, sugar, mustard and salt. Mix well.

#### **Grapefruit Flip**

- |                                |                                 |
|--------------------------------|---------------------------------|
| 2 cups grapefruit juice        | 2 tablespoons sugar, if desired |
| $\frac{1}{2}$ cup orange juice | 2 cups ginger ale               |

Combine ingredients, adding ginger ale last. Pour over crushed ice in tall glasses. Garnish with sprigs of mint. Serve immediately.

### *Large Party*

When entertaining a large group, the refreshments may be served from the dining table in buffet or tea style. In this type



of service ask some of your friends to assist in serving. One or two persons serve the beverage, another keeps the table replenished with dishes, napkins and food. Another friend or two may take the soiled dishes from the guests when they have finished, or guests may place dishes in a tray on a side table. The guests go to the dining table and are served the beverage; they help themselves to the rest of the refreshments. After serving themselves they may move about and visit.

A beautifully set table adds to the festive atmosphere of your party. The table decoration may be floral, or it may carry out some particular theme. The table decoration may be taller than that used when people are seated at the table.

The food must be dainty and colorful. Flowers, linen, china and food must harmonize to make an attractive table.

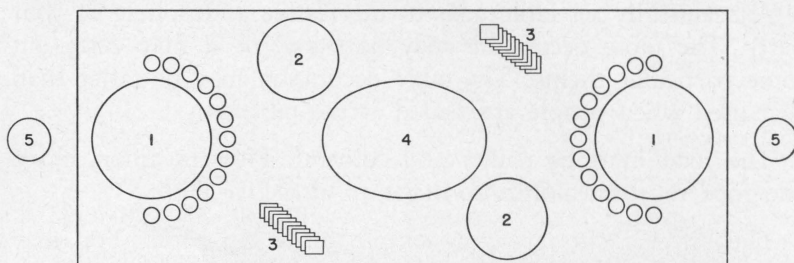
The refreshments are very simple for a big party. You may serve cookies and punch; therefore, you would not need a plate. A dainty sandwich and some nuts could be served too; in that case a plate would be needed.

The type of beverage served may vary. When it is hot weather, most people like a cold beverage such as lemonade or a fruit

*Dining table set for a large party*



punch. In the winter, serve hot drinks such as cocoa or spiced tea. The kind of beverage served determines how it is served. A hot beverage usually is served from a coffee, tea or chocolate pot; a cold beverage, from a punch bowl or a pretty pitcher. When the crowd is very large, the beverage may be served from both ends of the table. The table would then be set exactly alike on both sides, and people would be served from both sides of the table at the same time.



*Table set for buffet party*

- 1. Beverage
- 2. Plate of cookies
- 3. Napkins

- 4. Table decoration
- 5. Person serving beverage

For large parties try these:

- \*Fruit punch
- \*Shaggies

- Lemonade
- Ribbon sandwiches
- Mints

- \*Hot cocoa
- Open-face sandwiches
- Sugar cookies
- Salted pecans

#### Fruit Punch

- |                               |                             |
|-------------------------------|-----------------------------|
| 4 5½ oz. cans lemon juice     | 10 cups sugar               |
| 1 46 oz. can grapefruit juice | 5 cups water                |
| 1 46 oz. can orange juice     | 1 oz. bottle almond extract |
| 2 46 oz. cans pineapple juice | Food coloring               |
|                               | 3 gallons iced water        |

Boil 5 cups of water and sugar together to make a syrup. Chill. Combine fruit juices, extract, syrup and iced water. Add coloring to give desired shade. Makes approximately 4½ gallons. Serves about 100.

#### Shaggies

- |                            |                     |
|----------------------------|---------------------|
| 1¼ cups sifted flour       | ½ cup peanut butter |
| ¾ teaspoon soda            | 1 cup brown sugar   |
| ½ teaspoon baking powder   | 1 egg               |
| ½ teaspoon salt            | 1 teaspoon vanilla  |
| ½ cup butter or shortening |                     |

\*Recipes are included.

Sift flour, soda, salt and baking powder together three times. Cream fat and peanut butter. Gradually add brown sugar, creaming well. Add beaten egg and vanilla. Beat well; then add sifted dry ingredients gradually, mixing well. Chill until firm. Have ready one or all of the following: melted dipping chocolate, shredded cocoanut, pecan halves. Pinch off about a teaspoon of dough and roll between palms into small balls. Place on greased cookie sheet and press flat with tines of fork dipped in melted chocolate. Press some with cocoanut and others with pecans. Bake at 350°F., 12 minutes. Makes about 6½ dozen.

### Hot Cocoa

2 cups cocoa  
2 cups sugar  
½ teaspoon salt

2 quarts or 8 cups hot water  
8 quarts milk\*  
2 teaspoons vanilla

Combine the cocoa, sugar and salt. Mix with hot water and boil the mixture for 5 minutes. Heat the milk and cocoa mixture in a double boiler or in a pan over very low heat. Beat to prevent a scum from forming. Add vanilla. Makes 2½ gallons (50 servings of ¾ measuring cup each).

*\*8 cups of dry milk solids and 7½ quarts of water may be used in place of 8 quarts of fresh whole milk.*

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