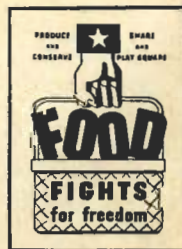


Food

IS THE MIGHTIEST WEAPON

OF THEM ALL... Food can lighten the task of our soldiers . . . can help rehabilitate the peoples of liberated countries . . . can win victories without a shot being fired . . . can shorten the war and help win the peace. There's still plenty of food for the home front . . . no danger that any one of our 130 million people need go hungry if each and every one of us will avoid waste, clean the plate, do our share. Remember . . . **FOOD FIGHTS FOR FREEDOM.**

**PRODUCE AND CONSERVE
SHARE AND PLAY SQUARE...**



YEAR 'ROUND EDITION
HEALTH-FOR-VICTORY
MEAL PLANNING GUIDE



15 MASTER MENUS WITH ALTERNATES... 4 SPECIAL
OCCASION MENUS... 455 TESTED RECIPES... HOW TO
BUY, COOK, AND PLAN POINT-THRIFTY MEALS

PRICE
Twenty-five



The nutritional statements in this booklet have been accepted by the Council on Foods and Nutrition of the American Medical Association; by the Bureau of Human Nutrition and Home Economics, U. S. Dept. of Agriculture; by Dr. Helen A. Hunscher, Nutritionist and Head of the Home Economics Department, Western Reserve University, and by Dr. Frank M. Gatto, Director of Health Conservation, Medical Department, Westinghouse Electric & Manufacturing Company.

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HOME ECONOMICS INSTITUTE

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You might call it

"A HELPING HAND IN PLANNING WARTIME MEALS"

"That's the main purpose of this Meal Planning Guide," says Mrs. Julia Kiene, national director of the whole Health-for-

Victory movement, as she outlines what's in this book and how to use it to best advantage. Mighty useful, you'll agree!

... WHAT DIFFERENCE DOES IT MAKE WHAT WE EAT?

"All the difference in the world on the state of your health, your outlook on life, and your vim and vigor," say the experts.

Further over in the book we tell you why and how in fuller detail. Be sure to read it!



... TELLS HOW TO TAKE RATIONING RIGHT IN STRIDE

You'll find plenty of sound, tested advice on rationing all through this book. What to use as alternates for scarce foods, for instance; how to plan point-thrifty meals; how to make rationed

foods go further; menus planned with one eye on your point budget, and dozens of other practical ideas worth their weight in gold! Keep on reading...you'll be glad.



MEAL PLANNING MADE EASY

There are only a few things to remember in planning meals that not only taste and look good, but also do your family "rarin' to go" and "hidden hunger" dishes. But those few things are

very important. "Planning Meals for Fun and Health", starting on page 14, tells you exactly how to go about it. For your family's sake, take this advice seriously.



20 DELICIOUS MENUS COMPLETE WITH RECIPES

are a full day's menu, mind —breakfast, lunch, dinner and a lunch box. The other four are special gala meals. Every menu is planned with both ration book and pocketbook budgets in mind. All the full day's menus

were built to include all the "Basic 7" food groups you need daily. Many alternate suggestions are given for foods that may be difficult to find. To make it even easier, recipes are given for *every single dish* listed in each menu.



MARKETING, FOOD PRESERVATION AND COOKING TIPS

How to get your money's worth by buying different kinds of foods, how to protect that food with correct refrigeration at

home, and how to cook it to get all its goodness and taste appeal, are simply and thoroughly covered. Well worth knowing!



THESE ARE ONLY THE HIGH SPOTS

There's a lot more in this book that will help you with your war-time meal planning problems. Read it carefully, page by page. A healthy America is a strong America", you know. To help you

serve your families the kind of meals they need, was our main idea in preparing this book.

Julia Howe
DIRECTOR, HEALTH-FOR-VICTORY PROGRAM

MENUS AND RECIPES ARE TESTED OUT IN THE HOME

All the menus suggested in this book have been tested out in advance by typical families scattered all over the country. We wanted to be sure that the meals would appeal to most people, that the foods would be available everywhere, and that the dishes were both delicious and easy to prepare. These "test families" of ours are of varying size and ways of life.

Pleasantly enough, they report not only that they like the meals enormously, that they ran into no great difficulty in getting the food and preparing it, but that the average cost per well-balanced, tasty meal was only 18¢ per person! Good news for your pocketbook!



"RARIN' TO GO!"

"HIDDEN HUNGER"

WHAT WE EAT MAKES A BIG DIFFERENCE IN HOW WE FEEL AND ACT!

A high spot summary of what foods we need . . . and why!

LET'S START FROM SCRATCH! "We are what we eat" is an old adage, and one of the truest ever written. No one, not even Superman himself, can keep healthy, strong and on his toes if he doesn't eat the right food every day.

The *amount* of food is not the only important point. It's equally essential to have the right foods so that there is a *proper balance* of all the different food elements the body needs to carry on its daily functions.

FOOD HAS THREE BIG JOBS

1. **To provide energy and heat**, so that we can breathe and walk, work and play.



2. **To build, maintain and repair** our muscles, bones, skin and internal organs, repairing the wear and tear on the bodies of adults, helping children grow big and strong.



3. **To keep our bodies regulated and running smoothly**—helping our food to digest properly, making sure we get the most good from the air we breathe, the proper body regulation from the hormones and internal secretions we produce, and that our hearts pump the blood to every section of our bodies, thus helping our tissues and organs to function properly.



BROADLY SPEAKING . . . IT TAKES FIVE DIFFERENT TYPES OF FOOD SUBSTANCES TO KEEP US GOING



1 Protein

... The word protein means "I come first". Protein is needed to keep the body in good condition. It is necessary to build and repair tissues in children and to replace worn-out cells and tissues in adults. It helps regulate many body processes. Protein is one of the reasons why milk, meat, poultry, fish, cheese and eggs must be in your diet—along with legumes, breads and cereals.



2 Vitamins

... We must have vitamins for normal growth, health and reproduction. Some have a lot to do with the well-being of our muscles and nerves, too. These food substances are often called "the spark plugs", they do so much to help many of the foods we eat do their best for us. There are many vitamins, with many different functions. Best known are the B complex, A, C and D.



3 Minerals

... Only small amounts are needed, but they are very important. Minerals do two major things for us. They act as body builders, for teeth and bones, blood, muscles, organs and tissues. Also, they are body regulators—keep our heart working properly, and the rest of our muscles, nerves and other tissues doing their job to best advantage. Calcium, Iodine and Iron are perhaps the most important because if the food we eat contains these three, we're pretty sure to get enough of the others.



4 Energy Givers

... The one and only way we can get energy for our bodies is through the food we eat. And every time we breathe, or blink an eye, or raise a finger, we use up energy that must be replaced. All foods give us energy, but some give us more than others. Concentrated carbohydrates (cereals, breads and sweets) and fats (butter, margarine, oils, meat fats and shortening) give us the most. That's why we should eat some of these foods every day . . . but in moderation.



5 Water

... Very important if our food is to be properly digested, absorbed and carried to the different parts of the body. Without water, no single cell can do its work properly. How much do we need? That varies—but thirst often is a pretty safe guide.

ARE YOU THOROUGHLY CONFUSED?



Are you wondering how on earth you can ever make sure Johnny gets his minerals, and Dad his vitamins? Does it all sound forty times as technical as building a skyscraper or drawing a blueprint for an airplane?

Don't be alarmed. There's one very simple way to make sure that every single thing your family needs gets into their daily diet. In sufficient quantities, too. That is to plan each day's meals around the Government's "Basic 7" food chart shown on the next page. You can forget all the whys and wherefores if you'll just stick by this "Lucky 7"!

the BASIC 7 Food Chart

HEALTH . . . EAT SOME
FROM EACH GROUP
Y DAY

dition to the "Basic 7"
y other foods you want.

U. S. Government
Chart



WHAT FOODS ARE IN EACH GROUP?

GROUP 1

Green and Yellow Vegetables . . . Eat one big helping or more, daily. Fresh, frozen, brined, canned or dried. Use some raw, some cooked.

Leafy Vegetables: green lettuce, spinach, beet tops, green cabbage, kale, chard, escarole, parsley, water cress, greens of dandelion, mustard, turnip, etc.

Green Vegetables: peas, snap beans, broccoli, asparagus, green lima beans, etc.

Yellow Vegetables: carrots, pumpkin, sweet potatoes, yellow squash.

GROUP 2

Oranges, Tomatoes, Grapefruit, or Raw Cabbage or Salad Greens and Fresh Berries in Season . . . at least one serving daily. Citrus fruits and tomatoes

may be used fresh or canned, whole fruit or juice.

Citrus Fruits: oranges, grapefruit, lemons, limes, tangerines.

Tomatoes, or Raw cabbage, cauliflower, green peppers, turnips, salad greens, cantaloupe or strawberries and other berries in season.

GROUP 3

Potatoes and Other Vegetables and Fruits . . . three or more helpings daily. Fresh, frozen, canned, brined or dried.

Vegetables: Potatoes, beets, cauliflower, celery, corn, cucumbers, onions, celery cabbage, eggplant, parsnips, radishes, turnips, wax beans, etc.

Fruits: Apples, apricots, bananas, grapes, peaches, pears, pineapples, plums, prunes, figs, raisins, etc.

GROUP 4

Milk and Milk Products . . . Use milk in food and to drink. Whole milk, skim milk, buttermilk, evaporated milk, dried milk or cheese.

GROUP 5

Meat, Poultry, Fish or Eggs, or Dried Beans, Peas, Nuts, Soybeans or Peanut Butter . . . at least one helping daily.

Meat or Poultry: Include liver, heart, kidneys and other variety meats.

Fish: Fresh, frozen, canned or dried.

Eggs: Cooked any way you choose or in "made" dishes.

Legumes: Dried beans, peas or lentils; nuts; soybeans; peanut butter. Use extra amounts of milk, cheese or eggs when legumes, except soybeans, are served in place of meat.

GROUP 6

Bread and Cereals: At least two helpings of whole grain products daily, either as bread or cereal or in "made" cereal dishes. Or enriched white bread or flour; or restored cereal. Whole wheat, graham, cracked wheat, dark rye bread. Rolled oats; cracked, flaked or ground whole wheat; brown rice.

GROUP 7

Butter and Fortified Margarine . . . use in moderation, but get the equivalent of two tablespoons of butter, or margarine fortified with Vitamin A, a day.

DIVIDE YOUR FOOD DOLLAR THIS WAY TO INCLUDE ALL THE "BASIC 7"

Of course, it's not practical to lay down hard and fast rules. Rising costs, seasonal variations, methods of buying—for milk particularly—and the size and makeup

of your family will make a difference. However, keep as close to these proportions as you can and you'll spend your money for health as well as food.



20c OR MORE FOR MILK AND MILK PRODUCTS (Group 4)



30c OR MORE FOR FRUITS AND VEGETABLES (Group 1, 2 and 3)



25c OR LESS FOR MEATS, POULTRY, FISH AND EGGS (Group 5)

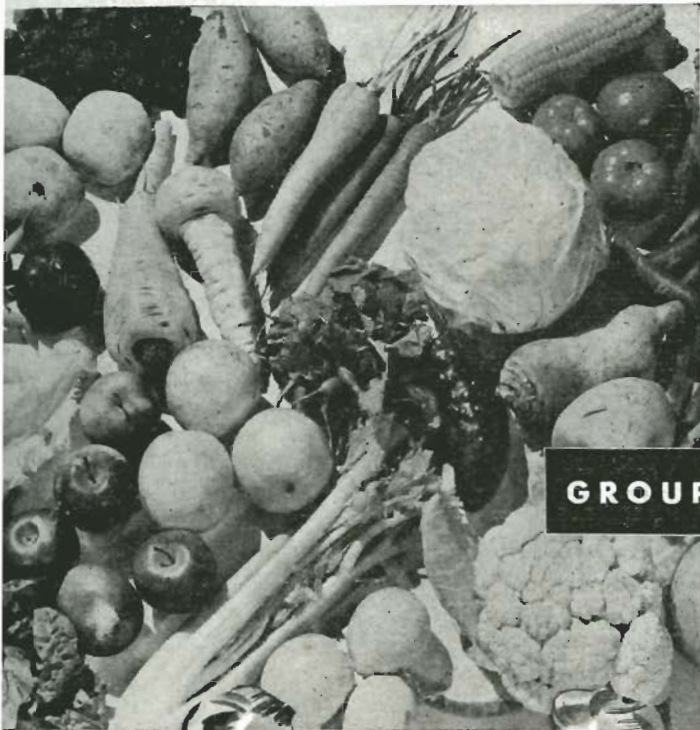


15c OR LESS FOR BREADS AND CEREALS (Group 6)



10c OR LESS FOR FATS, (Butter, Fortified Margarine, Shortening, Salad Oil, Salt Pork) (Group 7) AND SWEETS

Just what do the



GROUPS 1, 2, 3

**REGULATE
AND
DEFEND**



Basic 7 Foods do for you?

HERE'S WHAT THEY DO:

The fruits and vegetables in these three groups are rich in important vitamins and minerals you must have to keep you strong and healthy. Even more important, they help your bodies make the most of the nutritive substances in all of the other groups.

Group 1 is especially rich in Vitamins A and B₂ (Riboflavin) needed to maintain the health of the eye tissues and to help provide good vision at night. They aid in keeping the linings of your nose, mouth and other parts of the body in good condition, too, helping protect against disease. The green leafy vegetables of this group are particularly high in Vitamin A, B₂ (Riboflavin) and Iron so necessary to good red blood. Also give some Vitamin B₁ (Thiamin).

Group 2 foods are rich sources of Vitamin C (Ascorbic Acid) which promotes good strong teeth, firm gums, helps growth, builds good red blood, and maintains the strength of the body's tiny blood vessels. They give you some of the B-complex vitamins, too, needed for healthy nerves.

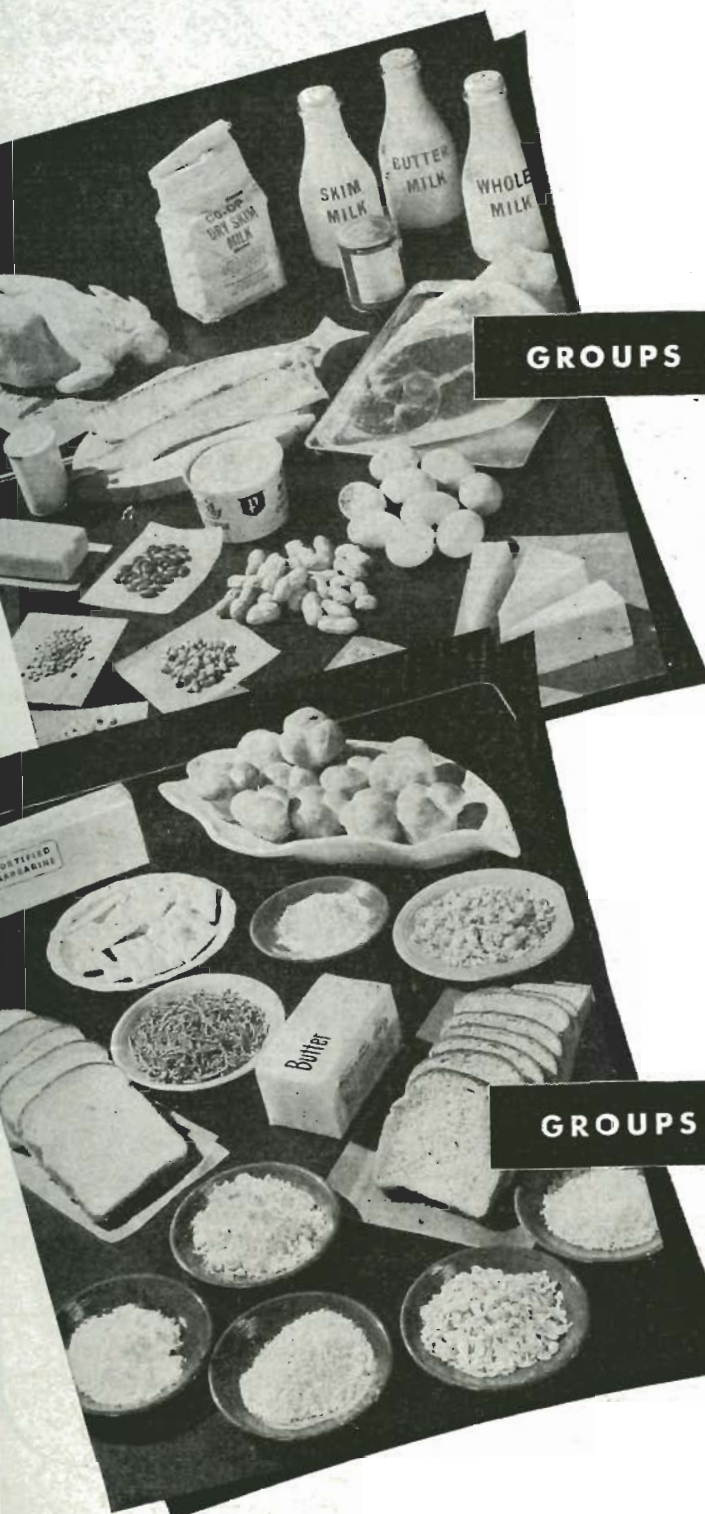
Group 3 foods are the "reserve corps" which give you additional vitamins and minerals. Vitamin B₁ (Thiamin) is in most of these foods. It stimulates your appetite, steadies your nerves, aids digestion, promotes intestinal good health, helps your body make energy out of the starches and sugars you eat. These foods give you Iron, too, necessary for good healthy blood, as well as small amounts of other essential minerals and vitamins.

WHAT HAPPENS IF YOU DON'T GET ENOUGH?

You may be tired and listless, lacking in pep and energy. You may not see so well at night. You may be more susceptible to disease. Your nerves may be "jumpy", your digestion poor and you won't get the full value and energy from the other foods you eat. All in all, you'll be definitely under par.



BEAUTY HINT: The food in these 3 groups will do a tremendous amount to help you look alive, sparkling, radiant (and that's half the battle for beauty!). They'll help to keep your skin smooth, too, your eyes healthy, your gums firm. So get your daily quota . . . and good looks to you!



GROUPS 4 AND 5

**BUILD,
REPAIR
AND
REGULATE**

GROUPS 6 AND 7

**CONCENTRATED
SOURCES OF
ENERGY**

HERE'S WHAT THEY DO:

These groups are particularly rich sources of Protein, that food element so essential to building the bodies of youngsters and repairing the wear and tear on those of adults. Both groups give you Vitamin B₁ (Thiamin) needed for good nerves, appetite, digestion and intestinal good health, and to help starches and sweets turn into energy in your body. They supply Vitamin B₂ (Riboflavin) also essential to healthy skin and eyes, strong nerves, general well-being and to promote growth in children.

The milk in *Group 4* foods gives you the most for your money in Protein, Calcium, Riboflavin, Thiamin and Vitamin A. It is the best provider in the diet of Calcium and Riboflavin.

Group 5 supplies a considerable amount of Niacin, one of the B-complex vitamins, in addition to Protein, Iron and Thiamin. Pork is especially rich in Thiamin; Livers in Vitamin A and Riboflavin.

WHAT HAPPENS IF YOU DON'T GET ENOUGH?

Proper growth will be prevented in children. Their muscles and other soft tissues, bones and teeth will not be firm and sound. Adults cannot have good strong bodies. You may suffer from loss of appetite, poor digestion, constant tiredness, jumpy nerves, mental depression, muscular cramps and aches, or anemia.

Good Looks Secret: Steady nerves, a good strong body, rich red blood, healthy skin, eyes, hair and general well-being are prime requisites of good looks. And the foods in Groups 4 and 5 do a lot to help bring them about.

HERE'S WHAT THEY DO:

Both groups are excellent sources of heat and energy. All other foods give some, but in less proportion.

Group 6 foods also provide some vegetable or "second-class" Protein needed to build and repair your body. As well as Vitamin B₁ (Thiamin), Vitamin B₂ (Riboflavin) and Niacin which help the body use other foods. Also Iron for good red blood.

Group 7 foods are highly concentrated sources of energy. Because they digest more slowly they help stave off the feeling of hunger, help you get the most good out of the other foods you eat, too. They also are good sources of Vitamin A, so essential for healthy eyes, for growth, general health and to help the body build resistance to disease.

WHAT HAPPENS IF YOU DON'T GET ENOUGH?

You'll probably grow tired easily, have insufficient pep and energy for your daily tasks. You may be hungry in spite of eating adequate amounts of food. Your eyes may lose some of their ability to see, particularly at night. Your body may not have the proper resistance to disease, if the rest of your diet is not very carefully selected.

Fattening? Not at all! No foods are fattening in themselves, when eaten in the proper amounts. It's getting more calories* than you need that ruins your waistline. Don't overdo on the "fillers", such as sweets, fats and oil-containing foods and, as a rule, your figure will take care of itself.

*What are "calories"? See page 17.



Planning Meals FOR FUN AND HEALTH

WHEN YOU COME RIGHT DOWN TO IT, MEALS MUST BE GOOD TO EAT AS WELL AS GOOD FOR YOU

That word "planning" is vitally important. You can't depend on last minute inspiration and be sure that your family is getting all the vitamins, minerals, Protein and the rest that they need every day. So—take a tip from the experts and make out your entire menu for the day at one time. Better yet, for the week. Then carefully check to see that it contains everything it should.

FOOD VALUE . . . First thing to consider. It's really pretty simple to get sufficient food value in your meals if you'll just make sure to get *all* the "Basic 7" foods into the meals served every day. Use the food chart on page 8, always.

VARIETY IS THE SPICE OF MEALS

Make a point of having contrasts in your meals. They'll look and taste better.

Texture: Some foods crisp, some soft. Some hard, some chewy—not all the same in one meal.

Color: An all white meal, or an all green one, for instance, isn't very interesting. Keep color schemes in mind when plotting out what to serve.

Hot or Cold: Have at least one dish different from the rest. A cool salad or frozen dessert with a hot meal, a hot soup or scalloped vegetable, for example, with a cold one.

Cooked or Raw. Again, one dish is enough for accent. Raw fruit or carrot strips, perhaps, with an "all cooked" dinner; pie or pudding with an "uncooked" one—when you have vegetable salad as the main course, for instance.

Shape: Don't let everything be round, or square, or served by the spoonful. The meal will look better if everything isn't of the same contour.

Flavor: Combine a sweet with a sour; a bland with a sharp taste, and so forth. Each will make the other taste better.

VITAMIN "Z" FOR ZEST

You won't find it on a scientific list, but "Z" is one of the most important vitamins of all! Flavor, appearance, how things are served, are part of it. So is the atmosphere of the dinner table—particularly laughter and pleasant conversation.



DON'T SKIMP ON EYE APPEAL

A couple of lettuce leaves, a sprig of parsley, a few strips of green pepper garnishing the platter of a meat loaf, often make all the difference between "let's get this over with" and "what a grand dinner!"



Bring out your best china, once in a while. Put a posy or candles on the table. Give a bit of glamor to everything you serve. It will enhance your reputation as a "wonderful cook".

TRY THESE ON YOUR TABLE

Serve meat balls, chops, or other meats, except roasts, on a bed of watercress. Looks grand . . . and you can eat the garnish!

* * *

For pure decoration, use carrot tops to "dress up" a roast. They make a nice color contrast to the deep brown meat.

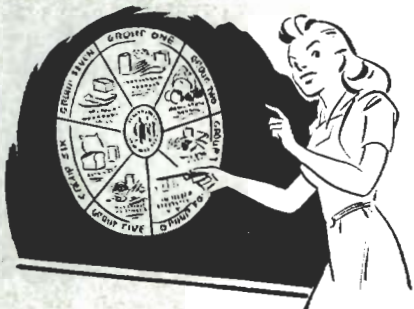
* * *

Set the children to cutting the salad grapefruit rind into fancy shapes to decorate the meat course. Not edible, to be sure, but very effective.

* * *

Let your imagination run riot in table decorations. Fruit, vegetables, nuts, a pot of trailing ivy lend themselves easily to charming centerpieces. Be sure to keep them low enough, though, so everyone can see above them.





HOW TO USE THE "BASIC 7" FOOD CHART IN PLANNING MEALS

Prop it up in front of you when you start plotting out your meals. Include foods from *each group in each day's meals*... and you can't go wrong!

Put down on paper *everything* that's to be served for at least a week. Then you can make good use of leftovers and use ration points to best advantage.

Next, check with the "Basic 7". Have you included enough vegetables—particularly the green ones? Enough enriched or whole grain bread and cereal? Enough citrus fruits or tomatoes? Enough milk? For both adults

and children? These are the foods most commonly slighted.

In general, count on breakfast to supply some of the needed citrus fruits, milk or egg, and cereals, dinner for some Protein foods and a good portion of the needed vegetables. Lunch can support the other two meals, where they're weak. Be sure there is enough milk, or milk products: 1 quart a day for children, pregnant or nursing mothers (1½ quarts if possible); at least 1 pint a day for adults, to drink and in "made" dishes.

LUNCH IS A MIGHTY IMPORTANT MEAL...

About one third of the day's intake of food can easily be taken care of at lunch, say the authorities.

Workers need a good lunch to ward off that "mid-afternoon slump". Many an accident is caused by the carelessness due to fatigue.

School children, too, need a nourishing noonday meal.

Perhaps most of all, the woman in the home should stop for a really nutritious lunch, because housework needs to be supported by good food, almost as much as anything a woman does.

IF YOU PACK A LUNCH BOX KEEP THESE THINGS IN MIND



A Good Lunch Must Nourish...

it has a big job to do

A Good Lunch Must Taste Good...

or it may not be eaten

A Good Lunch Must Carry Well...

or it will be unappetizing

Some folks REQUIRE MORE FOOD THAN OTHERS...



Food is our one big source of energy. The more active we are the more energy we use, and the more calories* we need to replace it. Generally speaking, men require more calories than women; active people require more than those who are less active; growing children require more, in proportion to their size, than grown-ups.

But remember, no matter how active

or inactive we may be, we all require the same *variety* in our foods. That's why *every one* of the "Basic 7" food groups must be in the diet of each of us *every day*. However, those of us who are pretty active should place more emphasis on Groups 4, 6 and 7. These three groups furnish concentrated sources of energy and certain vitamins to aid in converting the energy from all foods.

MOST OF US FALL INTO 3 GENERAL TYPES

In planning meals start with the "Basic 7" for all

FAIRLY INACTIVE

● *spending most of their time at a desk, driving a car, and so forth.* This type should go light on the starches, sweets, and fats, heavy on fruits and vegetables.

MODERATELY ACTIVE

● *on their feet and fairly active most of the day.* Increase the size of servings, slightly. Add more breadstuffs, cereals and fats... but in moderation. Eat more green vegetables.

VERY ACTIVE

● *doing hard physical labor all day, on a farm or in a factory, for instance.* Increase the size of servings of all foods, or add "seconds". Particularly, eat more starches and fats—potatoes and gravy, bread and butter, macaroni and cheese, for example. Also, eat more green vegetables, more legumes—especially soybeans. Use more milk. Insist on *enriched* breads and cereals. These foods are rich in the B Vitamins which help the body use the energy in starches and fats to better advantage.



HINTS ON THE ENERGY REQUIREMENTS OF SOME SPECIAL GROUPS

CHILDREN

● especially those under 10 years of age, should be given smaller than average servings of all foods. Be sure they get a quart of milk a day, however.

ADOLESCENTS

●—in general, girls from 10 to 16 years of age, boys from 10 to 20—need generous servings of all foods, even some second helpings, especially of bread and butter, milk, green vegetables and legumes.

PREGNANT AND NURSING MOTHERS

● should have average servings of all foods, with extra helpings of citrus fruits and green vegetables. They need lots of milk—1 to 1½ quarts a day, not necessarily all as whole milk. But it is better for them to decrease the amounts of starches, sweets and fats. By all means, these women should consult their doctors about diets.

*Calories are the units of measurement of energy supplied by food to our bodies.

Now...WHEN SOME FOODS ARE

HERE ARE SOME OTHER IDEAS THAT MAY HELP

FOOD	USE AS ALTERNATES
<i>Meat</i>	<p>Fish, Poultry, Variety Meats, Eggs, Milk and Milk Products. Equal servings of the first three are as rich in "first-class" Protein as meat. However, it takes three eggs, or 2½ cups of milk, or 3 ounces of cheese to equal the Protein in an average serving of meat.</p> <p>Soybeans and Soya Products provide a quality of Protein similar to that in meat.</p> <p>Cereals and Breads, Nuts, Dried Peas and Beans—are also good alternates for meat, provided they are reinforced with some of the "first-class" Protein foods listed above.</p>
<i>Shortening</i>	<p>If Butter is scarce, use margarine fortified with Vitamin A.</p> <p>In place of Vegetable Fats and Lard use rendered fat from uncooked meat (see recipe page 83). Melted beef suet is particularly good for pie crust, cakes and cookies. Chicken, turkey, duck or goose fats are excellent for cakes and pastry.</p>
<i>Milk</i>	<p>Milk Products—such as cheese or cottage cheese.</p> <p>As Alternates for Whole Milk use skim milk, buttermilk, evaporated or condensed milk, powdered milk, sour milk.</p>
<i>Citrus fruits</i>	<p>Tomatoes, Tomato Juice—servings should be about double those of citrus fruits.</p> <p>Raw Cabbage, Salad Greens, Raw Cauliflower, Green Peppers, Berries, Soy Sprouts, Cantaloupes, Strawberries, Canned Citrus Fruits or Juices.</p>

SCARCE...What then?

More often than not there'll be an alternate food or ingredient that will do nicely. You may have to change your plan a little, but it can be done easily with a little imagination. Be sure the alternate food is taken from the same "Basic 7" food group as the original— it's always possible. Otherwise, you may not get what you need.



EXTEND THIS WAY	
<p>Combine Meat with other Foods, for instance cereals, vegetables, dried beans, cheese or eggs.</p> <p>Make the Most of the Meat Flavor, depending on other foods for a large part of the necessary food value.</p> <p>Both Raw and Leftover Cooked Meat can be extended nicely with cereals before cooking.</p> <p>Combine Cooked Leftover meats with spaghetti, noodles or rice and make them into curries, casseroles, creamed leftover dishes.</p>	
<p>Salted Oils, Bacon Drippings are good frying fats to use as alternates for vegetable shortenings.</p> <p>Mix Equal Parts of Butter and Fortified Margarine together, to make one pound of butter do the work of two.</p> <p>Be sure to save all waste drippings. Turn in for Government Fat Salvage Program.</p>	
<p>Actually, there is no Adequate Way to Extend Milk. However, by eating more fruits and vegetables, you can derive greater benefit from the milk you do get.</p> <p>Use in "Made" Dishes, custards, puddings and so forth, to make available milk go as far as possible.</p>	
<p>Mix Different Citrus Fruits or fruit juices together.</p> <p>Combine with Other Fruits, particularly berries, melons, bananas and such.</p>	



HOW TO GET THE JUMP ON MEAL SERVING...

Practical, tested suggestions to help double-duty housewives short-cut meal preparation

Plan Simple Meals, they usually take less time. One-dish meals like stews or casseroles plus a salad and dessert are fine.

Serve Fruits and Vegetables Raw whenever possible to save preparation time as well as vitamins.

Aim for Fewer Dishes. Serve meals direct from cooking utensils to dinner plates, in kitchen.

Use Ready-Prepared Foods when possible—canned, quick frozen, or ready-mixes.

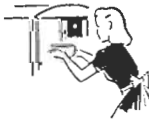
Do Everything Possible in Advance—the night before or in the morning. Then only last-minute steps are left to do when you get home. For instance, do these things ahead of time:



Mix dry ingredients for quick breads
Make pastry mix
Bake cakes and cookies
Make puddings, custards or gelatin desserts
Make gelatin salads
Prepare bread dressings for meats, poultry
Make salad dressings, wash salad greens
Make meat loaves or meat patties
Prepare casserole dishes
Put fruit or unopened canned fruit juice in refrigerator to chill
Clean vegetables. Do not pare, slice or cut
Grease baking pans

WARNING! SOME FOODS SHOULD NEVER BE PREPARED IN ADVANCE

Fruits and vegetables should never be cut up or peeled ahead of time—you'll lose certain vitamins. Don't squeeze citrus fruit juices until ready to serve. Always keep meat, milk or egg dishes prepared in advance in refrigerator.



THE SIMPLEST WAY OF ALL TO SERVE DELICIOUS MEALS...

Is to follow the daily menus given in this book on pages 22 to 37. Each one has been carefully planned around the "Basic 7", and was designed with a stern

eye on budgets and ration points. The menus, together with the alternates, outline appetizing, nutritious meals for the best part of 100 days. So, do use them!

20 Complete Menus

... for meals packed full of health and taste appeal. 16 are for the full day's meals and give alternate suggestions in case some foods are not available. The other 4 are menus for special occasions.

4 MENUS FOR FALL



4 MENUS FOR SPRING



4 MENUS FOR WINTER



4 MENUS FOR SUMMER



4 MENUS FOR SPECIAL OCCASIONS



HOW TO USE THE ALTERNATES

It's easiest and simplest to use the basic menus just as they are. However, if you must make changes, look for a letter to the left of the item on the menu. Substitute a dish marked with the same letter under "Alternates".

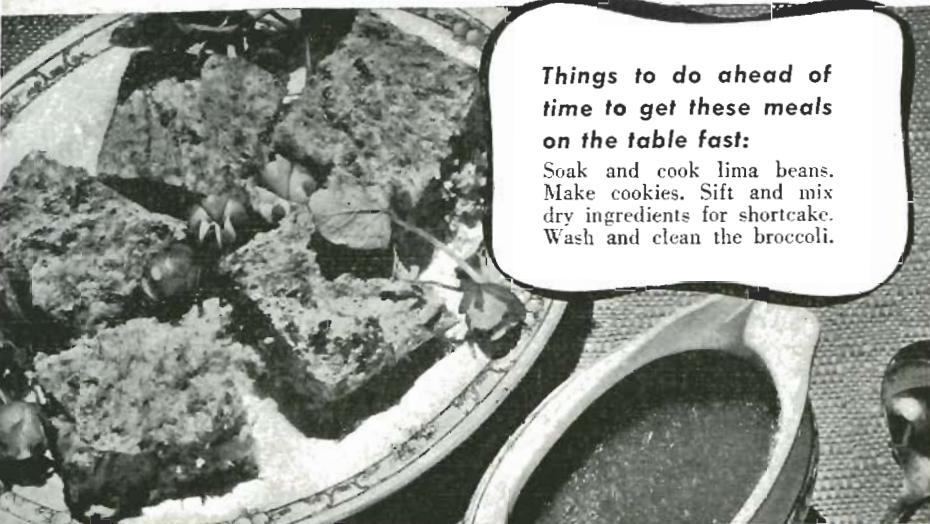
BEWARE OF OTHER CHANGES

Use an entire day's menu just as it is, or with the recommended alternates. Don't pick a

breakfast from one, lunch from another, dinner from a third. You may upset the "Basic 7" balance and skip something important.

ADVANCE PREPARATION GIVEN FOR EACH MENU

Listed with each menu are the things it is practical to do ahead of time to get that particular menu on the table in short order.



Things to do ahead of time to get these meals on the table fast:

Soak and cook lima beans. Make cookies. Sift and mix dry ingredients for shortcake. Wash and clean the broccoli.

LEFTOVERS... SEASONED WITH IMAGINATION ... EATEN WITH RELISH!

From Central Europe comes this delicious way of using yesterday's roast as Romanian Potato Cake with Creamed Meat Sauce

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

BREAKFAST

- (A) Orange or Grapefruit Juice
- Hot Cereal with Whole Milk
- Enriched White Toast
- (B) Apple and Plum Butter—74
- Coffee and Milk

LUNCH BOX

- (F) Sliced Cold Meat on Enriched White Bread with Mustard
- (G) Peanut Butter-Celery Sandwich Filling—91 on Whole Grain Bread
- Baked or Fresh Pears—74
- Carrot-Oatmeal Cookies—62
- Milk

LUNCH

- (C) Corn and Lima Bean Chowder—94
- Croutons—57
- Whole Grain Bread
- Butter or Fortified Margarine
- Relish Plate
- (D) Baked Pears—74
- (E) Carrot-Oatmeal Cookies—62

ALTERNATES

- (A) Tomato Juice
- (B) Tomato Preserves—74
- (C) Louisiana Lima Bean Soup—93
- (D) Baked Apple—73; or Canned Fruit
- (E) Molasses Raisin-Nut Bars—60
- (F) Chopped Meat Sandwich Filling—91
- (G) Dried Fruit and Nut Sandwich Filling—90
- (H) Leftover Meat-Corn Ring with Vegetables—80; or Creamed Chicken—64 on Chinese Omelet—72; or Ham Shortcake—77
- (I) Buttered Chard—98 or other Greens
- (J) Tomato Aspic and Cottage Cheese Salad—88; or Grapefruit Salad—86
- (K) Orange and Raisin Cake—61; or Lemon Snow Pudding—70

Numbers on the menu indicate pages on which recipes will be found.

★ ★ ★ ★ ★ ★ ★ ★



RATING DOUBLE CHEERS... FROM THE MEN IN YOUR LIFE!

Old or young, they'll go for this steaming Split Pea Soup... and the rest of the day's hearty menu, too.

★ ★ ★ ★ ★ ★ ★ ★

BREAKFAST

- (A) Fresh Plums and Grapes
- Bacon and Eggs
- Butter or Fortified Margarine
- (B) Graham Muffins—59
- Coffee and Milk

LUNCH BOX

- Basic Cream of Vegetable Soup—93
- Cottage Cheese and Green Pepper Sandwich Filling—90 on Whole Grain Bread
- Egg and Celery Salad Sandwich Filling—90 on Enriched White Bread
- Dates and Assorted Nuts

LUNCH

- (C) Cream of Split Pea Soup—94
- Croutons—57
- Cottage Cheese and Green Pepper Sandwich Filling—90 on Whole Grain Bread
- (D) Canned Fruit
- (E) Peanut Butter Crunch Cookies—63

DINNER

- (F) Mulligan—80
- (G) Old-Fashioned Snap Beans and Bacon—96
- (H) Golden Gate Salad—86
- Whole Grain Bread
- Butter or Fortified Margarine
- (I) Butterscotch Pudding—69

ALTERNATES

- (A) Pears and Grapes; or Stewed Dried Fruit—74
- (B) Baking Powder Biscuits—55
- (C) Vegetable Chowder—94; or Cream of Lima Bean Soup—94
- (D) Fresh Fruit in Season
- (E) Peanut Butter Macaroons—63; or Frosted Orange Drop Cookies—62
- (F) Chow Mein—77 and Steamed Rice—100; or Ground Beef and Vegetable Casserole—77 and Baked Potatoes—99; or Pork Chops and Rice—81 and Steamed Sweet Potatoes—100; or Stuffed Veal Steak—82; or Barbecued Breast of Lamb—79 and Steamed Potatoes—100
- (G) Creamed Green Soybeans—96; or Buttered Brussels Sprouts and Carrots—96; or Chinese Celery Cabbage and Tomatoes—97
- (H) Golden Winter Salad—86; or Orange and Vegetable Salad Bowl—87; or Raw Spinach and Lettuce Salad—87 with Bacon Dressing—88
- (I) Orange Custard Pudding—68; or Plain Cornstarch Pudding—69

Numbers on the menu indicate pages on which recipes will be found.

Things to do ahead of time to get these meals on the table fast:

Sift and mix dry ingredients for Graham Muffins. Grease muffin pans. Soak and cook split peas. Make cookies. Make Butterscotch Pudding.





SURPRISE TASTE-TREAT OF THE MONTH!

They'll think it's chicken but this fricassee, actually made of rabbit, will rate high with all concerned.

BREAKFAST

- (A) Grapefruit
Ready-Prepared Cereal with Whole Milk
(B) Orange Coffee Cake—57
Butter or Fortified Margarine
(C) Coffee and Cocoa—55

LUNCH

- (D) Corn Meal Mush—63 with Whole Milk
Toasted Whole Grain Bread
Canned Fruit Milk

LUNCH BOX

- Pimiento Sandwich Filling—91
on Enriched White Bread
Peanut Butter and Bacon Sandwich
Filling—91
on Whole Grain Bread
Orange (E) Baked Cup Custard—68

DINNER

- (F) Wild or Tame Rabbit Fricassee—66
Mashed Potatoes—99, Gravy
(G) Steamed Winter Squash—101
(H) Head Lettuce—Easy French Dressing—88
(I) Plymouth Bread—56
Butter or Fortified Margarine
(J) Baked Apples—in Cream 66

ALTERNATES

- (A) Citrus Fruit Cup—74; or Sliced Oranges
(B) Jiffy Corn Meal Muffins—59; or Prune Coffee Bread—57
(C) Milk
(D) Cream of Corn Soup—94; with Croutons—57; or Hominy Grits Mush with Milk Gravy and Fried Salt Pork—78
(E) Fluffy Cornstarch Pudding—70
(F) Roast Duck—65; or Roast Chicken—64 with Southern Cornbread Dressing—64
(G) Buttered Carrots—97; or Scalloped Tomatoes—101
(H) Quick and Easy Salad—87; or Citrus Salad Bowl—85
(I) Clover Leaf Rolls—59
(J) Apple Roll—66; or Fruit Cobbler—68

Numbers on the menu indicate pages on which recipes will be found.

Things to do ahead of time to get these meals on the table fast:

Sift and mix dry ingredients for Coffee Cake. Grease pan. Make Corn Meal Mush. Clean and cut up rabbit. Make Plymouth Bread. Bake apples.

A NEW TWIST FOR AN OLD STAND-BY!

Salmon loaf, dressed up with biscuit topping! Add a good green salad for supporting interest . . . and food value.

BREAKFAST

- (A) Orange Juice
(B) Poached Eggs on Creamed Toast—72
Toast Butter or Fortified Margarine
Coffee and Milk

LUNCH

- (C) Navy Bean Soup—93 Crackers
Carrot Strips—Celery
(D) Stewed Dried Fruit—74 Cookies

LUNCH BOX

- Cream of Leftover Vegetable Soup—94
Egg and Celery Salad Sandwich Filling—90
on Enriched White Bread
(E) Flaked Fish Sandwich Filling—91
on Whole Grain Bread
Pickled Beets—96 Orange Cookies—62

DINNER

- (F) Salmon with Biscuit Topping—73
(G) Baked Potatoes—99
(H) Buttered Brussels Sprouts—96
(I) Tossed Vegetable Salad—88
Baking Powder Biscuits—55
Butter or Fortified Margarine
(J) Oatmeal Peach Betty—67

ALTERNATES

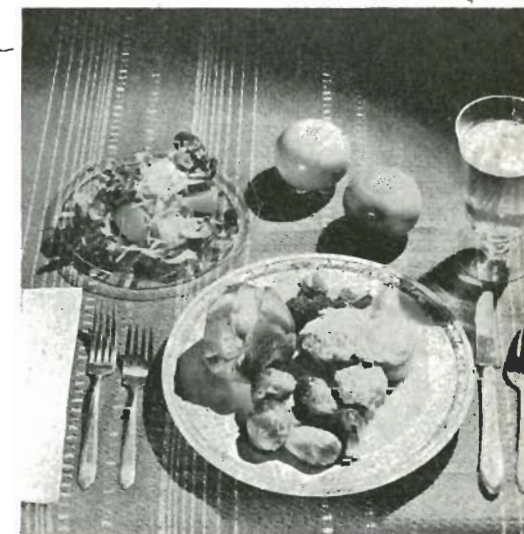
- (A) Tomato Juice
(B) Scrambled Eggs and Toast Cubes—72
(C) Cream of Split Pea Soup—94
(D) Applesauce—73; or Bananas; or Dates and Figs
(E) Any Peanut Butter Sandwich Filling—91
(F) Codfish Casserole—73; or Scalloped Oysters and Macaroni—76
(G) Duchoss Potatoes—99
(H) Buttered Broccoli—96; or Stewed Tomatoes—101
(I) Chinese Celery Cabbage Salad—85; or Lettuce-Spinach Salad—86
(J) Molasses Pudding with Lemon Sauce—70; or Deep Dish Plum Dessert—68

Things to do ahead of time to get these meals on the table fast:

Soak and cook navy beans. Make cookies. Bake Oatmeal Peach Betty. Stew dried fruit. Wash vegetables.



Numbers on the menu indicate pages on which recipes will be found.





HERE'S A MEAL A MAN CAN WORK ON!

Veal Shoulder Roast, finished off with
Open-Face Apple Pie . . . high spots in
a dinner that will "stick to the ribs".

BREAKFAST

- (A) Fried Apples—73
- Ready-Prepared Cereal with Whole Milk]
- (B) Cinnamon Breakfast Bread—56
- Butter or Fortified Margarine
- Coffee and Milk

LUNCH

- (C) Waffles—60, Syrup—93
- (D) Gelatin Fruit Salad—85 Hot Cocoa—55

LUNCH BOX

- (E) Ground Liver Sandwich Filling—91
- on Whole Grain Bread
- Peanut Butter-Carrot Sandwich Filling—91
- on Enriched White Bread
- (F) Waldorf Surprise Salad—88 Milk

DINNER

- (G) Veal Shoulder Roast—82
- Browned Potatoes
- Brown Gravy—82
- (H) Baked Winter Squash—101
- (I) Grapefruit Salad—86
- Enriched White Bread
- Butter or Fortified Margarine
- (J) Open-Face Apple Pie—83

ALTERNATES

- (A) Canned Berries; or Stewed Fruit—74
- (B) Whole Wheat Muffins—59
- (C) French Toast—60, Syrup—93
- (D) Golden Delight Salad—85; or Fruit Salad—85
- (E) Combination Sandwich Filling—90
- (F) Dates, Figs, Nuts
- (G) Sauerbraten—81; or Pork Roast—81; or Pot Roast Supreme—81; or Roast Leg O'lamb—79
- (H) Mashed Carrots—97
- (I) Spinach Toss Salad—87; or Orange and Leaf Lettuce Salad—87
- (J) Leman Pie—84; or Eggless Applesauce Cake 60; or Peach Upside-Down Cake—67

Numbers on the menu indicate pages on which recipes will be found.

**Things to do ahead of time to get
these meals on the table fast:**

Sift and mix dry ingredients for Cinnamon Break-
fast Bread. Make Gelatin Fruit Salad. Bake Apple Pie.

"BUCKWHEAT CAKES FOR BREAKFAST"

Sure way to get the family up on time . . . and
a grand start for a meatless day's menu.

BREAKFAST

- (A) Tomato Juice
- (B) Buckwheat Griddle Cakes—58,
- Syrup—93
- Coffee and Milk

LUNCH

- (C) Cheese Omelet—72
- Leaf Lettuce Salad with
- Nippy Mayonnaise—89
- (D) Canned Berries
- Cookies
- Milk

LUNCH BOX

- (E) Navy Bean Soup—93
- Deviled Egg Sandwich Filling—90
- on Enriched White Bread
- Peanut Butter-Chow Chow
- Sandwich Filling—91
- on Whole Grain Bread
- Carrot Strips
- (F) Apple—Cookies

DINNER

- (G) Kidney Bean Loaf—95
- (H) Harvard Beets—96
- (I) Golden Salad—85
- (J) Health Oatmeal Bread—56
- Butter or Fortified Margarine
- (K) Baked Cereal Custard—68

ALTERNATES

- (A) Orange Juice; or Grapefruit Sections
- (B) Oatmeal Griddle Cakes—58, Syrup—93; or Half and Half Fried Mush —63 and Bacon
- (C) Baked Eggs in Toast Cups—71
- (D) Bananas and Whole Milk
- (E) Any Leftover Chowder made with milk
- (F) Banana
- (G) Baked Lima Beans with Sour Cream—95; or Baked Beans, American Style—95
- (H) Creamy Fried Onions—78
- (I) Orange, Pineapple and Apple Salad—86; or Sunset Salad—87
- (J) Bran Bread—55; or Steamed Brown Bread—55
- (K) Tapioca Cream Pudding—70

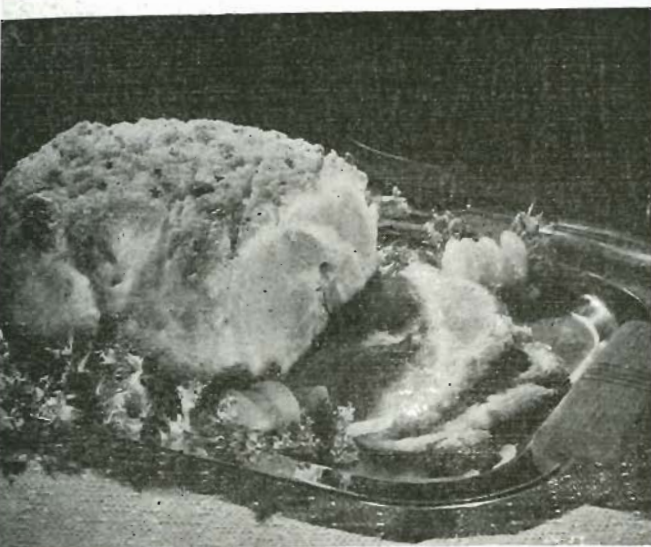
**Things to do ahead
of time to get these
meals on the table
fast:**

Sift and mix ingredients
for Buckwheat Cakes. Cook
rice. Bake cookies. Soak
and cook kidney beans.
Make Golden Salad. Make
Baked Cereal Custard.



*Numbers on the menu indicate
pages on which recipes will be found.*





*Things to do ahead
of time to get these
meals on the table
fast:*

Cook Sweet Potatoes.
Bake Hot Milk Cake.
Make Lemon Filling.

PLAYING RETURN ENGAGEMENTS BY REQUEST!

Baked Ham and Candied Sweets are repeat favorites. "Let's have this often," chorus families the country over.

BREAKFAST

- (A) Fresh or Canned Berries
Ready-Prepared Cereal with Whole Milk
Enriched White Toast
Butter or Fortified Margarine
Coffee and Milk

LUNCH

- (B) Dutch Snap Beans—96
Young Onions—Radishes
Whole Grain Bread
Butter or Fortified Margarine
(C) Pear or Peach and Cottage Cheese
Salad—87

LUNCH BOX

- Peanut Butter-Chow Chow Sandwich
Filling—91 on Whole Grain Bread
Bacon-Cheese Sandwich Filling—89
on Enriched White Bread
Cookies (D) Orange Milk

DINNER

- (E) Baked Ham—77
Candied Sweet Potatoes—100
(F) Buttered New Green Peas—98
(G) Orange, Pineapple and Apple Salad—86
Partial Whole Wheat Bread—56
Butter or Fortified Margarine
(H) Hot Milk Cake—61
with Lemon Filling—61

ALTERNATES

- (A) Stewed Rhubarb—74; or Fried Apples—73
(B) Buttered Asparagus—95 on Toast; or Scalloped Snap Beans—96
(C) Orange Custard Pudding—68
(D) Fresh Strawberries
(E) Pork Roast—81 and Baked Sweet Potatoes—99; or Swiss Steak—82 with Candied
Sweet Potatoes—100; or Veal with Dressing—82 and Baked Sweet Potatoes—99
(F) Buttered Asparagus—95; or Buttered Broccoli—96; or Buttered Carrots—97
(G) Tossed Vegetable Salad—88
(H) Gingerbread—60 with Lemon Sauce—70; or Hungarian Plum Cake—68; or Deep
Dish Rhubarb Pie—83

Numbers on the menu indicate pages on which recipes will be found.

NOT A SPECK OF MEAT... BUT WHO CARES!

Eggs to the rescue, teamed with asparagus au gratin . . . long on taste appeal, short on cost.



BREAKFAST

- (A) Grapefruit Sections
(B) Oatmeal Griddle Cakes—58,
Syrup—93
Coffee and Milk

LUNCH

- (C) Pinto Bean Rarebit—64
on Toasted Buns
Carrot Strips
(D) Fluffy Cornstarch Pudding—70
Cookies

LUNCH BOX

- (E) Deviled Cheese Sandwich Filling—90
on Whole Grain Bread
Peanut Butter-Marmalade Sandwich
Filling—91 on Enriched White Bread
Carrot Strips Cookies
Cocoa, iced or hot—55

DINNER

- (F) Eggs and Asparagus au Gratin—71
Baked Sweet Potatoes—99
(G) Hot Slaw (use egg yolks)—85
Cracked Wheat Bread
Butter or Fortified Margarine
(H) Saur Cream Spice Cake—61
(I) Baked Rhubarb—74 Milk

ALTERNATES

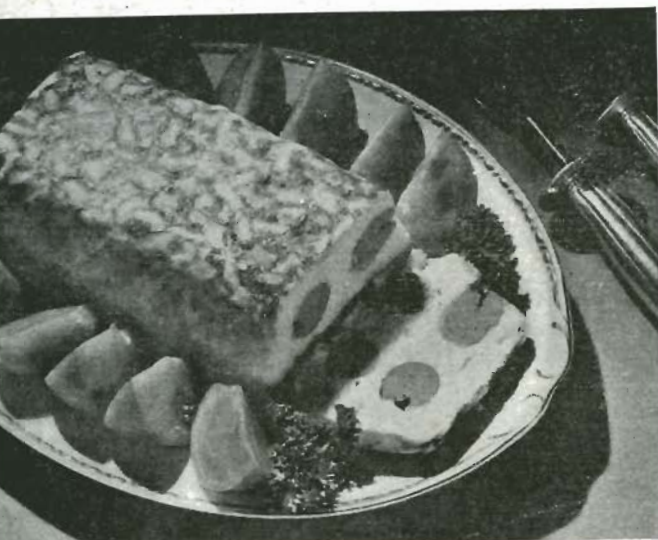
- (A) Strawberry Fruit Cup—74; or Orange Juice
(B) French Toast—60; or Waffles—60
(C) Creamed Eggs on Toast—71; or Vegetable Scramble—101 with Cheese Sauce—92
(D) Leftover Rice Pudding—70; or Ready-Prepared Cereal with Strawberries and Whole Milk
(E) Any leftover sandwich filling
(F) Soybean Loaf—101; or Spaghetti Casserole with Tomato Sauce and Cheese—76; or
Creole Eggs—71
(G) Health Salad—86
(H) Lemon Oatmeal Cookies—62; or any Leftover cookies
(I) Strawberries; or Strawberries and Pineapple—74

Numbers on the menu indicate pages on which recipes will be found.



*Things to do
ahead of time
to get these
meals on the
table fast:*

Sift and mix dry
ingredients for
Griddle Cakes.
Soak and cook
pinto beans.
Make Cornstarch
Pudding. Bake
cookies. Cook
Baked Rhubarb.



A LITTLE MEAT GOES A LONG WAY!

Here's a dinner built around the youngster's favorite . . . frankfurters, no less! Top it off with Gingerbread Upside-Down Cake . . . and wait for the orchids!

BREAKFAST

- (A) Sliced Oranges
Ready-Prepared Cereal with Whole Milk
(B) Eggs in the Shell—71
Enriched White Toast
Butter or Fortified Margarine
Coffee and Milk

LUNCH

- (C) Tennessee Cabbage—97 Dill Pickles
(D) Peanut Butter "Pep-Up" Sandwich
Filling—91 on Cracked Wheat Bread
(E) Stewed Prunes—74 Cookies Milk

LUNCH BOX

- Cream of Potato Soup—94
Peanut Butter "Pep-Up" Sandwich
Filling—91
on Enriched White Bread
Bologna and Hard-Cooked Egg Sandwich
Filling—89
on Cracked Wheat Bread
Dill Pickle
(E) Stewed Prunes—74 Cookies

DINNER

- (F) Frankfurter Macaroni Loaf—76
Parsley Potatoes—99
(G) Carrot-Pineapple Toss Salad—85
Enriched White Bread
Butter or Fortified Margarine
(H) Gingerbread Upside-Down Cake—67

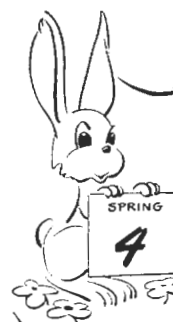
ALTERNATES

- (A) Fresh Strawberries with Top Milk
(B) Poached—72; Fried—71; or Scrambled Eggs—72
(C) Creamed Dry Lima Beans—96; or Sour Cream Cabbage—97
(D) Broiled Cheese and Bacon Sandwich—89
(E) Canned Fruit
(F) Braised Lamb Shank—79; or Braised Oxtail—80; or Sausage and Sauerkraut Casserole—81
(G) Leaf Lettuce, Spinach and Spring Onion Salad—86
(H) Oatmeal Rhubarb Crumble—67

Numbers on the menu indicate pages on which recipes will be found.

ALL'S WELL THAT ENDS WELL!

Jelly Roll, a favorite with young folks from 8 to 80, is the sure touch to give any meal a party flavor.



BREAKFAST

- Stewed Fresh or Dried Fruit
Ready-Prepared Cereal
with Whole Milk
Bran Muffins—59, Bacon
Coffee and Milk

LUNCH BOX

- Cream Cheese Sandwich Filling
with Jelly—90
on Enriched White Bread
Peanut Butter-Carrot Sandwich Filling—91
on Whole Grain Bread
Spring Onions Radishes Carrot Strips
Orange Milk

LUNCH

- (A) Southern Tomato Cream Soup—94
(B) Egg and Celery Salad Sandwich
Filling—90
on Whole Grain Bread
Spring Onions Carrot Strips
Sliced Oranges

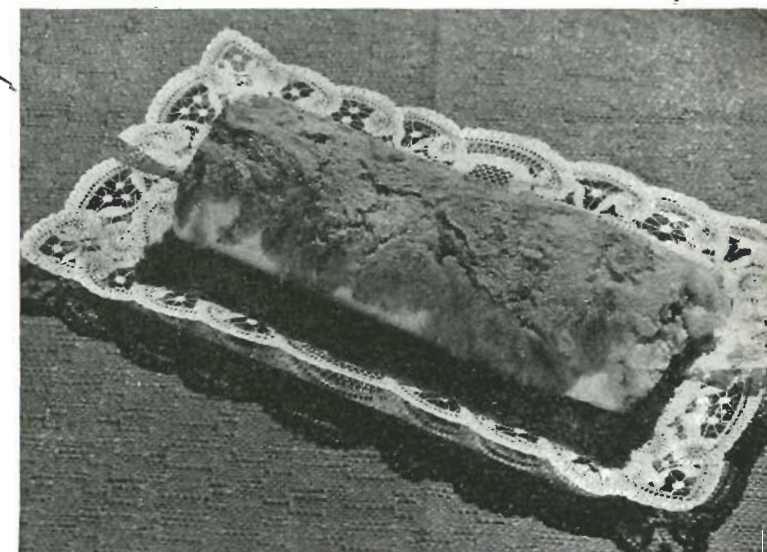
DINNER

- (C) Oat Fish Cakes—73
(D) Mashed Potatoes and Turnips—100
(E) Creamed Green Peas—98
(F) Cole Slaw—85 Whole Grain Bread
Butter or Fortified Margarine
(G) Jelly Roll—63

ALTERNATES

- (A) Cream of Leftover Vegetable Soup—94
(B) Combination Sandwich Filling—90; or Raw Vegetable Sandwich Filling—92
(C) Baked Fish—72 with Egg Sauce—92; or Codfish Baked with Cheese—72; or Fish Loaf—73; or Fried Fish—73
(D) Scalloped Potatoes—99; or Creamed Potatoes—99
(E) Broccoli with Browned Butter Sauce—96; or Buttered Asparagus—95
(F) Lime Gelatin and Grapefruit Saled—85
(G) Cream Puffs—84

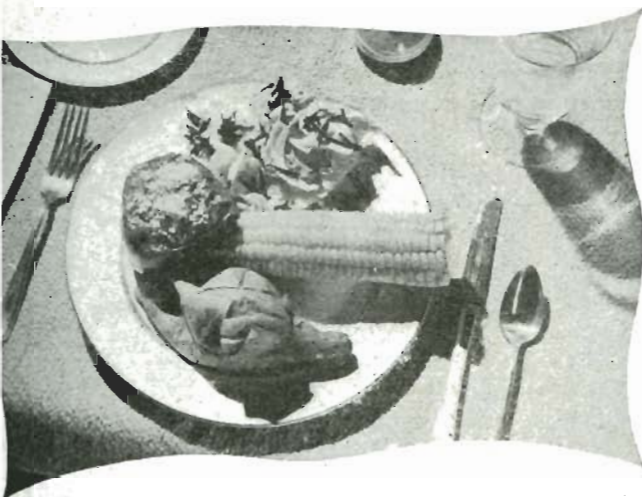
Numbers on the menu indicate pages on which recipes will be found.



Things to do ahead of time to get these meals on the table fast:

Stew dried fruit.
Sift and mix dry ingredients for Bran Muffins.
Grease the pans.
Make Jelly Roll.
Cook oatmeal for Oat Fish Cakes.





MEAT SUPPLY LOW?

Use it for flavor in Stuffed Green Peppers . . . add corn on the cob, sweet potatoes and salad to get together a dinner that rates "Swell"!

BREAKFAST

- (A) Chilled Melon
Hot Cereal with Whole Milk
Cinnamon Toast—60
Coffee and Milk

LUNCH

- (B) Potato Chowder made with Milk—94
Croutons—57 (C) Fruit Salad—85
Enriched White Bread
Butter or Fortified Margarine
(D) Orange Pick-Up—55

ALTERNATES

- (A) Strawberries; or Raspberries
(B) Cream of Carrot and Potato Soup—94; or Creamed Green Lima Beans—96
(C) Tomato-Leaf Lettuce Salad—87
(D) Summer Health Drink—55
(E) Carrot Meat Loaf—80; or Polish Stuffed Cabbage—81; or Southern Dinner (omit Baked Sweet Potato)—82
(F) Buttered Green Onions—98; or Buttered Cauliflower—97
(G) Creamed Fresh Snap Beans—96
(H) Bermuda Salad Bowl—84; or Snappy Cole Slaw—85
(I) Any Whole Grain Bread
(J) Apple Brown Betty—66; or Deep Dish Rhubarb or Cherry Pie—83

Numbers on the menu indicate pages on which recipes will be found.

Things to do ahead of time to get these meals on the table fast:

LUNCH BOX

- Cold Sliced Meat and Whole Grain Bread Sandwich
Cottage Cheese-Cucumber Sandwich Spread—90
on Enriched White Bread
Deviled Eggs—71 Tomato Milk
Cookies

DINNER

- (E) Baked Stuffed Green Peppers—81 (leftover meat recipe)
with Tomato Sauce—92
(F) Steamed Corn on the Cob—98
(G) Baked Sweet Potatoes—99
(H) Beet and Leaf Lettuce Salad—84
(I) Graham Bread—56
Butter or Fortified Margarine
(J) Fresh Fruit Cookies Milk

Grind leftover meat. Sift and mix dry ingredients for Graham Bread. Make cookies. Wash vegetables.

HOW TO SERVE LIVER . . . AND MAKE 'EM LIKE IT!

Try these Liver Patties, but don't tell what they're made of. Then for a grand wind-up, add ice cream for dessert!

BREAKFAST

- (A) Tomato Juice
Ready-Prepared Cereal with Whole Milk
(B) Buttered Soya Toast
Coffee and Milk

LUNCH BOX

- Peanut Butter-Prune Sandwich Filling—91
on Whole Grain Bread
Ground Ham Sandwich Filling—91
on Enriched White Bread
Pickles Fresh Fruit Cookies Milk

DINNER

- (E) Liver Patties—79 Egg Sauce—92
(F) Fresh Fried Potatoes—99
(G) Buttered Green or Yellow Summer Squash—100
(H) Cabbage, Apple and Pickle Salad—85
Enriched White Bread
Butter or Fortified Margarine
(I) Refrigerator Ice Cream—69

LUNCH

- (C) Pilaf—99
(D) Raw Vegetable Sandwich Filling—92
on Whole Grain Bread
Fresh Fruit Milk

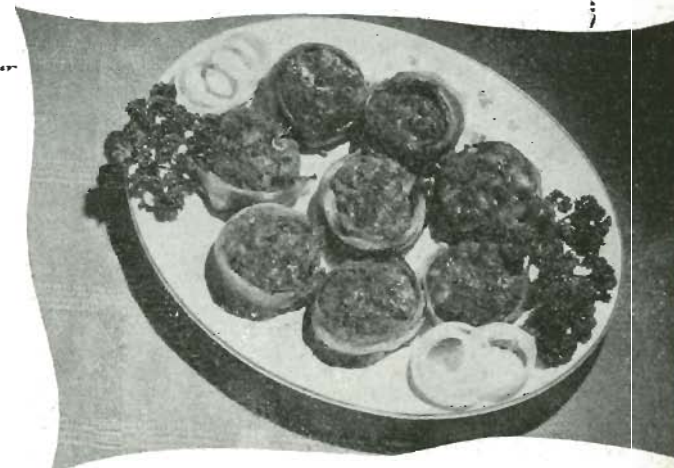
ALTERNATES

- (A) Fresh Pineapple; or Cantaloupe; or Strawberries
(B) Buttered Whole Grain Toast
(C) Creamed Corn with Green Pepper—97; or Stuffed Green Peppers with Rice Filling—98
(D) Leaf Lettuce and Tomato Slices on Whole Grain Bread
(E) Pork Liver-Beef Loaf—80; or Fried Liver—79; or Braised Liver Casserole—79; or Liver Rice Cake—79 with Chili Cream Sauce—80; or South American Goulash—81
(F) Baked Potatoes—99; or Creamed Potatoes—99
(G) Buttered Greens—98; or Buttered Broccoli—96; or Buttered Green Peas—98
(H) Tossed Vegetable Salad—88; or Relish Plate—Carrots, Onions, Cucumbers, Green Peppers
(I) Orange Sherbet—69; or Spanish Cream Mold—70

Numbers on the menu indicate pages on which recipes will be found.

Ahead of time:

Shape Liver Patties. Store in refrigerator. Make Ice Cream.





STARRING STRAWBERRY SHORTCAKE

...need we say more?

Make plenty while you're at it!

BREAKFAST

- (A) Baked Apples—73
(B) Bran Flakes Griddle Cakes—58,
Syrup—93
Bacon Butter or Fortified Margarine
Coffee and Milk

LUNCH

- (C) Eggs and Rice Skillet Meal—71
(D) Grated Carrot Salad—85
Whole Grain Bread
Butter or Fortified Margarine
(E) Stewed Fresh Fruit—74 Milk

ALTERNATES

- (A) Fresh or Stewed Fruit—74
(B) Corn Meal Griddle Cakes—58; or Dutch Apple Cake—57
(C) Creamy Macaroni Patties—76; or Corn and Lima Bean Chowder—94; or Bean Soup, Mexican Style—93
(D) Spinach Toss Salad—87 with Nippy Mayonnaise—89
(E) Melon
(F) Egg and Frankfurter Sandwich Filling—90
(G) Victory Hamburgers—78; or Pan-Broiled Lamb Chops—79; or Minute Steaks—82; or Broiled Wieners—83
(H) Hash Brown Potatoes—99
(I) Buttered Carrots—97; or Buttered Beet Greens—98; or Buttered Chard—98
(J) Fruit Plate, any fruit in season

Numbers on the menu indicate pages on which recipes will be found.

Things to do ahead of time to get these meals on the table fast:

Bake apples. Sift and mix dry ingredients for Bran Flakes Griddle Cakes. Steam rice. Stew fruit. Sift and mix dry ingredients for Strawberry Shortcake.

HIT OF THE SALAD COURSE...TOMATO STUFFED WITH CABBAGE

Rich in vitamins needed for vim and vigor, this "man's salad" is good by itself . . . superb with fried chicken!

BREAKFAST

- (A) Cantaloupe
(B) Blueberry Muffins—58, Bacon
Butter or Fortified Margarine
Coffee and Milk

LUNCH

- (C) Broiled Cottage Cheese Sandwiches—90
with Sliced Tomato
(D) Peach Glow Salad—87
(E) Soft Ginger Cookies—62
(F) Milk

LUNCH BOX

- Cold Chicken (if dinner precedes lunch box)
(G) Buttered Blueberry Muffins—58
Cream Cheese and Dried Beef
Sandwich Spread—90
on Whole Grain Bread
Tomato Fresh Fruit Cookies Milk

DINNER

- (H) Fried Chicken—65, Milk Gravy—78
(I) Mashed Potatoes—99
(J) Carrots and Snap Beans au gratin—97
(K) Tomato Stuffed with Cabbage Salad—87
Enriched White Bread
Butter or Fortified Margarine
(L) Berry Pie—83

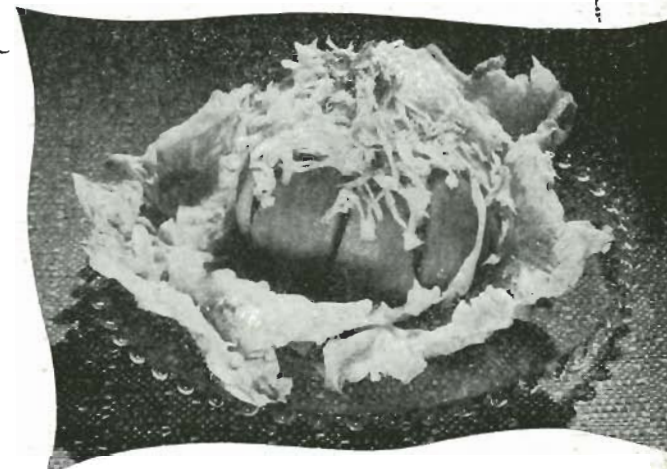
ALTERNATES

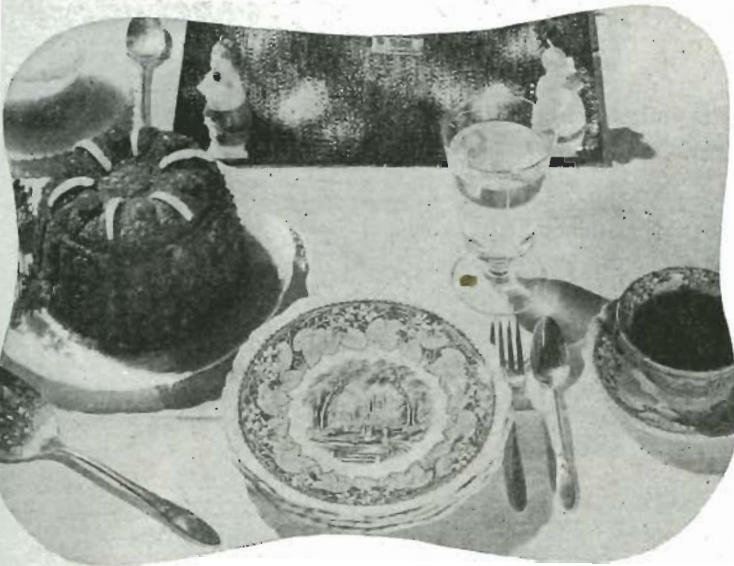
- (A) Fruit Cup—74
(B) Spiced Apple Muffins—58; or Orange Coffee Cake—57
(C) Grilled Cheese Sandwiches—90 with Tomato Slices
(D) Waldorf Salad—88
(E) Sugar Cookies—63
(F) Hot or Cold Cocoa—55
(G) Any Whole Grain Bread, Buttered
(H) Chicken Fricassee—65; or Stewed Chicken with Noodles—65; or Chicken Curry—65
(I) Parsley Potatoes—99
(J) Spinach Molds—100; or Buttered Beef Greens—98; or Buttered Chard—98; or Buttered Broccoli—96
(K) Relish Plate—Tomato Wedges, Celery Hearts, Pickles, Green Pepper Strips
(L) Rhubarb Strawberry Roll—67; or Peach Shortcake—68

Numbers on the menu indicate pages on which recipes will be found.

Things to do ahead of time to get these meals on the table fast:

Sift and mix dry ingredients for muffins. Grease pans. Make Peach Glow Salad. Bake cookies. Bake Berry Pie.





CHRISTMAS COMES BUT ONCE A YEAR!

Here's a holiday meal with all the fixin's for Christmas or Thanksgiving. And it won't take forever to prepare!

- Hot Tomato Juice—55
- Roast Turkey—65 or Chicken—64 and Dressing—64
- Mashed Potatoes—99, Giblet Gravy—66
- Creamed Onions—98
- Cranberry Sauce—74
- Grapefruit Salad on Lettuce—86
- Refrigerator Rolls—59
- Butter or Fortified Margarine
- Quaker Pudding—70, Foamy Sauce—92
- Coffee

Things to do ahead of time to get this meal on the table fast:

Clean and stuff turkey. Make Cranberry Sauce. Make Refrigerator Rolls. Make Quaker Pudding. Wash lettuce, potatoes.

Numbers on the menu indicate pages on which recipes will be found.

SERVE SOMETHING SPECIAL FOR EASTER BREAKFAST!

Or any one of the other grand Sundays when strawberries are in season. Nice menu for "Brunch" too, when you feel like entertaining.

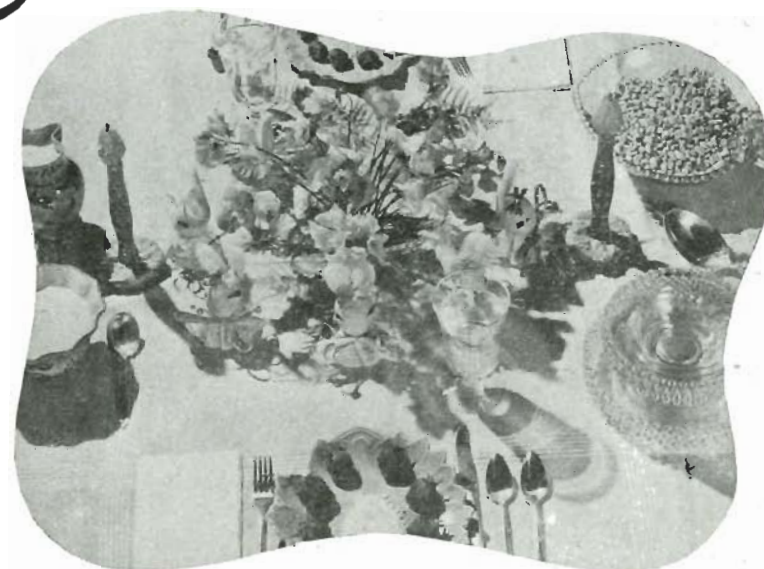
- Strawberries with hulls on in mounds of powdered sugar—74
- Ready-Prepared Cereal with Whole Milk
- Foamy Omelet—72 with Bacon, Decorated Hard-Cooked Eggs—71
- Easter Nest Rolls—57
- Coffee and Milk



Things to do ahead of time to get this meal on the table fast:

Make Easter Nest Rolls. Cook hard-cooked eggs, decorate for favors.

Numbers on the menu indicate pages on which recipes will be found.





ROUND UP THE GANG FOR A BUFFET SPREAD!

Easy on the hostess, favorite with the guests, this buffet meal will do equally well for luncheon, dinner or Sunday night supper.

- Sliced Cold Baked Tongue—77 and Ham—77 Garnished with Sliced Tomatoes and Sliced Cucumbers
- Scalloped Potatoes—99
- Refrigerator Rolls—59
- Butter or Fortified Margarine
- Sunset Salad—87, Nippy Mayonnaise—89
- One Egg Cupcakes—61
- Coffee

Things to do ahead of time to get this meal on the table fast:

Stew and bake tongue. Bake ham. Make white sauce for potatoes. Make Sunset Salad. Bake and frost cupcakes.

Numbers on the menu indicate pages on which recipes will be found.

HURRY, HURRY, HURRY...THE CIRCUS IS IN TOWN!

Come to our party next Friday at three
We'll have lions and tigers and camels . . . oh gee!
And ice cream 'n cake . . . and good things galore
What small tyke could ask for anything more?

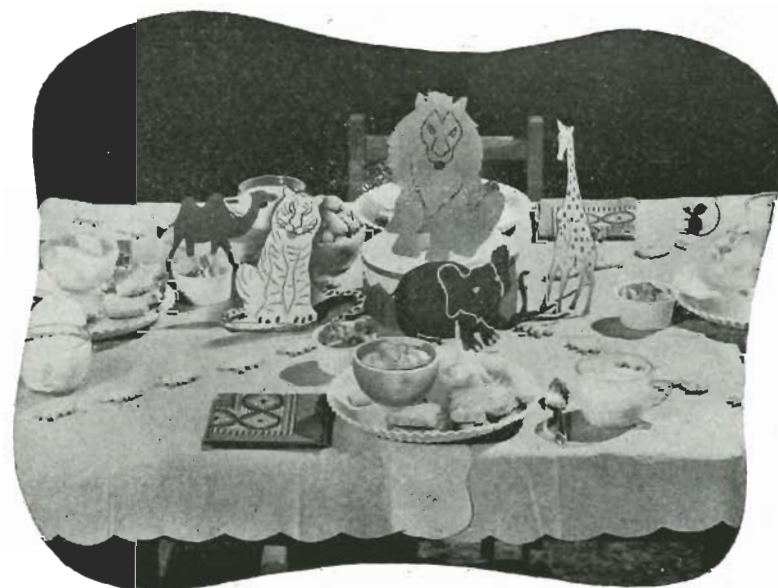
- Peanut Butter Sandwiches on Enriched White Bread
- Individual Hurry Up Cupcakes—61
- Strawberry Ice Cream—69
- Gum Drops
- Peanuts in Shell
- Milk



Things to do ahead of time to get this meal on the table fast:

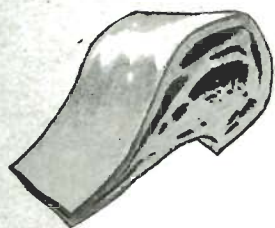
Bake cupcakes. Make ice cream. Make decorations.

Numbers on the menu indicate pages on which recipes will be found.



... So you want to be

LET'S START WITH MEAT...



Methods—There are two chief methods of cooking meat:

1. **by dry heat**, best for tender cuts containing little connective tissue, and for ground meats.
2. **by moist heat**, good for less tender cuts containing considerable connective tissue.

Temperature. Low temperatures are best for *all* methods of cooking meat. They prevent meats from becoming tough and stringy, also reduce shrinkage.

COOKING BY DRY HEAT

Roasting

1. Use shallow, *uncovered* roasting pan.
2. *Do not* sear the meat, or add water. Don't cover or baste the roast.
3. Place roast fat-side up on rack. Melting fat makes basting unnecessary.
4. Cook at moderately low temperature—300° to 350° F. Use meat thermometer for most accurate results. As a guide...

See *Timetable for Roasting Meat* on Page 78 in Recipe Section

Broiling

1. Trim excess fat from meat. Score edges in several places to prevent curling.
2. Place meat on broiler rack 3 to 5 inches below heat source, depending on thickness of cut. Meats less than 1 inch thick should be *pan-broiled*, not broiled. Leave door slightly ajar unless range instructions say otherwise. On electric

range do not preheat broiler. On other type ranges, preheat broiler 5 to 10 minutes.

3. Broil on one side for one-half broiling time—approximately 12-22 minutes, depending on thickness and degree of "doneness" desired. Turn, broil on other side.

4. Add salt after first side is broiled or just before serving—*not* before broiling.

Pan Broiling

1. Use heavy skillet. Preheat. Rub with fat *only* if meat is very lean.
2. Brown meat on both sides. Reduce temperature. Continue cooking. Turn as often as necessary to insure even cooking.
3. Pour off fat as it accumulates in pan.
4. To tell when meat is done, cut small slash in it and examine color.

COOKING BY MOIST HEAT

Braising

1. Brown meat evenly on all sides in *uncovered* heavy pot or skillet, at moderate heat. Add a little fat if meat is

very lean. Larding meat will increase flavor and juiciness of large lean pieces.

2. After meat is browned, slip rack

a Good Cook!

*It's not hard if you follow the rules.
Here are some tried and true ones.*



underneath it. Add small amount of liquid—not more than one cup. *Cover* cooking utensil.

3. Continue cooking at low temperature, *below boiling*, until connective tissue is completely softened—2 to 5 hours depending on size and cut of meat.

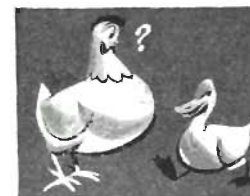
Cooking in Water (Large Cuts)

Cooking instructions same as for stews, except more water is required—sufficient to cover meat.

Cooking in Water (Stews)

1. Flour meat. Brown evenly in small amount of hot fat. Season with salt and pepper.
2. Add sufficient hot or cold water to nearly cover meat. Cook in covered utensil over low heat until meat is tender—approximately 30 to 40 minutes to a pound, more if meat is tough.
3. Before meat is finished, add vegetables, allowing just enough time to cook them.

HOW ABOUT



POULTRY?

1. Use low moderate heat, even for roasting. Meat stays juicier, shrinks less.
2. Young birds less than 9 months old can be cooked by dry heat methods—broiling, frying, roasting.
3. Older birds should be braised, fricasseed or stewed.

Preparation for Cooking

1. Poultry bought in market is usually dressed (feathers removed) and drawn

(feet, head and entrails removed). Remove lungs and oil sack.

2. Singe bird quickly over direct flame to burn off hairs and fuzz—exposing all surfaces to flame. Remove pin feathers with tweezers.

3. Wash bird thoroughly, using soft brush or cloth. Run water through body cavity of bird. Rub skin lightly with corn meal or salt.

See *Timetable for Roasting Poultry* on Page 64 in Recipe Section

COOKING FISH



IS AN ART...

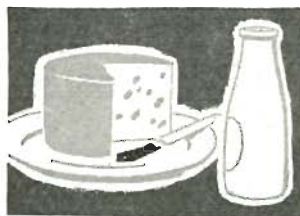
Cook all fish at moderate temperature. Take care not to overcook—only the minimum cooking period is required.

When fish must be precooked, steam rather than boil it. Place piece of cheese under fish—prevents breaking when lifting. Put fish on rack in deep pan with bottom just covered with cooking water. Cover utensil, steam until fish is tender.

3. Before baking or frying, roll fish in corn meal, flour or fine cracker crumbs to retain flavor and moisture. Or, when broiling, season and wrap completely in buttered paper.

4. When broiling, use no extra fat with oily fish. For lean fish, rub with margarine or bacon drippings before broiling. Broil at moderate heat about 6 inches away from broiler.

REMEMBER THIS ABOUT MILK



AND MILK PRODUCTS

Cook milk or cheese at low temperature to prevent curdling or scorching.

Grate or dice cheese fine and add to milk just before removing from range. Too much heat makes cheese tough and curdles milk.

Use a double boiler, in cooking milk or cheese unless your range provides controlled heat which can be maintained very low.

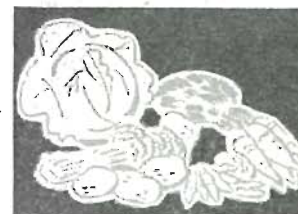
Milk dishes to be baked should be covered with pan of water. Water to come half-

way up the outside of baking dish.

5. Cook milk in covered containers to retain Vitamin B₂ (Riboflavin), since milk is our most important source of Riboflavin, and because this vitamin is easily destroyed by light. More than one-third of this important vitamin can be lost in 15 minutes cooking time in uncovered container.

6. Prevent curdling in scalloped dishes by making white sauce of the milk and cheese before combining it with the other ingredients.

TO SAVE THE VITAMINS IN



VEGETABLES

Scientific research has definitely proved that an appalling amount of the precious vitamins in vegetables can be lost through improper cooking methods. To safeguard these vitamins...

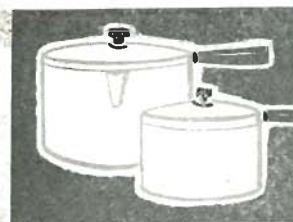
FOLLOW THESE 4 COOKING RULES

1. **Use Little or No Water**—As a guide use the minimum amount of water that will cook the food without sticking. By avoiding excessive amounts of cooking liquid, the dissolving and loss of water-soluble vitamins and minerals is held to a minimum.

2. **Start Fast . . . Cook Quickly**—Total cooking time is greatly reduced by bringing the foods to a cooking temperature quickly. This protects vitamins in foods by keeping to a minimum the time they are exposed to water, heat and air.

3. **Avoid Violent Boiling**—After the food comes to a steam, reduce the heat to the lowest temperature required to maintain the steaming. Avoid violent boiling to keep vegetables whole and decrease the loss of water-soluble substances.

4. **Cook in Covered Utensils**—without stirring. Stirring puts extra air in food and air destroys certain vitamins. Cooking green vegetables in covered utensils keeps natural color and flavor if vegetables are not overcooked.



YOU CAN USE THE COOKING EQUIPMENT YOU OWN...

Protective cooking can be done with almost any type of range or any type of cooking utensil if you're careful to follow the rules mentioned above. Be sure the utensil is covered, with its own tightly fitting cover, if possible, but even a piepan will do. And it's far more satisfactory to use utensils with straight sides and flat bottoms, of a size to fit the unit on which they are placed.

TAKE CARE WHEN GETTING THE VEGETABLES READY



DO... Start cooking frozen vegetables while still frozen. Vitamin C (Ascorbic Acid) is lost during thawing.

DO... Refrigerate immediately, and use green vegetables as soon as convenient after buying.

DO... Pare (or better, scrape) potatoes and other root vegetables as thinly as possible. Best of all, cook them in their jackets. Valuable nutrients are near the skin.

DON'T... Soak vegetables or salad greens in water for any considerable length of time. It dissolves the minerals and water-soluble vitamins.

DON'T... Use soda in cooking any vegetables. It is alkaline and helps destroy certain vitamins.

DON'T... Prepare or chop fruits or vegetables for salad or cooking until just before using. The more cut surface exposed to air, the greater the loss of some vitamins.

DON'T... Handle vegetables more than necessary. Bruising causes rapid loss of certain vitamins.

DON'T... Shell peas or lima beans until ready to cook them. They retain their Vitamin C (Ascorbic Acid) much better in the pods.



6 steps IN SUCCESSFUL CAKE MAKING

1. Use Tried and Tested Recipes.

And follow them *exactly*.

2. Use Good Ingredients

Fresh Eggs; moderately fine granulated Sugar; good Shortening; Baking Powder that still has its full strength. Cake Flour is good, but enriched all-purpose white flour will give added food value and satisfactory results.

3. Measure Accurately

Use standard measuring equipment—cups, measuring spoons. Use *level* measurements always, unless the recipe indicates differently. Sift flour once before measuring (except whole wheat).

4. Mix Carefully

- (a) Have all ingredients at room temperature.
- (b) Cream shortening thoroughly; add sugar gradually; cream mixture.
- (c) Add whole eggs, one at a time, beaten well or not, as recipe indicates.



- (d) Add liquid and dry ingredients alternately, with minimum beating.

5. Bake Correctly—follow instructions in recipe *exactly*.

6. Take Proper Care After Baking

- (a) Run knife around edge of cake.
- (b) Invert on Cake Rack. Allow to cool 2 minutes.
- (c) Remove pan, cool well before icing.

Let's make Pie Crust

Follow these tips and it will come out perfectly grand!

1. Measure Ingredients. Don't guess at *anything*. Use a good recipe such as the one on page 83.

2. Mix Carefully. Add salt to the flour. Blend shortening into flour carefully

with a pastry blender, two knives or a fork. Mix in the ice water gradually with a knife or a fork.

3. Work Fast. Get organized so you can work quickly and accurately. Too much handling is not good for pie crust.



8 reasons FOR CAKE FAILURES

UNDERSIZED CAKES

Not enough baking powder ... oven too hot ... cake overmixed ... pan too large ... any of the four might do it.



FALLEN CAKE

Too much shortening ... too much soda, baking powder or sugar ... too little mixing ... too short baking ... incorrect temperature ... any one might be it.



UNEVEN CAKE

Uneven oven heat ... uneven oven ... uneven pan ... batter stiff and spread unevenly. Something was uneven!



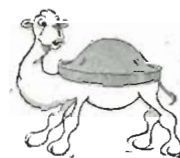
RUNNING CAKES

Sure the oven was hot enough ... temperature the recipe called for? Perhaps too much batter or leavening or sugar was used, pan too small.



HUMPED CAKES

Too much flour or oven too hot at start of baking. Either will do it!



TOUGH CAKES

Not enough shortening or sugar ... too much flour. If not either of these, then probably the oven was too hot and cake overbaked.



SOGGY CAKES

Not enough baking ... too slow baking ... too low temperature ... too much shortening. Or not removed quickly enough from pan — "steamed" too much while cooling.



BLACK BOTTOMED CAKES

Very dark colored pan ... pan too deep for amount of batter ... uneven oven heat ... overcrowded oven.



4. Give Pastry the "Chill" Treatment. Shortening should be cold. Use ice water. If time permits, chill the dough before baking—it makes for greater flakiness.

5. Use a Light Touch—especially in rolling out the dough—use minimum amount of flour to prevent sticking. Use springy, short strokes from center outward. Never roll over the edges or they'll become too thin. You'll want the dough even throughout and about $\frac{1}{8}$ inch thick.

6. Fit Pastry Carefully Into Pan. Never grease the piepan. Good pastry greases its own pan. Have the crust at least one inch larger all around than the pan. Ease dough into lower edges of the pan, pat-

ting gently to remove air. Do not stretch dough or it will shrink in baking. In making shells for one-crust pies, either prick pie crust generously with a fork—or place second piepan on top of crust while baking.

7. Bake in preheated 450° oven.



Why IT'S IMPORTANT TO KEEP



Foods must be protected against tiny organisms—which are everywhere—to preserve both appearance and palatability, and also to avoid spoilage and possible food poisoning.

Natural foods also contain enzymes which tend to destroy some of the vitamins, like Vitamin C (Ascorbic Acid).

40° F. IS THE SAFETY LINE

Fortunately for our health, cold below 45° F.—preferably close to 40° F.—will take care of the situation. This means that for safety, most foods should be popped into your refrigerator as soon as they arrive from the market. The temperature in the main food compartment should never go above 40° F.



BE VERY CAREFUL WITH MILK

Bacteria in milk increases rapidly at room temperature. For instance, if milk is kept at 40° F., bacteria will multiply only 2½ times in 24 hours, but 25 times if the temperature has been 55° F. So . . . into the refrigerator for milk . . . quickly.



MEAT NEEDS SPECIAL CARE

Right under the freezer in your refrigerator is the only safe place. Why? Because in 4 days the bacteria in raw meat multiplies only 2½ times that developed in one day if the meat has been kept at 35° F., but 12,000 times if the temperature has been 55° F. So take warning!



HINTS FOR STORING FOODS

1. Keep all refrigerated food in covered containers, except uncooked meat. Cover it lightly with waxed paper.
2. Remove paper coverings from all except

VITAMINS VANISH IN VEGETABLES

Scientific tests prove that some fresh vegetables lose anywhere from 10 to 47% of their Vitamin C (Ascorbic Acid) if kept out in the kitchen for only 48 hours. In spinach, beans and green peas, 30 to 50% of the Vitamin C vanishes in 2 days (all of it in a week) when they are kept at room temperature. So be sure to wash and put your vegetables into your refrigerator, immediately.



EGGS ARE EXTREMELY PERISHABLE

Even with the best of care, eggs deteriorate rapidly in quality and flavor. If kept at room temperature, they become unfit for human consumption in a very short time—often as little as a week. Recent study shows that the best place for eggs is in the crisper of your refrigerator where they are kept both moist and cool. The crisper is even better than an open dish or a cardboard container in the bottom of your refrigerator.



WHAT FOODS NEED NOT BE KEPT IN THE REFRIGERATOR?

Potatoes, squash, turnips, onions and other root vegetables; apples, pears, citrus fruits will keep adequately in cool storage space. Never put bananas in your refrigerator—even moderate cold will ruin the flavor and cause them to spoil. However, food in opened cans may be safely stored in your refrigerator in the same manner as any other food. Keep covered.



frozen food. Paper acts as insulation and hinders the cold from reaching the food.

3. Do not freeze fruit—chill it only.

FOOD FRESH . . .

and How



WHERE TO PUT Foods IN YOUR REFRIGERATOR



Different kinds of foods require different kinds of cold to properly protect them.

For instance, vegetables and greens need mild cold, with lots of humidity. Meats require steady cold—several degrees lower than vegetables—with controlled humidity. Frozen foods, even for short-time periods of storage, must be

kept way below freezing, without a particle of humidity. Butter, staples and leftovers keep best with 39 to 40 degrees temperature, and so does milk.

The chart below shows the best places to keep different kinds of food. Give it more than a passing glance—and follow its direction.



1. ICE CUBES, FROZEN DESSERTS, FROZEN FOODS—Put right in freezer. Frozen desserts and foods should be placed on a refrigerated shelf.



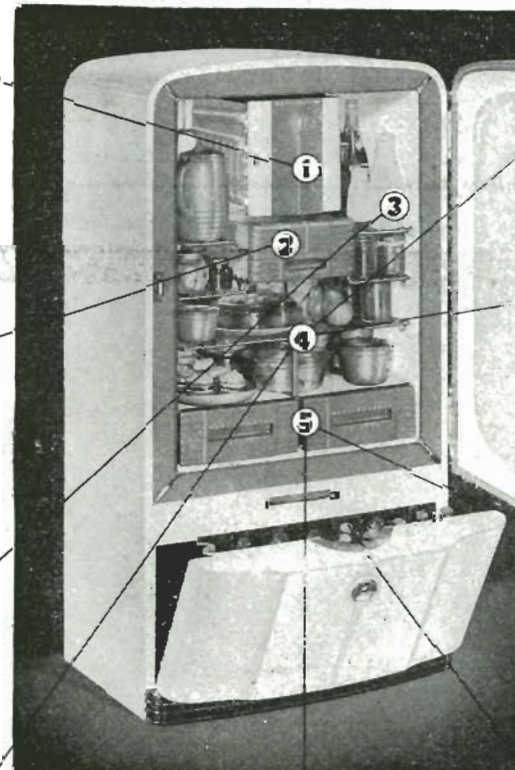
2. MEAT, FISH AND CHEESE—Right under the freezer—in the Meat-Keeper if you have one—is the safest place for these.



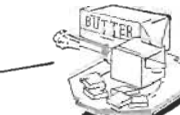
3. MILK, CREAM AND BEVERAGES—Put them at the top of refrigerator, on either side of the freezer.



4. CUSTARDS AND PUDDINGS—Will keep well in the main middle section.



4. LEFTOVERS, FOODS PREPARED AHEAD—Salads, desserts, tomatoes and some fruits—berries, grapes, pears, watermelon.



4. BUTTER AND STAPLES—Also keep best in the refrigerator's middle section.



5. VEGETABLES, MOST FRUITS—These should go in your Humidrawer or Crisper. Bananas should never be refrigerated.



5. STORAGE BIN—Non-refrigerated space to store extra beverages, crackers and prepared cereals.



5. EGGS—Keep best in the Humidrawer or Crisper.

TIPS ON BUYING Food



POULTRY...

The flesh should be plump, firm, well-rounded; the skin smooth, without discolorations or bruises. Clear, even, yellow-white color is best. Avoid birds that look extremely blue or very gray. Look for flexible breast bone, smooth feet and claws in birds for broiling, frying or roasting.

FISH...

Fish is perishable and must be properly refrigerated. The eyes should be clear and bulging, not sunken. Flesh should be firmly attached to backbone—show no mark when pressed with thumb. There will be very little fishy smell if the fish is fresh.

EGGS...

Most states have now adopted Government grading system for freshness of AA, A and B. Grade A is top quality found in most markets. Within each class eggs are sold in small, medium and large sizes. Brown or white eggs are equally good quality.

VEGETABLES...

All vegetables should be full-bodied, bright, and fresh looking, not wilted and shriveled—notice the tops particularly. Guard against bruised vegetables. Pods of peas, lima beans, and such vegetables should be moist—not dry—and well filled.

FRUITS...

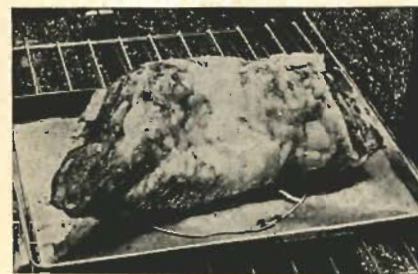
Most fruits should be firm and full. It's important to get fruits as fresh as possible. Look for full color typical of specific fruit. It's usually best to buy by weight rather than by dozen or bunch.

Hints on Buying Meat

First of all, look for the round purple stamp, "U. S. Inspected and Passed". This stamp is assurance that meat came from healthy animals. Look also for the continuous roller stamp, the Government "grade" stamp and the packer's brand. They indicate the quality and relative value.



KEEP COOKING METHODS IN MIND WHEN BUYING...



Roasting...

Use tender cuts of meat only. See detailed chart of which cuts to choose on next page. High-quality meat marbled with fat is most satisfactory—Government grade "U. S. Choice" if available. Otherwise "U. S. Good or Grade A" for beef, veal or lamb. Pork has only one top grade—"U. S. No. 1".



Broiling...

The more tender cuts of meat are best, qualities similar to those recommended for roasting. Ground meats may also be broiled. As a whole, beef and lamb only should be broiled. Broiling pork and veal is not advised.



Stewing...

Choose the less tender cuts of meats, such as neck, shin, brisket, short ribs, flank. "U. S. Commercial or Grade B" is very good. "U. S. Utility or Grade C" is satisfactory.



Braising...

Less tender meats and less expensive cuts of meat can be used very satisfactorily for this type of cooking. "U. S. Commercial or Grade B" or "U. S. Utility or Grade C" are excellent.

See chart on next page for further details.

What cuts of Meat to ask

your butcher for!



WANT A ROAST... to be roasted by dry heat:

Rib Roast (several ribs)
Roast
Roast
m high-quality meat)
m high-quality meat)

PORK

Loin Roast
Fresh Ham
Pork Shoulder (cushion style)
Picnic Roasts
Canadian Bacon
Ham

LAMB

Leg of Lamb
Loin
Crown Roast
Cushion of Lamb (use stuffing)
Rolled Lamb Roast
Shoulder

VEAL

Shoulder Roast
Leg of Veal
Rump Roast
Loin Roast
Rib Roast

WANT MEAT TO BROIL... to be cooked by dry heat:

ak
ak
e Steak
Steak
ef Patties or Steaks
ks (pan broiled only)
d Steak (from high-quality meat)

PORK

We do not recommend broiling pork as it requires far more thorough cooking for safety and best flavor.

LAMB

Sirloin Chops
Loin Chops
Kidney Chops
Shoulder Chops
Ground Lamb Patties
Leg Steaks

VEAL

We do not recommend broiling veal because it contains very little fat. Also, more thorough cooking is best because it contains much connective tissue.

WANT MEAT TO STEW... to be cooked by moist heat:

Brisket
Plate

PORK

Spareribs
Hock
Pig's Feet

LAMB

Breast
Mutton cut in cubes

VEAL

Shank
Breast

WANT MEAT FOR BRAISING... to be cooked by moist heat:

st
st
ak
Neck
Short Ribs
Flank Steak

PORK

Spareribs
Backbone
Fresh Ham Steaks (center cut)
Chops
Ham Slices
Tenderloin

LAMB

Lamb Breast
Neck Slices
Lamb Chops for braiding from shoulder and blade.

VEAL

Breast of Veal (to be stuffed)
Shank
Shoulder
Cuts from Leg
Veal Steaks for braiding
Loin Chops
Kidney Chops
Sirloin Veal Steak

WANT MEAT TO GO A LONG WAY... for meat loaves, steak patties, stews, meat balls and the like:

und Steak
uck
Cut in Cubes

PORK

Sausage
Frankfurters
Ground Shoulder
Ground Pork for patties

LAMB

1-inch Cubes cut from shoulder for stew
Ground Lamb for Patties
Neck Slices for stew

VEAL

Veal Shoulder cut in cubes
Chopped Veal for casserole

WANT VARIETY MEATS... a lot for your money in food value:

Oxtails
Sweetbreads
Tongue
Tripe

PORK

Liver
Heart
Brains

Kidney
Tongue
Pig's Feet

LAMB

Heart
Brains
Kidney

Liver
Sweetbread
Tongue

VEAL

Liver
Heart
Brains

Kidney
Sweetbread
Tongue



What to look for IN BUYING MEAT

Remember . . . it's the Lean that counts for Protein and Vitamins

Bone and fat supply no Protein or vitamins, so to get the most for your money and ration points, choose the more solid cuts. Ask for the bones and trimmings, though. They come in useful for soups, stews and so forth. *And always look for the purple Government stamp.* It's your insurance against Black Market meat which may well cause disease.

HOW TO JUDGE THE QUALITY IN MEAT

- BEEF . . .** Good quality will be well marbled with fat. It should be lean, firm, velvety in appearance, fine in grain and bright red in color. The bones in young beef should be porous and red.
- VEAL . . .** The lean is light grayish pink in color without marbling; fine grain, fairly firm and velvety in texture. Should have very little firm, clear, smooth, white fat. The bones should be porous, red and pliable.
- LAMB . . .** Flesh varies from light to dark pink. Should be fine-grained, velvety in texture, well marbled. Exterior fat should be creamy white or slightly pink.
- PORK . . .** Good quality young pork is grayish pink; older meat, delicate rose. Flesh should be firm, fine grained with no excessive moisture. Lean is well marbled and covered with firm, white fat.

455 TRIED AND TESTED RECIPES

Numbers beside recipes are main "Basic 7" Food Groups represented in recipe.

BEVERAGES

COCOA SYRUP (6)

6 tbsp. cocoa 1 tsp. vanilla
 $\frac{1}{2}$ c. hot water $\frac{1}{2}$ c. corn syrup OR
 $\frac{1}{8}$ tsp. salt 8 tbsp. sugar
 Pour hot water over cocoa and stir until smooth. Add corn syrup, or sugar and salt. Simmer for 10 minutes, stirring constantly. Add vanilla. Serve hot or cold over ice cream, cottage pudding or dry cake.

TO MAKE COCOA

Add $1\frac{1}{2}$ to 2 tbsp. syrup to each cup hot or cold milk. Will keep indefinitely if refrigerated.

SUMMER HEALTH DRINK (2-4)

2 eggs 2 c. milk
 $\frac{3}{4}$ c. sugar $\frac{1}{3}$ c. lemon juice
 Beat eggs and sugar together until light and fluffy. Slowly add the milk, beating thoroughly. Then add the lemon juice. Serve very cold. Makes 4 glasses.

ORANGE PICK-UP (2-4-5)

2 eggs $\frac{1}{3}$ c. Basic Syrup
 1 c. orange juice $\frac{1}{8}$ tsp. salt
 1 c. milk

BREADS, Yeast, Quick Breads, Griddle Cakes

BAKING POWDER BISCUITS (6)

2 c. enriched all-purpose flour, sifted 1 tsp. salt
 before measuring 4 tbsp. shortening
 $\frac{3}{4}$ c. milk
 4 tsp. baking powder

Sift flour, baking powder and salt. Cut in shortening until mixture has the appearance of coarse corn meal. Add milk, working only enough to combine ingredients. Turn out on thickly floured board, knead until smooth. Pat or roll out $\frac{1}{2}$ inch thick and cut with biscuit cutter. Place on slightly greased pan. Bake for 10-12 minutes in preheated 450° oven. Makes about 18 small biscuits. Excellent for topping on meat pie.

BRAN BREAD (4-5-6)

2 c. All-Bran 2 c. buttermilk
 2 c. graham flour 2 eggs, beaten
 2 c. sifted enriched 2 tbsp. sugar
 all-purpose flour 1 tsp. salt
 2 tsp. soda 1 c. raisins
 1 c. molasses

Beat eggs until thick and foamy. Add syrup and milk, then add orange juice and salt. Beat all together very thoroughly. Serve in chilled glasses; ice cube in each is desirable. Serves 2.

TOMATO JUICE (2)

Scald and skin tomatoes. Cook about 30 minutes, press through a very fine sieve or jelly bag. Measure juice and for each quart add 1 teaspoon salt and 1 teaspoon sugar. Bring to a full boil. Fill sterilized jars to overflowing. Seal.

HOT TOMATO JUICE (2)

$3\frac{1}{2}$ c. tomato juice 1 slice onion
 1 tsp. salt 3 whole cloves
 1 tsp. sugar Dash of Tabasco
 1 stalk celery or a Sauce (optional)
 few leaves Thyme (optional)

Put all ingredients except Tabasco and thyme into a saucepan and simmer for 20 minutes. Strain and add Tabasco and a very small sprinkle of thyme. Serve hot in bouillon cups with a garnish of lemon and chopped parsley. Serves 5.

Sift white flour with soda, sugar and salt, and blend in graham flour and All-Bran. Add raisins. Mix eggs, molasses, buttermilk together, add to first ingredients, stirring only until well mixed. Pour into 2 greased and floured loaf pans. Bake 1 hour in preheated 350° oven.

STEAMED BROWN BREAD (3-4-6)

1 c. sifted enriched 1 c. yellow corn
 all-purpose flour meal
 $1\frac{1}{2}$ tsp. baking soda $\frac{3}{4}$ c. baking molasses
 1 tsp. baking powder 2 c. buttermilk or
 1 tsp. salt sour milk
 1 c. whole wheat 1 $\frac{1}{2}$ c. seedless raisins
 flour

Sift white flour with baking powder, soda and salt. Add the whole wheat flour, corn meal and raisins. Combine buttermilk or sour milk and molasses. Add dry ingredients, mix thoroughly. Fill three No. 2 cans $\frac{2}{3}$ full. These should be well greased. Cover with waxed paper and tie firm with string. Steam in deep well cooker or large kettle in which 2 cups hot water have been

placed. Turn to high until boiling, then to low. Total time 3½ hours.

CINNAMON BREAKFAST BREAD (4-6-7)

2 c. sifted enriched all-purpose flour
1 tsp. salt
4 tsp. baking powder
4 tsp. shortening
¾ to ¾ c. milk
1 tbsp. sugar

Cut shortening into sifted dry ingredients, add sufficient milk to make a soft dough. Roll out to fit into greased 9"x9" pan. Sprinkle sugar and cinnamon mixture on top. Bake 12-15 minutes at 450°.

Topping:

3 tbsp. sugar
Mix well.
1 tsp. cinnamon

GRAHAM BREAD (4-5-6)

½ c. sugar
1 c. sour milk or buttermilk
3 c. graham flour
1 egg
½ c. molasses
1 tbsp. melted shortening
1 tsp. baking soda
1 tbsp. boiling water
1½ tsp. salt

Beat egg, add sour milk or buttermilk, and melted shortening and molasses. Dissolve soda in boiling water and add. Mix the graham flour, salt and sugar together and add to first mixture, beating only enough so mixture is well blended. Pour into a well greased loaf pan. Bake in preheated 375° oven for 50 minutes. Makes 1 loaf.

HEALTH OATMEAL BREAD (3-4-6)

2 c. sifted enriched all-purpose flour
1 tsp. salt
1 tsp. baking powder
½ c. sugar
1 tsp. baking soda
2 c. ground quick-cooking rolled oats
½ c. molasses
2 tbsp. melted shortening
2 c. sour milk or 1½ c. sweet milk with 1 tbsp. vinegar added
1 c. raisins

Sift flour, salt, baking powder, soda and sugar together. Grind quick-cooking oats or crush with a rolling pin. Add to the other dry ingredients. Add molasses, melted shortening and milk. Mix thoroughly and add raisins. Pour into greased loaf pan. Let set 20 min., then bake 1 hour in preheated 350° oven. Makes 1 loaf.

PLYMOUTH BREAD (6)

½ c. yellow corn meal
2 c. boiling water
2 tbsp. shortening
½ c. molasses
1 cake yeast
½ c. lukewarm water
¾ c. sifted enriched all-purpose flour
2 tsp. salt

Stir corn meal very slowly into boiling water, stirring constantly. Boil 5 minutes, add shortening, molasses and salt. Cool. When lukewarm, add the yeast which has been softened in ½ cup of lukewarm water. Add flour enough to form stiff dough. Knead well and let rise until double in bulk. Shape into 2 loaves, place in well greased loaf pans, let rise until double in bulk again. Bake 1 hour in preheated 350° oven.

PARTIAL WHOLE WHEAT YEAST BREAD (4-6-7)

3 c. milk
1 c. lukewarm water
4 tsp. salt
½ c. molasses
4 tbsp. shortening
1 tsp. sugar
About 6 c. enriched all-purpose white flour
About 6 c. whole wheat flour
2 cakes quick-acting yeast

Dissolve yeast in lukewarm water, add sugar. Let stand 10 minutes. Scald milk, add molasses and salt. Cool milk to lukewarm, add yeast mixture. Combine the flours, and add all but 1 cupful. Save that until it is definitely known to be needed. Some flours require more liquid than others. Then add the softened shortening, mix well and turn out on a floured board. Knead dough until elastic and does not stick to board. Place in a greased bowl, cover and allow to rise until doubled. Place in greased tins which should be sufficiently large so tins are ¾ full when first molded. Let rise to top of tins, or double in bulk. Bake in 350° oven for 1 hour. This recipe makes 4 medium loaves.

SOYA YEAST BREAD (4-5-6-7)

2 c. soya flour
11 c. sifted enriched all-purpose flour
4 c. milk
1 c. lukewarm water
5 tbsp. sugar
5 tsp. salt
5 tbsp. shortening
2 cakes yeast
1 tsp. sugar

The soya flour is not sifted before measuring; the white flour is. Stir flours together. Scald milk, and to it add the sugar and salt. Dissolve yeast in 1 cup lukewarm water and to it add 1 teaspoon sugar, let stand for 10 minutes. When milk has cooled, add dissolved yeast to milk mixture. Next add flour and softened shortening. Mix well, turn out on a floured board. Knead until dough becomes elastic and does not stick to board. Place in a greased bowl, cover, allow to rise until double in bulk, then punch down. Allow to rise a second time until double in bulk. Remove dough from bowl, punch dough down again, and cut into four equal size loaves. Shape, cover and allow to stand 20 minutes on baking board.

Then flatten out each loaf and again reshape. Place in greased pans. Allow to rise until double in bulk, or until, when pressed with a finger, the imprint does not disappear. Bake in a preheated 350° oven for 1 hour. This recipe makes approximately four 1½ pound loaves.

NOTE: To get a browner, softer top crust sprinkle top of unbaked loaves lightly with lukewarm water. To prevent a soggy bottom crust and to protect texture, remove bread from tins at once. Cool on wire cake coolers.

HOT CROSS BUNS (4-6)

1 c. scalded milk
¼ c. shortening
⅓ c. granulated sugar
½ tsp. salt
1 tsp. granulated sugar
1 cake compressed yeast
2 tbsp. lukewarm water
1 egg, beaten
½ c. seedless raisins
1 tsp. cinnamon
¼ tsp. allspice
¾ to 4 c. sifted enriched all-purpose flour
1 egg white

(Continued next page)

Combine milk, shortening, ½ cup sugar and salt, and cool to lukewarm (85°). Mix the 1 teaspoon sugar with yeast cake that has been softened in lukewarm water, and add. Add egg, raisins, cinnamon, allspice and as much sifted enriched all-purpose flour as can be stirred into the dough. Place in a greased bowl, cover and let rise in a warm place (75° to 85°) until double in bulk. Knead, shape into 2-inch balls, and arrange in greased pan, 9"x9"x1½". Brush each bun with egg white; cover and let rise until double in bulk. Snip a deep cross in the top of each with scissors. Bake in a hot 425° oven for 25 minutes, cool, and fill the cross on top of each with powdered sugar icing. Makes 2 dozen buns.

EASTER NESTS (4-6)

½ recipe for Hot Cross Buns
Plain Confectioner's Icing
10 cents worth jelly beans

Roll dough to ½-inch thickness. Cut with a 2½-inch doughnut cutter. Put on greased baking sheet and allow to rise until light. Bake 15 minutes in preheated 400° oven. When slightly cooled, frost with Confectioner's Icing (recipe page 93) and arrange 3 or 4 jelly beans in the center of each bun. Makes about 1 dozen.

BRAN COFFEE CAKE (4-5-6-7)

1 c. enriched all-purpose flour
½ tsp. salt
¼ tsp. baking soda
2 tsp. baking powder
2 c. bran
2 eggs, well beaten
1 c. sweet milk
6 tbsp. molasses
3 tbsp. melted shortening
¾ c. raisins

Measure 1 cup sifted flour and sift again with salt, soda and baking powder. Add other ingredients in the order given, mixing thoroughly. Add topping. Bake in well-greased 9-inch round cake pan for 30 min. in preheated 375° oven.

Cinnamon Topping:

¼ c. sugar
2 tbsp. enriched all-purpose flour
1 tsp. cinnamon
2 tbsp. butter or fortified margarine

Cut butter or margarine into other ingredients until mixture is crumbly. Sprinkle on batter.

DUTCH APPLE CAKE (3-4-6-7)

1½ c. sifted enriched all-purpose flour
½ tsp. salt
2 tsp. baking powder
1 tsp. sugar
4 tbsp. butter or other shortening
1 egg, beaten
½ c. milk
4 large sour apples

Topping:

2 tbsp. sugar
½ tsp. cinnamon
Sift flour once, then sift again with salt, sugar and baking powder. Cut in shortening. Add the milk to the beaten egg and stir into the first mixture to make a soft dough. Spread dough in a shallow greased pan, 7" x 11". Cut the pared and cored apples into eighths. Arrange the slices in parallel rows on the dough with pointed edge down. Sprinkle with Topping. Bake in preheated 400° oven for 30 minutes.

COFFEE CAKE

(See Refrigerator Rolls, Page 59)

ORANGE COFFEE CAKE (4-5-6-7)

2 c. sifted enriched all-purpose flour
½ tsp. salt
3 tsp. baking powder
½ c. corn syrup
1 tsp. grated orange rind
½ c. orange juice
2 eggs, beaten
1 tsp. vanilla
¼ c. melted shortening (half butter or fortified margarine)

Topping:

2 tbsp. grated orange rind
½ c. sugar
1 tsp. cinnamon
1 tbsp. melted butter or fortified margarine

Mix corn syrup, (to replace corn syrup, use ½ cup sugar and ¼ cup water), orange juice and melted shortening and combine with sifted dry ingredients. Mix—not beat—in the beaten eggs, vanilla and orange rind. Pour into greased 8"x8" cake pan. Blend topping ingredients and sprinkle over batter. Bake in preheated 400° oven for 30 minutes.

PRUNE COFFEE BRAID (3-5-6)

Filling:

1 c. finely cut cooked prunes
¼ c. sugar
¼ c. chopped nuts
1 tsp. lemon juice

Dough:

3 c. Refrigerator Roll Dough
½ tsp. sugar
¼ tsp. cinnamon

Mix prunes, nuts, sugar and lemon juice together. Divide dough (recipe, page 59) into three parts. Roll out each part into an oblong about 6 inches wide and 13 inches long. Spread each oblong with Prune Filling. Roll each oblong up tightly lengthwise. Place rolls about 12 inches apart on greased cookie sheet and braid, beginning in middle. Turn pan. Braid other end of dough from middle on. Sprinkle top with ½ tablespoon sugar and ¼ teaspoon cinnamon. Let rise until light. Bake for 30 minutes in 350° oven.

CROUTONS (6)

Cut bread in ½-inch slices. Remove crusts. Spread both sides lightly with butter or fortified margarine. Cut slices in ½-inch strips, then cut the strips in ½-inch cubes. Toast very lightly in oven. Serve with soups.

DUMPLINGS (4-6)

2 c. sifted enriched all-purpose flour
4 tsp. baking powder
2 tbsp. shortening
1 tsp. salt
¾ to 1 c. milk

Sift flour, measure and sift with salt and baking powder. Cut in shortening with 2 spatulas. Add milk until a thick drop batter is obtained. It may be necessary to add a bit more milk, due to variations in flour. Drop by tablespoonfuls into boiling stew, cover closely. Cook for 12 minutes. Serves 5.

CORN MEAL DUMPLINGS (6)

- | | |
|------------------------|----------------------------|
| 1 c. corn meal | 2 slightly beaten eggs |
| 1 tsp. salt | Enriched all-purpose flour |
| 1 1/2 c. boiling water | |
| 1/2 tsp. minced onion | |
| 1 tsp. chopped parsley | |

Combine corn meal and salt; gradually add to water, stirring constantly. Remove from heat and stir until smooth. Cool. Add remaining ingredients except flour. Mix thoroughly. Drop by spoonfuls onto a waxed paper containing enriched all-purpose flour. Roll around on the flour to form balls. Drop into boiling meat or chicken stew. Cover tightly. Steam 10 minutes. Serves 6.

GRIDDLE CAKES (4-6-7)

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|--|---------------------------|
| 1 1/2 c. sifted enriched all-purpose flour | 1 egg, beaten |
| 3 1/2 tsp. baking powder | 1 c. milk |
| 3/4 tsp. salt | 3 tbsp. melted shortening |
| | 3 tbsp. sugar |

Combine egg, milk and shortening and add to sifted dry ingredients. Stir until smooth. Drop by spoonfuls onto hot greased griddle. Bake until puffed and full of bubbles, then turn and bake on other side. Serve with Syrup, makes 10 medium size cakes.

BRAN FLAKES GRIDDLE CAKES (4-5-6-7)

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|--|---------------------------|
| 1 1/4 c. sifted enriched all-purpose flour | 2 eggs |
| 3 tsp. baking powder | 1 1/2 c. milk |
| 3/4 tsp. salt | 1 c. bran flakes |
| 1 tbsp. sugar | 3 tbsp. melted shortening |

Sift dry ingredients together, except bran flakes. Combine eggs and milk; add gradually to flour mixture, beating until smooth. Add bran flakes and shortening. Bake on hot griddle. Serve with syrup. Makes 12 to 15 medium size cakes.

BUCKWHEAT GRIDDLE CAKES (4-5-6-7)

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|----------------------|------------------|
| 2 c. buckwheat flour | 2 eggs |
| 1 1/2 tsp. salt | 1 tbsp. molasses |
| 4 tsp. baking powder | 2 1/4 c. milk |
| 6 tbsp. shortening | |

Cut shortening into blended dry ingredients. Combine the slightly beaten yolks with molasses and milk. Add, mixing just enough to moisten. Fold in stiffly beaten whites and bake on griddle. Serve with butter or fortified margarine and maple syrup. Makes 18 cakes.

CORN MEAL GRIDDLE CAKES (4-6-7)

- | | |
|--|-------------------------------|
| 1/2 c. yellow corn meal | 1 tsp. salt |
| 1 1/2 c. boiling water | 1 tsp. baking powder |
| 1 1/4 c. sour milk | 1 egg or 2 yolks, well beaten |
| 2 c. sifted enriched all-purpose flour | 2 tbsp. melted shortening |
| 1/3 c. sugar | |

Slowly add corn meal to boiling water and cook 5 minutes. Cool. Add sour milk, then stir into sifted dry ingredients. Add eggs, then shortening and stir until smooth. Drop by spoonfuls on hot griddle. Cook on one side until puffed and full of bubbles. Turn and cook on other side. Serve with syrup. Makes about 20 cakes.

OATMEAL GRIDDLE

CAKES (4-6-7)

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|---|---------------------------|
| 1/2 c. enriched all-purpose flour | 1 egg, well beaten |
| 4 tsp. baking powder | 1 tbsp. melted shortening |
| 1 tsp. salt | 1 tsp. molasses |
| 1 1/2 c. quick-cooking rolled oats (uncooked) | 3/4 c. water |
| | 3/4 c. milk |

Sift flour, measure and sift with baking powder and salt. Add rolled oats. Combine egg, shortening, molasses, water and milk. Add dry ingredients. Beat until smooth. Have griddle very hot for first baking, then reduce heat. Cook on one side until puffed and full of bubbles. Turn and cook on other side. Makes 12 to 15 medium size cakes.

SYRUP FOR GRIDDLE CAKES, WAFFLES

(See page 93)

SPICED APPLE MUFFINS (3-4-6)

- | | |
|---------------------------------------|--|
| 1 c. All-Bran | 1 c. sifted enriched all-purpose flour |
| 3/4 c. milk | 1/2 tsp. salt |
| 2 tbsp. shortening | 3/2 tsp. baking powder |
| 1/4 c. sugar | Wedges of apples |
| 1 egg | 3/4 c. cinnamon |
| 3/4 c. apples, chopped but not peeled | 2 tbsp. sugar |

Soak All-Bran in milk for 5 minutes. Cream shortening and 1/4 cup sugar; add egg and beat. Stir in bran mixture and apples. Sift together flour, salt and baking powder. Add to the bran mixture. Fill greased muffin pans 2/3 full. Place an apple wedge on top of each and sprinkle with 1/4 teaspoon cinnamon and 2 tablespoons sugar mixed together. Bake for 30 minutes in preheated 400° oven. Makes 15 muffins.

BLUEBERRY MUFFINS (2-4-6)

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|---------------------------------|---------------------------|
| 2 c. enriched all-purpose flour | 1 c. milk |
| 3 tsp. baking powder | 1 egg, well beaten |
| 2/3 tsp. salt | 2 tbsp. melted shortening |
| 3 tbsp. sugar | 1 c. blueberries |

Sift flour, set aside 1/4 cup to dredge berries. Measure 1 3/4 cups flour and sift again with the baking powder, salt and sugar. Combine milk, beaten egg and shortening. Stir liquid into flour, stirring only until flour is all mixed in. Fold in flour-dredged blueberries. Drop by spoonfuls into well greased muffin tins until tins are 2/3 full. Bake for 20 minutes in preheated 400° oven. Makes 12 muffins.

BRAN MUFFINS (4-6-7)

- | | |
|---------------------------------|-------------------------------------|
| 2 c. enriched all-purpose flour | 1/3 c. chopped nut meats (optional) |
| 1/2 tsp. baking powder | 1 egg, well beaten |
| 1 tsp. baking soda | 1/3 c. sugar |
| 1 tsp. salt | 1 3/4 c. sour milk or buttermilk |
| 2 c. All-Bran | 3 tbsp. melted shortening |

Sift flour, measure, resift with other dry ingredients. Stir in All-Bran. Mix remaining ingredients together, add gradually to first mixture. Do not beat, just stir until combined. If nuts are used, add to dry ingredients before adding liquids. Bake 25-30 minutes in preheated 400° oven. Makes 10-12.

GRAHAM MUFFINS (4-6)

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|----------------------|---------------------------|
| 2 c. graham flour | 1 well beaten egg |
| 2 tsp. baking powder | 1 1/4 c. milk |
| 2 tbsp. sugar | 2 tbsp. melted shortening |
| 1/2 tsp. salt | |

Mix flour, baking powder, sugar and salt thoroughly. Add beaten egg, milk and melted shortening. Stir only until well mixed. Bake for 25 minutes in preheated 400° oven. Makes 12.

JEFFY CORN MEAL MUFFINS (4-6-7)

- | | |
|--|---------------------------|
| 3/4 c. yellow corn meal | 1/2 tsp. salt |
| 1 1/4 c. sifted enriched all-purpose flour | 1 egg, well beaten |
| 4 tsp. baking powder | 1 c. milk |
| 2 tbsp. sugar | 4 tbsp. melted shortening |

Sift all dry ingredients together. Add egg, milk and shortening. Mix only until well blended. Pour into greased muffin tins. Bake for 20 minutes in preheated 425° oven. Makes 12.

WHOLE WHEAT MUFFINS (4-6-7)

- | | |
|--|--------------------|
| 3/4 c. sifted enriched all-purpose flour | 1/2 tsp. salt |
| 1 c. whole wheat flour | 1 1/4 c. milk |
| 3 tsp. baking powder | 1 beaten egg |
| 1/4 c. sugar | 4 tbsp. shortening |

Sift dry ingredients, except the whole wheat flour, which should be stirred in. Add egg, milk and shortening to dry ingredients. Stir only enough to mix flour. Drop by spoonfuls into well greased and floured muffin pans, filling them 2/3 full. Bake for 20 minutes in preheated 400° oven. Makes 12 muffins.

CARAMEL ROLLS

(See Refrigerator Rolls, right)

CLOVER LEAF ROLLS

(See Refrigerator Rolls, right)

LUNCHEON ROLLS

(See Refrigerator Rolls, right)

PECAN CINNAMON ROLLS

(See Refrigerator Rolls, page 60)

REFRIGERATOR ROLLS (5-6)

- | | |
|------------------------|--|
| 1 3/4 c. boiling water | 8 c. enriched all-purpose flour, sifted before measuring |
| 1 c. light corn syrup* | |
| 1 tbsp. salt | 2 cakes quick-acting yeast |
| 2 tsp. shortening | 1 tsp. sugar |
| 1/2 c. lukewarm water | |
| 2 eggs, beaten | |

Mix boiling water, light corn syrup, salt and shortening together, cool until lukewarm. Soften yeast in lukewarm water, add 1 teaspoon sugar and stir into first mixture. Add beaten eggs and stir in 4 cups flour, then beat thoroughly. Stir in 4 more cups flour and mix thoroughly, but it is not necessary to knead. Brush the top of dough with melted butter, fortified margarine or shortening, cover tightly and store in refrigerator until ready to use. Shape as described for Clover Leaf Rolls and put in a warm place until double in bulk. Bake 15 to 20 minutes in a preheated 425° oven. Two cups of graham or whole wheat flour may be substituted for white flour. Makes about 4 dozen small rolls.

*If sugar is used, replace corn syrup with 1/2 cup sugar and increase boiling water to 2 cups.

Variations of Refrigerator Rolls

Caramel Rolls: Roll out a rectangle of dough 1/2 inch thick and 12 by 6 inches, spread with cinnamon and brown sugar, then roll. Cut in 1-inch slices and arrange in a greased pan. Let rise till double in bulk and bake at 400°-425° for 15 to 18 minutes. While the rolls are baking, make an icing of 2 cups sifted powdered sugar, 1 tablespoon melted butter, fortified margarine or shortening, 1/2 teaspoon Mapleine flavoring and just enough warm water to make the icing spread. Spread this on warm rolls.

Clover Leaf Rolls: For each roll take three pieces of dough the size of walnuts and shape with greased fingers until smooth and round. Place in muffin tins, cover, then set in warm place to rise until double in bulk. Bake in a preheated 400° oven for 15 to 20 minutes.

Coffee Cake: Knead dough until soft, and shape between the palms of the hands until it is about 20 inches long and about 1 1/2 inches in diameter. Hold one end in each hand and twist in opposite directions. Place swirled piece of dough in a greased pan; bring ends together to form a circle.

Allow to double in bulk, brush with melted butter, fortified margarine or shortening, sprinkle with a mixture of 1 tablespoon sugar and 1 tablespoon cinnamon, and bake in 400° oven for 20 minutes. While still warm, cover with Confectioner's Icing, page 93 and sprinkle with half cup finely cut nuts.

Luncheon Rolls: Roll refrigerator dough until 1/2-inch thick. Cut in rounds with a small biscuit cutter and cover the top of each with melted butter, fortified margarine or shortening. With a table knife make a crease in the top of each round. Fold the round over, Parker House style, and place in greased baking pan so that they touch each other. Allow to rise till double in bulk. Bake at 400° for 15-18 minutes.

(Continued next page)

BRAN APPLESAUCE COOKIES (3-5-6-7)

1 3/4 c. sifted enriched all-purpose flour
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. cloves
1/4 tsp. salt
1/2 c. drippings or other shortening
1 c. sugar
1 egg
1 tsp. soda
1 c. sweetened applesauce
1 c. raisins
1 c. shredded bran cereal

Sift flour and spices and salt. Cream shortening and sugar, add egg and beat well. Add soda to applesauce. Add dry ingredients alternately with the applesauce to the creamed mixture. Add raisins and shredded bran. Drop by teaspoonfuls on greased baking sheet about two inches apart. Bake for 10 minutes in preheated 375° oven. Makes 8 dozen.

CHINESE CHEWS

(See Holiday Sweets, page 75)

CORN MEAL COOKIES (3-5-6-7)

1 c. shortening
1/2 c. sugar
2 eggs
1 tsp. lemon extract
1/2 c. raisins, chopped
3 c. enriched all-purpose flour
1 tsp. baking powder
1 tsp. nutmeg
1/2 tsp. salt
1 c. yellow corn meal (uncooked)

Cream shortening, slowly add sugar, then eggs, beating well. Blend in lemon extract. Dredge raisins with 1/2 cup flour and add. Sift remaining flour with other dry ingredients and add. Mix well. Drop, by spoonfuls, and flatten out with a fork, or roll out 1/8" thick and cut in desired shapes. Bake 10 minutes in preheated 400° oven. Dough may be made into a 2" roll, wrapped in a waxed paper, and refrigerated until needed.

SOFT GINGER COOKIES (4-6-7)

1/2 c. sugar
1/2 c. shortening
1 c. molasses
1/2 c. sour milk
3 1/2 c. sifted enriched all-purpose flour
1 tsp. baking soda
1 tsp. salt
1 tsp. ginger
1 tsp. cinnamon

Cream sugar and shortening, add molasses and beat well. Sift dry ingredients together and add alternately with the milk to the creamed mixture. Let stand in the refrigerator several hours or overnight. Roll on floured board to 1/8-inch thickness and cut with 2 1/2-inch cookie cutter. Place on greased baking sheet and bake 15 minutes in preheated 375° oven. May be frosted with thin powdered sugar icing. Makes 8 doz.

HOLIDAY COOKIES

(See Holiday Sweets, page 75)

CARROT-OATMEAL COOKIES (1-3-5-6-7)

2 c. sifted enriched all-purpose flour
1 tsp. baking powder
1/4 tsp. baking soda
1/2 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. nutmeg
2 c. quick-cooking rolled oats (uncooked)
1 c. raisins
1 c. chopped nut meats
1/2 c. shortening
1 c. brown sugar
2 eggs, well beaten
1/3 c. milk
1 c. grated raw carrot

Sift flour, measure, add baking powder, soda, salt and spices. Sift again. Add rolled oats, raisins and nut meats. Mix well. Cream shortening, add sugar, creaming thoroughly. Add eggs, milk, and beat again, then add carrots and mix well. Add dry ingredients, and stir until everything is mixed well. Drop by teaspoonfuls onto a greased baking sheet. Flatten out with a floured fork. Bake for 15 minutes in preheated 350° oven. Do not store until cold. Makes about 5 dozen.

LEMON OATMEAL COOKIES (4-5-6-7)

1 c. shortening
1/2 c. brown sugar
2 eggs
3/4 c. dark corn syrup
2 c. sifted enriched all-purpose flour
1/4 tsp. salt
2 tsp. baking powder
1/2 tsp. baking soda
1/2 c. milk
1 tsp. vanilla
2 1/2 c. quick-cooking rolled oats (uncooked)
4 1/2 tsp. grated lemon rind

Cream shortening and sugar, add eggs and beat well. Add corn syrup and beat thoroughly. Sift flour with salt, baking powder and soda, and add alternately to creamed mixture with milk and vanilla. Add rolled oats and lemon rind, beating well. Drop by teaspoonfuls onto a greased baking sheet. Bake for 12 minutes in preheated 375° oven. Makes 6 dozen.

NOTE: To replace corn syrup, use 1 cup brown sugar and 3/4 cup milk.

MOLASSES POPCORN BALLS

(See Holiday Sweets, page 75)

MYSTERY BARS

(See Holiday Sweets, page 75)

ORANGE COOKIES (6-7)

1/2 c. shortening
1/2 c. sugar
1/3 c. light corn syrup
2 tbsp. grated orange rind
2 1/2 c. sifted enriched all-purpose flour
1/4 tsp. salt
1 tsp. baking soda
2 tbsp. lemon juice
1 egg

Cream shortening and sugar. Add corn syrup, orange rind and egg. Beat thoroughly. Add sifted dry ingredients and lemon juice. Chill at least 2 hours. Roll 1/4 inch thick on lightly floured surface. Cut with floured cookie cutter. Bake on greased cookie sheet at 400° for 8-10 minutes. Makes about 4 dozen cookies.

NOTE: For special occasions spread a thin coat of confectioner's sugar icing on cookies before they are quite cold. Very good!

FROSTED ORANGE DROP COOKIES (2-4-6-7)

1/2 c. shortening
1 c. sugar
1 egg
3 c. sifted enriched all-purpose flour
1 1/2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. baking soda
1/2 c. sour or buttermilk
1 orange ground whole (approximately 1/2 c.)

(Continued next page)

Cream shortening, add sugar, then add egg. Sift dry ingredients together and add alternately with the milk to the creamed mixture. Add ground orange. Mix thoroughly. Drop by teaspoonfuls onto greased cookie sheet. Bake at 400° for 10-12 minutes. When cool, ice with Orange Frosting. Makes about 4 dozen.

Orange Frosting

2 c. confectioner's sugar
1/2 orange, ground
1 tbsp. melted butter or fortified margarine

Mix all thoroughly and spread on cookies.

PEANUT BRITTLE

(See Holiday Sweets, page 76)

PEANUT BUTTER CRUNCH COOKIES (5-6-7)

1/2 c. peanut butter crunch
1/2 c. shortening (half butter or fortified margarine)
1/2 c. white sugar
1/2 c. brown sugar
1 egg, well beaten
1 1/4 c. enriched all-purpose flour
3/4 tsp. baking soda
1/2 tsp. baking powder
1/4 tsp. salt

Cream shortening and peanut butter crunch together. Add sugars and cream thoroughly. Add egg, well beaten. Sift flour once before measuring. Sift flour, soda, baking powder and salt together and add to creamed mixture. Chill dough well. Roll in balls the size of a walnut. Press down with a lightly floured fork to make a crisscross pattern. Bake 10-12 minutes in 375° oven. Makes about 4 dozen cookies.

PEANUT BUTTER MACAROONS (5-6)

2 egg whites
3/4 c. granulated sugar
1/4 tsp. almond extract
2 c. puffed rice
1/3 c. peanut butter
1/8 tsp. salt

Beat egg whites until stiff, but not dry. Fold in sugar gradually. Add flavoring. Fold in rice, peanut butter and salt. Drop by teaspoonfuls onto well greased cookie sheet. Bake for 20 minutes in preheated 375° oven. Makes 2 dozen.

CEREALS, MUSH, Etc.

CORN MEAL MUSH (6)

Bring 3 cups water to brisk boil, add 1 teaspoon salt, slowly add 1 cup corn meal. Cook about 10 minutes. Turn to simmer and cook until thick. Stir often. Serve hot with top milk or with sugar, butter or fortified margarine. Serves 5.

FRIED CORN MEAL MUSH (6)

Cook mush as above. Pour into loaf pan that has been rinsed out with water. Let stand overnight. Slice 1/2 inch thick and fry in hot shortening until brown. Bacon drippings may be used.

SUGAR COOKIES (5-6-7)

2/3 c. shortening
2/3 c. sugar
2 eggs, well beaten
1 tsp. vanilla
2 c. sifted enriched all-purpose flour
1/2 tsp. salt
1 1/2 tsp. baking powder

Cream shortening and sugar together. Add vanilla, eggs and mix. Add the sifted dry ingredients. Chill the dough at least two hours, or overnight, if possible, then roll out to 1/8-inch thickness. Cut into desired shapes with a floured cutter; place on a greased cookie sheet. Bake 10 minutes in preheated 375° oven. Makes 4 dozen cookies.

NOTE: If a glazed effect is desired, brush tops with slightly beaten egg white, then sprinkle with sugar or top with chopped nuts, candied cherries, etc.

JELLY ROLL (5-6)

3 eggs
1/4 c. cold water
1 c. sugar
1 c. enriched all-purpose flour
2 tsp. baking powder
1/4 tsp. salt
1/4 c. enriched all-purpose flour
1 tsp. vanilla
1 glass jelly
Confectioner's sugar
Cherries and nuts for garnish

Beat eggs, add cold water and sugar. Sift flour, baking powder, salt. Combine. Add vanilla. Bake in sheet cake pan lined with greased waxed paper in 425° oven for 12 - 15 minutes. Place tea towel on table, cover with waxed paper, sprinkle with confectioner's sugar. Turn hot cake on waxed paper. Spread with jelly. Hold paper and towel firmly with thumb and first finger. Lift and roll. Cool. Unwrap. Garnish with cherries and nuts. Serves 6.

SOYA FUDGE

(See Holiday Sweets, page 76)

VELVET MOLASSES CANDY

(See Holiday Sweets, page 75)

HALF-AND-HALF FRIED MUSH (5-6)

3 c. boiling water
1 tsp. salt
1/2 c. corn meal
1/2 c. soybean grits

Add salt to the boiling water. Then slowly add corn meal and soybean grits, stirring constantly to prevent lumping. Cover and simmer for 20 minutes. Pour into a loaf pan which has been rinsed with cold water. Cover with waxed paper. When cold, unmold, cut in 1/2-inch slices and fry in very hot fat until golden brown. Serves 5.

HOMINY GRITS MUSH with MILK GRAVY and FRIED SALT PORK (See MEATS, page 78)

CHEESE. MAIN DISHES

GRILLED CHEESE SANDWICH

(See Sandwiches, page 90)

PINTO BEAN RAREBIT (4-5-6)

- | | |
|----------------------|-----------------------------------|
| 1 c. pinto beans | 1/4 c. enriched all-purpose flour |
| 2 c. water | 1 tsp. salt |
| 1 tbs. chopped onion | 1/2 tsp. dry mustard |
| 1/4 c. drippings | 2 c. milk |
| | 1 c. grated cheese |

Wash beans and soak overnight in the 2 cups water. Slowly cook beans until tender (about 2-2 1/2 hours) in the water in which they were soaked. Cook onions in drippings until tender, not brown. Add flour, salt and mustard. Add milk slowly, blend until thickened. Add cheese and stir until melted. Add cooked beans and heat thoroughly. Serve on toast or crisped crackers.

CHICKEN, OTHER POULTRY, RABBIT

DIRECTIONS FOR ROASTING POULTRY

FOWL	COLD OR PREHEATED OVEN	WEIGHT OF BIRD POUNDS	OVEN TEMPERATURE	TIME IN HOURS
Chicken	Either	4-5	350	2-2 1/2
Duck	Either	5-6	350	2-2 1/2
Goose	Either	10-12	325	3-4
Guinea	Either	2-2 1/2	350	About 2-2 1/2
Turkey	Either	6-9	325	2 1/2-3
		10-13	300	3 1/2-4 1/2
		14-17	275	5-6
		18-25	250-275	6 1/2-8
		26-30	250	8-9

ROAST CHICKEN (5)

Oven Temperature 350°.

Time: 30 minutes per pound for small bird (3 1/2 lbs.), 22-25 minutes per pound for larger bird (4-6 lbs.).

The chicken may be roasted in either a preheated oven or from a cold start. For a chicken from 4 to 5 pounds in weight, roast for 2 to 2 1/2 hours in oven, set at 350°.

1. Weigh the stuffed bird so the total cooking time may be approximated.
2. Don't attempt to roast an old bird. (Instead, put it into the stew pot and serve with dumplings or noodles.)
3. Lay the bird on a rack in an open pan. Brush skin thoroughly with melted or softened shortening.
4. Cover bird with a cloth brushed with shortening. An excellent idea is to use fried-out chicken fat. For a cloth use cheesecloth, or any thin piece of available muslin. The cloth may be removed the last 15 or 20 minutes of the roasting time.

Bread Dressing (6)

- | | |
|--|-----------------------------|
| 4 c. stale bread cut in 1/2-inch cubes | 2 tbs. chopped parsley |
| 2 tbs. chopped celery | 2 tsp. salt |
| 1 tsp. sage | Dash of pepper |
| 1/4 c. shortening | 1/4 c. finely chopped onion |

Combine the bread, salt, sage, celery, parsley and pepper. Place skillet on large unit at high heat and melt the shortening. Add onion. Turn heat to simmer and cook for about 10 minutes, or until the onion is tender. Add seasoned bread cubes. Stir and cook until the bread cubes are lightly browned. See Roast Turkey, page 65 for stuffing directions.

SOUTHERN CORN BREAD

DRESSING (4-5-6)

Corn Bread:

- | | |
|----------------------|-------------|
| 1 c. corn meal | 1 tsp. salt |
| 1 c. sweet milk | 1 egg |
| 2 tsp. baking powder | |

Sift corn meal, baking powder and salt. Add egg and milk. Pour into greased, floured pan. Bake 1/2 hour in preheated 425° oven. Makes 4 cups crumbled.

Dressing:

- | | |
|--------------------------------|----------------------------|
| 1/2 c. chopped onion | 1 tsp. salt |
| 1 c. chopped celery | 1/2 tsp. poultry seasoning |
| 1/4 c. drippings or shortening | 1/4 tsp. pepper |
| 4 c. crumbled corn bread | 1 egg |
| 4 c. stale bread, cubed | 1 c. stock |

Cool and crumble corn bread. Cook onion and celery in shortening until tender. Add corn bread and bread and fry until lightly browned. Add salt, pepper and poultry seasoning. Beat eggs slightly, add to stock and pour over dressing, stirring well. Excellent for stuffing poultry, veal or flank steak. Half of recipe is ample for a chicken or a 1 1/2 pound flank steak.

CREAMED CHICKEN (4-5)

- | | |
|--|-------------------------------|
| 2 c. cooked chicken removed from bones, diced or cut in strips | 2 c. white sauce |
| | 1/2 tsp. salt |
| | Dash of celery salt, optional |

Heat chicken in white sauce, see page 92 for White Sauce recipe. Heat over very low heat. 1 cup cooked vegetables such as peas, celery, carrots, may be substituted for 1 cup of the chicken. Serves 4-5.

CHICKEN CURRY (1-3-4-5-6)

- | | |
|---|-----------------------------------|
| 1 4-lb. chicken | 1 tsp. curry powder |
| 1/2 c. diced celery | 3 tbs. enriched all-purpose flour |
| 1 c. diced carrots | 2 c. chicken stock |
| 1 tbs. salt | 2 egg yolks |
| Water to just cover chicken | 1/2 c. cream or top milk |
| 1/4 c. chopped onion | 4 c. cooked rice |
| 3 tbs. shortening, chicken fat or fortified margarine | |

Cook chicken, celery, carrots and salt in just enough water to cover. Sauté the chopped onion in the shortening until tender, but not brown. Add the curry powder and flour, blend. Slowly add the chicken stock, stirring until smooth. Beat egg yolks, stir in the cream and add to the sauce. Arrange cooked rice on a platter with the chicken, pour sauce over both. Serve at once. Serves 8.

Variation: 1 1/2 to 2 cups leftover lamb or veal may be used.

Substitute Gravy: Cook chicken bones or use bouillon cubes when using leftover meats.

CHICKEN WITH DUMPLINGS (5-6)

Select a plump chicken. Cut in pieces. Place in large utensil with tight-fitting cover. To a 4-lb. chicken, add about 3 cups boiling water, 2 teaspoons salt. Cover. Cook on high heat until steaming, then switch to low heat. Simmer slowly until chicken is done, 3 to 3 1/2 hours. Prepare dumplings (see recipe, page 57). There must be plenty of liquid to leave some for gravy, and as the dumplings will absorb some of this liquid, check amount before adding dumplings. If more water is added, bring to quick boil before adding dumplings. Serves 5.

DUMPLINGS

(See Quick Breads, page 57)

CHICKEN FRICASSEE (4-5)

- | | |
|-------------------------------------|--------------|
| 4-lb. chicken, cut up as for frying | 2 c. milk |
| 3 tbs. enriched all-purpose flour | Salt, pepper |

Season a small amount of flour with salt and pepper and roll chicken in flour, as when frying. Place shortening in skillet and when hot, brown chicken as you do when frying it. Remove chicken to a casserole, or a deep baking dish. Pour off all but about 4 tablespoons of the shortening left in skillet. To this add 3 tablespoons flour, and when flour and shortening are well mixed, add 2 cups of whole milk. Bring to a quick boil. Pour over chicken, cover. Cook in 350° oven until chicken is tender and cream sauce has thickened—about two hours. Serves 8-10.

FRIED CHICKEN (5-7)

- | | |
|---|---|
| 2 1/2 lb. chicken | 1/2 to 3/4 c. shortening, half butter, margarine or drippings |
| About 1/2 c. enriched all-purpose flour | |
| 1 tsp. salt | |
| 1/2 tsp. pepper | |

Cut chicken in pieces. Unless the chicken is very small, separate the leg from the thigh, and cut breast in two portions. Roll the cut pieces of

chicken in the flour, to which salt and pepper have been added, making certain that all the chicken is coated with the flour mixture. Many cooks call this "dredging" the chicken with flour. Place shortening in skillet. When hot, place floured chicken in shortening. Brown one side. Reduce heat. Brown other side. When chicken is a golden brown, reduce heat and cook over low heat until tender.

SCALLOPED SPAGHETTI AND CHICKEN

(See Macaroni, page 76)

STEWED CHICKEN AND NOODLES (5-6)

- | | |
|--|--------------------------------|
| 2 1/2 to 3-lb. chicken | of parsley (all tied together) |
| 4 c. water | 1 onion |
| 2 tsp. salt | 2 c. dry noodles |
| 1 bunch celery tops, a carrot, a sprig | 1/8 tsp. pepper |

Cut chicken into pieces, add water, salt and seasonings. Bring slowly to a boil; remove scum and simmer until chicken is tender. Remove bunch. Add noodles to chicken and simmer 15 minutes. Add pepper and more salt if necessary.

ROAST DUCK WITH APPLE DRESSING (3-5-6)

- | | |
|--------------|----------------------|
| 1 young duck | 1 recipe of dressing |
|--------------|----------------------|
- Have duck very clean. Rub inside with salt and pepper. Stuff inside with ample stuffing and close opening. Place duck on a rack in roasting pan and roast uncovered, basting several times with the fat from the duck. Roast 30 to 40 minutes per pound at 350°.

Apple Dressing:

Increase the shortening in Bread Dressing recipe, page 64, to 1/2 cup. Add 1 cup chopped sour apples. Bacon or sausage fat is excellent to use with apple stuffing.

ROAST TURKEY (5)

When purchasing a turkey, allow from 3/4 to 1 pound of turkey as purchased for each person to be served. "As purchased" means undrawn, with head and feet on, as most markets show them.

Ask butcher not to cut through the skin of the breast to remove crop. He should be able to remove all entrails by lower incision. Also ask him to leave the feet on the bird.

To prepare for stuffing: First remove the tendons from the "drumsticks". (This makes cutting the meat from the bone much easier.) It is much easier to remove these tendons (there are 8 of them) if the feet are left on the bird. Cut through the skin around the lower joint. Place leg with this cut at edge of the table and break bone by pressing downward. Hold bird in left hand and with right hand pull off the feet, and with them the tendons. In an older bird the tendons must be removed with a skewer or trussing needle.

(Continued next page)

With a sharp knife, cut the skin down the back of neck. Pull back neck skin and cut through the muscles at base of neck. Grasp the neck firmly with a paper towel and twist to remove entirely. Fold neck skin down over back of body and secure.

To stuff the bird: Put skewers directly opposite each other if possible. If long skewers are used they may be pushed through the body and a second set of skewers be eliminated. Lace around skewers, pulling firmly. Tie the legs to the tail. Remove the tips of the wings to the first joint and place skewers through wings to hold them close to the body of the bird. The bird is now ready for the oven.

To roast: Use shallow, uncovered, drip pan for roasting. A thoroughly oiled cloth laid over the turkey will automatically baste it while roasting. Remove cloth last $\frac{3}{4}$ to 1 hour of roasting time. All string and skewers can be easily removed without breaking the skin. For roasting time, temperature and other directions, see directions for Roasting Poultry, Page 64.

DRESSING FOR 15-18 POUND TURKEY (5-6-7)

- | | |
|---|---|
| 2 lbs. bread, 21 c. measured after cubing | 1 tbsp. salt |
| 1 c. celery, finely chopped | 1 tbsp. poultry seasoning |
| 2 medium size onions, finely chopped | $\frac{1}{2}$ tsp. pepper |
| The giblets, finely chopped (heart, liver, gizzard) | 1 tsp. sage |
| | 3 beaten eggs |
| | 1 c. liquid from cooking giblets |
| | $\frac{1}{2}$ c. melted butter or fortified margarine |

For a 15-18 pound turkey approximately 2 pounds of bread is needed for stuffing. For a (Continued next column)

DESSERTS

APPLE BROWN BETTY (3-6)

This pudding is usually made with apples, but almost any other fruit may be used instead, or in combination. Peaches, apricots and rhubarb are especially good. Serve hot.

- | | |
|--|---|
| 1 c. buttered bread crumbs | $\frac{1}{2}$ c. honey (molasses may be used) |
| $3\frac{1}{2}$ c. chopped apples, or other fruit | 1 c. water |
| | 1 apple, washed, cored and sliced to form rings |

Mix all but $\frac{1}{4}$ of the buttered crumbs and chopped apples or other fruit. Place in a deep baking dish. Bring the honey and water to a boil, and boil 2 minutes. Pour over fruit and bread mixture. Sprinkle remaining buttered crumbs on top and lay the apple rings around the edge. Bake 45 minutes at 350° . Serves 4-5.

Buttered Bread Crumbs (6-7)

- | | |
|---------------------------------------|-------------------|
| 2 tbsp. butter or fortified margarine | 1 c. bread crumbs |
|---------------------------------------|-------------------|

Melt butter or margarine in small skillet over low heat. Add bread crumbs. Stir until mixed.

10 pound turkey use approximately $1\frac{3}{4}$ pounds bread.

Cook giblets, then grind and chop fine. Slowly simmer celery and onions in melted fat. Cube the bread and add salt, pepper, poultry seasoning and sage. Add to celery and onions. Then add the liquid and eggs, gently fold into dressing.

GIBLET GRAVY (5)

- | | |
|------------------------------|---|
| Giblets of 1 fowl | Several celery leaves |
| $2\frac{3}{4}$ c. cold water | $\frac{1}{4}$ c. pan fat |
| 1 tsp. salt | $\frac{1}{4}$ c. enriched all-purpose flour |
| 1 slice onion | |

Wash giblets well. Add water, salt, onion and celery leaves. Bring to a boil, then simmer until giblets are tender. Remove giblets, strain broth. (Should be two cups.) Use fat from pan in which fowl was roasted. Heat and blend in the flour. Add broth, stir until it thickens. Chop giblets and add to gravy. Makes $2\frac{1}{2}$ cups gravy.

WILD OR TAME RABBIT FRICASSEE (4-5-7)

- | | |
|--|------------------------------------|
| A 4-lb. tame rabbit OR | 1 small onion, sliced |
| 2 wild rabbits—cut in pieces for serving | 3 tbsp. enriched all-purpose flour |
| $\frac{1}{2}$ c. shortening | 2 c. milk |
| 3 bay leaves | Salt and pepper |

Sprinkle the pieces with salt and pepper, roll in flour. Heat shortening in heavy skillet, brown rabbit, add the sliced onion and bay leaves and follow directions for Chicken Fricassee, see page 65. Bake about 2 hours, or until tender. Serves 5.

NOTE: If the rabbit is bloody, or if it is a wild rabbit, it will be necessary to soak the bloody pieces in salted water to remove blood.

BAKED APPLES IN CREAM (3-4-7)

Peel and core 12 medium sour apples, roll in 3 tablespoons melted butter or margarine, then in sugar and cinnamon and lastly in buttered bread crumbs (opposite). Place the apples in a shallow baking dish, fill centers with sugar and cinnamon, add dabs of butter or fortified margarine, bake in 400° oven. When apples have baked about 20 minutes add $\frac{1}{2}$ cup cream, continue baking until well done. Serves 6.

APPLE ROLL (3-4-6)

- | | | |
|------------------------|---------|----------------------------|
| $\frac{1}{2}$ c. sugar | or 1 c. | 2 c. finely chopped apples |
| $\frac{1}{2}$ c. honey | sugar | |
| 1 c. water | | |

Dough:

- | | |
|--|--|
| 1 c. sifted enriched all-purpose flour | 2 tsp. baking powder |
| 3 tbsp. shortening | 1 tbsp. sugar |
| $\frac{1}{2}$ tsp. salt | $\frac{1}{3}$ to $\frac{1}{2}$ c. milk |

Boil sugar, honey and water together to make a thin syrup. Sift flour, baking powder, salt and sugar together. Cut in shortening, add milk to

make a fairly soft dough. Roll out on floured board in rectangular shape to about $\frac{1}{4}$ -inch thickness. Spread apples over dough and roll like a cinnamon roll. Cut into 1-inch lengths and place cut side up in a greased utility dish or pan, size 6" x 10". Sprinkle with just a little cinnamon, pour hot syrup over the rolls and bake at once in preheated 450° oven for 25 minutes. Serves 6.

RHUBARB STRAWBERRY ROLL (2-4-6-7)

- | | |
|--------------------------|--|
| 2 c. diced rhubarb | 2 c. sifted enriched all-purpose flour |
| 1 c. sliced strawberries | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{4}$ c. sugar | 4 tsp. baking powder |
| 1 c. water | $\frac{1}{2}$ c. shortening |
| $\frac{3}{4}$ c. sugar | $\frac{2}{3}$ c. milk |
| | 1 beaten egg |

Sweeten rhubarb and strawberries with the $\frac{1}{4}$ cup sugar. Put water and $\frac{3}{4}$ cup sugar in a pan 7" x 11". Cook five minutes. Make a biscuit dough by sifting the flour, salt and baking powder together. Cut in the shortening. Add milk and egg, stirring only until well blended. Roll on a floured board to $\frac{1}{2}$ -inch thickness. Spread with fruits. Roll. Cut in 1-inch slices; place in hot syrup. Bake for 25 minutes in preheated 450° oven. Serve hot with cream. Serves 8.

OATMEAL PEACH BETTY (3-6-7)

- | | |
|---------------------------------------|---|
| 2 c. canned sliced peaches | $\frac{2}{3}$ c. sifted enriched all-purpose flour |
| 2 tbsp. lemon juice | $\frac{1}{8}$ tsp. salt |
| $\frac{1}{4}$ tsp. cinnamon | $\frac{1}{4}$ tsp. baking soda |
| 3 tbsp. butter or fortified margarine | $\frac{1}{2}$ c. quick-cooking rolled oats (uncooked) |
| $\frac{1}{4}$ c. melted shortening | $\frac{1}{2}$ tsp. vanilla |
| $\frac{1}{3}$ c. brown sugar | |

Arrange peaches in a shallow, greased baking dish, sprinkle with lemon juice and cinnamon, and dot with butter or margarine. Combine melted shortening and brown sugar. Sift flour, salt and soda together and mix with the rolled oats. Blend with the sugar mixture, crumbling well. Add vanilla. Spread over peaches and bake for 45 minutes in preheated 350° oven. Serve with warm pudding sauce or top milk. Serves 4-5.

OATMEAL RHUBARB CRUMBLE (2-6-7)

- | | |
|-----------------------------|---------------------------------------|
| 1 lb. or 3 c. diced rhubarb | 1 tbsp. butter or fortified margarine |
| $\frac{1}{4}$ c. sugar | $\frac{1}{4}$ c. water |
| $\frac{1}{4}$ tsp. cinnamon | |

Arrange rhubarb in a shallow, greased baking dish. Sprinkle with sugar and cinnamon. Dot with butter or margarine. Add water. Spread topping evenly over rhubarb and bake. Serve warm with top milk.

Topping:

- | | |
|--|---|
| $\frac{2}{3}$ c. sifted enriched all-purpose flour | $\frac{2}{3}$ c. quick-cooking rolled oats (uncooked) |
| $\frac{1}{8}$ tsp. salt | $\frac{1}{31}$ c. sugar |
| $\frac{1}{4}$ tsp. baking soda | $\frac{1}{4}$ c. melted shortening |

Sift flour, salt and soda together. Mix rolled oats and sugar together with flour mixture. Blend shortening into dry ingredients until a crumbly mixture is formed. Bake for 40 minutes in preheated 350° oven. Serves 5.

BASIC UPSIDE-DOWN CAKE (3-6-7)

- | | |
|-----------------------------|-----------------------------------|
| $\frac{1}{4}$ c. shortening | $1\frac{1}{2}$ tsp. baking powder |
| $\frac{1}{2}$ c. sugar | $\frac{1}{4}$ tsp. salt |
| 1 egg | $\frac{1}{4}$ c. milk |
| 1 c. sifted cake flour | 1 tsp. vanilla |

Bottom of Pan:

- | | |
|---------------------------------------|--------------------------|
| 2 tbsp. butter or fortified margarine | 1 tsp. grated lemon rind |
| $\frac{1}{2}$ c. brown sugar | $\frac{1}{2}$ c. fruit |

Pineapple slices; sliced fresh or canned peaches; fresh, stewed, dried or canned apricots or plums; fresh or canned cherries may be used.

To use cherries, replace lemon rind with $\frac{1}{2}$ teaspoon cinnamon and simmer mixture in pan for 10 minutes and cool.

Method:

Cream shortening and sugar. Add egg and beat thoroughly. Sift dry ingredients together and add alternately with the milk to the creamed mixture. Add flavoring.

Melt butter or margarine in a 9" round cake pan. Sprinkle brown sugar evenly over the butter or margarine, add grated lemon rind and arrange fruit in any desired way in cake pan. Pour batter over this and bake at 375° for 30 minutes. Turn out immediately. Serves 5.

GINGERBREAD UPSIDE-DOWN CAKE (3-4-5-6-7)

- | | |
|--|--|
| $\frac{1}{3}$ c. shortening | 1 tsp. ginger |
| $\frac{1}{2}$ c. sugar | $\frac{3}{4}$ c. sour milk |
| 1 egg, beaten | In bottom of pan: |
| $\frac{2}{3}$ c. baking molasses | 2 tbsp. butter or fortified margarine |
| 2 c. sifted enriched all-purpose flour | $\frac{1}{2}$ c. light corn syrup |
| $\frac{1}{2}$ tsp. salt | $\frac{1}{2}$ c. chopped nuts |
| 2 tsp. baking powder | 2 medium size apples, pared and sliced |
| $\frac{1}{4}$ tsp. baking soda | |
| 1 tsp. cinnamon | |

Cream shortening and sugar, add egg and beat well. Add molasses; blend. Sift dry ingredients and add alternately with the milk. Melt butter or margarine in a 9" square pan. Add corn syrup and nuts. Heat slightly and blend. Arrange apples. Pour batter over apples. Bake for an hour in preheated 350° oven. Turn cake out of pan immediately after removing from oven. Serves 9. Good with Cream Cheese Topping.

Cream Cheese Topping

- | | |
|-----------------------------|----------------------------|
| 1 pkg. cream cheese (2 oz.) | $\frac{1}{2}$ tsp. vanilla |
| $\frac{1}{4}$ c. sugar | $\frac{1}{8}$ tsp. nutmeg |
| | 2 tbsp. top milk |

Cream cheese. Add all ingredients. Beat well.

PEACH UPSIDE-DOWN CAKE

(Use Basic Upside-Down Cake Recipe, above)

BASIC FRUIT COBBLER (3-4-6-7)

- | | |
|--|---|
| 2 c. canned fruit and
3/4 c. juice OR
3 c. diced fruit either
fresh or canned | sweetened, then use
1/4 c. sugar
4 tbsp. enriched all-
purpose flour
Cinnamon |
| 1 c. sugar, unless
canned fruit is | |

Mix sugar, flour, cinnamon, add juice and mix with fruit. Pour into greased casserole or utility dish. Arrange biscuits on top and bake 20 minutes in preheated 400° oven. Serves 6.

Biscuits:

- | | |
|--|--|
| 2 c. sifted enriched
all-purpose flour
4 tsp. baking powder
1/2 tsp. salt | 2 tbsp. sugar
1/2 c. shortening
1 egg
1/2 c. milk |
|--|--|

Sift flour, baking powder, sugar and salt together, cut in shortening. Add milk to beaten egg and add to flour mixture to make a soft dough. Pat or roll out on floured board and cut in desired shapes. Arrange over fruit and bake.

HUNGARIAN PLUM CAKE (3-5-6-7)

- | | |
|---|---|
| 1/2 c. butter or
fortified margarine
1/2 c. sugar
2 eggs
1 c. sifted enriched | all-purpose flour
1 tsp. baking powder
1/2 tsp. salt
1 tsp. cinnamon
1/2 tsp. lemon extract |
|---|---|

Topping:

- | | |
|--------------------------|---------------------------------|
| 10 canned plum
halves | 1/2 c. sugar
1 tsp. cinnamon |
|--------------------------|---------------------------------|

Cream butter or margarine, add sugar and cream until light and fluffy. Add eggs one at a time and beat well. Add flour which has been sifted with baking powder, salt and cinnamon. Add flavoring. Pour into a well greased 11 x 6 x 2" pan. Press the plum halves into batter and sprinkle sugar and cinnamon mixed together over top. Bake for 30 minutes in preheated 400° oven. Serves 5-6.

BASIC SPECIAL SHORTCAKE (2-4-6-7)

- | | |
|--|--|
| 2 c. enriched
all-purpose flour
4 tsp. baking powder
1/2 tsp. salt
1 tbsp. sugar | 1/2 c. shortening
3/4 c. milk
Butter or fortified
margarine
Strawberries |
|--|--|

Mix and sift dry ingredients and work in the shortening with the fingers or a knife. Gradually add enough milk to make a soft dough, mixing with a knife. Toss the dough onto a floured board and pat or roll to 1/2-inch thickness. Bake in sheet for a large shortcake or cut with a biscuit cutter. Bake in a very hot oven (450°-460°F.) twelve to fifteen minutes. When done, split into two parts, spread with butter or margarine and put sweetened fruit between the layers and on top. Serve hot with cream if desired. Serves 6-8.

Special Strawberry Shortcake:

Use Basic Special Shortcake recipe, reducing shortening to 4 tablespoons and adding 2 eggs, a cup orange juice, 1/4 teaspoon lemon extract.

PEACH SHORTCAKE

(See Basic Special Shortcake, left)

STRAWBERRY SHORTCAKE

(See Basic Special Shortcake, left)

DEEP DISH PLUM DESSERT (3-4-6-7)

- | | |
|--|--|
| 3 c. unsweetened
chopped plums
3/4 c. light corn syrup | 1/4 tsp. cinnamon
1/4 tsp. nutmeg
2 tbsp. shortening |
|--|--|

Wash, pit and chop plums. Add corn syrup and spices. Pour into a shallow, greased baking dish. Dot the plums with the 2 tablespoons of shortening. Cover with the crust. Serves 6.

NOTE: 3 cups of canned or stewed plums may be used, but do not add other sweetening.

Crust:

- | | |
|--|--|
| 1 1/2 c. sifted enriched
all-purpose flour
2 tsp. baking powder
1/2 tsp. salt | 6 tbsp. shortening
1/2 c. milk
2 tbsp. sugar |
|--|--|

Sift flour with baking powder, sugar and salt. Cut in the shortening. Add milk to make a soft dough. Roll out 1/2 inch thick. Make a couple slashes in dough for steam to escape. Place over the fruit to fit the dish. Sprinkle with 2 tablespoons sugar. Bake for 45 minutes in preheated 400° oven. Serve warm. Serves 8. (If very sour plums are used, use 1 cup of sugar.)

BAKED CUP CUSTARD (4-5)

- | | |
|--|---|
| 4 eggs
1/3 c. sugar
4 c. milk, scalded | 1/2 tsp. vanilla
Nutmeg
1/2 tsp. salt |
|--|---|

Beat eggs slightly. Add sugar and salt. Add milk and vanilla. Mix thoroughly. Pour into greased 2-quart baking dish or individual cups and sprinkle with nutmeg. Bake 1-1 1/2 hours at 325°. To test, insert knife in center. If it comes out clean, the custard is done. Serves 6-8.

BAKED CEREAL CUSTARD (4-5-6)

- | | |
|--|---|
| 2/3 c. evaporated milk
1/3 c. water
2/3 c. cooked cracked
wheat | 1 slightly beaten egg
1/3 c. light corn syrup
1/8 tsp. salt
3/4 tsp. vanilla |
|--|---|

- | |
|--|
| 1 tbsp. butter or
fortified margarine |
|--|

Heat milk, water, cracked wheat and butter or margarine on low heat or in a double boiler. Stir slowly into the beaten egg. Add the corn syrup, salt and vanilla. Pour into greased custard cups. Set the filled cups in a pan holding an inch of water. Bake in preheated 375° oven for 45 minutes or until a knife inserted in the center comes out clean. Serves 4.

ORANGE CUSTARD PUDDING (2-4)

- | | |
|--|---|
| 1/2 c. sugar
1/3 c. enriched all-
purpose flour
1/8 tsp. salt
1 egg, well beaten | 2 c. scalded milk
Sections of 2 or 3
oranges
1 tbsp. grated
orange rind |
|--|---|

(Continued next page)

Mix sugar, flour, salt and egg thoroughly. Pour scalded milk slowly over sugar mixture and simmer for 5 minutes. Add grated orange rind. Chill and serve over orange sections. Serves 4.

NOTE: Dates or other fruit may be used instead of oranges.

ECONOMY ICE CREAM (4-5)

- | | |
|--|---|
| 2 c. top milk
2 tsp. unflavored
gelatin
6 tbsp. sugar
2 tbsp. soya flour
may be added | 4 tbsp. white corn
syrup
1 tsp. vanilla
2 eggs |
|--|---|

Soak gelatin in 2 tablespoons of the top milk. Melt by setting dish in a pan of hot water. Beat egg yolks, soya flour (if used), sugar and corn syrup until thick and lemon colored. Add the rest of the top milk, dissolved gelatin and vanilla. Place on bottom shelf of evaporator in refrigerator. Set control to coldest setting. Freeze until firm. Remove to chilled bowl, add unbeaten egg whites, beat until fluffy. Return to freezing compartment, continue freezing until firm. Serves 5.

GRAPENUT ICE CREAM (4-5-6)

- | | |
|---|--|
| 1/2 c. sugar
1/2 c. hot water
1 1/2 c. evaporated
milk
1 egg, beaten
1/2 c. cold water | 1/4 tsp. salt
1 1/2 tsp. plain gelatin
2 tbsp. water
1 tsp. vanilla
1/2 c. Grapenuts |
|---|--|

Caramelize sugar to a light brown. Add hot water slowly, stirring constantly until sugar is dissolved. Mix 2/3 cup of the milk, the beaten egg, salt and the cold water together and add to the sugar mixture. Cook, stirring constantly until mixture coats the spoon. Remove from heat and add the gelatin which has been soaked at least 5 minutes in the two tablespoons water. Cool, add the other cup of milk and the vanilla. Pour into a dessert tray and freeze 20 minutes. Pour into a bowl and beat thoroughly, add Grapenuts. Put back in dessert tray and repeat the 20-minute freezing and beating operation twice more. Finish freezing. Serves 6 generously.

REFRIGERATOR ICE CREAM (4-5)

- | | |
|--|--|
| 2 eggs
1/2 c. white sugar
1/2 c. dark corn syrup | 1 c. coffee cream
1 c. top milk
1 tsp. vanilla |
|--|--|

Beat eggs, sugar and corn syrup until thick. Add cream, milk and vanilla. Pour into tray and freeze until nearly firm. Remove mixture from tray into mixer bowl and beat very thoroughly. Turn back into trays and freeze until firm. Serves 6.

STRAWBERRY ICE CREAM (2-4-5)

Follow recipe given for Economy Ice Cream. Substitute 1 cup finely sieved strawberries for one cup of top milk. Add sugar to strawberries and combine with other ingredients as given in Economy Ice Cream recipe, above. Serves 5.

ORANGE SHERBET (2-4)

- | | |
|--|--|
| 1/3 c. orange juice
1/4 c. lemon juice
Grated rind of 1
orange
1 egg | 3/4 c. sugar
1 large can evaporat-
ed milk (thor-
oughly chilled) |
|--|--|

Mix orange and lemon juice, grated rind, well beaten egg and sugar. Whip the ice cold evaporated milk until thick, add fruit mixture slowly, beating constantly until mixture becomes very thick. Turn into trays and freeze. Does not need any further beating. Serves 10-12.

BUTTERSCOTCH PUDDING (4-6)

- | | |
|--|--|
| 1/2 c. granulated
sugar
1/2 c. boiling water
2 c. milk
1/2 c. dark corn syrup
3 tbsp. enriched
all-purpose flour | 2 tbsp. cornstarch
1/4 tsp. salt
1 egg
1 tbsp. butter or
fortified margarine
1 tsp. vanilla |
|--|--|

Caramelize the sugar in a heavy saucepan. Add boiling water and stir until sugar is melted and a syrup is formed. Cool. Scald the milk and corn syrup. Blend the flour, cornstarch and salt, add the cooled, caramelized syrup gradually. Stir until smooth and gradually add to the scalded milk and corn syrup, stirring constantly. Cook until thickened. Beat the egg, add a small amount of mixture, mix well, pour into remaining mixture and cook 2 minutes longer. Remove from heat, add butter or margarine and vanilla, stir until butter is melted. Chill. Serves 6.

STEAMED CARROT PUDDING (1-3-6-7)

- | | |
|---|---|
| 1 c. ground, raw
carrots
1 c. ground, raw
apples
1 c. seedless raisin:
1/2 c. brown sugar
1/2 c. molasses
1 c. ground suet | 1/2 tsp. baking soda
1 tsp. baking powder
1 c. sifted enriched
all-purpose flour
1/2 c. bread crumbs
1/2 tsp. nutmeg
1/2 tsp. cloves
1/2 tsp. cinnamon |
|---|---|

Combine all ingredients, pour into greased mold. Steam 2 1/2 hours. Serve hot with Lemon Sauce (page 70). Serves 10.

PLAIN CORNSTARCH PUDDING (4-5-6)

- | | |
|---|---|
| 1 3/4 c. scalded milk
3 tbsp. cornstarch
1/4 c. sugar
2 egg whites, beaten
stiff (if desired) | 1/4 tsp. salt
1/4 c. cold milk
1 tsp. vanilla |
|---|---|

Mix cornstarch, sugar and salt with cold milk. Add scalded milk to cornstarch mixture. Cook until mixture thickens, stirring constantly. Turn to simmer and continue cooking 15 minutes, stirring occasionally, or if range hasn't simmer heat, cook in double boiler. Cool slightly. Add flavoring and egg whites. Mix thoroughly. Pour into mold and chill. Serves 5.

Custard Sauce (4-5)

- | | |
|--|---|
| 3 egg yolks
1 tbsp. cornstarch
3 tbsp. sugar | 2 c. milk, scalded
1/4 tsp. salt
1 tsp. vanilla |
|--|---|

(Continued next page)

Beat egg yolks. Add cornstarch and sugar. Slowly add the scalded milk and cook on low heat until mixture coats spoon. Add flavoring and salt. Chill.

**FLUFFY CORNSTARCH
PUDDING (4-5-6)**

Use recipe for Plain Cornstarch Pudding, given on page 89. When pudding is cooked, stir a small amount of hot mixture into 2 slightly beaten egg yolks. Stir into remaining hot mixture and cook for 2 minutes, stirring constantly. Cool slightly and fold in the 2 egg whites, beaten stiff but not dry. Cool. Serve with cream. Serves 5.

LEMON SNOW PUDDING (2-5-6)

- | | |
|------------------------|-------------------|
| 3 tbsp. cornstarch | Juice of 1 lemon |
| 1 c. sugar | 2 eggs, separated |
| Grated rind of 1 lemon | 1/4 tsp. salt |
| | 1 3/4 c. water |

Mix together cornstarch and sugar. Add grated lemon rind and lemon juice. Beat egg yolks slightly and add to the first mixture. Add salt and water. Bring to a boil, stirring constantly until thickened. Simmer gently for 5 minutes, OR cook over hot water in a double boiler for 40 minutes, stirring occasionally. Then pour slowly over the well-beaten egg whites, until all the custard is folded in well. Chill. Serves 4.

**MOLASSES PUDDING WITH
LEMON SAUCE (4-6-7)**

- | | |
|--|---|
| 1 c. sifted enriched all-purpose flour | 1/4 c. melted butter or fortified margarine |
| 1/4 tsp. salt | 1/2 c. baking molasses |
| 1/2 tsp. baking soda | 1/2 c. buttermilk |
| 1 egg | |

Sift flour, salt and soda. Beat egg, add melted shortening, molasses. Add dry ingredients, stirring enough to mix. Add buttermilk. Pour in well greased 8" round cake pan. Serve with Lemon Sauce (below). Bake 35 minutes in preheated 350° oven. Serves 4.

- Lemon Sauce:*
- | | |
|-------------------------|--------------------------------------|
| 2/3 c. light corn syrup | 2 tbsp. lemon juice |
| 5 tsp. cornstarch | 2 tsp. butter or fortified margarine |
| Lemon rind | |
| 1 c. boiling water | |

Pare lemon thinly. Steep parings in boiling water. Mix corn syrup, cornstarch and add water in which rind has been steeped. Cook on low heat until thickened. Add juice, butter or margarine.

QUAKER PUDDING (3-4-6-7)

- | | |
|--|--|
| 2 1/4 c. sifted enriched all-purpose flour | 1 c. molasses |
| 1 1/2 tsp. baking soda | 1 c. raisins or other dried fruit (chopped candied fruit may also be used) |
| 1/2 tsp. salt | |
| 1 1/2 c. buttermilk | 3/4 c. rolled oats |
| 1 c. ground suet | |

Sift flour with soda and salt. Add other ingredients and mix thoroughly. Pour into two one-quart greased molds. Cover and steam for 3 hours. Serve with Foamy Sauce (recipe, page 92). Serves 10.

**LEFTOVER RICE
PUDDING (3-4-5-6)**

- | | |
|-----------------------------|---------------------------------|
| 2 eggs | 1/4 tsp. salt |
| 2 c. milk | 1/2 c. sugar OR |
| 1/2 c. raisins | 1/4 c. sugar and 1/4 c. honey |
| 1/8 tsp. cinnamon or nutmeg | 1 tsp. vanilla or lemon extract |
| 1 c. cooked rice | |

Separate the whites and yolks of eggs; add 2 tablespoons of the milk to the yolks and place remainder of milk in saucepan on low heat. If heat on range cannot be controlled, use a double boiler.

Wash raisins, put them in milk and cook until soft. Add flavoring. Add rice. Cook 5 minutes longer, then stir in egg yolks, salt, sweetening and spice. Stir well, cook for two or three minutes, remove from heat and pour pudding in casserole. Beat egg whites until stiff. If sugar is scarce, add 1/4 teaspoon cream of tartar to egg whites, which will give them more body, and they will brown better. Place in preheated 350° oven and brown whites. Serve cold. Serves 5.

SHERMAN PUDDING (3-6)

- | | |
|-------------------------------------|---------------------------------------|
| 2 1/2 c. enriched all-purpose flour | 1 c. molasses |
| 1 tsp. baking soda | 1 egg, beaten |
| 1/8 tsp. salt | 1 c. hot water |
| 1 c. raisins | 1 tbsp. butter or fortified margarine |

Sift flour with soda and salt. Add raisins, molasses, beaten egg, then add the hot water and butter or margarine. Mix well. Pour into a well greased mold and cover. Steam 2 hours. Serve with Butterscotch Sauce, see page 92. Serves 8.

SPANISH CREAM MOLD (4-5)

- | | |
|--------------------------|------------------------|
| 1 level tbsp. gelatin | 1/2 c. sugar |
| 1 1/2 c. evaporated milk | 3 eggs, separated |
| 1 1/2 c. water | 1/4 tsp. salt |
| | 1 tsp. vanilla |
| | 1/2 tsp. lemon extract |

Soak gelatin in the milk and water for 5 minutes. Place over hot water. When gelatin is dissolved, add sugar. Pour slowly over beaten egg yolks, and cook on low heat, stirring constantly until custard coats a spoon. Remove from heat, add salt and flavoring. Fold in the stiffly beaten egg whites. Pour into large mold which has been rinsed in cold water. Chill. Unmold, serve with cream or fruit juices. Serves 8.

**TAPIOCA CREAM
PUDDING (4-5-6)**

- | | |
|------------------------------|------------------------|
| 1/3 c. quick-cooking tapioca | 1/4 tsp. salt |
| 1/3 c. honey OR 1/3 c. sugar | 2 eggs, separated |
| | 4 c. milk, scalded |
| | 1 tsp. vanilla extract |

Combine tapioca, honey, salt and egg yolks in top of double boiler. Add milk slowly and mix thoroughly. Cook until tapioca is transparent, stirring often. Remove from heat and fold into stiffly beaten egg whites. Add vanilla. Serve warm or cold with cream. Serves 5-6.

EGGS

EGGS COOKED IN SHELL (5)

NEVER, NEVER, cook eggs in boiling water. Always use a low or moderate temperature, whether the eggs are to be soft, medium or firm.

To remove easily from shell: Plunge immediately into cold water after removing from hot water. Break shell on large end of egg, first.

Hard-Cooked Eggs—Electric Range:

Use 1/4 cup cold water. Keep on High heat 4 minutes, Off for 15 minutes.

Soft-Cooked Eggs—Electric Range:

- | | |
|--------|---------------|
| 6 eggs | 3 tbsp. water |
|--------|---------------|

Place eggs and cold water in 2-quart saucepan. Cover. Place on small unit and turn switch to High. Cook for 2 minutes. Turn switch to Off and cook 4 minutes longer.

Eggs Cooked in Shell on Other Ranges:

Place eggs in saucepan, cover with cold water and bring to boiling point gradually. For a soft egg, remove the moment the water starts a good boil; for a hard egg, reduce heat and keep water at a simmering point for 5 to 8 minutes, depending on hardness desired.

**EGGS AND ASPARAGUS
AU GRATIN (1-4-5-6)**

- | | |
|--|--|
| 1 lb. asparagus, cooked OR 1 No. 2 can | Liquid from asparagus and enough milk to make 1 1/2 cups |
| 2 tbsp. butter or fortified margarine | 1 c. grated cheese |
| 2 tbsp. enriched all-purpose flour | 4 hard-cooked eggs, sliced |
| 1/2 tsp. salt | 1/2 c. soft bread crumbs |
| Dash of pepper | |

Drain asparagus, saving liquid. Melt butter or fortified margarine, blend in flour, salt and pepper. Add liquid and bring to a boil, stirring constantly until thickened. Remove from heat, add cheese. Place alternate layers of eggs, asparagus and Cheese Sauce in a greased baking dish. Cover with crumbs and bake in a preheated 350° oven for 25 minutes. Serves 6.

**BAKED EGGS IN TOAST
CUPS (5-6)**

- | | |
|-----------------|--------------------------------------|
| 6 slices bread | Butter, fortified margarine or cream |
| 6 eggs | |
| Salt and pepper | |

Cut crust from slices of bread and gently press bread into greased custard cups. The four corners will extend up to the tops of the custard cups, forming a cup. Break an egg into each cup. Season. Dot with butter or margarine, or 1 tablespoon cream for each egg. Bake for 15 minutes in preheated 400° oven. Serves 6.

**EGG AND RICE SKILLET
MEAL (5-6)**

- | | |
|----------------------------|-------------------------|
| 1 c. dry rice | 1 1/2 tsp. salt |
| 4 or 5 strips bacon, diced | 1/8 tsp. pepper |
| 5 eggs | 1 tbsp. chopped parsley |

Steam rice until tender (see page 100). Rinse with hot water. Fry bacon until crisp; pour off all grease. Add cooked rice to bacon. Break eggs into rice then stir until eggs are cooked. Add seasoning and top with parsley. Serves 6.

**CREAMED EGGS ON
TOAST (4-5-6-7)**

- | | |
|--------------------|-------------------|
| 5 hard-cooked eggs | Toast as required |
| 2 c. White Sauce | |

Cook eggs as directed under "Eggs Cooked in Shell" (see opposite). Quarter the eggs lengthwise. Add to White Sauce. Serve on Toast. Serves 5.

CREOLE EGGS (2-4-5-6-7)

- | | |
|---------------------------------------|---------------------------------|
| 6 tbsp. butter or fortified margarine | 1 clove garlic, mashed |
| 2 tbsp. enriched all-purpose flour | 1/4 tsp. chili powder |
| 1 c. milk | 4 hard-cooked eggs, sliced |
| 2 tbsp. onion, chopped | 1/2 c. cracker crumbs, buttered |
| 2 tbsp. green pepper, chopped | 1/2 c. grated cheese |
| 1 1/4 c. canned tomatoes | 1 tsp. salt |
| | 1/8 tsp. pepper |

Make white sauce of 2 tablespoons butter or fortified margarine, flour and milk. Add salt and pepper. Cook onion and green pepper in 2 tablespoons of butter or margarine until soft, but not brown. Add tomatoes, garlic and chili powder. Cook until thick. Add to white sauce. Place alternate layers of sauce and eggs in greased two-quart casserole. Sprinkle cheese over mixture and top with the cracker crumbs, which have been buttered with 2 tablespoons of butter or margarine. Bake for 20 minutes in preheated 350° oven. Serves 6.

DEVILED EGGS (5)

- | | |
|-----------------------------|--|
| 6 hard-cooked eggs, shelled | 3/4 tsp. prepared mustard |
| 1 tbsp. cream or mayonnaise | 1/2 tsp. Worcestershire Sauce (optional) |
| 1 1/2 tsp. vinegar | 1/4 tsp. salt |
| | Dash of pepper |

Cut hard-cooked eggs in half. Remove yolk and put through a sieve. Add seasonings and beat until smooth and fluffy. Refill whites of eggs. Garnish tops with a dash of paprika, a sprig of parsley or chopped chives. Other seasonings such as onion juice, ham, sardine or cheese may be added to the yolk mixture.

FRIED EGGS (5)

Carefully break eggs into a skillet which contains a small amount of melted butter, fortified margarine or bacon drippings. Have heat turned low. (Your family may argue that they like eggs fried in lots of hot grease, but remember that too much heat and too much grease not only will make the eggs highly indigestible, but cause an unfortunate waste of the food value they contain.) When eggs begin to set, add 1

teaspoon water, cover tightly and cook to desired hardness. It is better to cook covered, but if cooked uncovered, baste top of eggs with shortening as they cook. For well-done eggs, turn when thoroughly set and beginning to harden.

POACHED EGGS (5)

Poaching is really cooking the egg, without a shell, in water or steam. As in all egg cookery, the important rule to remember is to cook them just under the boiling point.

Fill a skillet half full of water. Add 1 teaspoon salt and 1 tablespoon of vinegar to each quart of water. The vinegar helps to set the white and makes it easier to remove eggs from water. Let water come to a boil, drop in required number of eggs. Cook over slow heat so water will keep warm, but not boil. Cover pan, allow to cook 3 minutes or longer, depending on firmness desired. Remove with skimmer or perforated spoon.

POACHED EGGS ON CREAMED TOAST (4-5-6)

Pour hot white sauce (see page 92) over toast. Place poached egg on each slice. Sprinkle with chopped parsley.

SCRAMBLED EGGS (4-5-7)

5 eggs, slightly beaten
1/2 c. milk
1 tsp. salt
2 tbsp. butter, fortified margarine or drippings

Add salt and milk to eggs. Heat skillet, put in butter, margarine or drippings. When melted, add egg mixture. Cook over slow heat until of creamy consistency, constantly stirring and scraping from bottom and sides of pan. Do not overcook. Ham or bacon fat may be used in place of butter or margarine. Sour cream is delicious in place of milk. Chopped young onion tops may be added, if desired.

FISH, Main Dishes

BAKED FISH (5)

Cut fish into pieces for serving. Dip in well-salted milk, using 1 tablespoon salt to each cup milk. Then roll fish in finely sifted bread crumbs. Place in a greased baking pan, using about 1 tablespoon butter or fortified margarine to each pound of fish. (Bacon drippings could be used in place of butter or margarine.) Brown quickly in a 400° oven. Use no water in pan. The best fish to bake are bass, haddock, halibut, perch, pickerel, pike and trout. Serve with Egg Sauce (recipe on page 92).

BAKED MACKEREL WITH DRESSING (3-4-5-6-7)

1 package fillet of mackerel, partially thawed
3/4 c. milk
1/4 c. chopped celery
1/4 c. chopped onion
4 tbsp. butter or fortified margarine
1/2 tsp. salt
1/4 tsp. pepper
1 tsp. parsley, chopped
2 c. soft bread crumbs

SCRAMBLED EGGS AND TOAST CUBES (5-6-7)

Sauté 1 1/2 cups bread cubes golden brown. Pour on egg mixture. Cook as for Scrambled Eggs.

CHINESE OMELET (4-5-6-7)

1/2 c. uncooked rice
4 tbsp. butter or fortified margarine
4 tbsp. enriched all-purpose flour
2 c. milk
3 eggs, separated
1/4 tsp. paprika
1/4 tsp. salt
1/8 tsp. dry mustard
4 tbsp. grated cheese

Cook rice until tender. Rinse with hot and cold water. Make sauce of butter or margarine, flour and milk. Cook until thickened. Beat egg yolks. Add rice, sauce, seasonings and cheese. Fold in stiffly beaten egg whites. Pour into a greased shallow pan. Bake at 350° for 35 minutes. Serves 6.

FOAMY OMELET (5)

4 eggs
1/2 tsp. salt
1 tbsp. butter or fortified margarine
Pinch of pepper
4 tbsp. milk

Beat yolks of eggs; add seasonings and milk. Beat whites until stiff, but not dry. Place skillet on large unit, add butter or margarine, turn heat to high. Just as soon as butter is melted, reduce heat. Have bottom and sides of skillet well buttered. Fold the stiffly beaten egg whites into yolk mixture. By this time the pan should be very hot (about 5 minutes from time skillet was placed on unit). Turn in omelet, spread evenly, and cook slowly until set. Then place omelet in oven which has been preheated to 375° to dry slightly on top. Fold. Turn out, and serve at once. Finely minced ham, grated cheese, or finely chopped parsley may be folded into mixture if desired. Serves 4.

Cheese Omelet:

Add 2 tablespoons grated cheese to mixture. Cook as above.

Separate fillets and place, skin side down, in greased baking dish. Pour milk around fish. Sprinkle with half the salt and half the pepper. Fry celery and onions in butter or margarine until a delicate brown, add remainder of salt and pepper, and parsley. Combine with bread crumbs and mix well. Spread over fish. Bake at 350° for 50 minutes.

CODFISH BAKED WITH CHEESE (4-5-6-7)

2 packages cod fillets
1 tbsp. chopped onion
4 tbsp. butter or fortified margarine
1/2 tsp. salt
1/4 tsp. pepper
1/4 c. fine bread crumbs
1/4 c. grated cheese
1/2 c. milk

Sprinkle fillets (frozen or canned) with 1/4 teaspoon of salt and 1/8 teaspoon pepper and place in buttered shallow baking dish. Sauté onion in the butter or margarine until delicately browned. Add rest of seasonings, bread crumbs and cheese. Toss lightly with a fork to mix well. Spread over fillets, pressing firmly on fish. Pour

milk around fish. Bake in preheated 350° oven for 45 minutes.

CODFISH CASSEROLE (4-5-6)

2 c. shredded codfish
1 2/3 c. milk
2 beaten eggs
1 c. dry bread crumbs
2 tbsp. melted butter or fortified margarine
1/2 c. grated cheese
1 tbsp. chopped onion
1 tbsp. chopped green pepper (optional)
1/2 c. buttered crumbs

Let cold water run over fish for 15 minutes. Cover with cold water and heat slowly to boiling, but do not boil. Drain and repeat process once more. Combine fish and remaining ingredients except buttered crumbs. Pour into greased 1 1/2 quart casserole. Top with buttered crumbs. Bake in pan of hot water at 350° for 40 min. Serve with Egg Sauce, page 92. Serves 5.

FISH LOAF (2-4-5-6-7)

2 c. cooked, flaked fish
2 tbsp. chopped green pepper
1 tbsp. minced onion
2 tbsp. butter or fortified margarine
1 c. fine soft bread crumbs
1/2 tsp. salt
1/8 tsp. pepper
2 eggs, separated
1/2 c. milk
2 tsp. lemon juice

Shred the fish. Sauté green pepper and onion in the butter or margarine, add to the fish with the bread crumbs and seasonings. Beat egg yolks, add milk and then add both to the fish mixture. Stir in the lemon juice. Fold in the stiffly beaten egg whites. Pour into a greased loaf pan, set in a pan of hot water. Bake for one hour in preheated 350° oven. Serve with Cheese Sauce (recipe on page 92). Makes 6 servings.

FRIED FISH (5)

Place one-half inch of shortening in a skillet. Heat shortening until very hot, but not smok-

ing. Season fish, roll with salt and pepper in cracker crumbs or corn meal. Brown fish on one side, then turn and brown on other side. Remove from skillet. Serve very hot.

To clarify remaining shortening, fry in it a few thick slices of raw potatoes until brown and well done.

OAT FISH CAKES (5-6)

2 1/2 c. boiling water
1 1/2 tsp. salt
1 1/2 c. rolled oats (uncooked)
1/4 tsp. black pepper
1 lb. can pink salmon, undrained
1/3 c. yellow corn meal
5 tbsp. shortening for frying

Add rolled oats and salt to boiling water. Cook slowly, stirring often. When rolled oats is very stiff, remove from heat. Cool and add salmon and pepper. Mix with fork until salmon is flaked and bones mashed. Shape into 10 large cakes. Dip in corn meal and let stand 15 minutes. Fry in shallow hot shortening until brown on both sides. Serves 6.

SALMON WITH BISCUIT TOPPING (4-5-6-7)

2 c. seasoned white sauce
1 tall can salmon
3/4 c. grated cheese
1 tsp. salt
1/8 tsp. pepper
1 recipe baking powder biscuits

Pour off liquid and remove all skin and bones from salmon. Combine salmon, white sauce (recipe on page 92) cheese and seasonings. Pour into greased casserole. Place small biscuits (recipe on page 55) on top of salmon and bake in preheated oven at 425° for 20 minutes. Serves 5.

SCALLOPED OYSTERS AND MACARONI

(See Macaroni, page 76)

FRESH AND DRIED FRUITS

BAKED APPLES (3)

Wash sour apples and core, without breaking through blossom end of skin, 2/3 of the way down from top of apples. Put in a baking dish and fill cavities with sugar and spice. Allow 1/2 cup sugar and 1/4 teaspoon cinnamon or nutmeg to 8 apples. If nutmeg is used, a few drops of lemon juice and a few gratings from rind of lemon added to each apple is an improvement.

Cover bottom of dish with boiling water and bake in 400° oven until soft. Baste several times with syrup in dish. Serve hot or cold with cream.

Variations: Nuts, dates, raisins, currants or bits of candied fruits may be placed in the cavity with sugar. Use either white or brown sugar. Honey makes an excellent sweetening instead of sugar.

APPLESAUCE (3)

10 medium size cooking apples
1/2 c. water
1/2 c. sugar

Wash, pare, remove core and quarter apples. Add the 1/2 cup water, cover and cook slowly until soft. Add sugar and simmer long enough to melt sugar. 7 servings.

SUMMER APPLESÁUCE (3)

2 lbs. summer apples
3/4 to 1 c. water
1/2 c. sugar
1/4 tsp. cinnamon

Wash apples, remove blossom and stem ends, also any bad spots which might be on the apple. Cut into quarters. *Do not peel.* Put into a saucepan, add the water. Cover and bring to a boil. Simmer until apples are soft. Put through a ricer or a coarse sieve. Add sugar and flavoring. Heat thoroughly so sugar dissolves. Serves 6.

FRIED APPLES (3-7)

8 apples
1/2 tsp. salt
2 tbsp. honey
3 tbsp. bacon drippings
2 tbsp. water

Wash apples, cut in quarters, remove stem, blossom end and seeds. Slice in medium thin

pieces. Put drippings in skillet and when hot, add apples, salt and honey mixed with water. Cook on high heat for 5 minutes, then reduce heat to low. Requires about 25 minutes to finish cooking. Serves 4.

APPLE AND PLUM BUTTER (3)

4½ lbs. apples 6 c. sugar
3 lbs. plums 1 tsp. cinnamon
2 c. water

Wash and cut the apples and plums, including the peels and cores. Add the water and cook until fruit is tender. Put through a sieve. Add sugar and cinnamon and cook until thick and clear. Stir occasionally to prevent sticking. Fill sterilized glasses and seal. Makes 6 glasses.

CRANBERRY SAUCE (2)

4 c. cranberries 2 c. water
2 c. granulated sugar

Wash cranberries carefully and pick out any soft ones. Put sugar and water in saucepan, and bring slowly to boiling point. Boil about 10 minutes, or until a thin syrup is formed. Add the cranberries, cover and simmer gently until clear and transparent, but not broken. Chill well before serving. Makes 6 cups.

FRUIT CUPS

General Directions:

Fruit cup may be made from mixtures of almost any fruits, canned or fresh. As a rule, combinations of a sweet and sour fruit are most piquant in flavor. All fruit appetizers should be thoroughly chilled before serving.

With Grapes (2-3)

1 large or small grapefruit, peeled and sectioned, 1 orange peeled and diced, 1 cup Malaga grapes, seeded and cut in halves.

Combine and sweeten to taste. Serve in cups. Serves 5.

With Strawberries (2-3)

Omit Malaga grapes and substitute 1 cup sliced or quartered strawberries. Sweeten with sugar.

Citrus Fruit Only (2)

Omit grapes and strawberries. Add 1 cup diced oranges or 1 cup diced tangerines and 1 drop of peppermint flavoring, if desired. Add Basic Syrup to sweeten.

STEWED DRIED FRUIT (Follow Directions for Dried Prunes)

STEWED FRESH FRUIT (3)

To 2½ pounds fruit, such as apples, peaches, pears, plums, apricots, use sugar according to sweetness of fruit—usually ½ cup sugar is sufficient. Cook in covered utensil. Bring to quick boil, reduce heat to gentle simmer and continue cooking until fruit is tender. Add sweetening last 5 minutes of cooking. A dash of salt added just before removing from range develops natural sweetness of fruit. Serves 5.

STEWED DRIED PRUNES (3)

To Cook—Wash prunes with cold water. To each pound of prunes add 2 cups water and ¼ teaspoon salt. Use a covered utensil. Cook on high heat until steaming, then turn to simmer or lowest position which will maintain steaming.

Cook 45 minutes to one hour. Add 1 tablespoon sugar just before removing from heat.

BAKED PEARS (Quartered) (3)

6 ripe pears Juice ½ lemon
½ c. molasses ¼ c. water

Wash, quarter, peel and core pears; arrange in a deep baking dish. Pour on molasses, lemon juice and cup water. Bake in 350° oven about 45 minutes to 1 hour, or until pears are tender, but still firm. If winter pears, time will probably be longer. Cool. Serve with cream. Serves 6.

BAKED RHUBARB (2)

2 lbs. rhubarb ¾ c. sugar

Wash rhubarb and cut into one-inch pieces. Do not remove skin unless tough. Mix rhubarb with sugar and put into greased casserole. Bake until tender but not mushy. About 25 minutes in preheated 375° oven. Serves 5.

STEWED RHUBARB (2)

1½ lbs. rhubarb (sweetening may
½ c. water vary with kind of
½ c. sugar rhubarb)

Place rhubarb and water in a covered pan. Bring to a boil. Simmer for 10 minutes. Add sugar and continue simmering for 5 minutes.

STRAWBERRIES AND FRESH PINEAPPLE (2-3)

1½ c. fresh diced 1½ c. sliced
pineapple strawberries
¼ c. sugar

Combine pineapple and strawberries. Sprinkle with sugar. Let stand a short time. Chill. Serves 5.

WHOLE STRAWBERRIES WITH POWDERED SUGAR (2) (Individual)

Select 8 or 10 perfect strawberries. Do not remove hulls or stems. Wash and shake dry. Arrange around a teaspoon of powdered or granulated sugar. Dip berries in sugar, eat.

TOMATO PRESERVES

2 medium size 3 c. tomato pulp,
lemons drained from juice
1 c. water (fresh or canned)
1 tbsp. vinegar 4 c. sugar
3 c. peeled, diced
apples

Cut the lemon peel in thin strips. Simmer in covered pan with the water and vinegar for 20 minutes. Add apples, tomatoes and sugar. Cook rapidly, stirring frequently, until thick and clear. Add juice from lemons and cook again until thick. Fill sterilized glasses and seal. Makes 5 glasses.

HOLIDAY SWEETS

CHOCOLATE BROWNIES (5-6-7)

½ c. butter ½ c. enriched
1 c. sugar all-purpose flour
2 eggs 1 c. chopped nut
2 squares melted meats
chocolate

Cream butter and sugar well. Add eggs, one at a time, stir well. Add other ingredients. Put in shallow buttered pan. Bake from 20 to 30 minutes in a moderate oven, 350°. Cut in squares when cool. Makes 20.

CHINESE CHEWS (3-5-6)

1 c. dates, cut 2 eggs
1 c. pecans, cut 1 tsp. baking pow-
1 c. sugar der in flour
¾ c. enriched ¼ tsp. salt
all-purpose flour

Beat eggs and add to sugar. Sift flour over dates and nuts. Add sugar and eggs to flour and nuts. Spread mixture on buttered pans and bake 40 minutes at 325°-350°. Makes 20.

FRUIT BARS (3-6)

Filling:

1 c. dried fruit, cut 1 tbsp. lemon juice
fine 1 tbsp. grated lemon
⅓ c. sugar rind
½ c. water

Dough:

1 c. sifted enriched ½ tsp. shortening
all-purpose flour 1½ c. quick-cooking
1 c. brown sugar rolled oats
lightly packed (uncooked)
½ tsp. salt 3 tbsp. milk

Cook fruit, sugar and water until thick. Add lemon juice and rind. Cool. Mix flour, sugar and salt. Cut in shortening until mixture resembles meal. Add rolled oats and mix well. Add milk and blend. Pack half of mixture into greased 8" x 8" square pan. Spread fruit mixture on top. Spread remaining flour mixture over fruit. Bake at 350° for 40 minutes. Cool. Cut in bars 1" x 2". Makes 32 bars.

HOLIDAY COOKIES (3-5-6-7)

1 lb. seedless raisins ½ c. orange juice
½ lb. finely cut citron or fruit juice
2 c. chopped nuts 1½ c. sifted enriched
(pecans preferred) all-purpose flour
¼ c. shortening ½ tsp. allspice
½ c. brown sugar ½ tsp. salt
2 eggs Candied cherries
1 tsp. baking soda
dissolved
in 1½ tbsp. milk

Mix raisins, citron and nuts. Dredge with ½ cup of the flour. Cream shortening and sugar, add eggs and beat well. Sift dry ingredients together and add alternately with the milk and fruit juice to the creamed mixture. Add fruits and nuts and mix thoroughly. Drop by teaspoonfuls on a greased cookie sheet. Top

with pieces of candied cherry and bake 13 to 15 minutes at 350°. Makes about 10 dozen.

MOLASSES POPCORN BALLS (6)

4 qts. popped corn 1 c. sugar
1 tbsp. butter or 1 c. molasses
fortified margarine ½ tsp. salt

Melt butter or margarine, add sugar, molasses and salt. Boil on medium heat until soft crack stage (260°). This is slightly harder than hard ball stage. Pour over corn. Stir corn thoroughly while pouring syrup over it. Butter hands and immediately shape corn into balls. One cup hulled peanuts may be added to corn if desired. Makes 12 to 14 balls.

MYSTERY BARS (5-6-7)

½ c. butter or fortified 2 tbsp. enriched
margarine all-purpose flour
1½ c. brown sugar ½ tsp. baking
1 c. enriched powder
all-purpose flour, ¼ tsp. salt
sifted ½ c. shredded
2 eggs coconut
1 tsp. vanilla 1 c. chopped nut
meats

Orange Icing for Top:

1 c. powdered sugar 1 tbsp. orange juice
1 tsp. softened butter or 1 tsp. lemon juice
fortified margarine

Cream the butter or margarine and ½ cup of the brown sugar until smooth. Add the 1 cup of flour and mix to a crumbly mass. Pat it evenly into a well greased 8" x 8" pan and bake in 350° oven for 25 minutes or until delicately browned. Remove from oven. Beat the 2 eggs until light and lemon colored. Add the 1 cup brown sugar and vanilla and mix. Add 2 tablespoons of flour, sift with baking powder and salt. Fold in coconut and nuts. Spread over the baked pastry and bake in 350° oven for 20 minutes. Cool and ice with orange icing or dust with confectioner's sugar.

VELVET MOLASSES CANDY

½ c. sorghum 4 tbsp. melted but-
molasses ter or fortified
1½ c. sugar margarine
½ c. water ¼ tsp. baking soda
1½ tbsp. vinegar 1 tsp. vanilla
¼ tsp. cream of tartar ½ tsp. lemon extract

Cook molasses, sugar, water and vinegar in heavy saucepan, stirring constantly. When boiling, add cream of tartar. Boil until mixture is brittle (256° F.) when tried in cold water. Stir constantly. When nearly done, add butter or margarine and soda. Pour into a greased pan. When cool enough to handle, pull until porous and light colored, using tips of fingers and thumbs. While pulling, add vanilla and lemon extract. Cut into small pieces with sharp knife or scissors.

PEANUT BRITTLE (5)

1½ c. shelled peanuts
¼ tsp. salt
1 c. sugar
½ c. light corn syrup
½ c. water
1½ tbsp. butter or fortified margarine
½ tsp. lemon extract

Sprinkle nuts with salt and warm in the oven. Put sugar, corn syrup and water in pan, stir until it boils, wash down sides with wet pastry brush and cook to 295° F. or until mixture is very brittle when tried in cold water. Add flavoring, butter or margarine and nuts, and pour into a shallow greased pan. As soon as it can be handled, turn the mass over and pull and stretch it out as thin as possible. Break into irregular pieces.

MACARONI, SPAGHETTI and NOODLES

SCALLOPED SPAGHETTI AND CHICKEN OR TURKEY (2-4-5-6-7)

¼ c. chicken fat or shortening
¼ c. chopped onion
Salt and pepper
1 c. grated cheese
1 c. canned tomatoes
2 c. diced chicken or turkey
¼ c. enriched all-purpose flour
2 c. chicken stock
1 8-oz. pkg. of cooked spaghetti
½ c. buttered bread crumbs

Melt fat, cook onions slowly for 10 min. Add flour, stir well, add stock, stirring constantly until thickened. Add salt, pepper to taste. Add cheese, stir until melted. Add tomatoes and chicken or turkey. Place chicken or turkey mixture and spaghetti alternately in a greased casserole. Cover with buttered bread crumbs. Bake for 25 min. in preheated 375° oven. Serves 8.

SPAGHETTI CASSEROLE WITH TOMATO SAUCE AND CHEESE (2-4-5-6-7)

2 c. cooked spaghetti
2 c. soft bread crumbs
2 c. milk
2 c. grated cheese
½ c. melted fat
½ tsp. salt
Dash of red pepper
2 eggs, beaten
4 tbsp. pimiento, chopped
1 can condensed tomato soup

Combine all ingredients except tomato soup. Place in a greased 3-quart casserole. Bake for 45 minutes, then pour the soup over, and bake 15 minutes longer at 375°. Makes 6 large servings.

FRANKFURTER MACARONI LOAF (4-5-6)

2 c. uncooked elbow macaroni
1 c. grated American cheese
2 eggs, well beaten
3 tbsp. shortening
3 tbsp. soya flour*
1 tbsp. enriched all-purpose flour
1 c. milk
2 tsp. salt
6-8 frankfurters
2 tbsp. prepared or 1 tsp. dry mustard

Cook macaroni in boiling, salted water for 12 minutes. Drain. Make white sauce of milk, soya flour, white flour, shortening and salt.

SOYA FUDGE (4-5)

2 tbsp. soya flour
1 c. sugar
2 tbsp. cocoa
1 tbsp. corn syrup
2 tbsp. butter or fortified margarine
¼ tsp. salt
½ c. milk
1 tsp. vanilla

Place sugar, cocoa, corn syrup, butter or margarine and salt in a pan. Add milk slowly, stirring mixture so it will be smooth. Cover pan and bring to a boil. Remove cover and cook until a temperature of 240° is reached, or until a few drops in a cup of cold water form a firm, soft ball. Remove from heat and cool 3 minutes by setting pan into another pan containing cold water. Add vanilla. Stir in soya flour and beat until mixture begins to thicken. Then pour out on a greased pan. Mark into squares before fudge gets too hard.

Add eggs and then melt cheese and mustard in hot sauce. Put a layer in the bottom of well greased loaf pan (9" x 5" x 3"). Lay three or four frankfurters on top, lengthwise of pan, add another layer of macaroni, then the rest of frankfurters, topping with another layer of macaroni. Bake in 400° oven for 45 minutes. Keep top covered with waxed paper most of cooking time to prevent drying. Turn out on platter and garnish with tomato wedges. When cut, there will be 4 to 6 circles of frankfurters in each slice. Serves 5-8.

*If soya flour is not available, use 2 tablespoons enriched all-purpose flour.

CREAMY MACARONI PATTIES (4-6-7)

4 tbsp. shortening
5 tbsp. enriched all-purpose flour
1 c. milk
1 tsp. salt
½ lb. grated cheese
1½ c. cooked macaroni
1 tbsp. chopped parsley
1 tsp. scraped onion
Fine dry bread crumbs
1 egg
1 tbsp. water
4 tbsp. shortening (approximately)
Tomato Sauce

Melt shortening, blend in flour. Add milk and salt. Stir until smooth and thickened. Remove from heat; add grated cheese and stir until cheese is melted. Add macaroni, cut into small pieces, parsley and onion. Turn into well-greased pan or utility dish (8" x 6" x 2"). Chill until firm. Cut into patties. Dip in fine crumbs, then in beaten egg which has been diluted with water, then again in crumbs. Fry in hot shortening until brown. Serve with a topping of Tomato Sauce. (See recipe on page 92.) Serves 5.

SCALLOPED OYSTERS AND MACARONI (4-5-6-7)

1 c. uncooked macaroni
1 pt. oysters
Milk
2 tsp. salt
½ tsp. pepper
2 tbsp. butter or fortified margarine
½ c. fine bread crumbs
¼ c. grated cheese

(Continued next page)

Cook macaroni in boiling salted water until tender. Drain and rinse with hot water. Strain liquid from oysters. Add enough milk to oyster liquid to make one cup. Fill greased baking dish with layers of macaroni and oysters, dotting the butter or margarine on each layer. Pour liquid over mixture, add salt and pepper. Cover with

bread crumbs and grated cheese. Bake in 375° oven 40 minutes. Serves 5.

STEWED CHICKEN AND NOODLES

(See Chicken, page 65)

MEATS, Main Dishes

BAKED BEEF TONGUE (5)

Buy fresh tongue and carefully wash it in cold water. Place in a large stewing kettle. Add hot water to cover. Add 1 tablespoon salt and a bay leaf. Bring to a brisk boil and reduce the heat to low or simmer and continue cooking until the tongue is tender, about 2 hours.

Remove from liquid and remove skin from tongue while it is hot. Place tongue in shallow roasting pan, rub with bacon drippings or other shortening, and bake 1 hour at 350°.

GROUND BEEF AND VEGETABLE CASSEROLE (2-3-5)

Into the bottom of a casserole, arrange balls of hamburger steak (using 2 pounds of hamburger), seasoned with sage, salt and pepper. Over this place a generous layer of fried onions. Melt 4 tablespoons fat, add 3 tablespoons enriched all-purpose flour, then mix well. Add 2 cups unstrained tomatoes; cook until thickened. Pour over onions. Cover with buttered crumbs. Bake uncovered. Place in cold 350°-375° oven; baking time 1½ hours. Or, if you prefer, place in preheated 375° oven; baking time 1 hour.

CHILI CON CARNE (5-7)

2 lbs. ground neck beef
¼ c. chopped suet
2 tbsp. enriched all-purpose flour
1 No. 2 can kidney beans
OR 2 c. cooked soybeans
2 tbsp. chile powder
2 cloves garlic, finely cut
2 qts. cold water
1 onion, chopped fine

Heat suet in a kettle. Brown finely cut garlic and onions in suet, then add ground meat and brown it. This should be stirred occasionally. Add flour and water. Cook for several hours. Keep tightly covered. A No. 2 can of tomatoes can be substituted for half the water. Just before serving, add beans. Serves 6.

CHOW MEIN (3-5-7)

1½ lbs. lean pork
4 tbsp. shortening
1½ c. chopped onion
3 c. bean sprouts
1½ c. chopped celery
1 c. sliced mushrooms (optional)
1 tbsp. molasses
1 c. water
4 tbsp. Soy Sauce
2 tbsp. enriched all-purpose flour
½ tsp. salt
½ tsp. pepper

Cut meat in small pieces and fry in hot shortening until well browned. Add onions, bean sprouts, celery and mushrooms. Cook 30 min. on low heat. Add molasses, water and seasonings. Make batter of flour and Soy Sauce, add. Cook 2 min. longer. Serve on hot Steamed Rice, (see page 100). Serves 5.

CREAMED COOKED MEAT (4-5)

2 c. ground cooked beef
2 c. gravy
2 tbsp. minced onion
2 tbsp. chopped green pepper
Salt and pepper

Combine all ingredients. Add salt and pepper to taste. Serves 6 to 8.

Serve with Romanian Potato Cakes (see page 99).

BAKED HAM (5)

In baking a whole cured ham, or half ham, wash or wipe off well, place skin side up on rack in open roasting pan. Bake 25 minutes to the pound at 300°. About 45 minutes before ham is done, take from oven and remove rind. Score, stick whole cloves in each square, then sprinkle with a mixture of ¼ cup dry bread crumbs, ¼ cup brown sugar and 1 teaspoon dry mustard. Return to oven and continue cooking until golden brown. If desired, ham may be basted with fruit juice—orange, grape or apple juice or the juice from pickled peaches—while baking.

HAM SHORTCAKE (2-4-5-6-7)

4 tbsp. ham fat, butter or fortified margarine
4 tbsp. enriched all-purpose flour
2 c. milk
¼ tsp. salt
⅛ tsp. pepper
2 c. cooked, cubed ham
1 tsp. Worcester-shire Sauce
¼ c. minced green pepper
Hot biscuits

Melt ham fat, butter or margarine, add flour, blending thoroughly. Add milk slowly, stirring constantly. Cook until thickened. Add salt, pepper, ham, Worcestershire Sauce and green pepper and heat thoroughly. Split hot Baking Powder Biscuits (see page 55), serve ham mixture between and over biscuits. Serves 6.

TIMETABLE FOR ROASTING MEAT

ROAST	WEIGHT POUNDS	OVEN TEMPERA- TURE	TEMP. OF MEAT REMOVED FROM OVEN (USE MEAT THERMOMETER)	APPROXIMATE TIME PER POUND
BEEF				
Standing Ribs.....	6-8	300°	140°	Rare—18-20
Standing Ribs (1 rib).....	1-4	350°	160°	Med.—22-25
Rolled Ribs.....	6-8	300°	170°	Well—27-30
Chuck Ribs.....	5-8	300°	140°	Well—33
Rump.....	5-7	300°	160°	Rare—32
			170°	Med.—38
			170°	Well—48
PORK—FRESH				
Loin—Center.....	3-4	350°	185°	Well—35-40
Whole.....	12-15	350°	185°	Well—45-50
Ends.....	3-4	350°	185°	Well—30-35
Shoulder—Whole.....	12-14	350°	185°	Well—40-45
Boned and Rolled.....	4-6	350°	185°	Well—35-40
Cushion.....	4-6	350°	185°	Well—45-50
Pork Butt.....	4-6	350°	185°	Well—30-35
Fresh Ham.....	10-12	350°	185°	
PORK—SMOKED				
Ham—Whole.....	10-12	300°	170°	Well—25
Tendered.....	10-12	300°	160°	Well—15
Half.....	6	300°	170°	Well—30
Tendered.....	6	300°	160°	Well—20
Shank End.....	3	300°	170°	Well—10
Butt End.....	3	300°	170°	Well—45
Cottage Butt.....	2-4	300°	170°	Well—35
Picnic.....	3-10	300°	170°	Well—35
LAMB				
Leg.....	6½-7½	300°	175°-180°	Well—30-35
Shoulder—Rolled.....	3-4	300°	175°-180°	Well—40-45
Shoulder.....	4½-5½	300°	175°-180°	Well—30-35
Cushion.....	3-4	300°	175°-180°	Well—30-35
VEAL				
Leg Roast.....	7-8	300°	170°	Well—25
Loin.....	4½-5	300°	170°	Well—30-35
Rack—4-6 Ribs.....	2½-3	300°	170°	Well—30-35
Shoulder.....	7	300°	170°	Well—25
Shoulder—Rolled.....	5	300°	170°	Well—40-45

HOMINY GRITS MUSH WITH MILK GRAVY and FRIED SALT PORK (4-5-6-7)

1 lb. salt pork
Corn meal
Enriched all-purpose flour
Slice salt pork thin. Dip in corn meal and flour. Place in hot skillet and cook until crisp and brown on both sides.

Milk Gravy:

½ c. drippings from salt pork
½ c. enriched all-purpose flour
½ c. evaporated milk
½ c. water
1½ tsp. salt
¼ tsp. pepper

Use ½ cup of the drippings and brown the flour. Gradually add milk and water mixed together. Add seasonings and cook until thickened. Use 4 tablespoons of drippings to fry the Hominy Grits Mush.

Hominy Grits Mush (6)

¾ c. boiling water
¾ c. hominy grits
1¼ tsp. salt
Slowly add the hominy grits and salt to the boiling water, stirring constantly. Turn to low and cook 45 minutes. Serves 5.

VICTORY HAMBURGERS (5-7)

1 lb. ground beef
⅓ c. soya meal
1 tsp. salt
⅓ tsp. pepper
¼ c. water
6 slices onion
2 tbsp. shortening
6 slices bacon

Add salt, pepper and water to soya meal and mix thoroughly with the meat. Pat this mixture into 12 thin cakes. Spread onion slices which have been browned in the shortening on half of the meat cakes. Put the remaining cakes on top as a sandwich. Press edges together. Wrap each with a strip of bacon and fasten with a toothpick. Broil on each side about 10 minutes or until brown. Serves 4-5.

BROILED LAMB OR HAMBURG PATTIES (5)

1½ lbs. ground meat
2 tbsp. grated onion
1 tsp. salt
½ tsp. pepper

Season ground meat with grated onion, salt and pepper. Mix thoroughly and shape into 1-inch thick patties. Place on broiler pan so meat is about 5 inches from heat. Broil on one side, turn and allow to broil on second side. Total time about 18 minutes. Serves 5-6.

LAMB BREAST, BARBECUED (5)

2 lbs. breast of lamb
1 medium onion
½ c. chili sauce
1 tsp. salt
Pepper
¼ tsp. red pepper
1 tbsp. vinegar
1 c. water

Cut lamb into five pieces. Season with salt and pepper. Place in a hot skillet and let fatty sides get brown. Mix chili sauce, red pepper, vinegar and water and pour over lamb. Slice onion and add to the mixture. Cover. Simmer 1½ hours, then remove lid and cook on medium heat for 20 minutes or until barbecue sauce is almost absorbed. Serves 4.

PAN-BROILED SHOULDER LAMB CHOPS (5)

Preheat the skillet and rub it lightly with a bit of the fat cut from a chop.

Brown chops to golden brown on both sides, then reduce the temperature and continue cooking until the chops are medium to well done, as desired. Season with salt, pepper and butter or fortified margarine and serve at once.

LEG O'LAMB, ROASTED (5)

Wipe meat with clean, damp cloth. Rub roast with salt and pepper. Place skin side down and cut surface up, on rack in an open roasting pan. Roast in 300° oven 35 minutes per pound. This low temperature gives a uniformly cooked roast.

BRAISED LAMB SHANKS (1-2-3-5)

3 to 4 lamb shanks
2 tbsp. shortening
1 c. tomato juice
2 tsp. salt
¼ tsp. pepper
3 large potatoes, quartered
4 carrots, halved
8 small onions
2 c. celery, cut in 2-inch pieces
1½ tbsp. enriched all-purpose flour
2 tbsp. cold water

Brown lamb shanks quickly in hot shortening on both sides in skillet. Drain off fat. Add tomato juice, 1 teaspoon salt and ½ teaspoon pepper. Cover and simmer one hour. Add onions, potatoes and carrots in liquid. Top with the celery and sprinkle remaining salt and pepper over top of vegetables and cook 30 minutes longer, or until tender. Mix flour with water to smooth paste. Add gradually to hot liquid, stirring carefully until thickened, taking care not to break the vegetables. Serves 4.

BRAISED LIVER CASSEROLE (3-5-6-7)

2 tbsp. shortening
3 large onions, sliced
Dash cayenne
1 tsp. paprika
1 tbsp. chopped parsley
1 c. brown rice, uncooked
2½ c. bouillon or water
6 slices bacon
½ lb. pork liver, sliced
3 tbsp. enriched all-purpose flour
½ c. water

Put shortening in skillet on low heat, add sliced onions, cayenne, paprika, parsley and brown rice. Stir constantly while rice is cooking to prevent sticking. When rice is lightly browned,

add bouillon or water, cook one hour, or until rice is tender. Dredge liver with 2 tablespoons of the flour. Fry bacon until almost crisp. Lay on absorbent paper to drain. Fry liver in bacon fat until almost done. Place rice in a greased 2-quart casserole, lay liver over rice. Make a gravy by adding 1 tablespoon of flour to shortening in pan, add water, stir until smooth and thickened. Pour gravy over rice and liver, lay bacon on top, crisp in hot 400° oven for 10 minutes. Serves 6.

FRIED LIVER AND ONIONS (3-5)

1 lb. liver
Bacon drippings
2 lbs. onions
¼ c. enriched all-purpose flour
1 tsp. salt
½ tsp. pepper

Cover liver with boiling water. Drain immediately. Mix flour, salt and pepper together and dredge liver with it.

In skillet, place 3 tablespoons bacon drippings. When hot, add liver and brown on both sides. Peel and thinly slice the onions. Place onions over liver, add 1 tablespoon water, and reduce heat to low. Cook 25 minutes. It may be necessary to add more salt to the onions.

Pork liver is wonderful from a health standpoint, also cheaper to buy. Beef liver is next, and calves' liver, the most expensive, doesn't furnish as many of the necessary vitamins. Pork liver is a little stronger in flavor than the others, but onions help conceal this. Serves 4.

LIVER PATTIES (4-5-6-7)

1 lb. pork liver
2½ tbsp. drippings
½ c. evaporated milk
½ c. uncooked quick-cooking oatmeal
2½ tbsp. finely minced onion
1 tsp. salt
⅓ tsp. pepper
⅓ c. enriched all-purpose flour

Sprinkle both sides of the sliced liver with flour and brown lightly in the drippings. Remove liver from skillet and cool. Save remaining fat in skillet for browning patties. Put liver through a food chopper. Mix with the milk, oatmeal, onion, salt and pepper. Divide into 12 portions and shape into patties. Roll patties in the flour and brown slowly in fat remaining in skillet. If there is not enough fat in the skillet, add 1 tablespoon more. Serve with Tomato or Egg Sauce, see page 92. Serves 6.

LIVER-RICE CAKES WITH CHILI CREAM SAUCE (5-6-7)

1 lb. sliced pork liver
½ c. shortening
½ small onion
1½ c. cooked rice
1 tsp. salt
¼ tsp. pepper
1 egg
1½ tbsp. milk
¼ c. shortening

Fry the liver in the ½ cup shortening until nicely browned and let cool. Put the liver and onion through the food chopper. Add the rice, salt, pepper, egg and milk and mix well. Shape into small cakes and brown in ¼ cup shortening until brown on both sides. Makes about ten 2-inch cakes.

(Continued next page)

Chili Cream Sauce

To 2 cups White Sauce, (see page 92) add 4 tablespoons chili sauce.

PORK LIVER-BEEF LOAF (2-3-5-6-7)

1 egg	1 tbsp. salt
1/2 c. tomato soup	1/2 tsp. pepper
1/2 c. finely chopped celery	1/2 lb. ground beef
1/2 c. finely minced onion	1 lb. ground pork
1 c. soft bread crumbs	3/4 lb. ground pork liver
	Bacon strips

Beat egg slightly, add tomato soup, celery, onion and bread crumbs. Stir until bread is well soaked. Add salt and pepper, then meat, and mix well. Pack into greased loaf pan. Lay strips of bacon crosswise over loaf. A little tomato soup poured between the bacon strips gives a colorful effect. Bake for 1 1/2 hours in 375° oven (cold start). Serves 6-8.

CARROT MEAT LOAF (1-5-6)

2 c. cooked carrots	1 small onion, minced
1 lb. ground meat	2 tsp. salt
1 egg, well beaten	1/4 tsp. pepper
1/4 c. soft bread crumbs	

Mix all ingredients thoroughly and bake in a well greased loaf pan, 1 hour at 350°. Serves 8.

OATMEAL MEAT LOAF (4-5-6)

1 lb. ground veal, beef or lamb (or a mixture of these meats)	1/2 tsp. celery salt
1/4 c. uncooked quick-cooking oats	1/4 tsp. black pepper
2 tsp. salt	1 egg, well beaten
	1/4 c. milk
	1/3 c. catsup
	2 tbsp. chopped onion

Combine all ingredients thoroughly and pack into a loaf pan. Bake in moderate 350° oven for 1 hour. Slice and serve warm or cold. Serves 6.
NOTE: 1 cup stewed tomatoes and 3/4 cup milk may be used in place of 1 1/4 cup milk and 1/4 cup catsup in above recipe.

LEFTOVER MEAT-CORN RING WITH VEGETABLES (3-4-5-6-7)

1/2 c. plus 2 tbsp. sifted enriched all-purpose flour	1/2 c. diced, cooked meat
1/4 c. corn meal	1 egg, well beaten
2 tsp. baking powder	1 c. milk
2 tsp. salt	1/4 c. melted shortening
2 tbsp. sugar	2 c. leftover or freshly cooked vegetables

Sift flour, corn meal, baking powder, salt and sugar together. Add meat. Add egg, milk and melted shortening. Stir only until mixed. Pour into a well greased, 8-inch ring mold. Bake for 30 minutes in preheated 400° oven. (If the ring does not come right out of the mold, let it set for about 5 minutes). Turn out on a platter and fill center with the vegetables and Cheese Sauce, see page 92. Any kind of leftover meat may be used. (If fresh hamburger is used, brown first.)

MEAT BALL OVEN DINNER (1-2-3-4-5-6)

2 1/2 lb. ground beef	1 slightly beaten egg
2 tbsp. chopped onion	1/4 c. enriched all-purpose flour
1/4 c. corn meal or soy grits	2 tbsp. shortening
1 tsp. salt	2 c. tomato juice
1 tsp. dry mustard	3 potatoes, quartered
1 tsp. chile powder	5 carrots, halved
1/2 c. milk	5 small onions
	1 tsp. salt

Combine meat, onion, corn meal, seasonings, milk and egg. Mix thoroughly and form into 10 or 12 small balls. Roll in the 1/4 cup flour and brown in hot shortening. Place in casserole. To the fat in skillet, add the remaining flour (about 2 tablespoons), blend. Add tomato juice. Cook until thickened. Pour over meat balls. Arrange vegetables around meat balls. Cover. Bake for 1 hour in 350° oven. Serves 5 to 6.

MULLIGAN (2-5-6)

1 8-oz. pkg. macaroni (2 c.)	1 qt. tomatoes—No. 3 can or 4 c. cooked tomatoes
1/2 lb. ground pork	1 tsp. chopped parsley
1 onion	2 tsp. salt
1 lb. ground beef	1/8 tsp. pepper

Cook macaroni in boiling, salted water to cover for 5 minutes. Strain and blanch. Brown the ground pork. Add onion, then ground beef, stir over high heat until all the mixture is browned. Add cooked macaroni, tomatoes and parsley. Season with salt and pepper. Cook on simmer heat for 25-30 minutes. Serves 8.

BRAISED OXTAIL OR NECK BONES (1-2-5-6)

1 oxtail (2 lbs.) OR 2 lbs. neck bones	1 tsp. salt
Enriched all-purpose flour, seasoned for dredging	1/4 tsp. pepper
1 small onion, sliced	2/3 c. carrot
1/4 c. enriched all-purpose flour for gravy	A sprig of parsley
	Half a bay leaf
	A clove of garlic
	1 c. of tomatoes
	Shortening

Long, slow cooking in moist heat is necessary to make these meats tender. Rub the skillet with a clove of garlic cut in two. Wash oxtail, chop at each joint OR cut neck bones apart. Roll each piece in seasoned flour, 1 to 2 teaspoons of salt, 1/4 teaspoon pepper to each cup of flour. Brown evenly on all sides in a small amount of shortening.

Add sliced onion, carrots, parsley, bay leaf, tomatoes. Cover tightly; simmer for about 3 1/2 hours or until the meat readily leaves the bones. Add more liquid if necessary during cooking. Remove meat from liquid. If desired, thicken gravy with flour mixed with cold water. Allow 2 tablespoons flour and 3 tablespoons water for each cup of gravy. Serves 4-5.

BAKED STUFFED GREEN PEPPERS (2-5-6)

6 green peppers	2 c. soft bread crumbs
1 tbsp. bacon drippings	1 c. Tomato Sauce
2 tbsp. chopped onion	1 tsp. salt
2 c. leftover meat, ground	1/8 tsp. pepper
	1/2 c. dry bread crumbs, buttered

Wash peppers, cut slices from stem and remove seeds. Steam for 10 minutes in deep well cooker or large utensil. Brown onion in drippings. Mix well with all other ingredients except buttered crumbs. Fill peppers with the mixture. Top with the buttered crumbs. Stand peppers in a casserole or loaf pan. Add hot water to the depth of 1/2 inch. Bake 35 minutes in preheated 375° oven.

Serve with Tomato Sauce, see page 92. Use 1/2 recipe.

POLISH STUFFED CABBAGE (2-5-6)

3 tbsp. rice (uncooked) OR 1/2 c. cooked	8 med. to large cabbage leaves
1 lb. ground beef and pork	Toothpicks
1 egg, well beaten	2 1/2 c. canned tomatoes
2 tbsp. minced onion	1 tbsp. enriched all-purpose flour
2 tsp. salt	4 tbsp. sour cream
1/2 tsp. pepper	1/2 tsp. salt

Cook rice in boiling, salted water until tender. Drain and rinse. Mix rice, ground meat, egg, onion, 2 teaspoons salt and pepper. Steam cabbage leaves in 1/2 cup water for 10 minutes. Fill meat mixture into cabbage leaves (1/3 cup for each leaf), fold leaf over meat and fasten with a toothpick. Arrange in saucepan, add tomatoes, bring to a boil, then simmer for 1 1/2 hours. Mix flour, sour cream and 1/2 teaspoon salt to a smooth paste. Remove stuffed cabbage to serving dish and stir flour and cream mixture into tomatoes. Bring to quick boil. Pour over cabbage rolls and serve. Serves 5 or 6.

SOUTH AMERICAN GOULASH (2-3-5-6)

3/4 lb. beef liver	1 small clove garlic
1/4 c. chopped onion	2 tsp. salt
1/3 c. chopped green pepper	1/8 tsp. pepper
3 tbsp. shortening	3 tbsp. enriched all-purpose flour
2 c. canned tomatoes	2 c. uncooked noodles
1/3 c. chopped celery	

Cut liver in 1-inch cubes and brown with the onion and green pepper in the hot shortening. Add tomatoes, celery, garlic and seasonings. Cook slowly for 30 minutes. Mix flour with a little water and thicken the above mixture. Cook noodles in boiling, salted water for 10 minutes. Drain. Serve goulash over hot noodles. Serves 5.

PORK ROAST (5)

Season with salt and pepper, and rub enriched all-purpose flour over meat. If the family doesn't object to garlic, cut a clove of garlic in thin lengthwise pieces, and press between the bones or ribs of meat. Place in a shallow pan, fat side up.

(Continued next column)

For a center loin cut that weighs 4 to 5 pounds, roast at 350°, allowing 35-40 minutes per pound.

For the end cuts weighing about 4 pounds, roast at 350° for 45-50 minutes.

Do not cover and do not add water.

PORK CHOPS AND RICE (2-5-6)

6 pork chops	3 tbsp. chopped onion
1/2 c. uncooked rice	2 tsp. salt
3/4 c. strained tomatoes	1/4 tsp. pepper
3 tbsp. chopped green pepper	2 tsp. shortening
	Enriched all-purpose flour

Salt and pepper pork chops and dredge in flour. Melt shortening in skillet on high heat, and brown chops on both sides. Mix together the uncooked rice, tomatoes, salt, pepper, onion and green pepper and pour over chops. Place lid on skillet. When steam escapes freely from vent in cover, reduce heat. Cook 50 minutes. Serves 5-6.

POT ROAST SUPREME (1-3-5-7)

4 lb. chuck or rump roast	1/2 c. water
1 tsp. salt	5 potatoes
Pepper	5 carrots
3 tbsp. enriched all-purpose flour	5 onions
	3 tbsp. shortening

Mix salt, pepper and flour. Dredge meat in flour and brown on all sides in hot shortening. Place meat and water in a large covered pan and roast in 325° oven 45 minutes per pound of meat. During the last 45 minutes, add the vegetables. When meat and vegetables are done, remove to a hot platter. Garnish with carrot tops. Total roasting time 3 hours. Serves 6-8.

If gravy is desired, place roasting pan with drippings on the surface unit. Add 1 1/2 cups of water. Bring to a boil and gradually stir in a thickening made of 3 tablespoons of flour and 1/3 cup of water. Season to taste. One teaspoon of Worcestershire Sauce may be added.

SAUERBRATEN (5)

4 lb. chuck roast	2 tbsp. sugar
Vinegar	3 bay leaves
1 tsp. salt	8 whole cloves
1/4 tsp. pepper	1 large onion, sliced
1 slice lemon	

Put meat in crock and cover with vinegar and other ingredients and let stand two days. Remove meat from vinegar solution and drain. Reserve 1/2 cup of the vinegar to add to the gravy. Flour meat, brown on both sides in 3 tablespoons shortening in a skillet. Cover with tight-fitting lid, simmer until tender (about 2 hours). Lift meat onto serving platter. Put 2 tablespoons flour in skillet. Stir well, add 1 1/2 cups water and 1/2 cup vinegar and boil together for a few minutes. Serve with the meat. Serves 6-8.

SAUSAGE AND SAUERKRAUT CASSEROLE (2-5)

1 No. 2 1/2 can sauerkraut	1 lb. sausage
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(Continued next page)

Place sauerkraut in greased utility dish or casserole, brown sausage quickly in skillet. Arrange sausage on top of sauerkraut. Bake 45 minutes at 350°. Serves 4.

SOUTHERN DINNER (2-3-4-5-6-7)

- | | |
|--|--|
| 1/3 c. chopped onion | 2 tbsp. enriched all-purpose flour |
| 3 tbsp. shortening | 2 c. sliced wieners or other leftover meat |
| 2 c. sliced wieners or other leftover meat | 1 c. cooked vegetables |

Sauté onion in hot shortening until slightly browned. Add wieners or meat and blend in the flour. Add tomatoes; bring to a boil; add vegetables and pour into an 8" square baking pan. Cover with batter.

Batter:

- | | |
|--|-------------------|
| 1/2 c. sifted enriched all-purpose flour | 1 tsp. salt |
| 3/4 c. yellow corn meal | 2 tsp. shortening |
| 1 1/2 tsp. baking powder | 1 beaten egg |
| | 3/2 c. milk |

For batter, sift together the dry ingredients, cut in the shortening, add the egg and milk. Mix thoroughly. Spoon carefully over meat mixture. Bake at 425° for 25 minutes. Serve from pan or carefully invert on platter. Serves 6.

MINUTE STEAKS (5)

Use about 2 tablespoons of fat, or enough to cover bottom of skillet. Heat very hot, then place meat in skillet. Brown first on one side and then the other. Minute steaks must cook rapidly or they will become tough. Just as soon as both sides are browned, remove, serve at once.

SWISS STEAK (5-6)

- | | |
|-----------------------------------|--------------------|
| 2 lbs. beef, 1-inch thick | 1/8 tsp. pepper |
| 1/3 c. enriched all-purpose flour | 2 tbsp. shortening |
| 1 tsp. salt | 3 slices onion |
| | 1 c. water |

Use round, chuck or shoulder beef; dredge with mixture of flour, salt and pepper, and pound into steak with wooden potato masher or meat pounder. Brown in hot shortening in heavy skillet or Dutch oven. Add onion and water. Cover and simmer 1 hour, or until meat is very tender. If a thick steak (2 to 2 1/2") is used, simmer meat about 2 hours. Serves 6.

VEAL WITH DRESSING (3-5-6-7)

- | | |
|--|---|
| 2 lbs. leg of veal, cut 1/2-inch thick | Enriched all-purpose flour, salt and pepper |
| 3 tbsp. shortening | 1/3 c. water |

Dredge meat with flour. Season with salt and pepper. Brown on both sides in skillet with hot shortening. Add 1/3 cup water to fryings left in skillet, bring to a boil. Place dressing (see Bread Dressing, Roast Chicken, page 64) in bottom of 10 1/2" x 6 1/2" x 2" utility dish. Pour fryings over dressing. Cover with meat. Bake in preheated 300° oven for 1 hour. Serves 4-5.

VEAL SHOULDER ROAST (5)

Veal requires long, slow cooking because of the large proportion of connective tissue. Not having much fat, and but little flavor, salt pork strips, added while cooking, greatly improve the flavor. More seasoning is required than for other meats and an onion added while roasting is particularly nice.

The veal may be rolled, or roasted with bone in it. Veal must always be roasted until well done, so allow 30-35 minutes to the pound. Roast at 300°.

Dredge meat with flour before placing in oven, and sprinkle with salt and pepper. The strips of salt pork may be placed around meat. It should not be necessary to add water. Serve with brown gravy made with fat in pan.

Brown Gravy:

- | | |
|------------------------------------|-----------------|
| 3 tbsp. hot fat | 1 c. water |
| 3 tbsp. enriched all-purpose flour | Salt and pepper |

Blend flour and hot fat. Cook together until flour is brown. Add water, salt and pepper, bring to boiling point, and cook until desired thickness.

STUFFED VEAL STEAK (2-3-5-6-7)

- | | |
|---------------------------------------|------------------------------------|
| 2 lbs. veal steak, cut 1/4 inch thick | 3 tbsp. shortening |
| 2 tsp. salt | 2 c. tomato juice |
| 1/4 tsp. pepper | 4 tbsp. enriched all-purpose flour |

Season veal steak with salt, pepper. Spread dressing (see Bread Dressing, Roast Chicken, page 64) evenly over steak and roll. Fasten ends together with toothpicks, skewers, or if neither is available, tie with string.

Roll in flour and brown in hot shortening in skillet or pan. Add 1/2 cup of the tomato juice, cover tightly and simmer about 1 to 1 1/2 hours, or until meat is tender. It may be necessary to turn occasionally. To serve, remove skewers or string, place on serving platter. Add remainder of tomato juice which has been mixed with flour to pan or skillet meat was cooked in and cook until thickened. Pour over meat. Serves 5-6.

VEAL, LAMB OR BEEF STEW WITH DUMPLINGS (1-2-3-5-6)

Veal or lamb breast; veal, lamb or beef shoulder, neck, flank and shank meat are all good for a stew. Cut from 1 to 2 pounds of meat into fairly small pieces, sprinkle with salt, pepper and enriched all-purpose flour. Brown in fat and add a sliced onion. Add water to cover, put on a lid, and cook slowly for 1 to 1 1/2 hours. Then add turnips and carrots and chopped green peppers, if desired, and cook until the meat and vegetables are tender. The stew should have plenty of gravy, very slightly thickened. Season to taste with salt, pepper. Serve with Dumplings, see page 57.

VEAL SURPRISE (4-5-6)

- | | |
|------------------------------------|---------------------------|
| 1 lb. boneless veal | 6 tbsp. soya flour |
| 2 tsp. salt | 1/2 c. top milk |
| 1 onion | 1/8 tsp. mace |
| A few celery leaves | Dash of cayenne |
| 6 whole black peppercorns | Salt to taste |
| 3 hard-cooked eggs | 2 tbsp. sherry (optional) |
| 2 tbsp. enriched all-purpose flour | Steamed rice |

Cover veal with 1 1/4 cups water. Add salt, onion, celery leaves and peppercorns. Simmer covered, until meat is tender. Remove celery

PASTRY

PLAIN PASTRY (6-7)

- | | |
|---------------------------------|-------------------------|
| 2 c. enriched all-purpose flour | 10 tbsp. shortening |
| 3/4 tsp. salt | 6 to 8 tbsp. cold water |

Sift flour, measure, resift with salt. Cut in shortening, not too fine, leaving pieces of fat the size of peas. Add water all at once, mix with a fork, cutting through mixture with each stroke. When all dough sticks together, either chill or roll out at once. Chilling will make the crust more flaky. Roll out on heavily floured board with floured rolling pin. Makes enough for two 9" shells or 1 double 9" pie. Always perforate top crust of a pie to allow steam to escape. When baking pastry shell, bake in a preheated 450° oven 15-20 minutes.

SOYA PASTRY (5-6-7)

- | | |
|--|----------------------------|
| 1 c. enriched all-purpose flour, minus 2 tbsp. | 2 tbsp. low fat soya flour |
| 1/2 tsp. salt | 1/3 c. rendered suet |
| | 3 tbsp. water |

Blend flours, suet and salt together until consistency of corn meal. Add water and work until it forms a smooth dough. Makes one crust.

NOTE: If using high fat soya flour, use 1/4 cup rendered suet.

TO RENDER SUET

Place chopped suet in saucepan over medium heat. As it melts, pour into bowl. Don't overheat melted suet or it will turn dark and have a strong flavor. Store in a cool place until ready to use.

SUET PASTRY (6-7)

- | | |
|---------------------------------|----------------------|
| 1 c. enriched all-purpose flour | 1/3 c. rendered suet |
| 1/2 tsp. salt | 3 tbsp. water |

Blend flour, suet and salt together until consistency of corn meal. Add water and work until it forms a smooth dough. Makes one crust.

OPEN-FACE APPLE PIE (3-6-7)

- | | |
|------------------------------------|---------------------------------------|
| 3 c. fresh apples | 1 tbsp. butter or fortified margarine |
| 1 c. sugar | 2 tbsp. lemon juice |
| 4 tbsp. enriched all-purpose flour | Cinnamon OR nutmeg |
- Peel the apples, core, then cut in eighths. The pieces of apple should be at least 1/2 inch thick.

leaves and peppercorns. Cut meat into short strips. Make thickening of soya and white flour and stir into meat. Add mace, cayenne and salt to taste. Press egg yolks through a fine sieve and cut egg whites lengthwise, and add to the meat. Cook until thickened. Add sherry, if desired, and serve on steamed rice. Serves 5.

BROILED WIENERS (5)

Place wieners on a greased broiler pan and place on second set of glides, counting from the top down. Turn broiler on and let wieners get nicely browned. Turn and brown other side. Serve in heated buns with desired condiment.

Apples should not be sliced thin as this makes the pie very juicy.

Combine sugar with flour. Add the apples, lemon juice, pour into crust. Add the butter or margarine in small bits, also a few dashes of cinnamon or nutmeg. Cover top with strips of crust. Bake in preheated 400° oven 45 minutes.

NOTE: To carry in lunch box, take unused pieces of dough, roll as for pastry, place in custard cup, fill with apples, season and bake.

BERRY PIE (2-6-7)

- | | |
|---------------------------------------|--|
| 3 c. drained berries | 4 tbsp. enriched all-purpose flour if honey is used, |
| 3/4 c. honey OR | 5 tbsp. enriched all-purpose flour if corn syrup is used |
| 3/4 c. corn syrup | Juice of 1 lemon, about 4 tbsp. |
| 1/4 c. sugar | |
| 1 tbsp. butter or fortified margarine | |

Mix together all ingredients, except butter or margarine. Place in 9" piepan lined with pastry. Dot butter or margarine over top of berry mixture. Cover with top crust. Bake in 425° oven 45 minutes.

CUSTARD PIE (4-5-6-7)

- | | |
|---------------|------------------------|
| 3 eggs | 2 1/2 c. milk, scalded |
| 5 tbsp. sugar | 1/8 tsp. nutmeg |
| 1/4 tsp. salt | |

Beat eggs slightly, add sugar, salt and scalded milk. Mix thoroughly. Pour into an unbaked pie shell. Sprinkle with nutmeg. Bake 5 minutes at 450°, then decrease heat to 325° and continue baking for 30 minutes.

DEEP DISH RHUBARB OR CHERRY PIE (2-6-7)

- | | |
|---|---------------------------------------|
| 4 c. rhubarb, cut in 1/4-inch lengths OR fresh or canned cherries | 1/2 c. sugar and 3/4 c. honey OR |
| 3 tbsp. tapioca OR | 1 1/4 c. sugar |
| 6 tbsp. enriched all-purpose flour | 2 tbsp. butter or fortified margarine |

Mix fruit, sweetening and tapioca or flour together. Pour into 9" piepan lined with unbaked pastry. Dot with butter or margarine. Cover with pastry which has openings cut in it. Bake in preheated oven 375° for 45 minutes.

GREEN TOMATO MINCEMEAT PIE (2-6-7)

- | | |
|-------------------------------------|-----------------------------|
| 1 peck green tomatoes | 1 lb. suet, chopped |
| 1 qt. sliced apples, fresh or dried | Cinnamon, nutmeg and cloves |
| 1 lb. seedless raisins | 2½ lbs. brown sugar |
| Salt | 3 lemons |
| | Water |

Wash tomatoes. Cut in small pieces. Sprinkle with salt. Let stand overnight. Drain. Add sufficient water to prevent sticking. Cook 30 minutes, stirring frequently. Add lemon juice, grated rind of 1 lemon and white of 1 lemon cut in small pieces. Add apples, suet, raisins and sugar. Add spices to taste and a few grains of salt. Simmer slowly, stirring frequently, until tomatoes and apples are tender and flavors are blended. Pack in freshly sterilized jars. Seal. Line a 9" piepan with plain pastry. Fill with 2½ cups of mincemeat. Cover with vented top crust. Bake in 425° oven for 35 to 40 minutes.

LEMON PIE (2-5-6-7)

- | | |
|------------------------------------|-------------------------|
| 1½ c. sugar | 4 egg yolks |
| 4 tbsp. cornstarch | ½ tsp. salt |
| 4 tbsp. enriched all-purpose flour | Grated rind of 2 lemons |
| 1¾ c. boiling water | ½ c. lemon juice |
- Mix sugar, flour, cornstarch and salt together. Add the boiling water while stirring constantly, using high heat until mixture begins to thicken, then cook slowly on low heat until thick. Add beaten egg yolks, and cook 2 minutes longer on low heat. Add lemon juice and rind. Cool. Pour into a previously baked 9-inch pie shell. Cover with meringue.

Meringue:

Beat egg whites until stiff. Fold in 1 tablespoon sugar for each egg white. Bake at 350° until browned.

(Continued next column)

SALADS and SALAD DRESSINGS

APPLE AND CARROT SALAD (1-3)

- | | |
|------------------------------|-------------------------------------|
| 3 apples, coarsely diced | ½ c. cream, sweet or freshly soured |
| 2 c. shredded raw carrot | 2 tbsp. lemon juice |
| 1 tbsp. onion, finely minced | ¾ tsp. salt |
| | ⅛ tsp. pepper |

Dice unpeeled apples and combine with grated carrots and onion. Add cream blended with lemon juice, salt and pepper. Mix well. Serve on lettuce. Serves 6.

NOTE: ½ cup mayonnaise may be substituted for the cream and lemon juice.

BEEF AND LEAF LETTUCE SALAD (2-3)

- | | |
|------------------------------|---------------------|
| 4 spring onions, sliced fine | 4 tbsp. vinegar |
| 2 cooked beets, chopped | 1 uncooked egg yolk |
| 6 tbsp. salad oil | ½ tsp. salt |
| ½ lb. leaf lettuce | ½ tsp. dry mustard |
| | ¼ tsp. sugar |

Individual Lemon Tart:

Use small pieces trimmed from pastry used in Lemon Pie. Line custard cup with pastry. Proceed as for Lemon Pie.

EGGLESS PUMPKIN PIE (3-6-7)

- | | |
|------------------------------------|--------------------------|
| 2 c. pumpkin | 1 tsp. lemon extract |
| 1 c. brown sugar | 1 tsp. cinnamon |
| 1 c. milk | 1 tsp. salt |
| 2 tbsp. cornstarch | 1 tsp. pumpkin pie spice |
| 2 tbsp. enriched all-purpose flour | |

Mix all ingredients together and pour into 9" piepan lined with unbaked pastry. Bake at 450° for 10 minutes, then reduce heat to 350°, bake 30 min. longer.

CREAM PUFFS (5-6-7)

- | | |
|------------------------------------|---------------------------------|
| ½ c. butter or fortified margarine | 1 c. enriched all-purpose flour |
| 1 c. water | 4 eggs |

Sift flour once before measuring. Put butter or margarine in 2-qt. saucepan. Add water. When boiling, add flour, cook until thick, stirring constantly. When mixture gathers into a mass, remove from range. Add unbeaten eggs, one at a time, mixing thoroughly after each addition. Place in mounds on a greased cookie sheet, about 1½ inches apart. Bake in preheated 400° oven for 40 minutes. Allow these to dry off in oven for several minutes after the heat is turned off. Remove from cookie sheet at once and cool on wire cake racks. Immediately upon removing from oven, take a sharp paring knife and slit a small hole in the base of the cream puffs. This permits steam to escape, and prevents the cream puff from falling. Fill with Strawberry Ice Cream. Makes 6-8.

Beat egg yolk with a fork, add onions, salt, sugar, mustard and oil. Just before serving, add vinegar. Chop lettuce into medium size portions and place in a large bowl. Add chopped beets. Pour dressing over this. Take two forks and gently lift the lettuce so dressing will permeate salad. Serves 4.

BERMUDA SALAD BOWL (2-3)

- | | |
|-----------------------------|--|
| 2 c. sliced cauliflower | ¾ c. French Dressing |
| 1½ c. sliced Bermuda onion | 4 c. shredded lettuce |
| ½ c. sliced, stuffed olives | ½ c. Roquefort or Bleu cheese (if available) |

Combine cauliflower, onion and olives. Marinate in the French Dressing (see page 88) for 30 minutes before serving. Just before serving, add the lettuce and toss lightly. If the cheese is available, it may be broken into small pieces and added with the lettuce. Serves 6.

CABBAGE, APPLE AND PICKLE SALAD (2-3)

- | | |
|----------------------------|---------------------------|
| 2 c. shredded cabbage | ¼ c. chopped sweet pickle |
| 1 c. sp. salt | 3 tbsp. pickle juice |
| 1 c. diced, unpeeled apple | |

Combine all ingredients. Mix lightly. Serve at once. Serves 5.

CABBAGE AND CARROT SALAD (1-3)

- | | |
|------------------------|--------------------|
| 1½ c. shredded carrots | ½ tsp. salt |
| 3 c. shredded cabbage | 2 tsp. sugar |
| | 1 tsp. vinegar |
| | 3 tbsp. mayonnaise |

Combine carrots, cabbage, salt, sugar and vinegar. Moisten with mayonnaise. Mix lightly. Arrange on crisp lettuce. Garnish with orange slices, if desired. Serves 6.

GRATED CARROT SALAD (1)

Wash young, tender carrots very carefully. Grate on fine grater and gently toss French Dressing through them, using a fork. Place on lettuce leaves and serve at once. A bit of cheese may be grated with carrots.

CARROT AND RAISIN SALAD (1-3)

- | | |
|-----------------------|-----------------------|
| 3 c. shredded carrots | 1 c. seedless raisins |
| ¼ tsp. salt | ½ c. mayonnaise |
- Combine carrots, salt and raisins. Add mayonnaise and mix lightly. Serve on crisp lettuce. Serves 6.

CARROT-PINEAPPLE TOSS (1-2-3)

- | | |
|-------------------------------------|-----------------------|
| 1 c. shredded raw carrot | 2 c. shredded cabbage |
| 1 c. well drained crushed pineapple | ½ c. French Dressing |

Mix all ingredients together. Serve in lettuce cups or on other salad greens. Serves 5.

CHINESE CELERY-CABBAGE SALAD (2)

- | | |
|------------------------------|--------------------------|
| 2 c. shredded Chinese celery | Thousand Island Dressing |
| cabbage | |

Place shredded cabbage on crisp outer leaves. Serve with Thousand Island Dressing or Nippy Mayonnaise, see page 89. Serves 4.

CITRUS SALAD BOWL (2)

- | | |
|------------------------------------|---------------------------------|
| 3 c. shredded Chinese cabbage | 2 oranges, peeled and sectioned |
| 1 grapefruit, peeled and sectioned | ¼ c. French Dressing |

Toss all ingredients together. Mix with French Dressing just before serving. Serves 5.

COMBINATION SALAD (1-2-3)

- | | |
|---------------------------|-----------------------|
| 1 c. cooked snap beans | ½ c. celery strips |
| ½ c. shredded raw carrots | 2 c. shredded lettuce |
| | 1 hard-cooked egg |
| | French Dressing |

Combine snap beans, raw carrots, celery strips, lettuce. Mix lightly. Arrange sliced eggs on vegetables. Serve with French Dressing. Serves 5.

(Continued next column)

Variation: Vegetable and Egg Salad (1-2-3-5-7)

Add 2 extra eggs and ½ cup chopped green peppers to Combination Salad recipe.

COLE SLAW (2)

(Green or Red Cabbage)

Use fresh, tender green or red cabbage, if possible. To keep cabbage crisp, place in vegetable drawer of refrigerator. Use a very sharp knife and shred cabbage very fine. Serve with Evaporated Milk, Sour Cream or Vinegar Dressing, see page 89.

HOT SLAW (2-5)

- | | |
|---------------------------------------|-----------------------|
| 2 egg yolks, slightly beaten | 1 tbsp. sugar |
| ¼ c. cold water | ½ tsp. salt |
| ¼ c. vinegar | 3 c. shredded cabbage |
| 1 tbsp. butter or fortified margarine | |

Combine egg yolks, water, vinegar, butter or margarine, sugar and salt. Cook on low heat, stirring constantly until mixture thickens. Add cabbage and reheat. Serves 5.

SNAPPY COLE SLAW (2)

- | | |
|---------------------------------------|--------------------------|
| ½ c. vinegar | ¼ tsp. celery seed |
| 1 tbsp. butter or fortified margarine | ⅛ tsp. black pepper |
| ¼ c. sugar | ⅛ tsp. paprika |
| ½ tsp. salt | ½ head cabbage, shredded |
| ½ tsp. dry mustard | |

Bring the vinegar and butter or margarine to a boil. Remove from heat and add all the other ingredients except the cabbage. Allow to cool and pour over the cabbage. Stir well. Serves 6.

FRUIT SALAD (2-3)

Use any leftover fruit. Even leftover dried fruit may be used. Drain well. Add Dressing for Fruit Salad, see page 89.

GELATIN FRUIT SALAD (2-3)

Dissolve 1 package flavored gelatin in 2 cups of boiling water. When cooled, add fruit. Chill until firm. Lime or lemon usually makes tartest salad. Leftover fruits may be used. The addition of a teaspoon of lemon juice gives a little more zest to the salad. If you should have a piece of cucumber left in the refrigerator, cut in small pieces and add about 2 tablespoons to fruit salad.

Lime gelatin with grapefruit sections is especially delicious.

GOLDEN SALAD (1-3-7)

- | | |
|---------------------------|-----------------------------|
| 1½ c. orange sections | Lettuce or shredded cabbage |
| 1½ c. shredded raw carrot | ¼ c. French Dressing |
| ½ c. raisins | |

Toss all ingredients except the lettuce or shredded cabbage. Add dressing and serve on lettuce or shredded cabbage. Serves 5.

GOLDEN DELIGHT SALAD (2-3)

- | | |
|------------------------|-------------------------|
| 1/2 c. sugar | 1/3 c. orange juice |
| 1 1/2 tbsp. cornstarch | Sections from 3 oranges |
| 1/8 tsp. salt | |
| 1 1/2 c. water | 1/2 c. diced pineapple |
| 2 tbsp. lemon juice | |

Mix the sugar, cornstarch and salt. Add the water; bring to a boil and simmer for 15 minutes. Cool. Add the fruit juices and fruit. Chill several hours or overnight, if possible. Serves 6.

GOLDEN GATE SALAD (1-2-3)

- | | |
|----------------------------|--|
| 1 tbsp. unflavored gelatin | 2 tbsp. sugar |
| 1/4 c. cold water | 1 c. canned pineapple, crushed or finely cut |
| 1 1/4 c. pineapple juice | 1 c. shredded raw carrot |
| 1/2 tsp. salt | |
| 1/4 c. lemon juice | |

Soak gelatin in cold water for 5 minutes. Dissolve over hot water. Add pineapple juice, salt, lemon juice and sugar. When partially set, fold in the pineapple and carrots. Turn into wet mold. Serve on salad greens with mayonnaise. Serves 6.

Variation: Substitute 1 cup shredded cheese for the carrots.

MOLDED GRAPE SALAD IN LEAF LETTUCE NESTS (2-3-5)

- | | |
|--------------------------------|--------------------------------|
| 1 1/2 tbsp. unflavored gelatin | 3/4 c. sugar |
| 1/2 c. cold water | 1 c. seeded or seedless grapes |
| 1 c. orange juice | 1/2 c. nutmeats |
| 1 c. lemon juice | Leaf lettuce |

Soak gelatin in cold water for 5 minutes. Bring juices to boil, add sugar and gelatin. Cool, and when thick, fold in grapes and nuts. Pour into individual molds and chill. Serve in nests of shredded leaf lettuce. Serves 6.

GOLDEN WINTER SALAD (2-3-5)

- | | |
|---|------------------------------------|
| 1 pkg. orange flavored gelatin | 2 tbsp. lemon juice |
| 2 c. boiling water OR 1 c. water and 1 c. fruit juice | 1/8 tsp. salt |
| 1 apple, unpeeled and diced | 1 1/2 c. diced grapefruit sections |
| | 1/4 c. chopped walnut meats |

Dissolve gelatin in boiling water and chill until it begins to thicken. Cube apple and sprinkle with lemon juice and salt. Remove all membrane from grapefruit sections and dice. Combine grapefruit, apples and nut meats and fold into gelatin. Pour into molds that have first been rinsed in cold water. Serve on lettuce with mayonnaise. Serves 6.

GRAPEFRUIT AND CARROT SALAD (1-2)

- | | |
|-------------------------------|---------------------------|
| 1 pkg. lemon flavored gelatin | 1 tsp. salt |
| 1 c. hot water | 1 1/2 c. grated carrots |
| 1/2 c. grapefruit juice | 1/2 c. chopped grapefruit |
| 1/4 c. vinegar | |

Add hot water to gelatin and stir until dissolved. Add fruit juice and vinegar. Chill until slightly thickened. Add carrots, grapefruit and salt. Pour into mold which has been rinsed in

cold water. Chill until firm. Serve on lettuce, with either French Dressing or mayonnaise. Serves 8.

GRAPEFRUIT OR ORANGE SALAD (2)

Peel orange or grapefruit. Remove white membrane. Separate the sections by cutting close to the membrane on each side. Remove seeds. Arrange on lettuce, serve with French Dressing.

HEALTH SALAD (1-2-3-4)

- | | |
|------------------------------|--------------------------------|
| 1 c. raw, sliced cauliflower | 1 bunch sliced radishes |
| 1 c. raw grated carrots | 1/3 c. chopped nuts (optional) |
| 2 c. shredded lettuce | Evaporated Milk Dressing |

Combine vegetables and lettuce. Chill. Add nuts. Just before serving, toss lightly to mix in dressing. Serves 5.

NOTE: French Dressing may be used instead of the Evaporated Milk Dressing.

LETTUCE WITH SOUR CREAM DRESSING (2)

Use either head or leaf lettuce. Shred in medium fine pieces. With a fork gently blend in Sour Cream Dressing.

LEAF LETTUCE, SPINACH AND SPRING ONION SALAD (2-3)

Wash spinach and leaf lettuce carefully. If lettuce leaves are large, break into smaller sections. Slice spring onions thin and toss the onions through the spinach and leaf lettuce. If radishes are available, they may also be added for a touch of color. Serve with Evaporated Milk Dressing or Bacon Dressing.

LETTUCE-SPINACH SALAD (2-5)

- | | |
|-----------------|--------------------|
| 1 head lettuce | 2 hard-cooked eggs |
| 1/2 lb. spinach | 1 c. sour cream |
| 1 tsp. salt | 2 tbsp. vinegar |
| 1/8 tsp. pepper | |

Chill and chop the raw spinach and lettuce. Add salt, pepper, vinegar, chopped hard-cooked eggs to half a cup of the sour cream. Just before serving, fold in the spinach and lettuce and the remainder of sour cream. Serves 5.

SLICED SWEET ONIONS (3)

Slice sweet onions very thin, let stand in salted, weak vinegar and water for a few minutes. Drain. Serve either with or without catsup or chili sauce.

ORANGE, PINEAPPLE AND APPLE SALAD (2-3-7)

- | | |
|---|--|
| 3 oranges, peeled and diced | 1/2 c. pitted dates cut into small pieces (optional) |
| 3 slices canned diced pineapple OR 1 c. tidbits | 1 c. seeded grapes, cut in half (optional) |
| 1 unpeeled red apple, diced | 1/3 c. mayonnaise |

Mix fruit with mayonnaise and chill very thoroughly. Serve on shredded lettuce. Serves 6.

ORANGE AND LEAF LETTUCE SALAD (2)

- | | |
|--|----------------------------|
| 4 c. coarsely shredded leaf lettuce (or endive or water cress) | 2 c. diced orange sections |
| | Evaporated Milk Dressing |

Combine the salad greens and orange. Just before serving the salad, toss lightly together with dressing, mixing well. A few mint leaves, add a refreshing flavor. Serve with Evaporated Milk Dressing, page 89.

ORANGE AND VEGETABLE SALAD BOWL (2-3-7)

- | | |
|--|-----------------------------|
| 1 1/2 c. orange sections | 1/2 c. Easy French Dressing |
| 3 c. shredded, raw cabbage | 1/2 head lettuce |
| 3/4 c. diced, pared cucumber OR chopped sweet pickle | |

Toss all ingredients but lettuce together. Arrange in a lettuce-lined bowl. Serves 6.

PEACH GLOW SALAD (3)

- | | |
|--------------------------------|-----------------------------|
| 1 pkg. orange flavored gelatin | 1 c. sliced, canned peaches |
| 1 c. hot water | 1/2 c. ginger ale |
| 1/2 c. peach juice | |

Dissolve gelatin in hot water. Add peach juice and peaches. Chill. When slightly thickened, add ginger ale and turn into one large or six small molds that have first been rinsed with cold water. Cream cheese and salted crackers are good accompaniment to this salad. Serves 5.

PEACH OR PEAR AND COTTAGE CHEESE SALAD (3-4)

- | | |
|-----------------------------------|-------------------------------|
| Halved or sliced peaches OR pears | Cottage cheese Salad dressing |
| Lettuce | |

Place peach or pear, halved or sliced, in lettuce cup. Fill center of each peach with 1/4 cup cottage cheese. Garnish with salad dressing.

QUICK AND EASY SALAD (2-4)

- | | |
|-------------------------------|---|
| Crispy, clean, spinach leaves | 1 orange, peeled and cut into 5 slices OR |
| 1 pt. creamy cottage cheese | 2 tangerines, peeled and sectioned |

Arrange 4 or 5 spinach leaves on each salad plate. Place a mound of cottage cheese in the center and surround with quarters of sliced orange or tangerine sections. Extra dressing may be served if desired. Serves 4-5.

RAW SPINACH AND LETTUCE SALAD WITH BACON DRESSING (2-7)

- | | |
|-----------------------|----------------|
| 3 c. shredded lettuce | Bacon Dressing |
| 3 c. shredded spinach | |

Mix shredded lettuce and spinach. Heat Bacon Dressing (see recipe on page 88), and pour over salad just before serving. Serves 5.

SPINACH TOSS SALAD (1-2-3-7)

- | | |
|--------------------------------|--|
| 3 c. broken lettuce | 6 radishes, sliced |
| 3/4 c. fresh spinach, shredded | 1 tbsp. minced onion OR |
| 3/4 c. shredded raw carrots | 1/4 c. sliced green onion |
| 1/4 c. diced celery | 1/4 c. French Dressing clove of garlic |

Rub bowl with a clove of garlic (do not let garlic remain in bowl). Put all vegetables together in the bowl and just before serving, pour French Dressing over and toss until well mixed. Serves 6.

SUNSET SALAD (1-2-3-4)

- | | |
|----------------------------|---|
| 1 tbsp. unflavored gelatin | 1/2 c. evaporated milk |
| 1/4 c. cold water | 2 c. shredded cabbage |
| 1 egg yolk | 1 c. canned pineapple, either shredded or cut very fine |
| 1/2 tsp. salt | 2 tbsp. lemon juice |
| 1 c. pineapple juice | 1/2 c. shredded carrot |

Soak gelatin in cold water for at least 5 minutes. Beat egg yolk, add salt, pineapple juice and lemon juice. Bring to a boil, stirring constantly. Remove from heat, add gelatin and stir until gelatin is dissolved. Cool until mixture begins to thicken. Whip the evaporated milk and fold the gelatin, cabbage, pineapple and carrot into the milk. Pour into rinsed molds. Serve on salad greens. Serves 8.

TOMATO-LEAF LETTUCE SALAD (2)

- | | |
|-----------------------------|------------------------------|
| 4 c. shredded lettuce | 1 small onion, cut very fine |
| 2 large or 3 small tomatoes | |

Cut lettuce and tomatoes small enough to eat easily. Add onion and just before serving, pour Easy French Dressing (see page 88) over salad. Toss lightly. Serves 5.

To Prepare Tomatoes For Stuffing

Select medium size, smooth tomatoes. Scald, remove skin. Cut a slice from top and remove some of the pulp. Sprinkle inside with salt, invert and let stand thirty minutes to chill.

Fill with Cole Slaw, cottage cheese or other desired combinations. Serve on salad greens.

TOMATOES STUFFED WITH CABBAGE SALAD (2)

- | | |
|---------------------------|----------------------|
| 3 large tomatoes | 1/4 tsp. celery seed |
| 1 1/2 c. shredded cabbage | 1/4 tsp. salt |
| 2 tbsp. French Dressing | Shredded lettuce |

Wash tomatoes and cut in halves. Scoop out center and mix with cabbage, French Dressing, celery seed and salt. Fill tomato shells with mixture and serve on shredded lettuce. Serves 6.

TOSSED TOMATO SALAD (2-3)

- | | |
|------------------------|------------------------------|
| 3 c. shredded lettuce | 1/2 c. chopped spring onions |
| 1 c. diced celery | |
| 1 c. diced cucumber | 3 large tomatoes |
| 1/2 c. sliced radishes | French Dressing |

Toss vegetables together lightly. Pour on Easy French Dressing. Serve at once. Serves 6.

TOMATO ASPIC AND COTTAGE CHEESE SALAD (2-3-4)

1/2 tsp. plain gelatin
1 c. cold water
1/4 c. tomato juice
1 onion
1 c. celery
1 clove
1 peppercorn
(optional)
1 tsp. sugar
1/2 tsp. salt
1/4 c. lemon juice
Few drops Tabasco
Sauce (optional)
1 pt. skimmed milk
cottage cheese

Soak gelatin in cold water for at least 5 minutes. Cook tomato juice with the onion, celery, cloves and peppercorns for 10 minutes. Strain and add the soaked gelatin, stirring until it is dissolved. Add sugar, salt and lemon juice. Pour into one large mold or several individual molds. The cottage cheese can be placed in center of each mold or placed around a plain molded salad. Serve with mayonnaise. Serves 8.

MOLDED VEGETABLE SALAD (1-2-3)

1 pkg. lemon
1 flavored gelatin
1 c. hot water
1 tsp. vinegar
1 tsp. salt
1 c. cooked peas
1/2 c. diced celery
1/2 c. finely shredded cabbage
1/3 c. diced pimiento
(if desired)

Dissolve gelatin in hot water. Add vinegar and salt. Chill until slightly thickened. Fold vegetables into the gelatin and pour into a shallow pan or eight individual molds. Unmold on crisp lettuce and serve with mayonnaise. Serves 8.

TOSSED VEGETABLE SALAD (1-2-3-7)

The tossed vegetable salad is one of the simplest of all bowl salads. Any number of fresh or cooked vegetables may be added to it. Lettuce, onion, celery, romaine, endive, escarole, water cress, fresh young green dandelions or raw spinach. Choose one or several kinds of the above greens as the body of the salad, then add such other vegetables as you find in the refrigerator: sliced or chopped radishes, onions, celery, green pepper, cucumber, tomato, carrot, sliced cauliflower or bits of leftover snap beans, beets, carrots, peas, etc.

Be sure the greens for your salad are crisp, clean and dry. Wash them thoroughly in cold water, then dry by shaking in a towel. No salad should ever be watery. Break the greens into desired pieces. Add chopped or sliced vegetables. Mix in salad dressing, using two forks, being sure not to break the vegetables. Serve on lettuce leaves or in individual salad bowls.

WALDORF SALAD (3-5-7)

1 c. cubed apples
1/4 c. chopped nuts
1 c. cubed celery
1/2 c. mayonnaise

Combine apples, nuts and celery. Moisten with mayonnaise. Mix lightly with two forks. Serve on lettuce. Serves 6.

WALDORF SURPRISE SALAD (3)

1 c. cubed, unpeeled apples
1/2 c. chopped dates or raisins
1/2 c. chopped celery
1/4 c. mayonnaise
1 tsp. horse-radish

Combine the horse-radish and mayonnaise and mix well. Add to celery, apples and dates or raisins. Cover, place in refrigerator and allow to stand at least an hour before serving. Serves 6.

WATER CRESS SALAD (2)

2 bunches water cress
1/2 c. French Dressing
Wash water cress thoroughly and remove the yellowed leaves. Mix with French Dressing and serve at once. Serves 4.

Variation: Onion rings may be mixed with the water cress.

WIENER SALAD BOWL (2-5-7)

2 cooked wieners, sliced OR
1 c. leftover cooked meat
1 No. 2 can kidney beans OR
2 c. leftover cooked kidney beans
1/2 c. sliced pickles
3/4 c. French Dressing
1 head lettuce, broken in small bits
1/2 large onion, sliced

Skin and slice wieners, or dice leftover meat. Drain kidney beans. Add meat, pickles and 1/2 cup of French Dressing. Chill. Just before serving, add remaining ingredients. Toss thoroughly. Serves 8.

BACON DRESSING (7)

4 slices bacon, diced fine
1/2 small onion, chopped
1/4 c. vinegar (dilute with water if too strong)
1 tbsp. sugar
1 tsp. salt

Fry bacon until crisp, add onion and cook until tender, but not brown. Add remaining ingredients. Heat and pour over salad ingredients. Good on lettuce or spinach.

EASY FRENCH DRESSING (7)

1 tsp. sugar
1/2 tsp. salt
1/8 tsp. paprika
1 tbsp. vinegar
3 tbsp. salad oil

Mix ingredients for dressing in order given. Shake well.

SPECIAL FRENCH DRESSING (7)

1 clove of garlic, grated fine
1/2 c. sugar
1/3 c. mild vinegar
1 tsp. Worcestershire Sauce
1 small onion, grated
2/3 c. tomato catsup
1 tsp. salt
2 c. salad oil

Mix in order given and beat with rotary egg beater or with electric mixer. Place in quart jar and store in cool place until ready to use.

EASY MAYONNAISE (7)

2 tbsp. enriched all-purpose flour
1/2 tsp. salt
1/2 tsp. mustard
1/2 tsp. sugar
1/2 c. cold water
1 egg yolk
2 tbsp. vinegar
1/3 c. salad oil

Mix flour with dry ingredients in a small saucepan. Stir in the water gradually, so there will be no lumps. Stir over low heat until mixture thickens. (If heat cannot be controlled, use a double boiler.) Remove from range. Put egg

yolk, vinegar and oil in small bowl. Add the hot paste and beat vigorously until cool. The dressing will thicken on cooling. Makes about 1 cup.

Variations:

Russian Dressing: Into 1 cup mayonnaise, fold 1 hard-cooked egg, chopped, 1/4 c. chili sauce, 2 tablespoons chopped green pepper.

Thousand Island Dressing: Into 1 cup of mayonnaise, fold 2 tablespoons chili sauce, 2 tablespoons chopped green pepper, 2 tablespoons pimiento, 2 tablespoons chopped sweet pickle.

NIPPY MAYONNAISE (7)

1/2 c. mayonnaise
1 1/2 tsp. prepared mustard
1/2 tsp. prepared horse-radish
2 slices, or 1 small sweet pickle

Combine ingredients; mix thoroughly. Makes 3/4 cup. Very good for tomato salad, head lettuce or salad bowl.

EVAPORATED MILK DRESSING (4)

1/2 c. sugar
1/3 c. vinegar
1/2 c. evaporated milk
1/2 tsp. salt

Add sugar to vinegar and stir until sugar is dissolved. Beat in milk until mixture thickens. Pour over salad. Use a fork to blend dressing through salad ingredients.

SANDWICHES, SANDWICH SPREADS

BACON SANDWICH (5-6-7)

For each sandwich, use two or three slices of crisply fried bacon. Place bacon on buttered, enriched white or whole grain bread which has been spread with a small amount of mayonnaise. Top with second slice of buttered bread.

Bacon-Pickle:

Fry 6 slices of bacon and lay on paper to absorb grease. Crumble and combine with 1/2 cup chopped dill pickle, and 1/4 cup mayonnaise. Makes 4 sandwiches.

BACON-CHEESE SANDWICH (4-5-6-7)

1 3-oz. pkg. cream cheese
1/4 c. chopped, cooked bacon
1/2 tsp. horse-radish
1/2 tsp. Worcestershire sauce
1 tbsp. milk

Blend all ingredients well. Store in refrigerator until used. Spread on enriched white or whole grain bread. Makes 3 sandwiches.

BROILED CHEESE AND BACON SANDWICHES (4-5-6-7)

6 slices enriched bread or 3 buns,
cut in half
1 c. shredded cheese
2 slices bacon, diced

Spread the bread or buns with the cheese, sprinkle bacon over the top and broil very slowly. Makes 3 sandwiches.

SOUR CREAM DRESSING

1/2 c. sour cream
1/3 c. vinegar
1/2 c. sugar
1/2 tsp. salt

Mix as for Evaporated Milk Dressing.

VINEGAR DRESSING

1/3 c. vinegar
3 tbsp. water
1/2 c. sugar
1/2 tsp. salt

Mix as for Evaporated Milk Dressing.

DRESSING FOR FRUIT SALAD (4-5)

1/4 tbsp. salt
1 tsp. mustard
2/3 tbsp. sugar
Few grains cayenne
2 tbsp. enriched all-purpose flour
1 egg, or 2 egg yolks, slightly beaten
2 tbsp. butter or fortified margarine
3/4 c. milk
1/4 c. vinegar

Sift dry ingredients, add egg, butter or margarine, milk and vinegar very slowly. Stir and cook over boiling water until mixture begins to thicken. Strain and cool. For a thinner dressing use one egg yolk.

RUSSIAN DRESSING (7)

(See Easy Mayonnaise, page 88)

THOUSAND ISLAND DRESSING (7)

(See Easy Mayonnaise, page 88)

BOLOGNA OR WIENER AND EGG FILLING (1-5-6-7)

1 lb. bologna or wieners
1/2 c. chopped pickles or relish
1 c. mayonnaise
1 tbsp. minced onion
Dash of Tabasco
1/4 c. pickle juice
3 hard-cooked eggs
1/2 tsp. salt
1 c. ground raw carrots
1/2 c. chopped celery

Grind bologna or wieners, mix with pickles or relish, mayonnaise, onion, Tabasco Sauce, pickle juice. Divide in half and to one part add chopped hard-cooked eggs and salt. To the other half add ground raw carrots and chopped celery. Makes 2 2/3 cups of each mixture.

Makes 15-20 sandwiches. 1/2 recipe at a time is sufficient for ordinary family.

CARROT SANDWICH FILLINGS (1-3-5-6-7)

With Raisins and Peanuts:

Grind together coarsely:

1 c. raw carrots
1 c. salted peanuts
1 c. seedless raisins

Add 1/2 teaspoon salt, 2 teaspoons lemon juice, 2 tablespoons mayonnaise. Mix well and store in refrigerator. Makes 10 sandwiches.

With Peanuts:

Grind together finely:

1/2 c. salted peanuts
1 c. carrots

Combine with 3 tablespoons mayonnaise and 1/4 teaspoon salt. Use on whole wheat or rye bread. Makes 4 sandwiches.

Make Dressing Of:

- | | |
|--------------------|--------------------------|
| 1 c. sugar | 2 tbsp. prepared mustard |
| 1 c. sour cream | 1/2 c. vinegar |
| 3 well beaten eggs | |
| 2 tbsp. flour | |

Mix together and bring to a boil. Add vegetables and bring to a boil. Put in sterilized jars and seal. Makes about 3 pints.

SAUCES, FROSTINGS, GRAVIES

PARSLEY BUTTER (7)

- | | |
|---------------------------------------|-------------------------|
| 3 tbsp. butter or fortified margarine | 1 tbsp. chopped parsley |
| 1/2 tsp. lemon juice | 1/2 tsp. salt |
| | 1/8 tsp. pepper |

Cream butter or margarine, add lemon juice and chopped parsley, salt and pepper. This may be used on boiled or fried fish or over potatoes.

BROWN GRAVY

(See Veal Shoulder Roast, page 82)

GIBLET GRAVY

(See Giblet Gravy, page 66)

MILK GRAVY

(See Hominy Grits Mush with Milk Gravy, page 78)

LEMON FILLING

(See Inexpensive Cocoa Cake, page 61)

BUTTERSCOTCH SAUCE

- | | |
|------------------------------------|---------------------------------------|
| 1/4 c. brown sugar | 1 tbsp. butter or fortified margarine |
| 1 tbsp. enriched all-purpose flour | 1 1/2 c. water |
| 1 tbsp. cornstarch | 1 tsp. vanilla |
| 1/4 tsp. salt | |

Blend flour and cornstarch with the brown sugar and salt. To avoid lumping, stir in water slowly. Cook 5 minutes, stirring constantly. Add butter or margarine, vanilla. Serves 5-6.

CHEESE SAUCE (4-7)

- | | |
|---------------------------------------|--------------------------|
| 3 tbsp. butter or fortified margarine | 1/4 tsp. salt |
| 2 tbsp. enriched all-purpose flour | Dash of pepper |
| 1 c. milk | 2 tbsp. prepared mustard |
| | 1/2 c. grated cheese |

Melt butter or margarine, blend in flour. Add milk slowly. Cook until thickened, stirring constantly. Remove from heat, add seasonings and cheese. Stir until cheese is melted.

COCOA SAUCE

(See Cocoa Syrup, page 55)

CRANBERRY SAUCE

(See page 74)

CUSTARD SAUCE

(See Plain Cornstarch Pudding, page 69)

RAW VEGETABLE

FILLING (1-2-3-6-7)

- | | |
|-------------------------|------------------------|
| 1/4 c. chopped raisins | 1/2 c. chopped apple |
| 1/2 c. shredded cabbage | 1 tbsp. lemon juice |
| 1/2 c. shredded carrots | 4 tbsp. salad dressing |

Mix all ingredients thoroughly. Enough for 4 sandwiches.

EGG SAUCE (4-5)

- | | |
|---|-------------------------------|
| 1 tbsp. butter or fortified margarine | 1/2 tsp. salt |
| 2 tbsp. enriched all-purpose flour | 1/8 tsp. pepper |
| 1/2 c. water, 1/2 c. evaporated milk OR | 2 hard-cooked eggs, diced |
| 1 c. whole milk | 2 tsp. finely chopped parsley |

Melt butter or margarine, blend in flour, add water slowly, bring to a boil, stirring constantly. Boil 2 minutes, then add the milk, salt, pepper, egg and parsley. Heat thoroughly and serve.

FOAMY SAUCE

- | | |
|-----------------------------|---------------------------|
| 1 egg, separated | 2 tbsp. lemon juice |
| 1/2 c. confectioner's sugar | 1/8 tsp. salt |
| 1/2 tsp. vanilla | 2 tbsp. top milk or cream |

Beat the white of egg until stiff. Add sugar gradually. Add egg yolk, vanilla, lemon juice and salt. Beat until creamy. Add cream and blend. Serve over puddings. Serves 6.

HONEY SAUCE

- | | |
|--------------------|---------------------------------------|
| 1/2 c. honey | 1/2 tsp. salt |
| 1/4 c. sugar | 3 tbsp. butter or fortified margarine |
| 1/2 c. cold coffee | |

Combine honey, sugar, coffee, salt in saucepan. Boil 5 min., stirring constantly. Remove from heat, add butter or margarine. Mix well. Serves 6.

LEMON SAUCE

(See Molasses Pudding, page 70)

TOMATO SAUCE (2-6-7)

- | | |
|------------------------------------|------------------|
| 4 tbsp. shortening | 1 tsp. sugar |
| 4 tbsp. enriched all-purpose flour | Sprig of parsley |
| 2 c. tomato juice | Small onion |
| 1 tsp. salt | Celery tops |

Melt shortening, stir in flour, add tomato juice, stirring constantly until thickened. Add salt, sugar, parsley, onion and a few celery tops. Serves 5.

WHITE SAUCE (4-6-7)

- | | |
|---------------------------------------|----------------|
| 4 tbsp. butter or fortified margarine | 2 c. milk |
| 4 tbsp. enriched all-purpose flour | Dash of pepper |
| | 1/2 tsp. salt |

Melt butter or margarine, stir in flour and seasonings. Add milk gradually, stirring until thick. This makes a medium white sauce. To prepare a thin sauce use only 1 tablespoon butter or margarine and 1 tablespoon flour to each cup of milk.

CONFECTIONER'S ICING

- | | |
|---------------------------------------|----------------------------|
| 1 tbsp. butter or fortified margarine | 1 c. sifted powdered sugar |
| 2 tbsp. cream | |

Soften butter. Add sugar and cream gradually until of creamy consistency.

SOUPS, Chowders

BLACK-EYED BEAN SOUP (4-5-7)

- | | |
|---------------------------------------|---|
| 2 c. black-eyed beans | 2 stalks celery |
| 8 c. cold water | 2 tsp. salt |
| Small ham bone and fat | 1/4 tsp. pepper |
| 2 tbsp. chopped onion | 1/4 tsp. ground mustard |
| 3 tbsp. butter or fortified margarine | 2 tbsp. unsifted enriched all-purpose flour |

Soak beans overnight. Drain. Add cold water and ham bone. Cook onion in 1 1/2 tablespoons of butter or margarine for 5 minutes. Add onions and celery to beans and simmer 3 hours or until beans are soft. Rub through sieve. Reheat to boiling. Blend flour and remaining butter or margarine, add salt, pepper, mustard. Mix well, stir into soup. Serves 8.

BEAN SOUP, MEXICAN STYLE (2-3-5-6)

- | | |
|-------------------------|-------------------------|
| 1/2 c. dried navy beans | 1 c. chopped celery |
| 3 c. cold water | 1/2 c. shredded cabbage |
| 2 tbsp. shortening | 2 1/2 tsp. salt |
| 1 clove garlic | 1/8 tsp. pepper |
| 3 tbsp. chopped onion | 1 c. canned tomatoes |
| 1 tbsp. chopped parsley | 3/4 c. cooked noodles |

Wash and soak the beans in water overnight. Bring beans to a boil in the same water and then simmer until tender, adding a little more hot water if necessary. Melt shortening in a skillet and sauté the finely minced garlic, chopped onion, parsley, celery and cabbage until lightly browned. Add to the beans with salt, pepper and the canned tomatoes, and simmer 30 minutes longer. Add the cooked noodles and serve. Serves 6-8.

NAVY BEAN SOUP (4-5-7)

- | | |
|---------------------|----------------------|
| 1 1/2 c. navy beans | 1 medium size carrot |
| 4 c. cold water | 2 1/2 c. milk |
| 1/4 lb. salt pork | 2 tsp. salt |
| 1 small onion | 1/4 tsp. pepper |
| 1/2 c. diced celery | 1/4 tsp. paprika |

Wash beans, cover with cold water, add salt pork and bring to a boil. Turn to simmer and about one hour before beans are tender, add the vegetables. These beans have not been soaked and will take about three hours cooking time. When beans are soft, rub through a sieve. Add milk, salt, pepper and paprika to the pulp. Cut salt pork into very fine cubes. Add to the soup and reheat. This serves 6.

NOTE: For variation use tomatoes instead of water.

SYRUP FOR GRIDDLE CAKES.

WAFFLES (4)

- | | |
|--------------|----------------------|
| 3/4 c. sugar | 1 c. evaporated milk |
| 1 c. honey | |

Boil together, 5 minutes. Serve hot. Makes 2 1/2 cups.

BEAN AND BARLEY SOUP (1-4-5-6-7)

- | | |
|-----------------------|---------------------------------------|
| 1 c. dried lima beans | 1 small carrot |
| 6 c. cold water | 3 tbsp. barley |
| 2 tsp. salt | 1 c. evaporated milk |
| 1/4 tsp. pepper | 2 tbsp. butter or fortified margarine |
| 2 slices onion | |

Soak beans overnight. Drain, add cold water and salt. Cook until almost tender. Cut onion and carrot into small pieces. Add vegetables and barley to beans and cook together until soft. Add milk and butter or margarine before serving. Peas or lentils may be used instead of beans. Makes 6 servings.

LOUISIANA LIMA BEAN SOUP (1-2-4-5-7)

- | | |
|------------------------|-------------------------------|
| 1 lb. dried lima beans | 1 c. minced carrot |
| 5 c. water | 1/2 c. minced green pepper |
| Ham bone | 1 c. canned or fresh tomatoes |
| 3 small onions | 3 c. milk |
| 1/2 bay leaf | |
| 3 tsp. salt | |
| 1/4 tsp. pepper | |

Soak the lima beans several hours or overnight. Put ham bone, the onions and bay leaf into the kettle with the soaked beans. Cook slowly until the beans are tender. Reserve 1 1/2 cups whole beans. Force the remainder of the beans and stock through a sieve. Return the whole beans to the stock, add the carrots, green pepper and tomatoes. Cook until tender. Add salt and pepper. If there is any ham on the bone, cut into bits and add to the soup. Serves 10.

BASIC CREAM OF VEGETABLE SOUP (1-3-4-7)

- | | |
|--|--|
| 1 1/2 tbsp. enriched all-purpose flour | 3 c. milk |
| 3 tbsp. butter or fortified margarine | 1 c. finely chopped or puréed leftover vegetable of any kind |
| 1 1/2 tsp. salt | |
| 1/8 tsp. pepper | |

Blend the flour and butter or margarine, add seasonings, milk and vegetable. Bring to a boil, then simmer for about 5 minutes. Serves 5.

Cream of Green Vegetable Soup—follow recipe above, using only green vegetables.

CREAM SOUP OF LEFTOVER BEANS (1-4)

(Use Recipe for Basic Cream of Vegetable Soup, above)

CREAM OF LIMA BEAN SOUP (4-5-6-7)

Use recipe for Cream of Split Pea Soup, using 1 cup dried lima beans in place of split peas.

CREAM OF CORN SOUP (3-4)

2 c. corn (canned or leftover) 2 tbsp. butter or fortified margarine
2 c. boiling water 2 tbsp. enriched all-purpose flour
2 c. milk Salt
1 slice onion Pepper

Place corn, boiling water, milk and onion in a saucepan. Simmer for 20 minutes. Rub through a sieve. Brown flour and butter or margarine together. Stir in corn mixture. Add salt, pepper. Simmer 5 min. Serve very hot. Serves 6.

CREAM OF SPLIT PEA SOUP (4-5-7)

1/2 c. dried split peas 3 tbsp. butter or fortified margarine
2 1/2 c. water 3 tbsp. flour
1 tsp. salt 3 c. milk
1 stalk celery or a few leaves 1 tsp. salt
1 small onion 2 tbsp. aspic salad gelatin

Simmer peas, water and salt together with the celery and onion until peas are tender. Put through a sieve. Melt butter or margarine, add flour and stir until smooth. Add milk slowly, cooking until thick and smooth. Add salt and pea purée. Heat very hot and add the gelatin. Stir until dissolved and serve. Serves 5.

CREAM OF CARROT AND POTATO SOUP (1-3-4)

Use recipe for Basic Cream of Vegetable Soup using 1 1/2 cup diced cooked carrots and 1 1/2 cup diced cooked potatoes.

CREAM OF POTATO SOUP (3-4-6-7)

2 c. mashed potato, hot or cold 1 tbsp. enriched all-purpose flour
4 c. milk 1 1/2 tsp. salt
2 tbsp. grated onion 1/8 tsp. pepper
3 tbsp. butter or fortified margarine 1/4 tsp. celery salt
1 tbsp. chopped parsley

Scald milk with onion, mix slowly with potato. Melt half of butter or margarine, add dry ingredients, mix well. Add to hot soup. Stir well. Boil 1 minute. Add rest of butter or margarine. Sprinkle with chopped parsley. Serves 5.

CREAM OF TOMATO SOUP (2-4-6-7)

4 tbsp. butter or fortified margarine 2 cloves
4 tbsp. enriched all-purpose flour 2 c. canned tomatoes
1 1/2 tsp. salt 1/8 tsp. pepper
2 c. milk 1/2 bay leaf
1 tbsp. chopped onion

Melt 2 tablespoons butter or margarine. Add 2 tablespoons flour and 1 teaspoon salt. Add milk gradually, and cook until slightly thickened. In another saucepan cook together tomatoes, 1/2 teaspoon salt, pepper, bay leaf, cloves, and onion for 10 minutes. Strain. Thicken with 2 tablespoons butter or margarine and 2 tablespoons flour which have been blended together.

Add milk to tomato mixture. Do not allow to come to boil, but serve at once. Boiling tomato soup after the milk and tomatoes have been mixed will make the soup curdle. Serves 4-5.

CREAM OF LEFTOVER VEGETABLE SOUP

(See Basic Cream of Vegetable Soup, page 93)

SOUTHERN TOMATO CREAM SOUP (2-4-7)

4 tbsp. butter or fortified margarine 1 1/4 tsp. salt
5 tbsp. minced green pepper 1/8 tsp. pepper
2 c. strained tomato juice 2 tbsp. enriched all-purpose flour
2 c. scalded milk

Melt 2 tbsp. of butter or margarine, add green pepper, sauté for 5 minutes. Add tomato juice, seasonings. Bring to boil. Thicken with remaining butter or margarine and flour, blended together. Add milk. Serve with sprinkling of browned, buttered bread crumbs. Serves 5.

Variation: Serve with popcorn sprinkled on top. 1 cup of popcorn to 5 servings.

CORN AND LIMA BEAN CHOWDER (3-4-7)

1 c. dried lima beans 1 1/2 c. whole kernel corn
2 c. water 2 tsp. salt
1 tsp. salt 1 tsp. sugar
2 tbsp. chopped onion 1/8 tsp. pepper
1/4 c. drippings or shortening 1/2 c. water
1 c. diced celery 3 c. milk

Soak beans in the 2 cups water for several hours. Add salt and cook until tender. (Should make 2 cups cooked beans.) Lightly brown the onion in the shortening, add celery, corn, salt, sugar, pepper and water. Simmer for 1/2 hour. Add 2 cups cooked dried lima beans and the milk. Heat thoroughly and serve. Serves 6 generously.

Advance Preparation: Fix entire chowder with the exception of lima beans and milk. Cool and store in refrigerator. Just before serving, add the beans and milk. Heat thoroughly.

POTATO CHOWDER (3-4)

3 large potatoes, pared and diced 1/4 tsp. pepper
1 c. onions, sliced thin 1 1/4 c. evaporated milk
2 3/4 c. water 2 tsp. chopped parsley
2 tsp. salt Dash of paprika

Cook potatoes and onions in the water until the vegetables are tender. Do not drain! Mash thoroughly, or put through a sieve. Add salt and pepper. Stir in the evaporated milk slowly. Heat thoroughly. Add parsley and paprika. Serves 6.

VEGETABLE CHOWDER (2-3-4-5)

1 c. corn (leftover or canned) 4 strips diced bacon
4 potatoes, cut in slices 2 tbsp. enriched all-purpose flour
1 onion, sliced 3 c. scalded milk
2 c. water Salt and pepper
2 c. tomatoes

(Continued next page)

Fry bacon and onion until onion is transparent. Add flour, stirring constantly. Add the water and potatoes. Cook until potatoes are soft. Add corn and milk. Cook 5 minutes. Add tomatoes. Heat, season and serve at once. Serves 8.

SOYA AND VEGETABLE CREAM SOUP (3-4-5)

1 strip bacon, diced 1 tsp. salt
2 tbsp. onion, finely minced 1/8 tsp. black pepper
2 c. water 1/2 c. cooked, puréed or finely chopped vegetables
1 c. milk
4 tbsp. soya flour

VEGETABLES

BUTTERED ASPARAGUS (1-7)

To Steam in Economy Cooker: Place 1 cup water in Economy Cooker. Bring to boiling point. Place washed and prepared asparagus in wire basket or cooker, tip ends up. Do not break asparagus in small pieces, but serve whole. Steam 25 or 30 minutes.

To Steam in Ordinary Utensil: Use as little water as possible, preferably not over 1/4 cup. Place asparagus in utensil with water, bring quickly to steaming point, then reduce and cook 20 minutes. Asparagus may be broken in small pieces or kept whole.

For either method: Serve with salt, pepper, melted butter or fortified margarine.

ASPARAGUS AND EGGS AU GRATIN

(See recipe, page 71)

CREAMED ASPARAGUS ON TOAST (1-4-6)

1 tbsp. butter or fortified margarine 1 c. milk
1 tbsp. enriched all-purpose flour 1 c. chopped asparagus

Melt butter or margarine, add flour. Add milk, stirring until thick. Simmer for 5 minutes. Add cooked asparagus. Serve on toast. Serves 2.

BAKED BEANS (5) (American Style)

1 qt. beans, measured and washed, salt 1 tbsp. salt
pork, scored down to rind, but not through rind 1/2 c. molasses
1 large onion, peeled and scored on top 1/2 c. brown sugar
1 tsp. dry mustard
6 c. water

Pick over beans and wash thoroughly. Cover with water and soak overnight. Simmer, but do not boil, in same water until the skins pierce easily. Drain, but keep the water. Remove rind and wipe off salt pork. Put a thin slice in bottom of bean pot. Cut the rest of salt pork

Slightly brown bacon and onion. Add 1 cup of the water, and the milk. Bring to a boil. Add the other cup of water which has been mixed with the soya flour. Simmer 10 minutes. Add salt, pepper and vegetables. Serve hot. This amount should be doubled if used as a main dish for lunch. Serves 5.

CREAM OF SOYBEAN SOUP (3-4-5)

Use recipe for Cream of Split Pea Soup, substituting 1 c. dried soybeans for split peas

KIDNEY BEAN LOAF (4-5)

2 c. dried kidney beans 1/2 c. chopped onion
2 c. water 1/2 c. shortening
4 c. stale bread crumbs 1 egg
2 c. grated cheese 1 1/2 tsp. salt
1/2 tsp. pepper

Soak beans overnight in water. Bring to a boil in the same liquid and then simmer until beans are tender. Mash beans fine and add all the other ingredients, mixing well. Pack into loaf pan and bake for 1 1/2 hours in 325° oven (cold start). Baste occasionally with 1 tbsp. melted butter or fortified margarine and 1/4 c. water.

BAKED LIMA BEANS WITH SOUR CREAM (5)

2 c. dried lima beans 1/8 tsp. pepper
2 tsp. salt 1 c. sour cream
1/2 tsp. dry mustard 3 strips bacon
1/2 c. dark corn syrup

Soak beans overnight. Cook slowly until tender, add 1 tablespoon salt, 1/4 teaspoon mustard. Drain and place in a greased 3-quart casserole. Add syrup, 1 teaspoon salt, 1/4 teaspoon mustard and pepper and mix well. Add the cream, lay strips of bacon over beans. Cover. Bake for one hour in preheated 375° oven. Serves 8.

BUTTERED GREEN LIMA BEANS (1)

For a family of five, buy 3 pound of unshelled lima beans or 1 1/4 pounds of shelled beans. Always keep shelled beans in the refrigerator in a covered utensil until ready to use. Place beans and 1/4 cup water in covered utensil. Bring to a quick boil, then turn to simmer. Steam for 30 minutes. Remove from heat, add 1 tbsp. butter or fortified margarine or 2 tbsp. of cream.

CREAMED GREEN LIMA BEANS (1-4)

Cook as above, stir in one cup White Sauce (see page 92). Serve.

CREAMED DRY LIMA BEANS (4-5)

1 1/2 c. dry lima beans 1 tsp. salt
3 c. cold water 1/4 tsp. pepper
1/2 c. cream or top 1 tbsp. butter or
fortified margarine

Soak beans in cold water several hours. Simmer beans in water in which they were soaked until tender. Add remaining ingredients and serve.

CREAMED GREEN SOYBEANS

Cook as above. Add 1 c. White Sauce, page 92.

CREAMED FRESH SNAP BEANS (1-4)

For a family of 5, buy 1 1/2 pounds fresh snap beans. Wash, string if necessary, and snap into 1" pieces. Place 2 tablespoons butter, fortified margarine or drippings in skillet. Add 3 tablespoons water, salt and pepper. Put in beans and cover tightly. Cook on high heat until steaming, then reduce to simmer heat. Cook 25-30 minutes. Before serving, add 1/2 cup cream or top milk and bring to quick boil. Serve very hot.

DUTCH SNAP BEANS (1-5)

2 slices diced bacon 1/8 tsp. pepper
4 tbsp. diced onion 1 c. hot water
2 tbsp. enriched 1 tbsp. vinegar
all-purpose flour 4 c. cooked snap
1 tsp. salt beans

Brown the bacon, add onion and brown lightly. Add flour and seasonings, and brown. Add hot water and cook, stirring constantly until smooth and thickened. Add vinegar and beans. Boil 10 minutes before serving. Serves 6.

OLD-FASHIONED SNAP BEANS AND BACON (1-3-5)

1 qt. can or 1 1/2 lbs. 1/4 c. chopped onion
fresh snap beans 3/4 c. water
2 medium size 1 1/2 tsp. salt
potatoes, diced 1/8 tsp. pepper
1/4 lb. bacon, diced

Brown the bacon, add the onion and let the onion brown slightly. Add to the other ingredients. Bring to a boil then cook on low heat fresh beans 25-30 minutes, canned beans 20 minutes, or until beans are tender. Serves 5.

SCALLOPED SNAP BEANS (1-4-6-7)

2 tbsp. butter or 1/2 tsp. salt
fortified margarine 1/8 tsp. pepper
3 tbsp. enriched 1 tbsp. prepared
all-purpose flour mustard
1 c. milk 2 c. drained canned
1/2 c. liquid drained snap beans
from beans 1/4 c. buttered crumbs
1/4 c. finely cut cheese

(Continued next column)

Melt butter or margarine, add flour and blend well. Add milk slowly and cook, stirring constantly, until thickened; add liquid from beans, mustard and cheese. Stir until cheese is melted. Add salt and pepper. Put alternate layers of beans and sauce into a small greased casserole. Top with buttered crumbs and bake in preheated 350° oven for 30 minutes. Serves 5.

PICKLED BEETS (3)

1/2 c. cider vinegar 15 whole cloves
1/3 c. tarragon 3 tbsp. brown sugar
vinegar 3/4 tsp. salt
1 1/3 c. beet juice 12 or 14 average
1 2-inch stick size fresh beets
cinnamon Water

Peel beets, slice, cook in 1/2 cup of water until done. Save liquid in which they were cooked. Add sufficient water to make 1 1/3 cups of juice. Boil all ingredients (except beets) together for 15 min. Strain, pour over beets. Let stand overnight or pour into jars and seal. Makes 2 pints.

HARVARD BEETS (3-7)

3 c. cooked, diced 1/2 c. vinegar
beets 1/2 tsp. salt
1/2 c. sugar 2 tbsp. butter or
2 tbsp. enriched fortified margarine
all-purpose flour 1/4 c. water

Mix sugar, flour; add water, vinegar. Cook on medium heat until thick, about 10 min. Add salt, butter or margarine, then diced beets. Cover. Continue cooking about 10 minutes. Serves 4-5.

BUTTERED BROCCOLI (1-7)

Select stalks with dark green, tightly closed buds. Cut off tough part of stalk and coarse leaves. Wash carefully. Peel stalks. If necessary, cut in individual portions, split to make more attractive size and shape. Place in pan with 1/2 to 3/4 cup water. Bring to boiling point on high heat, then reduce heat to simmer. Total cooking time about 25 minutes. Serve with melted butter or fortified margarine.

Variation: Brown 2 tablespoons butter or fortified margarine and use as in Buttered Broccoli.

BUTTERED BRUSSELS SPROUTS (2-7)

Select light green, compact heads. Remove blemished leaves and tough portion of stem. Wash thoroughly. Cut small gashes lengthwise across stems so they will cook as quickly as the heads. Place in a pan with 1/2 cup water. Cover. Bring to quick boil, then simmer about 15 minutes. Drain. Add butter or fortified margarine. Season. One quart serves six people.

Variations:

With Celery—Combine equal amounts of diced celery and Brussels Sprouts. Cook as above.

With Carrots—Combine Brussels Sprouts with 1 1/2 cups diced carrots. Cook together 15 minutes.

SCALLOPED GREEN CABBAGE (2-6)

1 tbsp. butter or 1 tbsp. enriched
fortified margarine all-purpose flour
1 tsp. salt 1/8 tsp. pepper
2/3 c. cream 1/3 c. liquid from
5 c. shredded cabbage
cabbage 3/4 c. water
1 c. buttered crumbs

Cook cabbage in water until partly done. Make a white sauce of butter or margarine, flour, salt and pepper, cream, 1/3 cup liquid from cabbage. Combine sauce, cabbage. Pour into greased casserole. Top with buttered crumbs. Bake 20 minutes in preheated 450° oven. Serves 6.

SOUR CREAM CABBAGE (2-7)

Head of cabbage 1 tbsp. vinegar
2 tbsp. butter or 1 tbsp. sugar
fortified margarine 1 tsp. salt
1 clove garlic 1 egg
1/2 c. sour cream 1/4 c. water

Shred a head of cabbage medium fine. Heat butter or margarine in a skillet and in it slowly cook one clove garlic minced fine. Add cabbage, 1/4 cup water. Cover tightly. Bring to a quick steam, then reduce heat and continue cooking slowly for 10 minutes. Mix together sour cream, vinegar, sugar, salt and egg, beaten light. Pour over cabbage, bring to quick boil and serve at once.

TENNESSEE CABBAGE (2-4-7)

3 tbsp. butter or 1/8 tsp. pepper
fortified margarine 1 tsp. salt
5 c. cabbage, 1/2 c. cream OR
shredded evaporated milk

Put butter or margarine into a skillet and let brown slightly. Add cabbage and stir well. Cover skillet tightly and simmer for 5 minutes. Stir again and cook another 5 minutes. Add pepper, salt and cream. Cover and simmer 4 more minutes. It is very important not to overcook the cabbage. Total cooking time 14 min.

CHINESE CELERY CABBAGE AND TOMATOES (2-7)

1/4 c. water 1/2 c. canned
1 tsp. salt tomatoes
1/8 tsp. pepper 1 small onion, finely
4 c. shredded chopped
Chinese cabbage 2 tbsp. butter or
fortified margarine

Put water, salt and pepper on shredded cabbage. Bring to quick boil, then simmer 10 minutes. Add tomatoes and onions and simmer another 10 minutes until cabbage is tender. Add butter or margarine. Serves 6.

BUTTERED CARROTS (1-7)

Wash and scrape carrots. If carrots are very tender, it is not necessary to scrape them. A thorough washing will be sufficient. Carrots may be cooked whole, sliced crosswise or length-

wise. Place sufficient carrots for your family in a utensil which has a tight-fitting lid. Add 2 tablespoons to 1/4 cup water if cooking electrically, add 1/2 to 3/4 cup water for other type fuel. Add 2 tablespoons butter or fortified margarine, a teaspoon salt. Bring to a quick steam, then reduce heat. If carrots are sliced thin, continue cooking 10-12 minutes. Cook young, tender whole carrots just pulled from garden, the same length of time. Older whole carrots or large pieces of carrots should continue cooking 15-20 minutes. Serve carrots with liquid remaining after cooking.

Variation: Mashed Carrots

Cook as above and mash as Mashed Potatoes.

CARROTS AND SNAP BEANS AU GRATIN (1-4-6-7)

3 tbsp. butter or 1/3 c. grated cheese
fortified margarine 2 c. cooked, diced
3 tbsp. enriched carrots
all-purpose flour 1 c. cooked snap
2 c. milk beans
1 tsp. salt 1/2 c. buttered bread
1/8 tsp. pepper crumbs

Melt butter or fortified margarine, add flour. Blend. Add milk slowly, stirring to prevent lumping. Cook until thickened. Add salt, pepper and grated cheese. Place carrots and beans in a buttered casserole. Pour sauce over vegetables and cover with buttered crumbs. Bake 30 minutes at 375°. Serves 6.

CELERY AND SNAP BEANS (1-3-7)

2 c. cooked fresh OR 1/2 tsp. salt
canned snap beans 1/8 tsp. pepper
1/2 c. cooked celery 1 tbsp. butter or
1/2 c. vegetable liquid fortified margarine
or water

Place all ingredients in saucepan. Cook for 10 minutes. Serves 5.

BUTTERED CAULIFLOWER (3-7)

1 medium size head 1 tsp. salt
of cauliflower 2 tbsp. butter or
1/4 c. water fortified margarine

Separate head of cauliflower into flowerets and wash well. Put cauliflower, water, salt and butter or margarine into a pan and cover tightly. Bring to a boil, then turn to simmer heat and cook until tender (10 to 12 minutes). Cauliflower is delicious served with Cheese Sauce. See recipe on page 92. Serves 4-5.

CREAMED CORN WITH GREEN PEPPERS (2-3-4-7)

2 tbsp. butter or 1 tsp. sugar
fortified margarine 1 egg, well beaten
2 tbsp. enriched 1/2 c. chopped green
all-purpose flour pepper
1 c. milk 2 c. corn, canned or
1 tsp. salt cut from cob
1/8 tsp. pepper

(Continued next page)

elt butter or margarine, add flour, blend well. Add milk slowly, stirring constantly until sauce thickens. Add salt, pepper and sugar. Combine all beaten egg, corn and green pepper. Add White Sauce. Bring to boil. Simmer 20 minutes. Serves 5.

STEAMED CORN ON THE COB (3)

Corn should be husked just before it is cooked. Remove the husk, strip off the silks. Place in covered utensil or deep well cooker with 1 cup water. Bring to the boiling point on high heat, then turn to low heat so as to maintain an active steam. Cook about 15 minutes.

BUTTERED BEET GREENS, CHARD, SPINACH (1-2-7)

(See Buttered Greens, below)

BUTTERED GREENS (1-2-7)

Allow $\frac{1}{2}$ pound of greens per person. Leaves of mustard, kale, dandelion, beet plants, escarole, spinach, chard, chicory, turnip tops may be used. Look over, remove all discolored and bruised leaves. Cut off roots and any tough stems. Select fresh, tender crisp leaves with bright color. Wash in seven waters, first two rather warm, to remove sand and dirt. Remove from last water, sprinkle with salt and place in kettle without water other than clings to leaves. Cover. Steam or cook until tender—about 10 to 30 minutes, depending on type of greens, but be careful not to overcook. Do not cook spinach more than 10 minutes.

BUTTERED GREEN ONIONS (3-7)

1 c. green onions, 2 tbsp. water
cut in 1-inch pieces 1 tsp. salt
1 tbsp. butter or $\frac{1}{8}$ tsp. pepper
fortified margarine Toast points

Wash onions and cut into 1" pieces using all the green stem if onions are very young. Add butter or margarine and water to the onions. Cover tightly. Bring to a boil, then simmer for 5 minutes or until tender. Add salt and pepper. Serve on buttered toast points. Serves 5.

CREAMED ONIONS (3-4-7)

Cook as above. Serve with Cheese Sauce (see page 92.)

CREAMY FRIED ONIONS (3-4-7)

6 medium size onions $\frac{3}{4}$ c. water
(about $\frac{1}{4}$ lb.) 1 tsp. salt
2 tbsp. drippings Few grains pepper
1 tbsp. enriched $\frac{3}{4}$ c. evaporated milk
all-purpose flour

Slice and cut onions into $\frac{1}{8}$ -inch slices. Heat drippings in skillet, add onions and cook on medium heat for 15 minutes or until a golden brown. Sprinkle flour over onions. Add water, salt and pepper. Lastly, add the evaporated milk. Let cook slowly for 2 minutes. Serves 5.

BUTTERED NEW GREEN PEAS (1-7)

For a family of five, buy about 3 pounds of peas. Do not shell them until ready to cook. However, if necessary to prepare in advance, store in covered utensil in refrigerator to preserve the vitamin content.

Place peas, $\frac{1}{4}$ cup water and seasonings in covered utensil. Bring to quick boil, then simmer for 20 minutes. Add 2 tablespoons butter or fortified margarine, or if desired, 3 tablespoons cream.

Creamed: After peas are steamed, stir in one cup of medium white sauce, made of 2 tablespoons butter or fortified margarine, 1 tablespoon enriched all-purpose flour and 1 cup of milk and $\frac{1}{2}$ teaspoon salt. Stir the flour into the melted butter or margarine. Gradually pour in milk, stir until thick. Add peas.

BUTTERED CANNED OR FROZEN PEAS (1-7)

Canned: Heat peas in liquid from can. Add 2 teaspoons sugar, salt, pepper and butter or fortified margarine. Continue simmering for 5 minutes. Serve very hot.

Frozen: Place frozen peas in covered pan with $\frac{1}{4}$ cup water. Bring to a quick boil then turn heat to low and continue cooking for 10 minutes. Add salt, pepper and 2 tablespoons butter or fortified margarine. Serve very hot.

NOTE: On range with accurately controlled heat, frozen peas and butter or fortified margarine may be placed in pan and cooked without the water. This preserves practically all the vitamins.

STUFFED GREEN PEPPERS WITH RICE FILLING (3-6-7)

5 green peppers 3 c. cooked rice,
3 tbsp. chopped drained
onion $\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ c. shortening $\frac{1}{8}$ tsp. pepper
 $\frac{1}{2}$ tsp. poultry seasoning

Wash peppers, cut slice from stem end and remove seeds. Steam for 10 minutes in large covered saucepan. Brown onion in shortening, add seasoning and rice. Fill peppers with rice mixture. Place in greased baking dish. Cover with sauce, bake for 30 min. in preheated 350° oven. Serve with Tomato Sauce, page 92. Serves 5.

PARSNIPS (3)

Parsnips are best if dug after a hard freeze. Wash, peel and cut in half lengthwise. Remove the core before cooking. Cook in covered utensil using $\frac{1}{2}$ cup water to 1 pound parsnips, salt to taste. Serves 3.

To Pan Fry: Heat drippings in skillet. Brown parsnips which have been cooked and serve.

To serve with butter, fortified margarine or cream: Add melted butter or margarine to cooked parsnips. Or if desired, add $\frac{1}{4}$ cup cream

(Continued next page)

or top milk to parsnips. **OR** stir 2 tablespoons enriched all-purpose flour through cooked parsnips, add 1 cup milk, cook until thickened.

PILAF (2-6)

2 tbsp. shortening 1 qt. of tomatoes
 $\frac{2}{3}$ c. rice, washed $\frac{1}{2}$ tsp. salt
and dried Pepper
2 small onions, Chopped parsley
finely cut

Melt shortening in skillet. Add rice and stir until rice becomes a light brown. Add onions and tomatoes. Season with salt and pepper. Cook at simmer until rice is soft (about 30 minutes). Garnish with chopped parsley.

AU GRATIN POTATOES (3-4-7)

2 c. cold boiled or 1 c. white sauce
baked potatoes, cubed

Add potatoes to sauce. Place in shallow greased baking dish and bake 30-35 minutes at 400°.

To Make White Sauce:

2 tbsp. shortening 1 c. milk
2 tbsp. enriched 1 tsp. salt
all-purpose flour 1 c. grated cheese

Melt shortening, add flour and seasonings. Stir until well blended. Pour in milk gradually, stirring constantly. Reduce heat. When thickened, add grated cheese and remove immediately from heat.

BAKED IRISH OR SWEET POTATOES (3)

Select smooth and unblemished potatoes of uniform, medium size, so they will bake in the same length of time. Scrub the potatoes thoroughly, then dry. Rub lightly with unsalted shortening or cooking oil. Scoop small hole from each end, potatoes will bake much more quickly. Bake in cold or preheated 400° oven 1 hour.

BROWNEED POTATOES (3)

Pare potatoes of uniform size. Parboil potatoes about 10 minutes, if desired, then place in pan in which meat is roasting. Bake until soft, about 40 minutes, basting occasionally with shortening in pan. Turn several times.

Carrots may be cooked the same way.

HASH BROWNEED POTATOES (3-4)

3 c. diced, cooked potatoes Salt and pepper to taste
3 tbsp. shortening Milk (about $\frac{1}{4}$ cup)

Use a medium size skillet. Heat shortening, add diced potatoes, seasoning and sufficient milk to moisten, about $\frac{1}{4}$ cup. Cover. Cook slowly, stirring only until milk is absorbed. Turn once.

CREAMED POTATOES (3-4-7)

Dice cold potatoes. Melt in a skillet or saucepan, 2 tablespoons butter or fortified margarine for every cup of potatoes. Add the potatoes, tossing them about in the shortening. A fork is excellent to use. Sprinkle the potatoes with

enriched all-purpose flour, using 1 tablespoon flour for each cup potatoes. Season with salt and pepper. Add $\frac{1}{2}$ cup milk for each cup potatoes. Bring to quick boil, cook about 5 min.

DUCHESS POTATOES (3-5)

2 c. hot ricd or $\frac{1}{2}$ tsp. salt
mashed potatoes 2 egg yolks, slightly
2 tbsp. butter or beaten
fortified margarine

Add butter or margarine, salt and egg to potatoes. Beat. Shape into patties or croquettes. Place in greased shallow utensil and brown in a hot oven. Serves 5.

FRESH FRIED POTATOES (3)

Peel potatoes and slice thin. Heat shortening in heavy skillet. Bacon drippings are excellent. When shortening is bubbling hot, lay in potatoes, sprinkle with salt, cover pan closely. Cook until tender and brown. Finely chopped onions may be added to potatoes, if desired.

MASHED POTATOES (3-7)

5 medium size hot boiled potatoes However, if potatoes have not been cooked as suggested under Steamed Potatoes, use only $\frac{1}{3}$ c. of the liquid
1 tsp. salt
3 tbsp. butter or fortified margarine
 $\frac{1}{3}$ c. hot milk
Liquid left from boiling potatoes

Mash the potatoes, liquid and all. Add hot milk and beat vigorously until every lump is removed. Add butter or margarine and salt. It's advisable to use a regular potato masher for mashing potatoes, and a large spoon for the final beating. Serves 5.

ROMANIAN POTATO CAKES (3-5-6-7)

4 or 5 large raw potatoes (1 qt. shredded) 2 tsp. baking powder
 $\frac{1}{2}$ c. farina, Cream of Wheat or similar cereal (uncooked)
4 eggs, slightly beaten $\frac{1}{4}$ c. dry bread crumbs
 $\frac{1}{4}$ c. enriched all-purpose flour $\frac{1}{2}$ c. rendered chicken fat or other substitute
 $\frac{1}{4}$ tsp. pepper
2 tsp. salt

Shred potatoes. Add eggs, mixing thoroughly. Mix dry ingredients and add to the potato-egg mixture. Melt fat and add. Pour into greased pan about 6" x 10" and bake at 350° for 1 hour. Cut into squares and serve with Creamed Cooked Meat, see page 77. Serves 8.

PARSLEY POTATOES (3)

Sprinkle 3 tbsp. chopped parsley, 2 tbsp. melted butter over cooked potatoes. Serve.

SCALLOPED POTATOES (3-4-6-7)

Peel 6 medium size potatoes and slice medium thin. Prepare a white sauce by cooking together: 2 tablespoons butter or fortified margarine, 2 tablespoons enriched all-purpose flour,

(Continued next page)

$\frac{1}{2}$ cups milk and $\frac{1}{2}$ teaspoons salt. When white sauce is thickened, add $\frac{3}{4}$ cup grated American Cheese. Remove from heat immediately. Pour Cheese Sauce over potatoes and bake uncovered for one hour in 375° oven. Use two-quart casserole. Serves 8.

STEAMED WHITE OR SWEET POTATOES (3 or 1)

For a family of four, 5 or 6 medium size potatoes are usually sufficient. Salt to taste. Place in utensil which has a tight-fitting lid with $\frac{1}{4}$ to $\frac{1}{2}$ cup of water, as required. Cook on high heat until steaming, then reduce heat and cook 20-25 minutes. Do not let water boil violently.

Variation: With Jackets

Wash potatoes carefully. Cook as for steamed potatoes. Cut away a thin strip lengthwise around each potato. After potatoes are cooked, the skin pops right off.

Variation: New Potatoes

Scrub with brush. Cook 25-30 minutes.

CANDIED SWEET POTATOES (1)

6 medium size sweet potatoes—peeled 3 tbsp. butter or fortified margarine
 $\frac{1}{4}$ c. orange juice 2 tbsp. flour
 $\frac{1}{2}$ c. dark corn syrup

Parboil sweet potatoes in salted water. Drain. Place in a greased utility dish. Combine flour with orange juice, add syrup, mix well. Pour over sweet potatoes, dot with butter or margarine. Bake uncovered at 375° for 1 hour. Serves 8.

PAN-FRIED SWEET POTATOES (1)

4 cooked sweet potatoes, sliced 1 tsp. pepper
1 tsp. salt 2 tbsp. drippings

Heat drippings in a large skillet. Add the potatoes, salt and pepper. Fry potatoes, turning occasionally until nicely browned. Serves 5.

STEAMED RICE (6)

1 c. rice 1 tsp. salt
3 c. water, boiling

Wash rice, drop into the boiling, salted water. Boil rapidly, uncovered, for 20 minutes or until kernels are soft. Place in colander or sieve (you might save the water for soup) and pour boiling water over rice to remove loose starch and separate the kernels. Drain, place in oven with door open, to allow rice to dry out. Use the brown rice, if available, for greater food value.

Natural Brown Rice:

Cook as above. Increase time to 40 minutes.

MASHED TURNIPS OR RUTABAGAS (3)

Wash, pare and slice, dice or quarter turnips or rutabagas. Cook with only enough salted water so that the water left can be mashed with turnips. Bring to a steam rapidly, then turn heat to low. Cook until tender, about 30 min-

utes. Mash, season with butter or fortified margarine, salt and pepper.

Mashed with Potatoes: Mash equal quantities of potatoes with turnips and rutabagas and proceed as directed above.

SCALLOPED SPINACH WITH CHEESE (1-2-4-6-7)

$1\frac{1}{2}$ lbs. fresh spinach 1 c. milk
 $1\frac{1}{2}$ tsp. salt $\frac{1}{8}$ tsp. pepper
4 tbsp. butter or $\frac{1}{2}$ c. grated cheese
fortified margarine $\frac{1}{2}$ c. soft bread crumbs
2 tbsp. enriched all-purpose flour

Wash spinach well and cook with 1 teaspoon salt until tender (8 to 10 minutes). (To one half White Sauce recipe page 92, add cheese and stir until melted.) Place alternate layers of spinach and Cheese Sauce in a greased two-quart baking dish. Cover with the bread crumbs which have been buttered in 2 remaining tablespoons of the butter or margarine. Bake for 20 minutes in preheated 375° oven. Serves 6.

SPINACH MOLDS (1-2-4-5-6)

2 c. cooked spinach 1 tsp. finely chopped onion
(1 lb. uncooked)
 $1\frac{1}{2}$ c. soft bread crumbs $1\frac{1}{2}$ tsp. salt
2 eggs, beaten $\frac{1}{4}$ tsp. pepper
 $\frac{1}{2}$ c. milk

Drain spinach, reserving liquid for soups, and chop medium fine. Mix all ingredients together and bake in greased custard cups, or baking dish 6" x 10". Set baking dish or custard cups in pan containing one inch water. Unmold from custard cups or cut into squares and serve with creamed hard-cooked eggs. Bake for 45 minutes in preheated 375° oven. Serves 6.

BUTTERED SUMMER SQUASH (3) (Green or Yellow)

Wash squash and cut in $\frac{1}{2}$ -inch slices. It is not necessary to remove seeds if squash is young and tender. Melt about 3 tablespoons butter or margarine or drippings in a skillet. Add squash, and about 2 tablespoons water. Cover. Bring to quick steam. Reduce heat, cook 10-12 minutes longer. Just before removing from heat add $\frac{1}{4}$ cup cream, bring to quick boil. Serve at once.

FLUFFY YELLOW SQUASH (3-4-7)

$1\frac{1}{2}$ lbs. yellow squash $\frac{1}{4}$ tsp. pepper
or 3 c. cooked, 2 tbsp. butter or
mashed squash fortified margarine
 $1\frac{1}{4}$ tsp. salt $\frac{2}{3}$ c. hot milk
 $\frac{1}{2}$ c. water

Remove seeds and pithy part of squash. Cut in pieces, place in a pan with tight-fitting cover, add $\frac{1}{2}$ cup water. Cook on high until boiling, and finish cooking on low heat. When squash is tender, take a large spoon and scoop squash from shell. Mash thoroughly or put through a ricer. Add salt, pepper, butter or margarine and hot milk. Beat until light and fluffy. Reheat if necessary. Serves 5.

NOTE: This can take the place of potatoes and would be very good served with gravy as in mashed potatoes and gravy.

BAKED WINTER SQUASH (1-7)

2-lb. piece of squash 2 tbsp. brown sugar
1 tbsp. butter or Pepper
fortified margarine Nutmeg
1 tsp. salt

Remove seeds and pithy part of squash. Cut into serving pieces. Place in a greased utility dish with the rind side up. Bake 45 minutes at 350°. Remove from oven. Turn squash over, spread with butter or fortified margarine. Sprinkle with salt, pepper and nutmeg and brown sugar. Return to oven, finish baking at 350° for 20 to 30 minutes. Serves 4.

STEAMED WINTER SQUASH (1-7)

Scrub squash; cut into pieces; remove seeds and stringy portions. Peel if possible. Steam over boiling water 30 to 40 min. or until tender. Remove peeling if still on. Put squash through a sieve or potato ricer. Beat well. Season with salt, pepper, butter or fortified margarine. Serve hot.

SCALLOPED TOMATOES (2-6-7)

2 c. canned or cooked 1 tsp. sugar
tomatoes 4 tbsp. butter or
2 c. soft bread crumbs fortified margarine
1 tsp. grated onion $\frac{3}{4}$ c. tomato juice
 $\frac{3}{4}$ tsp. salt off tomatoes

Drain tomatoes and reserve $\frac{3}{4}$ cup of juice. Brown bread crumbs in the butter or margarine. Place half the crumbs in bottom of greased 3-quart casserole. Mix the tomatoes, salt, onion and sugar, and place over the bread crumbs. Pour the juice over tomatoes. Sprinkle remaining crumbs over top. Bake uncovered in preheated 375° oven for 20 minutes. Serves 6.

STEWED TOMATOES (2-7)

1 can tomatoes 1 tsp. sugar
2 tbsp. butter or Salt and pepper
fortified margarine

Place tomatoes in 2-quart covered saucepan. Turn heat to high to bring tomatoes to steaming point. Then simmer for 5 minutes. Add butter or margarine, salt, pepper and sugar.

Variation No. 1—Bread cubes or cracker crumbs may be added for thickening, or 1 tbsp. flour blended with the butter or margarine.

Variation No. 2—Two tablespoons thick sweet cream may be added just before serving.

BUTTERED SOYBEANS (5-7)

$\frac{1}{4}$ c. water 1 tbsp. butter,
 $\frac{3}{4}$ tsp. salt fortified margarine
2 c. shelled soybeans or bacon drippings

Add water, salt to soybeans. Cook in covered utensil. Bring to quick boil. Reduce heat, cook slowly for 10 minutes. Avoid overcooking. Add butter, margarine or drippings. Serves 5.

SOYBEAN LOAF (2-4-5-6-7)

$1\frac{1}{4}$ c. dried soybeans 2 eggs
 $2\frac{1}{2}$ c. water 2 tbsp. shortening
 $\frac{1}{2}$ c. cottage cheese $1\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ c. fresh or drained 1 tbsp. chopped onion
canned tomatoes $\frac{1}{2}$ c. dry bread crumbs

Soak beans in water overnight. Simmer until soft in water in which they were soaked. Drain. Mash beans. Mix in all other ingredients thoroughly. Place in a well greased loaf pan and bake for 1 hour in preheated 350° oven. Serves 8.

CREAMED MIXED VEGETABLES (1-3-4-7)

1 No. 2 can mixed 3 tbsp. enriched
vegetables OR $\frac{1}{2}$ c. all-purpose flour
each of carrots, $\frac{1}{2}$ c. milk
beans, peas and 1 tsp. salt
corn $\frac{1}{8}$ tsp. pepper
 $1\frac{1}{2}$ tbsp. butter or 1 tsp. chopped onion
fortified margarine $\frac{1}{8}$ tsp. Savory
(optional)

Drain vegetables. Reserve liquid. (Should be $\frac{2}{3}$ cup.) Melt butter or fortified margarine. Stir until well-blended. Add vegetable liquid, milk, slowly. Cook until mixture thickens, stirring constantly. Add vegetables, salt, Savory, onions. Heat thoroughly and serve. Serves 5.

VEGETABLE SCRAPPLE (1-5-6)

1 onion, chopped fine $\frac{1}{4}$ c. peanut butter
1 carrot, chopped fine 1 tsp. salt
2 c. hot corn meal
mush

Mush:

$2\frac{1}{2}$ c. boiling water $\frac{1}{2}$ tsp. salt
 $\frac{3}{4}$ c. corn meal

Cook onion and carrot in boiling, salted water until tender. Drain. Add the corn meal and salt to the $2\frac{1}{2}$ cups boiling water, stirring constantly; cook five minutes. Add the cooked carrot, onion, salt and peanut butter to the hot mush, mix well. Turn into a loaf pan rinsed in cold water. Chill until firm. Slice $\frac{1}{2}$ inch thick. Sprinkle with flour and fry brown on both sides in bacon fat. Serve with crisp bacon or Cheese Sauce (see page 92). Serves 6.

YAMS, QUICK CANDIED (1-7)

4 large yams $\frac{1}{2}$ c. dark corn syrup
2 tbsp. shortening Salt
1 tbsp. butter or
fortified margarine

Peel yams, slice crosswise in $\frac{1}{4}$ -inch slices. Heat butter or margarine and shortening in a skillet and lightly brown sliced yams in the hot shortening. When all slices are browned, sprinkle with salt, pile all slices into skillet, pour corn syrup over the yams. Cover tightly. Cook on low heat for 10 minutes. Serves 5.

All home-preserved vegetables, excepting tomatoes, should be cooked at boiling temperature for at least 10 minutes in a covered container immediately before every serving...even when they are to be used for salad.

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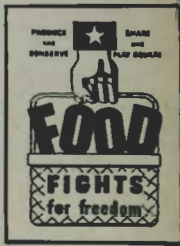


Food

**IS THE MIGHTIEST WEAPON
OF THEM ALL...**

Food can lighten the task of our soldiers . . . can help rehabilitate the peoples of liberated countries . . . can win victories without a shot being fired . . . can shorten the war and help win the peace. There's still plenty of food for the home front . . . no danger that any one of our 130 million people need go hungry if each and every one of us will avoid waste, clean the plate, do our share. Remember . . . **FOOD FIGHTS FOR FREEDOM.**

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SHARE AND PLAY SQUARE...**



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