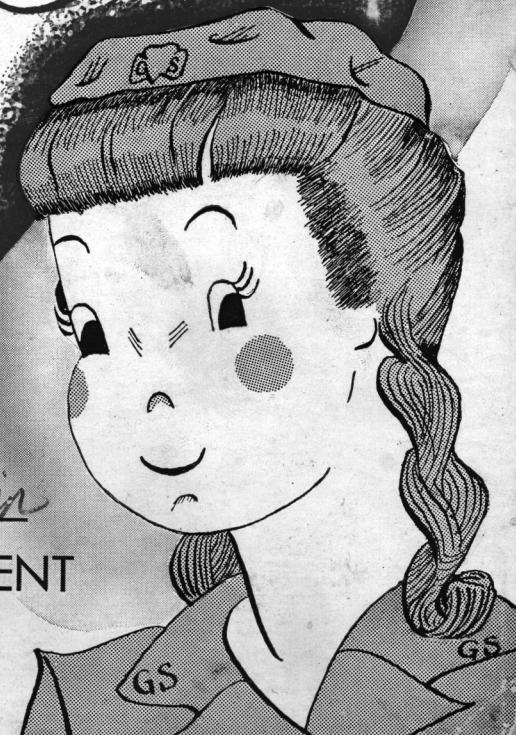


Girl Scout Cook Book



GS



Presented to
Nancy Baldwin

HOME SERVICE DEPARTMENT
OHIO EDISON COMPANY

Nancy Baldwin 10d

Index

TIPS FROM TRUDY. 1

LESSON I

A. Fundamental Cooking Equipment	7
B. Measuring	7
C. Use of Range	10
D. Nutrition and Meal Planning	12

LESSON II

A. Cookie Baking	17
B. Writing Invitations	19

LESSON III

A. Kitchen Planning	21
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LESSON IV

A. Egg Cookery	25
B. Cereal Cookery	27

LESSON V

A. Vegetable Cookery	29
B. Salads	31

LESSON VI

A. Table Setting	33
B. Rules for Entertaining	34
C. Tea for Guests	36

TRUDY TENDERFOOT

ENJOYS ALL VEGETABLES

Shop carefully when buying vegetables and fruits. Be sure they are crisp and fresh. If wilted, they have undoubtedly lost many vitamins. Place fruit and vegetables in refrigerator immediately after purchasing.

Give care and thought to preparation of food. Some vitamins are destroyed if exposed to air, others object to continued high heat, and others are lost if cooked in large quantities of water. Therefore, the most important maxims that we as homemakers can follow are:

- (a) Use a minimum of water in cooking all foods ... just enough to cover the bottom of the pan.
- (b) Bring to the boiling point as rapidly as possible. Cook with slow, gentle heat. Finish cooking foods in as short a time as possible.
- (c) Use utensils with tight-fitting lids.
- (d) Do not stir food unless absolutely necessary.
- (e) Do not add soda to water when cooking vegetables.
- (f) Do not let shredded vegetables stand. If vegetables are to be shredded, start cooking at once. Vitamins are apt to be lost in the air or in juices which run out.
- (g) Do not prepare vegetables in advance and let them stand in water until ready to cook. Some vitamins are water soluble and soak out into the water.
- (h) Do not allow frozen foods to thaw before cooking them. Cook frozen vegetables as soon as they are taken from the freezing compartment of the refrigerator.

