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Fork or Finger?

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fork or finger?

ARE YOU baffled with finger or fork decisions? Here are a few tips that will change your perplexity to poise.

Serve yourself from a fruit plate with your fingers. Whole fruits, like apples and pears, are sectioned with a knife and then eaten with the fingers. Juicy peaches are eaten with a fork after peeling and removing the pits. Eat grapes with the fingers, removing the seeds by using the thumb and fingers to form a screen for the seed.

That American favorite—corn on the cob—is picked up with both hands. Butter only a few rows at a time and attack it with as little ferocity as possible. Remember not to hold your little fingers in exaggerated question marks.

Pick up potato chips but use a fork for French fries. Crisp breakfast bacon may be eaten with fingers to save that eternal “fork chase bacon” race around your plate.

Serve yourself to bread, muffins or rolls by hand—no spearing with a fork! Use fingers to break your bread into pieces.

Sandwiches hot with gravy or made with hard-to-handle filling are eaten with a fork. Otherwise they are included in the finger foods. Hefty club sandwiches look more dainty and are easier to eat if they are cut into smaller portions before being picked up in the fingers.

Pick up celery, carrot sticks and pickles served on a relish plate or with sandwiches. Sliced bread n’ butter pickles are eaten with a fork.

Don’t try to maneuver an olive with your fork, whether trying to serve yourself or eat it. Hold it in the fingers, but don’t nibble around the pit like a squirrel. Only tiny stuffed or ripe olives are put into the mouth whole. Make two bites out of a large stuffed olive.

Except on picnics or when served “chicken-in-the-basket” style, chicken meat should be cut from the bones with a knife and fork. For added finesse, why not practice knife and fork technique at home instead of eating chicken a la fingers?

The bulldog attack on chop or steak bones is definitely taboo, too. And learn to cut the meat from the bone without waving your elbows in your neighbor’s face.

Crumbly cakes, and cakes with filling or sticky frosting are eaten with a fork. Otherwise, if it looks manageable, cake, like cookies is a finger food.

If you should get your fingers sticky, wipe them on your napkin. Even a well-worded apology cannot excuse finger licking!



Catharine Rice, Applied Art Junior, shows you right and wrong ways to tackle corn on the cob. Top picture shows Cathie munching vigorously and grasping cob, but in the bottom picture, she demonstrates proper procedure.

by Doris Jean Coxon

Household Equipment Junior