

INDEX TO THEORY

Page subject
1.....Clothing.
2.....Classification of Woods and Metals.
3.....Weights and Measures.
Theory and Practice

In

4.....Methods of Cooking Food.
5.....Food: Its Uses and Consumption.
6,11.....Foodstuffs: Their Sources and Sources.
7,12.....Vitamins.
8.....Preservation of Foods.
9.....Vegetables, Fruits and Nuts.
10.....Cereals.
Household Science

13.....Carbohydrates: (a) Sugars.
14.....Eggs.
Winnipeg Public Schools

15.....Meat Experiments and Beef Chart.
16.....Cuts of Meat and Their Uses: Beef and Veal.
17.....Lamb and Pork: Experiments and Uses.
18.....Fish.
1942
19.....Batters—Doughs—Ice-creams.
20.....Flour Mixtures.
21.....Cakes and Temperature Guide for Baking.
22.....Yeast.
23.....Table Service I—Preparation for a Meal.
24.....Table Service II—Rules for Serving and Removing Dishes.
25.....Table Service III—Rules for Table Setting.

INDEX TO THEORY

| Page | Subject |
|------------|---|
| 5..... | Cleaning. |
| 6..... | Cleaning of Woods and Metals. |
| 7..... | Weights and Measures. |
| 8..... | Fuels and Stoves. |
| 9..... | Control of Electric and Gas Ovens. |
| 9..... | Methods of Cooking Food. |
| 10..... | Food: Its Uses and Composition. |
| 10,11..... | Foodstuffs, Their Functions and Sources. |
| 12,13..... | Vitamins. |
| 14..... | Preservation of Foods. |
| 14..... | Vegetables, Fruits and Nuts. |
| 15..... | Cereals. |
| 16..... | Flour. |
| 17..... | Carbohydrates: (1) Starches, (2) Dextrins. |
| 18..... | Carbohydrates: (3) Sugars. |
| 19..... | Eggs. |
| 20..... | Milk. |
| 21..... | Cheese. |
| 22..... | Meat. |
| 23..... | Meat Experiments and Beef Chart. |
| 24..... | Cuts of Meat and Their Uses: Beef and Veal. |
| 25..... | Lamb and Pork: Standard Cuts and Uses. |
| 26..... | Fish. |
| 27..... | Batters—Doughs—Leavens. |
| 28..... | Flour Mixtures. |
| 29..... | Cakes and Temperature Guide for Baking. |
| 30..... | Yeast. |
| 31..... | Table Service I—Preparation for a Meal. |
| 32..... | Table Service II—Rules for Serving and Removing Dishes. |
| 33..... | Table Service III—Rules for Table Setting. |

INDEX TO RECIPES

| | Page | | Page |
|-------------------------------|--------------------|--------------------------------------|---------------|
| A | | J | |
| Apple Recipes..... | 51, 63, 165 | Jams..... | 43 |
| | | Jelly (Fruit)..... | 45, 47 |
| B | | Jellies (Gelatine)..... | 117 |
| Batters..... | 89, 91 | | |
| Beverages..... | 53, 55 | L | |
| Biscuits (Baking Powder)..... | 93 | Left-over-meats..... | 137, 139 |
| Bread (Yeast)..... | 125, 127 | | |
| | | M | |
| C | | Marmalade..... | 43, 47 |
| Cake Fillings..... | 101 | Meat (Left Overs)..... | 137, 139 |
| Cakes..... | 95, 97 | Meats..... | 129, 131, 133 |
| Candy..... | 159, 161, 163 | Milk..... | 81 |
| Canning..... | 35, 37, 39, 41 | Milk Dishes..... | 83 |
| Cereals..... | 57 | Muffins..... | 91 |
| Cheese..... | 87 | | |
| Cookies..... | 99 | P | |
| Cream Soups..... | 73, 75, 77 | Pastry..... | 105 |
| Croquettes..... | 149 | Pickles..... | 49 |
| Custards..... | 85 | Pies..... | 107 |
| | | Potatoes..... | 71 |
| D | | Preserves..... | 43 |
| Desserts (Cold)..... | 113, 115, 117, 119 | Pudding Sauces..... | 111 |
| Doughnuts..... | 147 | Puddings (Hot)..... | 109 |
| | | | |
| E | | R | |
| Eggs..... | 79 | Rice (Boiled or Steamed) Cereal..... | 57 |
| Entrees..... | 165 | Rice Custard..... | 85 |
| | | Rice Puddings..... | 83 |
| F | | Rolls..... | 127 |
| Fillings..... | 101 | | |
| Fish..... | 143 | S | |
| Fish Sauces..... | 145 | Sandwiches..... | 151 |
| Frozen Desserts..... | 121, 123 | Salad Dressing..... | 155 |
| Fruit..... | 51 | Salads..... | 153, 155, 157 |
| Fritters..... | 147, 165 | Sauces (Meat and Fish)..... | 145 |
| | | Sauces (Pudding)..... | 111 |
| G | | Sauces (White)..... | 61 |
| Game and Poultry..... | 141 | Scalloped Dishes..... | 61, 63 |
| Gelatine Dishes..... | 117, 119 | Scalloped Potatoes..... | 71 |
| Gravy..... | 129 | Soups (Cream)..... | 73, 75, 77 |
| Griddle Cakes..... | 89 | Soups (Meat)..... | 135 |
| | | Stale Bread..... | 59 |
| I | | | |
| Ices..... | 121, 123 | V | |
| Icings..... | 103 | Vegetables..... | 65, 67, 69 |
| Invalid Cookery..... | 167, 169 | | |
| | | W | |
| | | White Sauce..... | 61 |