

Little Women Hospitality Program

by

Anne Milligan Callaghan

Student Companion Book

Cover illustrations by
Patrick J. Callaghan and Julia Fahy

Cooking Take Home

Do one or more of the list below. Make a note of what you did or write a paragraph to put into your hospitality binder under this skill.



Uses for this skill: Cooking is a primary way to show hospitality to others, and can be a corporal work of mercy.

1. Use to help at home in the kitchen
2. Prepare for friends to come for a visit
3. Bring a meal to someone in need: someone sick or a mom who just had a baby
4. Bring a meal to a priest or someone living alone
5. Use this skill to make presents
6. Use to host a bake sale, as a fundraiser for a good cause
7. Just for fun! Cook together for pleasure as a way to enjoy each other
8. Make breakfast in bed for a family member on a special day like their birthday
9. Send a note with your favorite recipe to someone who might enjoy it.

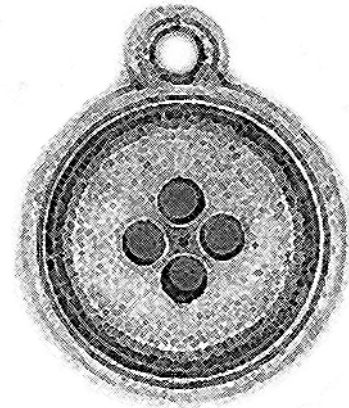
Note: If you have a favorite recipe, make some copies for the girls in your group and begin a recipe exchange next month. Print it and glue it to 3x5 or 4x6 index cards. These will fit great into photo pages that can be added to your binder.

Field Trip Options:

- * Visit a soup kitchen run by the Sisters of Charity or other Catholic organization. See how others use their cooking to be hospitable to the poor and homeless.
- * Donate food to a food pantry.
- * Volunteer to do a 'Meals on Wheels Program' - through your parish or community.
- * Make a schedule for a priest or someone in need, and call others in your hospitality group to volunteer for a day to bring a meal. Families who have a child who is seriously sick would appreciate this so much. Then, make a card and put everyone's name on it, with the schedule. This way the receiver will know what days to expect a prepared meal. Make sure you check for food allergies before preparing a meal for someone else.

Dusting and Cleaning Take Home:

- * Try this system out at home. Ask each girl to clean a family or living room and have their mom see how they did. Happy Cleaning!
- * Teach a younger sibling how to clean well using the hidden buttons game. Remember to be kind in teaching. If you are impatient with your sibling because they don't do it right, then you are not being a good teacher. Teaching others our skills is another way to help them but we must be patient.
- * Help a family you know who just moved into a new house. There is lots of unpacking to do, and lots of cleaning when the unpacking is done. See if you can help out.
- * Gather some friends to volunteer to clean a new mom's house. It's hard to get everything done when you just have a baby. What a nice baby present this would be.
- * Volunteer to clean your church.
- * Clean up and have some friends over for a movie and popcorn. Invite a friend you think may not usually be included.



Recommended Reading: *All of a Kind Family* by Sydney Taylor

Recommended Movies: *Cheaper by the Dozen* (with Jeanne Crain, Myrna Loy and Clifton Web), and its sequel, *Belles on Their Toes*, about the true life, Gilbreth family. The Gilbreths had 12 children and were efficiency experts. This produces many funny, time-saving techniques for everyday life. In *Cheaper by the Dozen*, there is a scene in which the children must allot the work because there is not enough money to hire extra help. They kind of moan and groan but then get the work done. The second movie, *Belles on Their Toes*, practically opens with a scene of all the kids pitching in to clean, inside and out, from top to bottom, while singing "I Want to be Lazy". Music is always a great way to bring life to your cleaning. Both these movies are based on the books by Frank and Ernestine Gilbreth, two of the older children.

Setting and Clearing the Table Take Home:

- * Practice setting the table at home for a week and clearing the spots for everyone when done.
- * Ask your mother if you can use her good china to set a nice table for two, for your mom and dad, and volunteer to serve a "date night" for them. Don't forget the candles and a centerpiece. What a treat that would be for them! You could do the dishes when you aren't serving, so they could enjoy a relaxing evening. Depending on the time of year, maybe you can gather some wildflowers for your centerpiece.
- * Get some friends together to play restaurant. Make some menus using some cookbooks and set the tables. Some can be the customers, and some be the servers. Plan ahead and ask your mom if you can serve some real food.
- * Plan a night to have popcorn and watch *The Harvey Girls* with Judy Garland.
- * If a major holiday or formal party is taking place, ask your mom if you can help set the table and serve. Remember to be extra careful when handling your mom's good china and crystal and never stack the dishes.



FIELD TRIPS:

1. Go to tea at a formal tea house and notice how the table is set, and how the food is served.
2. Go to a department store, in the china department, and arrange for someone to show you how to properly set a place setting. Browse through the china, crystal and fine silver. Have everyone pick out their favorite pattern and write it down. If the store has sample pictures of the patterns, have the girls take one and put it in their binders. They can see if their taste stayed the same when it is time to buy their china when they get married.
3. Offer to serve or help with a charity dinner. The pro-life movement usually has many occasions when servers are needed.

Recommended Reading: A good etiquette book; *The Harvey House Cookbook*; there are even now a set of Harvey Girl paper dolls.

Movies: *The Harvey Girls* with Judy Garland (Excellent and funny about the historical Fred Harvey houses that civilized the West with hospitality, white tablecloths and meticulous dining rooms, and well-mannered girls.)

