

Your Share

**How to prepare
appetizing, healthful
meals ★ ★ with foods
available today ★ ★ ★**

Betty Crocker

**52 MENUS
226 RECIPES
369 HINTS**

**On Food Buying, Preparation, Meal
Planning and Serving.**



FOREWORD

Hail to the women of America!

You have taken up your heritage from the brave women of the past. Just as did the women of other wars, you have taken your positions as soldiers on the Home Front. You have been strengthening your country's defenses—as plane watchers—as flyers—as members of the armed forces—as producers, in war plants and homes—and in Red Cross and Civilian Defense activities. The efforts and accomplishments of women today are boundless!

But whatever else you do—you are, first and foremost, homemakers—women with the welfare of your families deepest in your hearts. Now you face a new and more difficult problem in the management of your homes. You must make a little do where there was an abundance before. In spite of sectional problems and shortages, you must prepare satisfying meals out of *your share* of what there is. You must heed the government request to increase the use of available foods, and save those that are scarce—and, at the same time, safeguard your family's nutrition. Never has there been such an opportunity, and a need, for what American women can contribute.

So to you women behind the men, behind the guns, we offer this little book, with its daily helps for wartime meal-planning and cooking. And we salute you all!

Betty Crocker

HOME SERVICE STAFF

GENERAL MILLS, INC.



**To Make the Most
of the Meat You Buy**

KNOW MEAT GRADES
STORE PROPERLY
COOK CORRECTLY
LEARN POINT VALUES
PLAN LEFT-OVERS
SALVAGE DRIPPINGS

IN spite of the heavy demands on America's supply of meat because of the war, our share at home will be enough—if we use it wisely, learn to extend it with other foods—and make the most of every bit available.

MEAT VARIES IN QUALITY—KNOW YOUR GRADES:

Same Nutrition Value	Same Point Value
AA	AA
A	A
B	B
C	C

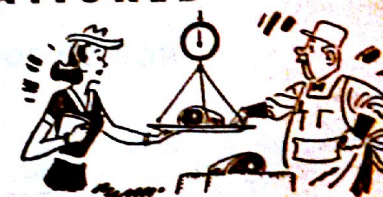
Select the grade of meat that best suits your pocketbook

MEAT IS RATIONED

Watch Your P's and Q's

(points) (quantities)

Ask for bones and trimmings. Put into a soup kettle with bits of vegetables. Simmer for soup.



Compare the points it takes to feed your family different cuts

MEAT	SERVES	POINTS*
1 lb. ground beef	4 or 5	7
1 lb. porterhouse	2 or 3	12

Guide to Weight Per Serving

MEAT CUT	Wt. per Serving	MEAT CUT	Wt. per Serving
Round steak	$\frac{3}{4}$ lb.	T-bone and Porterhouse steak . . .	$\frac{1}{2}$ lb.
Chops (pork and lamb)	$\frac{3}{8}$ lb.	Meat birds (stuffing)	$\frac{1}{8}$ lb.
Roasts (bone in)	$\frac{1}{2}$ lb.	Sausage	$\frac{1}{8}$ lb.
Roasts (boneless)	$\frac{1}{4}$ lb.	Stew meat (boneless)	$\frac{1}{8}$ lb.
Spare ribs	$\frac{3}{4}$ lb.	Variety meats	$\frac{1}{8}$ lb.
Pot roast	$\frac{1}{8}$ lb.	Bacon	$\frac{1}{8}$ lb.

*Points Indicated are subject to change

Meats...!

MEAT IS PERISHABLE . . . STORE IT PROPERLY



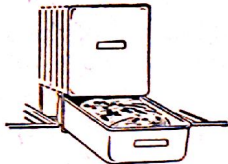
FRESH MEAT . . . Unwrap, wipe with damp cloth. Cover loosely with paper. Store in coldest part of refrigerator.



GROUND MEAT . . . Darkens on standing; spoils quickly. Cook within 24 hr. or freeze to keep. May be shaped before freezing.



SMOKED MEAT . . . New tenderized smoked meats should be stored same as fresh meats. Other smoked meats keep longer.



FROZEN MEAT . . . Keeps indefinitely in freezing unit. More perishable after thawing, so cook immediately. *Do not refreeze.*



COOKED MEATS . . . Cover closely to prevent drying. Store in coldest part of refrigerator. Do not cut up until ready to use.



POULTRY, FISH . . . Clean. Wash. Refrigerate. Keeps better whole. *Fish:* Cook within 24 hr. *Variety Meats:* Cook within 24 hr.

MEAT IS PRECIOUS . . . PREVENT COOKING WASTE!

Proper Cooking { *Keeps meat tender or makes it tender*
Saves food value
Keeps shrinkage at a minimum

HOW TO COOK TENDER CUTS



ROAST . . . Place meat, fat side up, on rack in uncovered pan. Use continuous low temperature 325°.



BROIL . . . Preheat broiler. Place meat 2 to 5 inches below heat, depending on thickness. Turn once.



PAN-BROIL . . . Place meat in hot pan. Brown on both sides, reduce heat to finish cooking, pouring off fat.

HOW TO COOK LESS TENDER CUTS



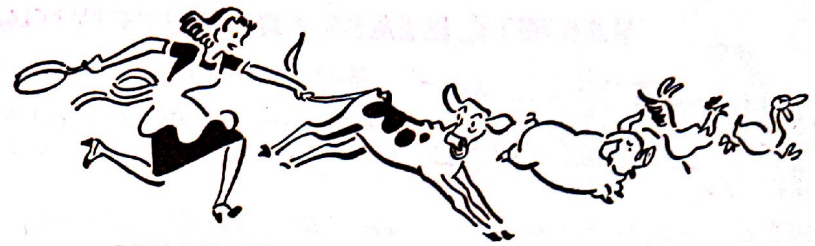
BRAISE . . . Roll meat in seasoned flour; brown in hot fat.



STEW . . . Barely cover meat with hot water. Cover and cook slowly until tender.



SOUP . . . Barely cover meat with cold water. Cover and cook slowly until tender.



MEAT IS SCARCE . . . extend it!

<i>Try These</i>	<i>Meats to use</i>	<i>Extend with</i>
Loaves, Mock Steaks, Patties	Ground beef, veal, pork or ham. Ground liver.	Bread and cracker crumbs, WHEATIES, cooked rice, oatmeal.
Pot Roasts, Stews	Neck, shank, breast, round, shoulder and flank of beef, veal or lamb. Kidneys, oxtails for stew.	Vegetables (tomatoes, carrots, onions, celery, potatoes, green peppers, peas, turnips, green beans). Dumplings.
Meat Pies <i>See recipe (page 6)</i>	Same cuts as for stews and pot roasts. Leftover meats.	BISQUICK toppings and biscuits. Pastry topping and mashed potato topping.
Meats Baked with Stuffing	Spareribs, flank or round steak, breast or shoulder of lamb or veal. Heart.	Bread, apple, celery or mushroom stuffing. Rice (white or wild). Sauerkraut.
Birds and Chops with Stuffing	Birds-beef or veal round. Liver, (any). Chops-pork or veal.	Bread or cereal stuffing. Vegetable stuffing (celery, onion, mushroom, corn). Apple, celery stuffing.
Pinwheel Rolls <i>See recipe (page 8)</i>	Ground beef, pork and veal. Ground ham, uncooked. Cooked ham.	Cooked vegetables for filling (carrots, celery, onions). Mashed potatoes, white or sweet. BISQUICK dough for outside.
Individual Rolls	Dried beef. Ham slices.	Asparagus and green beans.
Scalloped Meat and Potatoes	Bologna, sliced frankfurters or sausages. Dried beef or ham.	Potatoes, white sauce, bread crumbs.
Creamed Meats	Dried beef, ham and mushrooms, sweetbreads, left-over meats.	On toast or biscuits, over potatoes, on rice or noodles, in puff pastry, cream puffs.
Croquettes	Ground cooked meats (beef, veal or lamb).	Cooked rice, bread crumbs, white sauce (thick).
Baked Stuffed Vegetables	Left-over meats (chopped), ground beef or pork sausage.	Cooked rice, bread crumbs, macaroni or noodles, ready-to-eat cereals.
Soups	All bones and trimmings, shanks.	Pearl barley, rice, vegetables, spaghetti (vermicelli), noodles.

VARIETY MEATS ARE NUTRITIOUS

Make Them Delicious!

Your family will like them if you fix them in these interesting ways.



LIVER (Calf, Lamb, Beef, Pork)

Remove skin and tough fibers with a knife or scissors. Wipe with damp cloth.

HOW TO COOK:

1. Brush $\frac{1}{2}$ in. slices with melted fat. Broil about 5 min. on each side.
2. Thread alternate slices of bacon and cubes of liver on skewers. Broil.
3. Pan broil liver. Save drippings in pan. Make creamy gravy in it. Add chopped cooked liver. Serve on toast.

HEART (Calf, Lamb, Beef)

Wash thoroughly. Remove arteries, veins, etc. Wipe with damp cloth.

HOW TO COOK:

1. *Chicken-fried Heart:* $\frac{1}{2}$ -in. slices. Dip in flour, salted and peppered. Brown in hot fat. Add little hot water. Cover. Simmer 30 to 45 min.
2. *Stuffed Heart:* fill heart cavity with well-seasoned bread dressing. Fasten with skewers and string. Roll in flour, salted and peppered. Brown in hot fat. Add $\frac{1}{2}$ cup water. Cover. Simmer until tender, $3\frac{1}{2}$ hr. for beef heart, 2 to $2\frac{1}{2}$ hr. for veal or lamb heart. Make brown gravy with juices in pan.

KIDNEY (Veal, Lamb, Pork, Beef)

Wash. Remove outer membrane. Split through center lengthwise, remove fat and heavy veins. Soak in cold salted water 45 min. before cooking. (Precook beef kidneys 1 hr., pork kidneys 20 min. Change water.)

HOW TO COOK:

1. Dip in melted fat and season. Broil 5 min., until tender, turn often. Brush with melted fat. Sprinkle with lemon juice. Serve on toast.
2. Dip in egg, roll in crumbs, fry in melted fat. Serve with creole sauce.

SWEETBREADS AND BRAINS

Use immediately after purchase, or precook and refrigerate. *Precooking:* cover with cold water, soak $\frac{1}{2}$ hr. Drain. Remove loose membranes. Simmer 20 min. in salted hot water to which lemon juice or vinegar (1 tbsp. to 1 qt. water) has been added. Drain. Plunge in cold water. Remove membrane. Cover, and refrigerate.

HOW TO COOK:

1. Dip in melted fat. Broil or pan fry until brown (about 10 min.). Serve hot with mushroom sauce.
2. *Sweetbread Brochettes:* thread alternate pieces parboiled sweetbreads with bacon on skewers. Brush with melted fat. Broil.
3. Serve *Creamed Sweetbreads* on toast, in patty shells or over rice. Combine with any of the following: leftover ham, chicken, veal, peas, mushrooms, asparagus tips, or oysters.
4. Crumble and scramble with eggs.

TONGUE (Beef, Calf, Pork)

Wash. Cover with hot salted water. Cook until tender (about 2 hrs. for pork and veal tongue, 3 hrs. for beef tongue). Allow tongue to cool in liquid. Remove connective tissue, roots and skin.

HOW TO COOK:

1. To serve hot: skin and slice. Serve with horseradish sauce ($\frac{1}{2}$ cup whipped cream, 2 tbsp. drained horseradish, 1 tbsp. salad dressing).
2. Bake sliced cooked tongue with diced carrots, celery and onion, adding some of stock in which tongue was cooked.
3. Slice cold tongue and serve with potato salad or cole slaw.



TIPS . . . Use low-point meat from neck, flank, shoulder or breast. Roll in seasoned flour, brown on all sides in hot drippings. Add a little boiling water. Cover tightly. Herbs zip up flavor. Vary herbs, vegetables for different taste effects.

SAVORY STEW . . . DUMPLINGS

(2 lb. with bone—serves 6 to 8)

Simmer $1\frac{1}{2}$ hr. (see above) 2 lb. beef, veal or lamb (cut in 1-in. cubes)
Add 1 bay leaf
2 tbsp. minced parsley
 $\frac{1}{2}$ tsp. thyme
1 cup cut-up carrots
1 cup cut-up turnips
1 cup cut-up celery
1 cup tiny onions
4 cups cubed potatoes

Simmer 30 min.

Thicken liquid for gravy. Drop Dumplings (see Bisquick pkg.) on meat or bones (boiling stew). Cover tightly, cook 15 min. *without lifting cover.*

NOTE: In lamb stew, use less onion, peas in place of turnips.

TIPS . . . Use low-point meat. Any combination such as, $\frac{1}{2}$ lb. each beef, veal, pork—or use $\frac{1}{4}$ lb. salt pork with $1\frac{1}{4}$ lb. beef. Use Wheaties or oatmeal or bread in same amount . . . but add 2 tbsp. more liquid for oatmeal.

FLUFFY MEAT LOAF

($1\frac{1}{2}$ lb.—serves 4 to 5 for 2 meals)

Mix thoroughly . 1 lb. ground beef or veal
 $\frac{1}{2}$ lb. ground pork
2 cups bread crumbs
1 egg, beaten
 $1\frac{1}{2}$ cups milk
4 tbsp. chopped onion
 $\frac{1}{4}$ tsp. dry mustard
 $\frac{1}{8}$ tsp. sage
2 tsp. salt
 $\frac{1}{4}$ tsp. pepper

Pack into greased bread loaf pan (4x8-in.). Bake $1\frac{1}{2}$ hr. in mod. oven (350°).

For Beef Loaf: Use 1 tbsp. horseradish and 1 tbsp. catsup in place of mustard and sage.

For Catsup-Topped Loaf: Spread 3 tbsp. catsup over top before baking.

MEAT CURRY

(1 lb.—serves 6)

Brown meat . . . 1 lb. veal, beef or lamb shoulder ($\frac{1}{2}$ -in. pieces)
(see above)
Add 3 cups diced celery
4 cups boiling water
2 tsp. salt
 $\frac{1}{4}$ tsp. pepper

Simmer 1 hr.

Blend and add . 3 tbsp. GOLD MEDAL Flour
 $\frac{1}{2}$ tsp. curry powder
 $\frac{1}{4}$ cup cold water

Cook 10 min.

Add 3 drops Kitchen Bouquet

Serve over fluffy cooked rice or in BUTTERCUPS: trim crusts, brush bread slices with butter or margarine, press into muffin cups, brown lightly in moderate oven.

HAM LOAF

(2 lb.—serves 6 to 7 for 2 meals)

Mix thoroughly . 1 lb. ground smoked ham
1 lb. ground pork
3 cups WHEATIES
2 eggs, well beaten
1 cup milk
1 tsp. salt
 $\frac{1}{8}$ tsp. pepper

For Peanut Ham Loaf: Add 4 tbsp. peanut butter to other ingredients in Ham Loaf.

Festive Meat Loaf: Bake in ring mold. Garnish with hot fruits (pineapple or cinnamon apple slices, peach halves, etc.).

TIPS . . . Roll 1-in. cubes meat in seasoned flour, brown on all sides. Or use cooked meat, sliced, cut in 1-in. pieces. Have filling hot when Bisquick Topping is put on.

MONDAY MEAT PIE

(½ lb.—serves 6)

Brown in hot fat . ½ cup diced celery
 ½ cup diced onion
 ½ cup chopped green pepper
 Add 2 cups cut-up roast (beef, veal or pork)
 3 cups cut-up vegetables, cooked (carrots, potatoes, peas, etc.)
 2 cups well-seasoned gravy (add white sauce to left-over gravy to make 2 cups)

PLENTIFUL POT PIE

(meatless—serves 8)

Melt 3 tbsp. fat
 Blend in 5 tbsp. GOLD MEDAL Flour
 1 tsp. salt
 1 tsp. celery salt
 ½ tsp. paprika
 Add 3 bouillon cubes
 dissolved in . 3 cups boiling water
 Add 16 small onions, cooked
 1 cup left-over cooked vegetables (cabbage, celery, corn, etc.)
 1 cup lima beans, cooked
 1 cup sliced carrots, cooked

Heat thru. Place in 8-in. casserole. Place in 8x12-in. baking dish.

Cover with BISQUICK Topping (see Meat Pie recipe on BISQUICK pkg.).
 Bake 15 to 20 min. in hot oven (425° to 450°).

TIPS . . . Escalloped potatoes and meat in new form.

DUTCH POTATOES

(¾ lb.—serves 6)

Pare and remove centers 6 medium potatoes (apple corer)
 Draw frankfurter through each . 6 frankfurters
 Place in 8x12-in. pan with . . . 4 tbsp. drippings
 Salt and pepper
 Pour over all . . 1 cup milk

FULL O' BOLOGNEY

(½ lb.—serves 4-6)

Arrange in alternate layers in greased 7 or 8-in. baking dish . 1½ cups sliced or cubed bologna
 2 cups sliced or cubed raw potatoes
 6 tbsp. GOLD MEDAL Flour
 ¼ tsp. salt
 ¼ tsp. pepper
 Dot with 3 tbsp. bacon fat
 Pour over all . . 2 cups milk

Bake 1 to 1¼ hr. in a mod. oven (350°).

TIPS . . . Heat oven while cooking meat and mixing Biscuit dough (see Bisquick pkg.). These bake in a hurry—for meals at odd hours—hearty snacks.

SAUSAGE SHORTCAKES

(½ lb.—serves 6)

Season, shape into patties and brown ½ lb. bulk pork sausage

Make biscuit dough. Roll thin—cut into rounds. Place each sausage patty between 2 rounds. Press edges together with fork. Prick tops.

Bake 15 min. on pan in hot oven (450°).

PIGS IN BLANKETS

(1 lb.—serves 8 to 10)

Simmer in hot water 10 min. . 8 to 10 wieners or frankfurters

Make biscuit dough. Roll thin—cut in squares. Wrap around wieners or franks (having ends show). Seal side edge by pinching together.

MEAT BALL PANCAKES

(½ lb.—serves 6)

Beat until light . 3 egg yolks
 Blend in ½ lb. ground beef
 ¼ tsp. baking powder
 ½ tsp. salt
 Dash of pepper
 1 tsp. lemon juice
 1 tbsp. minced parsley
 1 tbsp. grated onion
 Fold in 3 stiffly beaten egg whites

Drop spoonfuls on hot greased grid-dle. When puffed and brown, turn and brown on other side. Serve immediately with mushroom sauce, if desired. Or choose a creamed vegetable or creamed potatoes to go with the pancakes.

BRAISED LAMB SHANKS

(2 lb. with bones—serves 4)

Brown 4 lamb shanks (2 lb.)
 in 4 tbsp. fat
 Add 1 tsp. salt
 ¼ tsp. pepper
 2 cups water

Simmer covered 1½ hr. Or bake 1½ hr. in mod. oven (350°). Add more water if necessary.

Add 1 cup cut-up carrots
 1 cup cut-up potatoes
 ½ cup cut-up celery
 ½ cup cut-up onion

Continue cooking until tender (30 min. to 1 hr.). Thicken juice before serving.

OXTAILS (2 lb.), separated at joints, may be substituted for lamb shanks. Simmer 3½ hr.

TOASTWICHES

(serves 4)

Mix ½ lb. ground beef or hamburger
 ½ cup milk
 1 tbsp. minced onion
 ½ tsp. salt
 ½ tsp. pepper
 Toast on 1 side . 4 slices bread

Spread other side with butter and prepared mustard. Spread with meat mixture. Dot with a little bacon fat. Broil about 7 min.

NUTBURGERS

(meatless—serves 8)

Mix together thoroughly . . 1½ cups ground pecans (2 cups whole pecans)
 1 cup soft bread crumbs (packed in cup)
 1 egg, well beaten
 1 tsp. finely cut onion
 2 tbsp. finely cut parsley
 1½ tsp. salt
 1 cup milk

Chill 2 hr. Drop spoonfuls into hot greased skillet, brown 5 min. on each side. (Nuts burn easily.) Serve with hot Mushroom Sauce (½ lb. sautéed mushrooms in 1½ cups Thick White Sauce—with 1 tbsp. cooking sherry).

JELLIED HAM LOAF

(2½ lb. with bone—serves 8-10)

Cover with boiling water 2½ lb. ham shank
 Simmer 2 hr.
 Take meat from bone and grind enough for 2 cups.
 Soften 1 tbsp. gelatin
 in ¼ cup cold water
 Dissolve with . . 2 bouillon cubes
 in 2 cups hot ham stock
 Add 2 cups ground cooked ham
 2 tsp. horseradish
 2 tsp. prepared mustard
 1½ cups WHEATIES

Chill until firm in oiled bread loaf pan (4x8 in.). Unmold and slice.

Jellied Veal Loaf: Simmer 3-lb. knuckle of veal and 1 lb. lean veal with onion, parsley, celery tops, salt, in water to cover. Cut meat coarsely (3 cups). Boil down strained liquid to 2¾ cups. Add salt. Use 1 tbsp. gelatin in ¼ cup cold water. Mold, chill as above.

EMERGENCY STEAK

(1 lb.—serves 6)

Mix 1 lb. ground beef or hamburger
 ½ cup milk
 1 cup WHEATIES
 1 tsp. salt
 ¼ tsp. pepper
 1 tbsp. chopped onion

Place on pan, pat into T-bone steak shape, 1 in. thick. Broil 8 to 15 min. at 500° (very hot). Turn once.

Meats . . . 7

TIPS . . . Meat rolls with colorful vegetable fillings—or a fluffy Bisquick biscuit blanket with a tasty meat filling—are easy and attractive for festive occasions. Serve gravy with them—or a creamy sauce—or creamed vegetable.

PINWHEEL MEAT ROLL

(1 lb.—serves 6)

Mix ¾ lb. ground beef, veal or lamb
¼ lb. ground pork
1 egg, well beaten
¼ cup milk or water
1 cup soft bread crumbs
2 tbsp. chopped onion
½ tsp. salt
¼ tsp. sage

Place the meat mixture between pieces of waxed paper. Roll into oblong ¼ in. thick. Remove top paper. Spread with filling. Roll up as for jelly roll. Chill. Bake in 8x12-in. pan, uncovered, 1 hr. in mod. oven (350°).

Golden Filling: Cook ¼ cup finely chopped onion, ½ cup diced celery, in 2 tbsp. butter until yellow. Add 1½ cups finely chopped, cooked carrots and ½ tsp. salt.

White Filling: 3 cups moist mashed potatoes.

For Peanut Meat Roll: Add 1 cup ground salted peanuts to meat mixture. Use either filling.

TIPS . . . Two favorite one-dish meals in different form. They save time, work and dishes.

AMERICAN CHOP SUEY

(½ to 1 lb.—serves 6)

Brown in hot fat . ½ to 1 lb. lean pork or veal, cut up small
1 onion, sliced
Add 2 cups cut-up celery
1 green pepper, chopped
¾ cup uncooked rice
5 cups meat stock (or 5 bouillon cubes and 5 cups boiling water)
1 to 2 tsp. salt
½ tsp. pepper
1 to 2 tbsp. chop suey sauce, if desired

Cover, simmer 40 min. Uncover last 15 min. if you wish a thicker mixture.

MAKE THE MOST OF MEAT: Use small left-over bits, diced or ground, in scrambled eggs, omelets, soufflés, hash. Simmer bones or trimmings an hour or two; use stock in soup, gravies, meat sauces. Fry out fat, render it and save for cooking.

MEAT IN BLANKET

(2 cups cooked meat—serves 6 to 8)

Mix 2 cups cooked flaked chicken (or other meat)
with gravy (enough to moisten)

Spread on Biscuit dough (see Bisquick pkg.) rolled ⅓ in. thick into narrow oblong (6x12 in.). Roll up like jelly roll. Seal well by pinching edges of dough into roll. Bake in loaf pan 20 to 25 min. in hot oven (450°). Cut in thick slices. Serve with hot gravy.

NOTE: Use left-over gravy with milk and thickening added to make 2 cups.

For Ham Roll: Use 2 cups cooked, flaked or chopped ham moistened with a little cream sauce. Spread on biscuit dough—roll up—and bake as above. Serve with hot creamed peas or creamed mushrooms as gravy.

For Beef or Veal Roll: Use cooked beef or veal in place of chicken. Serve with gravy or tomato sauce.

For Seafood Roll: Use tuna or other seafood in place of chicken. Substitute medium white sauce for meat gravy . . . adding chopped hard-cooked eggs, if desired.

SIX-LAYER DINNER

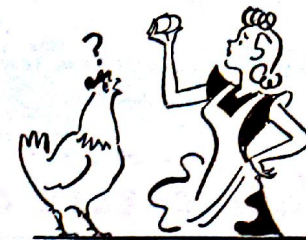
(1 lb.—serves 6)

Place in layers in greased shallow baking dish . . 2 cups sliced raw potatoes (8x12 in.)
2 cups chopped celery
2 cups ground beef
1 cup sliced raw onions (or less, if desired)
1 cup finely cut green pepper (or less, if desired)
2 cups cooked tomatoes
2 tsp. salt
Season layers with ¼ tsp. pepper

Garnish with green pepper slices. Bake about 2 hr. in mod. oven (350°).

Multiply EGGS

Humpty Dumpty's always on call
Bursting with vitamins for us all
Proteins and minerals, too, in his shell
What we all need to help keep us well.



DO YOU KNOW YOUR EGGS? Federal and state regulations for grading eggs vary. Find out your state regulations and their meaning.

A GOOD EGG

For the breakfast table . . . is strictly fresh (top grade).

For cooking (in meat loaves, custards, etc.) . . . is a smaller egg (lower grade).

For baking (especially cakes) . . . is a large egg (2 oz.) or measure eggs to get full amount. The large eggs recipes call for yield the following amounts:

1 egg . . .	¼ cup	2 whites . .	¼ cup	3 yolks . .	¼ cup
2 eggs . . .	½ cup	4 whites . .	½ cup	6 yolks . .	½ cup
4 eggs . . .	1 cup	8 whites . .	1 cup	12 yolks . .	1 cup

TREAT 'EM RIGHT AND THEY'LL DO RIGHT BY YOU



They like the coldest spot in refrigerator.

If you're going to separate them, the earlier the better, as soon as they come out of the refrigerator . . . yolk is less likely to break . . . whites beat up higher if at room temperature.

Keep LEFT-OVER EGG WHITES in tightly covered jar in refrigerator. Use in making Angel Foods, white cakes, meringues, white icings, etc. They keep a long time.

Keep LEFT-OVER EGG YOLKS (one or two) in custard cup covered with oil silk cover or waxed paper. Use in custards, salad dressings, cream pies, etc. (2 yolks for 1 whole egg). Use in yeast rolls, cookies, etc. (2 yolks plus 1 tbsp. milk or water for 1 whole egg). To use in salads, sandwich fillings, etc., simmer in hot water 10 min.

THEY GET TOUGH IF YOU MAKE IT TOO HOT FOR THEM

Simmer, don't bubble—fry gently, don't frizzle—bake slowly, don't broil—and the double boiler saves toil and trouble when cooking egg mixtures on top of stove.



DON'T WISH THE HEN WOULD LAY SOMETHING BESIDES EGGS

Here is variety:

SOFT-COOKED . . . Place eggs in boiling water, cover, set in warm place (off heat) for 6 to 8 minutes . . . depending on consistency desired.

HARD-COOKED . . . Same as above, but cook 35 to 45 min. Plunge into cold water immediately to prevent discoloration of yolks and to make easier to shell.

POACHED . . . Break egg into saucer, carefully slip it into boiling salted water (enough

to cover). Reduce heat, set in warm place (don't let boil) and cook until white is set (about 5 min.).

SCRAMBLED . . . For each egg, use 2 tbsp. top milk, season with salt and pepper, and beat well. Cook in melted fat in double boiler or in heavy skillet over low heat, stirring frequently.

SHIRRED . . . Place eggs in greased, hot custard or muffin cups, sprinkle with salt and pepper, bake 5 min. in slow mod. oven (325°).



Make CHEESE GO FURTHER

In Place of Meat

A milk food with the same high quality protein as meat . . . but fewer ration points . . . 1 ounce cheese gives same amount of calcium as 1 cup milk.

There's a Cheese for Every Taste

Natural cheese is made by heating, pressing and curing the curd of milk. Processed cheese . . . the natural cheese shredded, blended and pasteurized. Classified according to consistency:

Hard . . . American, Swiss, Edam, Roquefort, etc.
Semi-Hard . . . Brick, Muenster, Limburger, etc.
Soft . . . Packaged White Cream, Camembert, Cottage, etc.



It's Sensitive to Heat

Keep refrigerated, tightly covered.
To keep from drying out, spread cut surface with thin layer of melted paraffin.
Cook cheese mixtures in double-boiler, and bake cheese dishes in slow moderate oven (325°) or steam bake (in pan of water in oven). It toughens and becomes stringy at high temperatures.

Perfect Partnerships

Cheese with macaroni, spaghetti, enriched bread, rice, dried peas and beans, etc. Grand main dishes to extend meat ration points.
Cheese sandwiches for lunch box, Sunday night suppers, in-between snacks.
Cheese with salad dressing . . . with tossed vegetable salads for soup suppers.
Cheese in balls in gelatin fruit salads or with fresh fruit salads.
Cheese-stuffed prunes or dates, celery, stuffed tomatoes and green peppers (chilled and sliced).

"Nippy" Ideas to Pep up Meals

Add grated cheese to biscuit dough, waffle batter, pastry for apple pie.
Make au gratin potatoes.
Serve escalloped cabbage, onion, etc., with sprinkling of cheese.
Make a sandwich of gingersnaps and cream cheese.
Roll out left-over pastry, sprinkle with cheese, cut into fancy shapes, bake, and serve with salads or tea.

Fruit Cheese Finales

Apple Pie with cheese.
Orange sections, Roquefort and crackers.
Fresh pears, bar le duc, packaged white cream cheese and crackers.
Strawberry jam, packaged white cream cheese and crackers.
Apples (sliced or whole) with Camembert or American cheese and salted nuts.

10 . . . Cheese

CHEESE SOUFFLÉ—high and puffy

6 servings

Make white
sauce of . . . 2 tbsp. fat
4 tbsp. GOLD MEDAL Flour
1/2 tsp. salt
1 cup milk
Blend in . . . 1 cup grated mild cheese
1/2 tsp. dry mustard
Stir in . . . 3 well beaten egg yolks
Fold into . . . 3 egg whites stiffly beaten
with 1/4 tsp. cream of tartar

Pour into well greased 8-in. casserole.
Bake 1 hr. in *slow mod. oven* (325°).

CHEESE FONDUE—a simplified soufflé

6 servings

Place in greased
8-in. casserole
in layers . . . 1 cup bread cubes
1 cup grated sharp cheese
Mix and pour in . . . 1 beaten egg
1 cup milk
1/2 tsp. salt
1-16 tsp. pepper
1/8 tsp. dry mustard

Steam bake 40 min. in *mod. oven* (350°).

POTAGE DE FROMAGE—a French favorite, thick and hearty

Cover with . . . 3-lb. soup bone
2 1/4 qt. cold water
Add . . . 2 bay leaves
1 sliced onion
2 tsp. salt
1/8 tsp. pepper
1/2 tsp. celery seed
1/8 tsp. thyme

Simmer 3 hr. and remove bone
Place in alternate
layers in deep
kettle . . . 24 slices Zwiebach
or 12 slices dry toast
1/2 to 1 lb. sharp cheese

Pour in hot unstrained broth (2 qt.).
Heat 20 min. in *slow mod. oven* (325°).

Blend in . . . 2 eggs, slightly beaten
1/4 cup cooking brandy

Serve hot. 8 servings.

TOASTED CHEESE SANDWICH

Place generous slice of cheese between 2 slices of bread. Butter outside. Brown lightly on both sides in heavy skillet over low heat. Or, toast on rack in oven.

FAVORITE CHEESE CASSEROLE

Arrange in greased
8x12-in.

baking dish . . . 6 slices enriched bread
Cover with . . . 1/2 lb. sharp cheese, cut in
1/4-in. slices
Top with . . . 6 more slices of bread
Pour over above . . . 4 egg yolks, beaten
2 1/2 cups milk
1 tsp. salt
1/8 tsp. pepper
1/4 tsp. dry mustard

Chill. Bake 1 hr. in *mod. oven* (350°).
6-8 servings.

OPEN CHEESE SANDWICHES

Combine . . . 2 eggs, well beaten
2 cups grated sharp cheese
1 tsp. Worcestershire sauce
1/2 tsp. salt
1/4 tsp. paprika
Spread on . . . 6 slices bread, toasted on
bottom side
Top with . . . 2 half-strips bacon

Broil 8-10 min. (until cheese melts
and bacon is crisp). 6 generous servings.

GNOCCHI—Italian luncheon treat

Heat to boil . . . 3/4 cup milk or water
2 tbsp. butter

Lower heat
Add (all at once) 1 cup sifted GOLD MEDAL
Flour
Stir vigorously until mixture leaves sides of pan
and forms into ball of dough. Remove from heat.
Blend in . . . 1/2 cup grated sharp cheese
1/2 tsp. salt
1/4 tsp. paprika
Then . . . 2 unbeaten eggs, one at a
time

Mix thoroughly. Divide into 12 parts.
Dip in flour, pat into thin cake (1/4-in. thick). Chill. Brown in hot pan.
Sprinkle with cheese. Serve with tomato sauce. (NOTE: Instead of frying, push dough off end of tsp. into boiling salted water. Boil 15 min. Drain on cheesecloth. Place in warm casserole or platter, sprinkle with cheese and pour cream sauce over.)

Recipes for other meatless and macaroni dishes may be found in the Cereal section.

Cheese . . . 11



Stretch THE MILK SUPPLY

Nature's First Food

Nothing quite takes the place of milk—grownups need 2 cups a day—children need a quart.

Women and children first—if not enough for everyone, growing children have priority.

A complete protein—rich in calcium, some phosphorus and iron—with a good supply of riboflavin.



*I've got Protein
I've got Minerals
I've got Calories
Who could ask for
anything more?*

If You Don't Drink it, Eat it!

In mashed potatoes, cream soups, creamed vegetables, custards, ice creams, puddings, cheese, on cereals, etc. Milk is 13% solids. That's more solids than in some vegetables.

Save Fresh Fluid Milk

USE IT UP . . . Rinse cream bottles with milk, and use with milk; rinse milk bottles with water, and use in cooking. If milk sours, use it for waffles, pancakes, cookies, cakes, etc.

MAKE IT DO . . . Use top of milk for cream on cereals, in coffee, on desserts; use next milk for drinking,

and bottom of milk for cooking and baking. Use evaporated milk diluted with equal amounts of water for cooking and baking. And use dried milk, whole or skimmed, re-hydrated in 4 times the amount of water, for cooking and baking.

DO WITHOUT . . . Water may be used instead of milk in most bakings.

KEEP VERY COLD

Bacteria develops in milk 10 times faster at 55° than at 40°.

Take milk out of refrigerator just long enough to get needed amount. Return to coldest spot immediately. Keep tightly covered. Don't leave out on a sunny doorstep.

Low Temperature in Cooking, Too!

Cook milk mixtures in double-boiler. Bake milk dishes in slow oven or steam bake (in oven in pan of water).

Easy To Whip Plain Cream

Be sure to have cream, bowl and beater well chilled. Add $\frac{1}{8}$ tsp. cream of tartar or $\frac{1}{2}$ tsp. lemon juice to 1 cup cream. Whip with steady motion, increasing speed as cream begins to whip. (If cream is 1 day old, it should whip without adding other ingredients.) There are commercial products to make cream easy to whip.



CREAM OF VEGETABLE SOUP

Melt 2 tbsp. fat
Blend in 4 tbsp. GOLD MEDAL Flour
 $\frac{3}{4}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper
Stir in 4 cups milk
Add 1 cup cooked vegetable pulp
Cook 10 min. 6 servings.

CUSTARD

Beat 2 eggs (or 4 egg yolks)
Add 2 to 4 tbsp. sugar
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ tsp. flavoring
 2 cups scalded milk

For Soft Custard: Cook over not-quite-boiling water, stirring constantly, just until mixture coats spoon (20 min.). Remove from heat, cool. Top with whipped cream, meringue, etc. Or, serve over pudding, fresh fruit, etc.

For Baked Custard: Pour mixture into 6 custard cups or 8-inch casserole. Steam bake (set in shallow pan of water) 30 min. in slow mod. oven (325°).

VANILLA ICE CREAM —

Easy, delicious

Pour 1 cup scalded milk
into mixture of . . . $\frac{1}{2}$ cup sugar
 4 tsp. GOLD MEDAL Flour
 $\frac{1}{4}$ tsp. salt

Cook over hot water 20 min. (until slightly thick). Cool.

Fold in 1 cup cream, whipped
 1 tsp. vanilla

Freeze until firm, stirring occasionally. 6 servings.

Chocolate Ice Cream: Add 3 tbsp. cocoa to flour mixture in VANILLA ICE CREAM recipe.

Fruit Ice Cream: Add $1\frac{1}{2}$ cups mashed fresh fruit pulp, sweetened to taste, to cooled custard mixture in VANILLA ICE CREAM recipe.

LAST-MINUTE TOMATO SOUP

Stir well 1 cup cooked tomatoes.
to break up . . . (pulp and juice)
Add 3 cups rich milk
Heat, stirring frequently.
Add $\frac{3}{4}$ tsp. salt
 $\frac{1}{4}$ tsp. pepper
 1 tbsp. butter (if desired)

Serve immediately. 4 servings.

OLD-TIME RICE CUSTARD PUDDING

Mix 2 cups cooked rice
 $\frac{1}{2}$ cup seedless raisins
Place in greased 8-inch baking dish (3 in. deep).
Blend 2 cups scalded milk
into 2 eggs, beaten
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ tsp. salt
 1 tsp. vanilla

Pour over rice-raisin mixture. Sprinkle with nutmeg. Steam bake $1\frac{1}{4}$ hr. in mod. oven (350°). Serve warm or chilled, with or without cream.

NUT CRUNCH ICE CREAM

Crumble Nut Crunch (see below) and fold into 3 to 4 cups vanilla ice cream that has been softened by breaking up with a spoon. Then put in freezing tray or freezer to re-harden. For homemade ice cream, blend in Crunch when cream is partly frozen and continue freezing until firm, stirring occasionally. 6 to 8 servings.

Nut Crunch

Melt 2 tbsp. butter
Blend in 3 tbsp. brown sugar
Cook until thick and smooth, stirring constantly.
Blend in 1 cup WHEATIES
 $\frac{1}{4}$ cup nuts, chopped

Cook and stir 5 min. Then spread in thin layer on cooky sheet. Cool.

MOCK INDIAN PUDDING

Combine 2 cups milk
 2 small eggs, well beaten
 2 tbsp. molasses
Add mixture of . . . 3 tbsp. sugar
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{4}$ tsp. ginger
Mix in 2 cups WHEATIES

Pour into greased 8-inch baking dish. Bake 1 to $1\frac{1}{4}$ hr. in slow mod. oven (325°). Serve warm with plain or whipped cream. 6 servings.

*If you would like recipes for more
custard-type puddings and other
milk foods, write to Betty Crocker,
General Mills, Inc., Minneapolis
15, Minnesota.*

Milk...13

Spread the Butter thin

that we may have butter on our bread

Prevent the waste of little dabs that cling to plates and are washed off.
Make butter pats smaller.
Restore the family butter dish, and let each person help himself.
Butter hot rolls in kitchen.
Put butter directly on bread or toast.
Don't add butter to vegetables in cooking utensil—add it in serving dish.



TO EXTEND BUTTER

For our men in service—our Allies—ourselves. Make 1 lb. do where you had 2 before: Soften 2 tsp. gelatin in $\frac{1}{4}$ cup milk; dissolve over hot water. Add $1\frac{3}{4}$ cups top milk and gradually beat into 1 lb. butter (softened to room temperature but not melted) with rotary beater. When completely

blended, beat in 2 tsp. salt; add 10 drops yellow coloring, if desired. Pack into straight-sided rectangular container; chill until firm. This will keep about a week. Half the amount may be made. *For a softer extended butter, omit gelatin.* A commercial stretcher may be used.

SHORTENING FOR ALL OUR NEEDS

For the Table

Use butter, "extended butter", margarine (fortified with Vitamin A), or peanut butter (fortified).

For General Cooking

For browning meats, fish, vegetables, frying eggs, making waffles, pancakes, cornbread, cream gravy, etc., use bacon fat, sausage fat, other drippings, lard, margarine, shortening, salad oils, etc. For deep fat frying use any fat of mild flavor.

For Baking

IN CAKES: In recipes specifying "shortening", use hydrogenated vegetable shortening for both flavor and volume. A little butter with such shortening gives the butter flavor. Margarine gives good flavor. Lard, or even bacon or poultry fat, may be used in the same amounts (cup for cup). Be sure they are fresh and clear, and increase salt for unsalted fats.

The pronounced flavor of bacon and poultry fat is less noticeable in chocolate and spice bakings. If used in light cakes, lemon flavoring helps counteract it.

Poultry fat gives tender cakes, but they may not be quite as high due to a variation in the fat.

In cakes calling for 35% cream for shortening, use plain cream plus butter or margarine ($2\frac{1}{2}$ tbsp. butter for each cup of cream).

IN COOKIES: In recipes specifying "part butter", substitute margarine for the butter, or use all vegetable shortening.

In recipes specifying "all butter", use half butter and half vegetable shortening.

IN PASTRY: Use lard or vegetable shortening. If these are not available, bacon fat, or poultry fat, or clarified drippings may be used. However, when using poultry fat or bacon fat for pastry, chill and use only $\frac{1}{4}$ cup (instead of $\frac{1}{3}$ cup) for every cup of flour.

To help your country
Save every bit of **FAT** that comes
into your kitchen!



Collect Drippings

Cut fat from meat or poultry into small pieces. Melt over very low heat or in top of double-boiler. Overheating darkens color and spoils flavor. Strain through several thicknesses of cheesecloth . . . or fine wire strainer. Keep in refrigerator in light-proof, tightly covered container.

Clarify Fats

Heat fat with raw potato (4 slices

potato to 1 quart fat). Heat gradually to 325°. When fat bubbles and potato slices are brown, strain into jar or can through 2 or 3 thicknesses of cheesecloth placed over a wire strainer. *Be patriotic, return any leftover fats to your butcher for war use!*

Store Fat Properly

Keep butter, lard, margarine, etc., in original container or in tightly covered container in refrigerator away from strong flavored foods.

SAVE SHORTENING

IN PIES: Make 1-crust pies, or make only enough pastry for 1 crust, but use for 2 crusts: Roll out part for lower crust thinner than usual; use remainder for circle of pastry just large enough to fit on top of filling or make strips on top.

Omit butter in fruit, berry and cream pies. See Betty Crocker Cook Book of All-Purpose Baking for recipes.

IN QUICK BREADS: Use BISQUICK for biscuits, muffins, waffles, pancakes, dumplings, fruit loaves, etc. It contains the shortening. See package. See recipes for Quick Breads in Cereal Section, pages 24, 25. Betty Crocker Cook Book of All-Purpose Baking gives plainer recipes for waffles, pancakes, biscuits, muffins, popovers, nut loaves, etc.

IN YEAST BREADS: See recipes in Cereal Section, pages 24, 25. See Betty Crocker Cook Book of All-Purpose Baking for more yeast recipes low in shortening.



IN CAKES: Make Angel Foods, Sponge Cakes, etc. They require no shortening. Make War Time Cake (page 27); Service Cake (page 33); Eggless Cake (page 27).

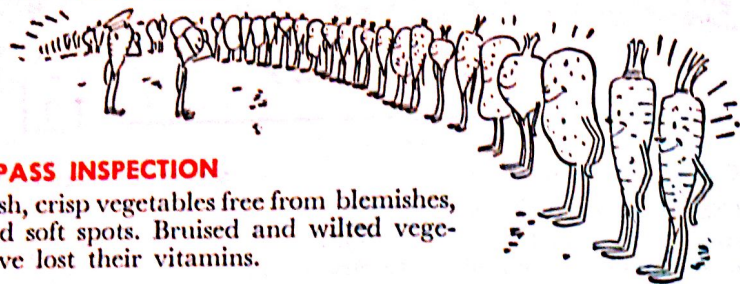


IN DESSERTS: Make Plain Gingerbread, Cottage Pudding, etc. See Betty Crocker Cook Book of All-Purpose Baking. Make Holiday Cranberry Pudding (page 33); White Plum Duff (page 33); Fruit Whips (page 33).

Butter and Fats... 15

14... Butter and Fats

Call VEGETABLES INTO SERVICE



THEY MUST PASS INSPECTION

Select fresh, crisp vegetables free from blemishes, decay and soft spots. Bruised and wilted vegetables have lost their vitamins.

WHEN THEY ARE INDUCTED

Clean and wash, remove spoiled spots from perishable vegetables and store in refrigerator until ready for use.

Keep crisp pod or leafy vegetables in crisper or wet cloth bag. Use these vegetables as soon after buying as possible as they gradually lose vitamins on standing.

Keep vegetables like onions and potatoes in a dry, cool place.

PREPARE FOR COMBAT

Wash vegetables thoroughly but quickly. They lose food value if soaked in water.

Have skin on vegetables when possible. Pare thinly, if at all. Minerals and vitamins lie close to the skin.

If cutting vegetables small, chop, shred or cut just before cooking or preparing salad to retain the most minerals and vitamins.

PREVENT MASS EXECUTION of Vitamins... AND KILLING of Flavor

SUBMARINE ATTACKS Sink the Minerals and Vitamins

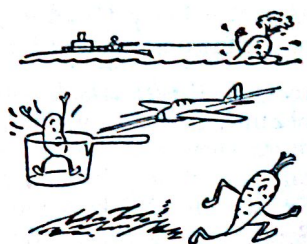
Cook in smallest possible amount of water.

AIR RAIDS Fatal to Vitamin C

Cook tightly covered to avoid exposure to air. Don't stir in air.

CONTINUOUS FIRE Destroys Vitamins

Have water boiling, salted. Bring vegetables to boil quickly. Turn down heat and simmer—just until tender (to keep crisp texture).



GENERAL STRATEGY



To retain color, texture and food value, prepare just before time to cook—cook just till tender—serve as soon as cooked. Save liquid left after vegetables are cooked. It contains minerals and vitamins dissolved out of the vegetables. Use in soups, gravies, etc.

COMMANDO TACTICS



Exceptions to general rule—see page 19. Plunge frozen vegetables into rapidly boiling water and cook just till tender (vitamin and mineral value about same as in fresh). Heat canned vegetables in own liquor (boiled down one-half) 20 min. for non-acid vegetables.

PANNED VEGETABLES

Cook vegetables such as carrots, celery, cabbage, etc., with salad oil. To 3 to 4 cups of vegetables, use 2 tbsp. salad oil, and just enough salted water to evaporate in tightly covered pan. 4 servings.

VEGETABLE POTPOURRI

Combine and cook until tender . . . 1½ cups cut cabbage
1 cup sliced carrots
½ cup chopped onion
½ cup chopped celery
¾ tsp. salt
2 tbsp. salad oil
½ cup boiling water

4 servings.

WILTED LETTUCE

Fry until crisp . . . 4 slices cut-up bacon
Add and heat . . . ¼ cup vinegar
2 tbsp. water
Add . . . 1 qt. shredded leaf lettuce
2 chopped green onions.

Season with salt, pepper and 2 tsp. sugar. Toss until wilted. 6 servings.

EGG PLANT SANDWICHES

Slice thin . . . ¼ lb. American cheese
Slice ¼ in. thick . . . 1 egg plant (small)
Place a slice of cheese, sprinkled with salt and pepper, between each 2 slices egg plant.
Dip sandwiches in 1 egg, beaten
Then in . . . ½ cups crushed WHEATIES
Brown slowly in hot fat. 5 servings.

USE ALL OF THE VEGETABLE

Cauliflower Leaves: Ask for untrimmed cauliflower. Save leaves nearest head. Trim off lower tough parts. Cook in boiling water to cover, 15 min. Drain. Season and butter. Or chop and add white sauce.

Outer Leaves of Lettuce: Use for Wilted Lettuce or in cooking peas.

Outer Stalks of Celery: Use for creamed or braised celery.

Celery Leaves: Use in green salads, in bread stuffings, in stews and soups, with roasts, and for garnish.

Carrot Tops: Use for garnish.

BAKED SQUASH WITH SAUSAGE

Cut individual squash in half. Scrape cavity. Fill with bulk sausage. Bake in pan. 1¼ hr. in mod. oven (350°).

HONEY-GLAZED CARROTS

Combine and bring to boil . . . 2 tbsp. honey
2 tbsp. margarine
1 tsp. grated orange rind
¼ tsp. salt
Add . . . 6 cooked carrots, sliced
Simmer 10 min.
4 servings.

ZIPPY BEETS

Cut into long thin strips . . . 2½ cups cooked beets
Heat with . . . ½ cup top milk
2½ tbsp. horseradish
1 tsp. salt

Toss lightly to mix well. 6 servings.

HOT CABBAGE and BACON SLAW

Shred . . . ½ head cabbage
Heat . . . 1 cup cooked salad dressing
Thin with . . . Sour cream
Add to cabbage. Let stand 3 min. low heat.
Just before serving, add . . . 6 slices crisp bacon, broken
6 servings.

SPRING FANCY

Cook 10 min. in boiling water . . . 2 cups sliced carrots
2 cups sliced, pared potatoes

Drain
Toss lightly with . . . 4 tbsp. butter
½ tsp. pepper
½ cup minced parsley

4 servings.

VICTORY PANCAKES

Put thru fine blade of food chopper (save juice for gravies) . . . ½ medium onion
2 medium potatoes
3 carrots
2 cups fresh spinach
¼ head lettuce

Blend in . . . 2 well beaten eggs

Sift together and stir into vegetables . . . 1 cup sifted GOLD MEDAL flour
1 tsp. baking powder
1½ tsp. salt
¼ tsp. pepper

Mix well. Drop by spoonfuls into hot fat in skillet. Fry on both sides until golden brown. 12 pancakes. Serve plain or with cheese sauce.

Vegetables... 17

The different methods of cooking vegetables

PRESERVES THEIR FOOD VALUE IN THE FOLLOWING ORDER:

Steaming — Loses Least
In steamer over boiling water or in saucepan pressure cooker.

Baking — Next
Directly on rack or in casserole in oven.

Boiling — Next
In saucepan or kettle (the heavier the better) with tight-fitting cover.

Mild Flavored Vegetables . . . Cook Covered in Small Amount Boiling Salted Water
(Only 1/4 inch deep in heaviest saucepan . . . up to 1 inch deep in light weight saucepan)

Amount for 4	Preparation Pointers	Cooking Time (Until Tender)
Asparagus 2 lb.	Wash. Snap off tough lower stalks. Stand upright, deep saucepan, to give bottom ends harder cooking. Or cut into shorter lengths. Cook tough ends 5 min. longer than tips.	20-25 min. Season, butter or serve with Hollandaise or cream sauce. 15-20 min. Serve creamed or buttered.
Beans (String and Wax) 1 lb.	Wash. Break stem end, pull off any strings. Cut crosswise, diagonally, slice lengthwise or leave whole.	15-30 min. Season, add butter or bacon or ham fat.
Beets (Young) 2 lb.	Scrub. Pare and shred on medium shredder (for Chrysanthemum Beets). Or leave whole with 1 inch of stem.	8 min. Season, add butter. 30-60 min.
Carrots 1 1/2 lb.	Wash. Remove dark spots with stiff brush or pare thinly. Leave whole. Or cut lengthwise.	20-30 min. (whole) 10-15 min. (cut) Season, add butter.
Celery 1 medium bunch	Wash. Remove coarse strings, discolored sections. Cut in 1-in. pieces. Or cut in 4-in. lengths. Braise (in pan with little water and fat).	8-15 min. Season, add cream sauce. 10-15 min. Season.
Corn on Cob 8 to 12 ears	Remove husks and silks. Cook in boiling salted water to cover.	5-10 min. Serve with butter and salt.
Egg Plant 1 medium	Wash, pare, slice and cut in cubes. Or slice and dip in egg and crumbs. Sauté until golden brown.	10-15 min. Season and add cream sauce. Season and serve.
Parsnips 1 1/2 lb.	Scrub well. Leave peeling on or pare thinly. Leave whole or cut lengthwise.	20-40 min. (whole) 15-20 min. (cut) Season and add butter.
Peas 2 lb.	Or sauté cooked slices until golden brown. Shell. Place on few large lettuce leaves in saucepan. Add 1 tsp. sugar with the small amount of water.	10 min. 10-20 min. Remove lettuce, season add butter or milk and butter.
Radishes 20	Wash. Trim stem. Leave whole.	15-20 min. Season. Add cream sauce.

18... Vegetables

Amount for 4	Preparation Pointers	Cooking Time (Until Tender)
Potatoes (White) 2 lb.	Scrub well. Leave jackets on or pare thinly. Leave whole or cut. Or grease and bake in 400° oven.	20-40 min. (whole) 15-20 min. (cut) 60-90 min.
Potatoes (Sweet or Yams) 1 1/2 lb.	Scrub. Leave whole. Bake at 375°. Or boil 20 min. then bake at 375°. For mashing or special use, boil in jackets.	45-60 min. 20-30 min. 30-40 min.
Squash (Hubbard) 2 1/2 lb.	Wash. Split open, remove seeds. Leave in shell and steam. Or bake (cut side down) with little water in pan.	60-90 min. Scoop out of shell. Mash. Season and add butter. 60-90 min. Season and add butter.
Strong Flavored Vegetables . . . Cook Covered in a Little Boiling Salted Water (For milder flavor, cook uncovered in more water)		
*Cabbage 1 to 2 lb.	Let head vegetables stand in cold salt water for 1/2 hr. before cooking . . . then wash thoroughly. Wash. Remove discolored parts. Cut in wedges or 1/2-in. pieces.	10-15 min. (wedges) 5-10 min. (cut) Season and add butter or cream sauce.
*Cauliflower 2 lb.	Wash. Remove discolored parts. Cook whole or divide into flowerets.	20-30 min. (whole) 10-15 min. (flowerets) Butter or add cream sauce or brown buttered crumbs.
*Brussels Sprouts 1 lb.	Wash. Remove discolored parts.	10-15 min. Season and add butter.
*Broccoli 2 lb.	Wash. Remove leaves and tough parts of stalks. Slit stalks lengthwise. Stand upright in deep saucepan.	10-15 min. Season. Add butter or serve with lemon butter or Hollandaise sauce.
Onions 1 lb.	Peel off dried outside layers. Cook whole or cut in halves. Or slice 1/4-in. thick, sauté slowly in hot fat (turn often until golden).	30-45 min. Season, add butter or cream sauce. 25-30 min. Season.
Rutabagas (Yellow) 2 lb.	Wash, pare, cube or slice. (Silver or dice to serve as is.)	20-30 min. Mash, season and add butter.
Turnips (White) 1 1/2 lb.	Wash, pare, cube or slice.	20-25 min. Mash, season and add butter.
Greens . . . Cook Covered in Just the Water Which Clings to the Leaves		
Beet Greens	Wash in several waters (warm water first). Be sure to lift greens from each water, so sand sinks to the bottom. Clean. Remove imperfect leaves and root ends (except for beets).	10-15 min. (young greens) 20-30 min. (older)
Dandelion Swiss Chard		Season, butter — or chop and season, etc., or serve with vinegar, garnish with egg, etc.
Turnip Greens		
Spinach 1 1/2 lb.		

Vegetables... 19

Glamorize YOUR VEGETABLES

WITH A NEW COSTUME

- Add crumbled crisp bacon to seasoned spinach and top with the yellow and white fluff of hard-cooked egg put through a sieve.
- Serve peas with fat (butter or margarine) to which chopped parsley, thyme or sweet basil has been added.
- Serve carrots with melted fat to which chopped parsley, chives or mint has been added.
- Season a head of cooked cauliflower or shredded cooked cabbage and sprinkle with fine dry bread crumbs browned in fat.
- Add finely chopped green pepper, minced onion and a dash of sugar to either scalloped or stewed tomatoes.
- Place cooked green beans under the broiler rack to catch the meat drippings when broiling round steak patties. Do the same with corn when broiling ham.
- Season corn or green beans with ham or bacon drippings.
- Mash equal amounts of cooked diced rutabaga and potatoes together or fold whipped cream into mashed rutabagas or turnips.
- Serve green beans or wax beans with chopped toasted almonds.
- Hollow out the halves of egg plant. Stuff with cooked egg plant, mushrooms and onion in cream sauce. Cover with crumbs. Bake in casserole 20 min. in a mod. hot oven (400°).
- Hollow out medium-sized onions. Fill with mushroom sauce or cheese sauce and bake in covered casserole 1 hr. in a mod. hot oven (400°).

WITH BEAUTY AIDS

- To make celery curls, cut short pieces of celery lengthwise in thin shreds to within $\frac{1}{2}$ inch of one end; place in ice water to curl.
- Radish roses are made by cutting (with a small, sharp paring knife) through the skin into the radish from the tip to the stem end, making 6 to 8 cuts. Cut back the petals, making sure they're thick enough not to break easily. Place in ice water an hour or more so petals will spread.
- To separate lettuce, remove core. Then let cold water from faucet flow into head until pressure forces leaves apart.
- To make fancy cucumber slices, cut off and discard as much as necessary from both ends (beyond the seeds). Score by pulling a sharp fork down the length of the cucumber. Repeat around cucumber. Slice thinly or slice with fancy cutter. Crisp by putting slices in ice water or in a covered container in the refrigerator. For sticks, cut cucumber lengthwise.
- To make carrot curls, cut a thin slice of carrot with a vegetable cutter, roll around the finger and place in a small bowl of ice water one hour. Drain and serve.

WITH CRISP FRESH GROOMING

- Crisp, refreshing vegetable salads catch the eye and tempt the appetite. Raw spinach, carrots, cucumbers, cabbage, green peppers, radishes, celery, cauliflower, lettuce, watercress, parsley, tomatoes, beets, onions, etc., may be broken or cut in various shapes or sizes and served in most any combination desired.

20...Vegetables



Cultivating DRIED PEAS AND BEANS



Are you looking for proteins with point value low?
If so, the legumes you'll enjoy,
All the Navy Beans, Lima and Kidney, you know,
And don't forget Pinto and Soy!
They're plentiful, popular "Victory" fare,
Don't ask for the canned—they're at war.
These recipes give you real treats to prepare
Serve once—and they'll all ask for more!



Directions for cooking dried peas and beans: Wash, cover with cold water and soak overnight. (Or, soak several hours during the day and increase cooking time.) Use water in which beans or peas soak for cooking them. Bring to boil, reduce heat and cook slowly (to retain shape) until tender. Do not use soda. It may destroy vitamins.

TIPS . . . Soak beans overnight in cold water. Simmer in same water until tender. Drain, and save liquor. Before using salt pork, scald it and scrape rind.

BOSTON BAKED BEANS

(serves 10 to 12)

Place in pot in

layers . . . 1 qt. navy or pea beans
1 lb. salt pork
2 slices onion, if desired
Combine . . . $\frac{1}{2}$ cup molasses
2 tsp. salt
 $\frac{1}{2}$ tsp. pepper
 $\frac{1}{2}$ tsp. dry mustard

Pour over beans. Add just enough bean liquor to cover beans. Cover pot. Bake 8 hr. in slow oven (300°).

For Special Baked Beans—(6 to 8 servings). Cook 2 cups navy beans. Put thru food chopper $\frac{1}{2}$ lb. salt pork, 6 sprigs parsley, 1 large onion, 1 clove garlic, 1 green pepper, 2 sweet red peppers; add 2 tbsp. maple syrup and 6 tbsp. catsup; pour over beans. Bake 4 hr. in slow mod. oven (325°).

NAVY BEAN SOUP—American Style

Soak overnight . 2 cups navy beans
In 3 qt. cold water
Then add . . . 1 ham bone
 $\frac{1}{2}$ tsp. sugar
1 large onion, chopped
1 stalk celery, chopped

Simmer 4 to 5 hr. until beans are soft.

Dilute with water or milk and season. (Put whole beans through sieve and thicken slightly with flour and water, if desired.) Serve hot. 8 to 10 servings.

COUNTRY BAKED LIMAS

(serves 8)

Place in pot in

layers . . . 2 cups lima beans
 $\frac{1}{4}$ lb. bacon (cut small)
1 medium onion (sliced)
Combine . . . $\frac{1}{4}$ cup light molasses
 $1\frac{1}{2}$ tbsp. brown sugar
2 tsp. salt
1 tsp. dry mustard
2 tbsp. chili sauce
1 cup tomato juice

Pour over beans. Bake 4 to 6 hr. in slow oven (250°). Uncover last $\frac{1}{2}$ hr.

Lima Beans au Gourmet—Cook 2 cups limas. Mix with 2 slices crisp bacon, diced; $\frac{1}{2}$ cup sliced mushrooms, sauteed; 2 tbsp. Worcestershire sauce; 2 tsp. curry powder; 1 blade mace; 8 whole cloves; 1 can peppercorn or tomato soup + $\frac{1}{2}$ cup water (thickened). Bake 15 min. in mod. oven (350°).

SPLIT PEA SOUP—French Style

Soak overnight . 2 cups split peas
In 3 qt. cold water
Then add . . . 1 ham bone (or $\frac{1}{2}$ lb. salt pork)
1 large onion, chopped
3 celery tops, chopped
1 sprig parsley, chopped

Simmer 4 to 5 hr. until peas are soft.

Dilute with water or milk and season. Thicken slightly with flour and water. Serve hot, topped with slices of bologna. 8 to 10 servings.

Peas and Beans...21

Distribute THE FRUITS OF THE HARVEST



SAVE THE "BLUES" BY THE FRUITS YOU USE

Save your "blue" stamps by using fresh fruits in season when abundant and at their best—by extending canned fruits—by using dried fruits for variety.

TWO FRUITS A DAY KEEP YOU HEALTHY, *They Say*

Fruits are rich in vitamins and minerals—full of natural sugar. The rule is, 1 fruit besides a citrus fruit (orange, grapefruit or lemon) or tomato. But remember, serve two times as much tomato juice as orange juice to give the same amount of Vitamin C.

"ONE BAD APPLE SPOILS THE BASKET"

Hardy Fresh Fruits (apples, etc.) keep in cool, dark, dry place. Wrap each in paper or look over fruit often, remove any that are beginning to spoil.

Perishable Fresh Fruits (grapes, pears, etc.) need refrigeration. If unripe, ripen at room temperature.

Frozen Fruits should be kept frozen until ready to use. Don't refreeze!

Dried Fruits keep at room temperature.

COOK IF YOU MUST, BUT SPARE MY VITAMINS, *They Said*

Cook fruits in small amount of boiling water, tightly covered. Add sugar last (takes less sugar). Rinse dried fruits, put in cold water, cover tightly, and cook slowly. *No sugar needed.*

If fruits are soaked, cook in same water.

(Soaking unnecessary for tenderized fruit.)



FRUITFUL IDEAS

Prepare Fruits as shortly before using as possible.

To Keep Fresh Fruit after preparing: *Peaches*, peel, slice directly into fruit jar, sprinkle with sugar, and cover jar tightly. *Strawberries* and other berries, wash, hull, and keep in tightly covered jar in refrigerator. *Bananas*, *pears*, *peaches*, sprinkle lightly with lemon juice.

To Keep Cut Fruit from drying out (orange, grapefruit, etc.) lay cut side down on plate, and keep in refrigerator.

Keep Fruit Juice in tightly covered jar in refrigerator.

DOUBLE SHIFT for CANNED FRUIT

Serve part as sauce for dessert . . . stretch remainder in fruit cobblers, shortcakes, gelatin salads and desserts. Or, combine with fresh fruits for salads and desserts . . . or

use as garnishes. Save syrup from canned fruits. Mix with other fruit juices and serve as beverage. Use it to sweeten jellied desserts and salads, and other fruit sauces. Use for basting meats.

22...Fruits

UPSIDE-DOWN CAKE

Arrange 2 cups sliced fruit (peaches, apricots, plums, berries, etc.) in bottom of well greased 8-in. sq. pan.

Sprinkle with . . . ¼ cup sugar

Add . . . ¼ cup water

Simmer over low heat about 5 min.

Meanwhile make Service Cake (page 33). Pour batter over hot fruit. Bake about 35 min. in mod. oven (350°). Turn upside down. Serve fresh. If canned fruit is used, drain well. Omit sugar and water, and use ¼ cup fruit syrup.

FULL OF APPLE SAUCE

Use to fill center of Gingerbread Ring or fold into whipped cream and freeze in refrigerator . . . or put between several Ginger Cookies and let stand in refrigerator few hours before serving . . . or place in sherbet glasses and serve with soft custard . . . or place in sq. of pastry, fold over to make Apple Turnovers . . . or make rounds of Bisquick dough, fold in half, fry in deep fat, slit, fill with warm applesauce, and sprinkle with confectioners' sugar . . . or make Applesauce Cake.

FRUIT ROLL

Heat to boiling in

8-in. sq. pan . . . 1½ cups light corn syrup
½ cup water

Make Rich Biscuit Dough (see recipe on BISQUICK pkg.)

Roll out ½ in. thick into 6x12-in. oblong.

Spread with . . . 2 cups finely cut fruit (apples, rhubarb, strawberries, etc.)

Dot with . . . 1 tbsp. butter

Sprinkle with . . . ½ tsp. cinnamon

Roll up, seal well. Cut into slices (1 to 1½ in.). Quickly place slices (cut side down) in pan of boiling hot syrup. Bake immediately about 25 min. in hot oven (450°). 10 servings.

APPLE OR PEACH DUMPLINGS

Cut 2 tbsp. shortening

into 1 cup BISQUICK

Blend in 1 to 2 tbsp. ice water

Roll into 12-in. sq. Cut into four 6-in. squares. Place cored or pitted fresh fruit on each square.

Fill hollow with . . . 1 tbsp. jam

Wrap pastry around fruit. Seal well.

Bake 20 to 25 min. in hot oven (450°).

BAKED OR BROILED PEACHES OR APRICOTS

Drain juice from canned fruit. Place hollow-side up in shallow baking dish. In each half, place tiny piece of butter. Sprinkle with mace and grated lemon rind. Pour a little juice around fruit (½ cup for 12 halves). Bake in mod. hot oven (400°) or broil in very hot oven (500°) until delicately browned. Serve hot or cold as dessert with whipped cream or ice cream.

OLD-TIME REFRIGERATOR PUDDING

Line greased casserole with slices of buttered bread. Pour in layer of slightly thickened, hot berry sauce, then a layer of buttered bread, etc., having bread on top. Set heavy object on top to weight down. Let stand overnight in refrigerator. Unmold and serve with whipped cream. (10 slices bread, 2 cups fruit sauce are enough for 8 servings).

LAST-MINUTE FRUIT RAPTURES

Sift into bowl . . . 1 cup sifted GOLD MEDAL Flour

½ tsp. soda

½ tsp. baking powder

¼ tsp. salt

½ cup sugar

Add, and beat in well with rotary beater 4 tbsp. soft shortening

1 egg, unbeaten

¾ cup (6 tbsp.) buttermilk or sour milk

1 tbsp. grated orange rind

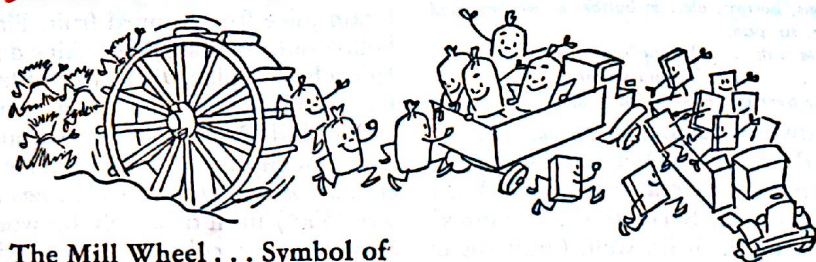
Blend in 1 cup finely cut dates, figs, raisins or cooked prunes

Fill greased muffin cups ¾ full. Bake 20 to 30 min. (depending on size) in mod. oven (350°). Serve part as hot pudding with sweetened orange juice poured over and part as cup cakes. 12 small or 6 large cup cakes.

Fruit Sauce Dumplings: Add ¼ cup sugar and ½ cup milk to 1½ cups BISQUICK. Beat. Drop into 2½ cups boiling hot sauce (peach, berry, plum, etc.) in wide kettle. Cover tightly. Cook over low heat 20 min.

Fruits...23

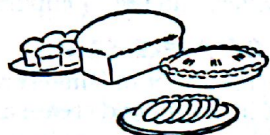
Make the Most OF CEREAL FOODS



The Mill Wheel . . . Symbol of
Civilization and Progress

Nature's Bounty
+ Man's Industry = Plenty

Flour from the Mill
+ Woman's Ingenuity = Good Eating



For centuries, cereals and breads were honored as essential to life, but bread, the Staff of Life, became a victim of misunderstanding.

They think I'm all starch.
They think I'm fattening.
They think I'm just a filler.
They think I'm not protective.



Actually, I'm only 61% carbohydrates—enough to call me an energy food.
Actually, 9.6% of me is protein—and it costs less than other forms of protein.
Actually, a buttered slice of me is not as fattening as a glass of ginger ale or a tablespoon of mayonnaise.

Actually, I'm also the most economical source of energy food.

I'm really a good pal



On my back I carry all the other good foods:
butter—meat—cheese—fruit jam—fresh vegetables.
I'm the official extender during wartime rationing.

WE ARE NOW ENRICHED

Our hearts are full of protection.
We give you Vitamin B₁, the energy and morale vitamin doubly important in wartime.
We give you Iron and Niacin.
We give you body-building Proteins and energy-yielding Carbohydrates.



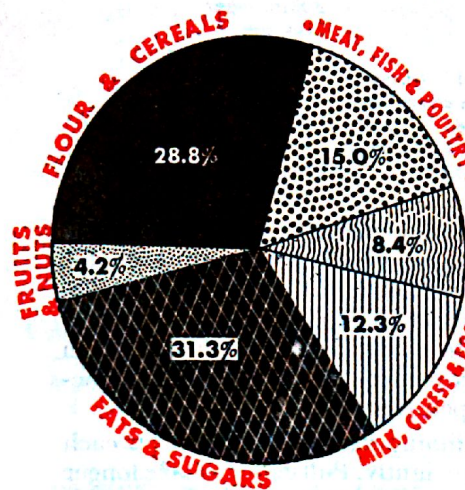
WE HAVE EXTRA VIGOR

Some of us are whole grains.
Most of the others of us have vitamins and minerals restored.
Our labels tell you just what's in us.

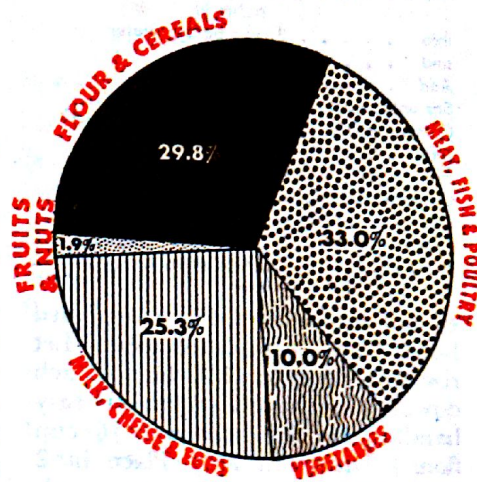


24... Cereal Foods

The following charts show the percentage contributions of foods to the calorie and to the protein content respectively of the average American diet.



CALORIES



PROTEIN

A FRIEND IN NEED, A FRIEND INDEED

Most of the foods from the 7 basic food groups are now scarce or restricted, but cereal foods are still available in many delightful forms.



WHEAT



CORN



OATS



RYE



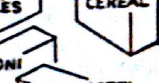
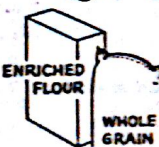
BARLEY



RICE

Baked foods made from finely milled flour
Baked foods made from whole grain meal
Breakfast cereals to be cooked
Breakfast cereals all prepared—ready to eat
Macaroni, spaghetti, noodle dishes made from Semolina meal
Rice dishes from white, brown or wild rice

Nutritionists recommend that cereal foods furnish 35% to 40% of our diet.



See following menus for ideas on making the best use of cereal foods:

To extend meats, cheese, and other foods—see chapters on those foods.
For delicious breads to glorify simple meals—see following pages.
For breakfast treats—serve big bowls of KIX, CHEERIOATS and WHEATIES with milk or cream, and fruit.
To extend sweets, fruits, etc.—see chapters on those foods.

Cereal Foods...25

OATMEAL BREAD

Stir 2 cups rolled or quick oatmeal
 into 2 cups boiling water
 and 2 tsp. salt
 Add 1 tbsp. shortening
 Stir until smooth. Cool to lukewarm (1 hr.).
 Crumble into bowl 1 cake compressed yeast*
 Add ¼ cup warm water
 and 1 tsp. sugar
 Combine with lukewarm oatmeal mixture.
 Add ½ cup brown sugar
 dissolved in . . . ½ cup lukewarm water
 Work in 4½ cups sifted GOLD MEDAL Flour

Knead until smooth. Place in greased bowl. Cover with damp cloth. Let rise until double (1½ hr.). Punch down. (Dough gets sticky; for easy handling, knead in about ½ cup flour.) Divide in half. Place in 2 greased bread loaf pans. Shape with hand to form loaves. Let rise until almost double (1¼ hr.). Bake 15 min. in hot oven (425°) then about 30 min. in quick mod. oven (375°). Two 1-lb. loaves.

WHOLE WHEAT ROLLS

Crumble into bowl 1 cake compressed yeast*
 Add 1½ cups lukewarm milk
 2 tbsp. sugar
 1 tsp. salt
 2 tbsp. molasses
 Work in with hand 2 cups sifted GOLD MEDAL Flour
 3 cups medium Whole Wheat Flour
 4 tbsp. soft shortening

Knead until smooth. Place in greased bowl. Cover with damp cloth. Let rise until double (2 hr.). Punch down. Let rise until almost double (45 min.). Punch down. Let rest 15 min. Shape. Place in greased pan. Let rise (30 to 40 min.). Bake 15 to 25 min. (depending on size) in hot oven (425°). 2 doz. rolls.

Use Whole Wheat Roll Dough for making 2 loaves of Whole Wheat Bread.
 Use Quick Celery Crescents Dough for making other rolls (Cinnamon Rolls, etc.).

To Reheat Rolls: Place in paper bag, sprinkle bag with water, or place in heavy pan and cover tightly. Heat in hot oven (400-450°) about 10 min.

*1 pkg. fast granular yeast may be used in place of 1 cake compressed yeast. Dissolve it in ¼ cup lukewarm water . . . reducing total amount liquid in recipe that amount.

QUICK CELERY CRESCENTS

Heat together . . 1½ cups milk
 2 tbsp. sugar
 1 tsp. salt
 6 tbsp. shortening
 Cool to lukewarm.
 Then crumble and add 2 cakes compressed yeast*
 Beat in (2 cups at a time) 4 cups sifted GOLD MEDAL Flour

Place in greased bowl. Cover with damp cloth. Let rise until double (about 30 min.). Punch down. Divide in half. Roll each into circle (12-in. in diameter, ¼ in. thick). Brush with melted butter. Cut into 12 pie-shaped pieces.

Beginning at wide end, roll up each piece tightly. Pull ends to make longer and form into crescent. Place (with point down) on greased baking pan. Brush with melted butter, sprinkle with celery seeds and salt. Let rise until double (15 min.). Bake 12 to 15 min. in hot oven (450°). 2 doz. rolls.

QUICK YEAST MUFFINS

Crumble into bowl 1 cake compressed yeast*
 Add and let stand 10 min. ¼ cup lukewarm water
 1 tbsp. sugar
 Stir in ½ cup lukewarm milk
 Beat in 1 cup sifted GOLD MEDAL Flour
 Then let rise 30 min.
 Mix in ½ cup shortening, melted
 1 egg, well beaten
 1½ tsp. salt
 4 tbsp. sugar
 2 cups sifted GOLD MEDAL Flour

Fill greased muffin cups ½ full. Let rise 20 to 30 min. Bake 25 min. in quick mod. oven (375°). 12 medium-sized muffins.

EGGLESS WHITE CAKE

Cream ¼ cup shortening
 with 1 cup sugar
 Sift together . . 2¼ cups sifted SOFTASILK or 2 cups sifted GOLD MEDAL Flour
 ½ tsp. soda
 ½ tsp. baking powder
 1 tsp. salt

Add alternately with 1 cup buttermilk
 Blend in 1 tsp. vanilla

Pour into greased, floured 8½ in. sq. pan. Bake 30 to 35 min. in mod. oven (350°).

EGGLESS SPICE CAKE

In Eggless White Cake
 Sift with dry ingredients . . 1 tsp. cinnamon
 ½ tsp. nutmeg
 ¼ tsp. cloves

EGGLESS CHOCOLATE CAKE

Melt 3 tbsp. shortening
 Blend in 1 cup sugar
 and 6 tbsp. cocoa
 Sift together . . 1½ cups sifted SOFTASILK or 1½ cups sifted GOLD MEDAL Flour
 1 tsp. soda
 1 tsp. salt

Add to cocoa mixture alternately with 1 cup buttermilk
 Pour into greased and floured 8-in. sq. pan. Sprinkle broken nuts over top, if desired. Bake about 30 min. in mod. oven (350°).

WAR-TIME CAKE... Eggless, Milkless, Butterless

Mix in saucepan . 1 cup brown sugar
 1¼ cups water
 ½ cup lard or other shortening
 2 cups seeded raisins
 ½ tsp. nutmeg
 2 tsp. cinnamon
 ½ tsp. cloves

Boil for 3 min. . . Cool.
 Then add 1 tsp. salt
 and 1 tsp. soda
 dissolved in . . 2 tsp. water
 Blend in 2 cups sifted GOLD MEDAL Flour

mixed with . . . 1 tsp. baking powder
 Pour into greased, floured 8-in. sq. pan. Bake about 50 min. in slow mod. oven (325°). Delicious uniced.

QUICK CINNAMON COFFEE CAKE

Sift together . . 2 cups sifted GOLD MEDAL Flour
 ½ tsp. salt
 2 tbsp. sugar
 4 tsp. baking powder
 Stir in 1 egg, well beaten
 1 cup milk
 Add 4 tbsp. shortening, melted
 Spread in greased 8-in. sq. pan.
 Sprinkle with 2 tbsp. sugar and ½ tsp. cinnamon (mixed). Bake about 30 min. in quick mod. oven (375°). Serve warm as bread or dessert.

QUICK APPLE COFFEE CAKE

Spread Quick Cinnamon Coffee Cake batter in 8-in. sq. pan. Press apple slices (⅛-in. thick) into top in rows. Sprinkle with the sugar—cinnamon mixture or drip 4 tbsp. raspberry jam or other jam over apples. Bake about 30 min. in quick mod. oven (375°).

CRUMB CAKE... "iced" when baked

Sift together . . 2 cups sifted GOLD MEDAL Flour
 1 cup sugar
 1 tsp. each of cloves, nutmeg and cinnamon
 ½ tsp. salt
 Cut in very fine . ½ cup shortening
 Save half of crumb mixture for top of cake.
 To remainder,

mix in 1 egg, beaten
 2 tbsp. molasses
 and 1 tsp. soda
 dissolved in . . 1 cup buttermilk
 Pour into greased and floured 8-in. sq. pan. Sprinkle reserved crumb mixture over top. Bake about 35 min. in mod. oven (350°).

MONKEY-FACED COOKIES

Cream ½ cup plus 2 tbsp. shortening
 with 1 cup brown sugar
 Sift together . . 2½ cups sifted GOLD MEDAL Flour
 1 tsp. soda
 ½ tsp. each of salt, ginger and cinnamon
 Add alternately with ½ cup molasses
 mixed with . . . ½ cup rich sour milk
 Blend in 1 tsp. vinegar

Drop by tsp. on greased baking sheet. Place 3 raisins or bits of citron on each for eyes and mouth. Bake 10 to 15 min. in mod. oven (350°). About 3 doz.

"WHEATIES" MUFFINS

Sift together . . . 1 cup sifted GOLD MEDAL Flour
4 tbsp. sugar
½ tsp. salt
3 tsp. baking powder
Stir in 1 egg, well beaten
½ cup milk
Add 4 tbsp. shortening, melted
Fold in 2 cups WHEATIES

Fill greased muffin cups $\frac{2}{3}$ full. Bake 20 to 25 min. in mod. hot oven (400°). 12 medium-sized muffins.

BOSTON BROWN BREAD

Mix 1 cup rye flour
or 1 cup sifted GOLD MEDAL Flour
1 cup cornmeal
1 cup whole wheat flour
2 tsp. soda
1 tsp. salt
Add $\frac{3}{4}$ cup black molasses
to 2 cups buttermilk or sour milk
Mix into dry ingredients. Fill two greased 1-lb. coffee cans or one 8-in. tube center pan $\frac{2}{3}$ full. Tie waxed paper loosely over top. Steam 3 hr. (Dry out in oven 5 to 10 min. just before serving.) Or, bake 3 hr. in slow mod. oven (325°).

DATE-NUT BREAD

Pour $1\frac{3}{4}$ cups boiling water
over 2 cups cut-up dates
Cool, and use as liquid.
Sift together . . . 3 cups sifted GOLD MEDAL Flour
1 tsp. soda
2 tsp. baking powder
1 tsp. salt
2 tbsp. sugar
Beat 1 egg
Add with date-water mixture to dry ingredients.
Blend in 2 tbsp. shortening, melted
1 cup nuts, chopped

Pour into greased 4x8-in. loaf pan. Let stand 20 min. at room temperature. Bake 65 min. in mod. oven (350°).

CHEESE CEREAL

In Buttered and Salted Cereal, use only $\frac{1}{4}$ tsp. salt. After stirring over moderate heat 5 min., sprinkle 4 to 6 tbsp. commercially or home grated cheese over mixture, and stir over moderate heat 2 more minutes.

"KIX" BARS

Cook to soft ball stage (236°), stirring occasionally . . . ½ cup sugar
½ cup cream or top milk
¼ cup corn syrup
Pour over 2½ cups KIX
½ cup salted peanuts
½ cup coconut, if desired

Mix well. Flatten into an 8-in. sq. pan. Cool. Cut into bars. 32 bars (1x2-in.).

"WHEATIES"-COATED COOKIES

Cream ½ cup shortening
with ½ cup sugar
Blend in 1 egg, well beaten
1½ tsp. milk
Sift together and stir into creamed mixture . . . 1 cup sifted GOLD MEDAL Flour
½ tsp. baking powder
¼ tsp. soda
¼ tsp. salt
Blend in ½ tsp. vanilla
½ cup finely cut dates
½ cup nuts, chopped

Drop dough by
tbsp. into . . . 1½ cups WHEATIES (slightly crushed)

Toss around to completely cover balls of dough. Bake 3 in. apart on greased heavy baking sheet about 12 min. in mod. hot oven (400°). About 3 doz. cookies.

CARAMELED "KIX"

Mix in saucepan . ¼ cup dark corn syrup
6 tbsp. brown sugar
1 tbsp. honey
½ tsp. salt
Boil, stirring constantly, to hard ball stage (250°).
Add 2 tbsp. butter
Continue cooking to "hard-crack" stage (280°). Quickly pour it over 4 cups KIX in large greased bowl, stirring constantly. Immediately turn out on waxed paper and press into thin layer. Separate into small clusters, or form into balls with greased fingers as mixture cools (work quickly!).

BUTTERED and SALTED CEREAL

Melt in heavy
skillet 4 tbsp. butter (or substitute)
Add 2½ cups WHEATIES, KIX or CHEERIOATS
Sprinkle with . . ½ tsp. salt
Stir over moderate heat about 5 min.

NOODLES ROMANOFF

Cook until tender
(15 min.) . . . One 5 or 6-oz. pkg. noodles
in 3 qt. boiling salted water
(1 tbsp. salt)
Drain. Then mix in 1 cup cottage cheese (dry or creamed)
1 cup sour cream
¼ cup chopped onion
1 to 2 tsp. Worcestershire Sauce
Dash of tabasco sauce
½ tsp. salt

Place in greased 8-in. casserole. Sprinkle with $\frac{1}{2}$ cup grated, sharp cheese. Bake 40 min. in a mod. oven (350°). Serves 4 to 6. Adjust seasonings as desired.

FRENCH TOAST

Mix 2 tbsp. cornstarch
or 3 tbsp. GOLD MEDAL Flour
with $\frac{3}{4}$ cup milk
and ¼ tsp. salt
Blend in 2 eggs, well beaten
Mix well. Dip day-old bread into mixture. Brown on both sides in little fat in heavy skillet. 6 slices.

GREEN RICE

Cook until tender
(20 min.) . . . 1 cup rice
in 2 qt. boiling salted water
Drain and rinse with hot water.
Stir in 2 eggs, well beaten
¾ cup milk
¼ cup shortening
¼ cup grated sharp cheese
½ tbsp. grated onion
½ cup finely chopped parsley
¾ cup finely chopped spinach
1 tsp. Worcestershire Sauce
1½ tsp. salt

Pour into greased and floured 8-in. casserole. Steam bake 45 min. in slow mod. oven (325°). Serve with creamed fish, vegetable, meat or with cream or mushroom sauce.

★ For real old-time Buckwheat Pancakes—delicious, satisfying, filling—write to Betty Crocker, Minneapolis 15, Minnesota.

YANKEE DOODLE MACARONI

Cook together in
heavy skillet
until onions are
yellow 2 medium onions, chopped
2 sprigs parsley, minced
2 cloves garlic, minced
¾ cup sliced fresh mushrooms
or ½ cup canned mushrooms (4 oz.)
in 3 tbsp. drippings
Add, and brown . 1 lb. ground beef
Add, and cook
until thickened . 3½ cups cooked tomatoes (45 min.)
1 tbsp. salt
½ tsp. pepper
Meanwhile cook
until tender
(15 min.) . . . ½ lb. macaroni
in 3 qt. boiling salted water (1 tbsp. salt)

Drain. Heap on hot platter. Pour hot tomato mixture over. 6 servings.

CREAMY MACARONI and CHEESE

5 cups cooked macaroni (½ lb. uncooked)
(see directions below)
½ to ¾ cup grated sharp cheese
2 cups Medium White Sauce

Place in alternate layers in greased 8x10-in. baking dish. Season to taste. Bake 20 min. in mod. oven (350°). 6 servings.

SCRAPPLE

Cook until tender
(2 hr.) 1 lb. lean boneless pork
in 1½ qt. salted water
1¼ tsp. salt
Drain. Shred pork. Add enough liquid to make 3 cups stock. Add pork. Bring to boil.
Add slowly . . . ½ cup cornmeal
Cook 20 min., stirring constantly.
Add ½ tsp. pepper
¼ tsp. curry and sage (mixed)

Pour into greased 4x8-in. pan. Chill. Cut into ½-in. slices. Fry in bacon drippings until golden brown.

★ For more meat-extending recipes, see meat chapter. For more cheese recipes, see cheese chapter.



Spare the Sweets

HERE'S THE WAY WE SAVE OUR SUGAR
WHEN WE MUST

Salt brings out sweet flavor of fruits and cooked foods. Add a pinch.

Use BISQUICK for shortcakes, fruit rolls, cobblers. It contains sugar.

Get prepared milk powders. No sugar is needed.

After dinner, serve jam with cheese and crackers.

Reduce tartness of sour fruits by combining with dried fruits.

Serve fruits and vegetables naturally rich in sugar.

Add sugar last when cooking dried fruits. Takes less.

Vary cereals with brown sugar, honey, syrup, dried and sweet fruits.

Include tapioca in fruit pies to cut tartness.

Never throw away canned fruit syrup. Use for beverages, jellied salad, etc.

Get into the habit of serving coffee cakes and sweet rolls for dessert.

Thoroughly dissolve sugar in beverages. Don't leave in bottom of cup.

Instead of sugar, use corn syrup for beverages, fruits, sugar-water syrups.

Plan to serve desserts with no sugar (fruit cups, fruit gelatin, etc.).

Serve ripe fruits. They need little or no sugar.

SO EASILY IN OUR BAKING

WHEN AMPLE AMOUNTS OF SUGAR ARE AVAILABLE, IT IS PREFERABLE
FOR BEST BAKING RESULTS.

In Quick Breads . . . When they contain up to $\frac{1}{4}$ cup sugar, substitute same amount of light corn syrup or honey. In recipes with more sugar, substitute for $\frac{2}{3}$ of sugar and reduce liquid as in cakes (*below*). Add syrup or honey with egg and liquid if "muffin" method is used. If "cake" method, beat in as for cakes.

In Yeast Doughs . . . Use light corn syrup or honey in place of sugar (same amount). If dough seems sticky to handle, use a little extra flour.

In Custard-Type Desserts . . . For custards, cornstarch, bread puddings, cream pie fillings, etc., use syrup or honey in place of sugar (same amount, and reduce liquid $\frac{1}{4}$ cup for each cup of syrup or honey used).

In Fresh Fruit or Berry Pies . . . Use light corn syrup for $\frac{1}{2}$ the sugar and increase flour 4 tbsp. for each cup of syrup used.

In Canned Fruit or Berry Pies . . . Use corn syrup for $\frac{1}{2}$ the sugar, reduce liquid 4 tbsp. for each cup of syrup.

In Cookies . . . Follow directions below for Butter Cakes. In recipes containing less than $\frac{1}{4}$ cup liquid, increase flour until dough will handle according to directions. Chill dough.

In Butter Cakes . . . Use $\frac{1}{2}$ the amount of sugar called for to cream with shortening. Use light corn syrup for remaining sugar. (Dark syrup may be used in chocolate, molasses, and spice cakes and cookies . . . but light cakes and cookies require light syrup). Beat syrup into creamed shortening and sugar *very gradually and thoroughly* before *gradually* beating in well beaten eggs (use large eggs). Reduce liquid $\frac{1}{4}$ cup for each cup of syrup used. (*See chart on next page*).

In Sponge and Angel Food Cakes
Do not substitute corn syrup or honey.

WHEN USING SYRUP AND SUGAR

If cake recipe calls for:	Amounts of sugar and syrup to use:	To reduce liquid: measure amount of liquid recipe calls for. Then take out:
1 cup sugar	$\frac{1}{2}$ cup of each . . .	2 tbsp. liquid
$1\frac{1}{4}$ cups sugar . . .	$\frac{3}{8}$ cup of each . . .	2 tbsp. liquid
$1\frac{1}{2}$ cups sugar . . .	$\frac{3}{4}$ cup of each . . .	3 tbsp. liquid
$1\frac{3}{4}$ cups sugar . . .	$\frac{7}{8}$ cup of each . . .	3 tbsp. liquid
$1\frac{3}{4}$ cups sugar . . .	$\frac{7}{8}$ cup of each . . .	$3\frac{1}{2}$ tbsp. liquid
2 cups sugar	1 cup of each	4 tbsp. liquid

NOTE: Use syrup or honey at room temperature. In measuring syrup, measure level, not over-full. Syrup rounds up a bit due to surface tension. Grease pans extra well. Cakes made with syrup are especially moist. Test carefully to be sure cake is thoroughly baked.

WHEN USING ONLY SYRUP

FLUFFY YELLOW CAKE	FLUFFY CHOCOLATE CAKE	FLUFFY WHITE CAKE
$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
2 tsp. orange rind	Omit	$\frac{1}{2}$ tsp. almond extract
$\frac{1}{2}$ tsp. lemon extract	Omit	1 tsp. vanilla
$1\frac{1}{2}$ cups light corn syrup	$1\frac{1}{2}$ cups	$1\frac{1}{2}$ cups
$2\frac{1}{4}$ cups sifted SOFTASILK	2 cups	$2\frac{1}{4}$ cups
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ tsp.	$\frac{1}{2}$ tsp.
* $2\frac{1}{2}$ or $2\frac{3}{4}$ or $3\frac{1}{4}$ tsp. baking powder	* $2\frac{1}{2}$ or $2\frac{3}{4}$ or $3\frac{1}{4}$ tsp.	* $2\frac{1}{2}$ or $2\frac{3}{4}$ or $3\frac{1}{4}$ tsp.
2 large eggs	2 large	3 large egg whites
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
	2 sq. choc. (2 oz.) melted	

*Baking Powder . . . smallest amount for double-action type; medium amount for phosphate; largest amount for tartrate type.

Thoroughly cream shortening, flavorings, and corn syrup. Sift flour, salt and baking powder. Stir $\frac{1}{4}$ the dry ingredients into creamed mixture. Blend in well beaten egg yolks. Stir in rest of dry ingredients alternately with milk. Fold in stiffly beaten egg whites. Pour into 2 well greased and floured 8-inch round layer pans. Bake 30 to 35 min. in mod. oven (350°).

Fluffy Chocolate: Same method, except stir melted chocolate into batter just before folding in egg whites.

Fluffy White Cake: Same as Fluffy Yellow, but omit egg yolks.

YOU CAN HAVE YOUR CAKE AND EAT IT, TOO

Make smaller cakes. Use $\frac{1}{2}$ or $\frac{2}{3}$ of recipe. Make cup cakes. Serve uniced. Bake part of batter as layer or loaf . . . the other part as cup cakes. Add chocolate or spices to part of batter. Frost and use differently.

To Store Cakes: When cooled, store in clean, air-tight covered tin box or modern "cake

safe". Or invert bowl over cake so it rests on edge of plate.

To Keep Cookies Soft: Cool. Place in air-tight jar. A slice of orange, lemon or apple in jar helps keep cookies moist.

To Keep Cookies Crisp: Place in can with loose cover. Exception—in damp, humid weather, cookies will absorb moisture from air. They can be crisped again by heating.

FROST YOUR CAKE... and

Have Your Sugar, Too!



Omit icing on sides of layer cakes . . . loaf cakes require less icing than layer cakes. Layer cakes with fillings take less icing. For a quick topping, spread cake fresh from the oven with jelly or jam or dried fruit mixtures.

BROILED HONEY ICING

(For 8-in. sq. or 9-in. round cake)

Mix together . . . 2 tbsp. butter
3 tbsp. honey
1 tbsp. top milk
½ cup coconut
Dash of salt

Spread on warm cake. Broil slowly until icing bubbles and browns but does not burn.

HONEY ICING

(For 2-layer 9-in. cake)

Heat to rolling boil . . . 1 cup honey
Boil 1 min. (238°). The honey thins somewhat.
Pour into (in thin stream) . . . 2 egg whites, stiffly beaten
Beat until fluffy and holds shape.

VICTORY ICING

(For 2-layer 8 or 9-in. cake . . . to be served soon after icing)

Heat just to boiling . . . ¾ cup light corn syrup
Pour into (in thin stream) . . . 2 egg whites, stiffly beaten
Beat until fluffy.
Blend in . . . Pinch of salt
½ tsp. lemon extract
½ tsp. orange extract

JELLY ICING

(For 2-layer 8 or 9-in. cake)

Gradually beat into . . . 1 cup red jelly
2 egg whites, stiffly beaten
Beat until smooth and stands in peaks.
Red vegetable coloring may be added.

DOUBLE-BOILER SYRUP ICING

(Generous amount for 8-in. sq. cake)

Mix in top of double-boiler . . . ¼ cup sugar
½ cup syrup
1 egg white

Place over boiling water. Beat with rotary beater until thick (5 min.).

DRIED FRUIT ICING

(For 2-layer 8-in. cake or 8x12-in. cake)

Grind and mix . . . ¾ cup (¼ lb.) dates
¾ cup (¼ lb.) figs
¾ cup (¼ lb.) figs or raisins
1 cup nuts (¼ lb.)
Mix with . . . 3 tbsp. lemon juice
and . . . Hot water (enough to spread thin)

RAISIN TOPPING

(For 8-in. sq. cake)

Mix in saucepan . . . 1 cup raisins, ground
½ cup water
⅛ tsp. salt
¼ tsp. cinnamon
Dash of cloves

Cook and stir until thick (5 min.).
Cool slightly. Spread on warm cake.

APRICOT TOPPING

(For 8-in. sq. cake)

Spread on warm cake . . . ½ to ¾ cup apricot or other jam

WHIPPED CREAM TOPPING

(For 8-in. sq. cake)

Whip stiff . . . 1 cup whipping cream
Fold in . . . ½ cup crushed peppermint candy
or, ½ cup crushed peanut brittle
or, 4 tbsp. jam or marmalade

MERINGUE TOPPING

(For 8-in. sq. or 2-in. layer cake)

Beat until stiff . . . 1 egg white
Gradually beat in ½ cup confectioners' sugar
1 tsp. flavoring
Spread on cooled cake.
For richer icing,
fold in . . . 2 tbsp. butter, softened

Easy and Quick: One min. before baking time is up, sprinkle cake with chopped nuts, coconut, sugar-cinnamon mixture or bits of sweet chocolate.

WHITE PLUM DUFF and SAUCE

Sift together . . . 2 cups sifted GOLD MEDAL Flour
4 tsp. baking powder
½ tsp. salt
2 tbsp. sugar
Cut in . . . 2 tbsp. shortening
Mix in . . . 1 cup milk
Have ready . . . 2 cups cooked prunes (drained and pitted)

Spread open 4 large prunes on bottom of 1-qt. greased mold. Cover with thin layer of batter, then layer prunes, etc., until all used. Steam 1 hr. Serve hot with hot *Prune Sauce*:

Mix . . . 3 tbsp. cornstarch
¾ cup sugar
2 cups cold prune juice
2 tbsp. lemon juice or mild vinegar

Cook over low heat until thick, stirring often. Remove from heat.

Add . . . 1 tbsp. butter
¼ tsp. nutmeg

LEMON-FROSTED FRUIT BARS

Mix . . . 1 egg yolk
¼ cup brown sugar (packed in cup)
¼ cup molasses
Blend in . . . ½ cup sour cream
Sift together . . . 1½ cups sifted GOLD MEDAL Flour
¼ tsp. soda
½ tsp. baking powder
¼ tsp. salt
½ tsp. ginger

Blend into first mixture.

Stir in . . . ½ cup nuts, chopped
½ cup cut-up pitted dates

Spread in greased 8x12-in. pan. Bake about 15 min. in mod. hot oven (400°).
Cut into 48 bars (1x2-in.). Cool in pan, frost with ½ cup confectioners' sugar beaten into 1 beaten egg white. Add salt and lemon extract.

FRUIT WHIP (4 to 6 servings)

Mix and chill . . . 1 cup cut-up, pitted well drained cooked fruit
Confectioners' sugar to sweeten (3 to 5 tbsp.)
Dash of salt
1 tsp. lemon juice

Fold in . . . 3 egg whites, stiffly beaten

Chill. May be served with sweetened whipped cream.

HOLIDAY CRANBERRY PUDDING

Sift together . . . 1½ cups sifted GOLD MEDAL Flour
1 tsp. baking powder
¼ tsp. salt
Stir in . . . 2 cups raw cranberries
Mix and add . . . ½ cup molasses
½ cup warm water
2 tbsp. shortening, melted
2 tsp. soda

Pour into greased 1-qt. mold. Tie waxed paper loosely over top. Steam 2 hr. Unmold. Serve hot with *Easy Vanilla Sauce* or any desired sauce.

Easy Vanilla Sauce:

Mix . . . ¼ cup sugar
½ cup cream
¾ cup light corn syrup
Heat but do not boil.
Then add . . . 2 tbsp. butter, melted
1 tsp. vanilla

Serve hot.

SERVICE CAKE

Cream together . . . ½ cup shortening
¾ cup sugar
Blend in . . . 2 eggs, well beaten
Sift together . . . 1½ cups sifted GOLD MEDAL Flour
or, 1½ cups sifted SOFTASILK
½ tsp. salt
*1¼ tsp. or 2 tsp. or 2¼ tsp. baking powder
Blend into creamed mixture alternately with . . . ½ cup milk
1 tsp. vanilla

Pour into greased and floured 8-in. sq. pan. Bake about 35 min. in mod. oven (350°).

*Smallest amount for double-action type (Calumet, Clabber Girl, Davis, etc.); medium amount for phosphate (Rumford, Dr. Price's, etc.); largest amount for tartrate (Royal, etc.).

ORANGE CREAM (6 to 8 servings)

Dissolve . . . 1 pkg. lemon jelly powder
in . . . 1 cup hot water
Add and cool . . . ½ cup sugar
1 cup orange juice
3 tbsp. grated orange rind
Fold in . . . 1 cup cream, whipped

Pour into 7-in. melon mold or 6 to 8 indiv. molds. Chill (about 2 hr.). Unmold. Garnish with fresh fruit.

S-T-R-E-T-C-H-I-N-G T-I-M-E...

The Wise Use of Time is as Important as the Best Use of Food

The New Softasilk Method of Making Cakes

Insures success—no waste of ingredients.
Speedy! Only 4 minutes mixing time.
Easy! All mixing done in one bowl.

No creaming of shortening and sugar.
No separate beating of eggs.

Ideal for electric mixer! But, perfect results with spoon, too.

Saves work! Fewer dishes to wash.



The Most Luscious Cake Imaginable

Cakes are finer, more uniform, lighter, fluffier, more tender
... high volumed, too, with a melt-in-your-mouth eating quality.



Perfect Results Guaranteed

With the new recipes with the new method with
SOFTASILK.

New recipes are necessary with the new method.

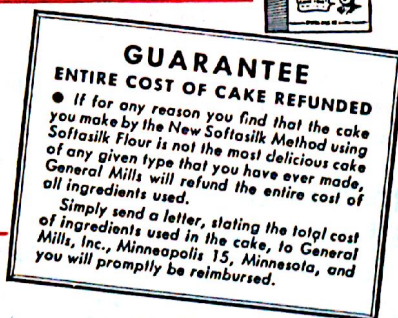
Don't use old recipes with new method.

New method is developed exclusively for
SOFTASILK Cake Flour.



Here's All You Do

1. Simply place dry ingredients (including sugar) into sifter, and sift directly into mixing bowl.
2. Add shortening and part or all the liquid to dry ingredients. (See recipes on next page.)
3. Mix with electric mixer on *slow to medium speed* (a) or beat with spoon (b) for 2 min. by the clock. Scrape batter from sides and bottom of bowl frequently.
4. Add unbeaten eggs (or unbeaten egg whites) and any remaining liquid. Continue mixing. (Follow mixing time specified in recipe.) Scrape batter from sides and bottom of bowl frequently during mixing.
5. Pour into prepared pans. Bake in *mod. oven* (350°) for time specified in recipes. When cakes are baked, remove from oven, let stand in pans a moment; then turn onto wire cooling rack. Cool. Frost, as desired.



Be
Sure
To:

Have ingredients at room temperature. Set out 1 to 2 hr. before mixing ... less in hot weather. Shortening should be *soft*, not melted. Turn on oven so it will be at right baking temperature. Prepare pans as specified in recipes. Sift SOFTASILK Cake Flour before measuring. Measure all ingredients before starting to mix.

NOTE: You can rest a moment when mixing by hand. Just count actual mixing time.

SILVER WHITE LAYER CAKE

Sift together into bowl . . . $\left\{ \begin{array}{l} 2\frac{1}{4} \text{ cups sifted SOFTASILK} \\ *4 \text{ or } 4\frac{1}{4} \text{ or } 5 \text{ tsp. baking} \\ \text{powder} \\ 1 \text{ tsp. salt} \\ 1\frac{1}{2} \text{ cups sugar} \end{array} \right.$
Add $\frac{1}{2}$ cup high grade vegetable shortening (part butter adds flavor)
and $\frac{3}{4}$ of 1 cup skimmed milk

Mix with electric mixer on *slow to medium* speed (or beat with spoon) for 2 min. by clock. Scrape bowl frequently.

Add remaining $\frac{1}{2}$ cup milk
1 tsp. flavoring
4 large egg whites (at least $\frac{1}{2}$ cup), unbeaten

Continue mixing 2 more min. (scraping bowl frequently). Batter is thin. Pour into 2 *well greased* and floured 8-in. round layer cake pans. Bake 30 to 35 min. in *mod. oven* (350°).

ORANGE LOAF CAKE

Sift together into bowl . . . $\left\{ \begin{array}{l} 2 \text{ cups sifted SOFTASILK} \\ *1\frac{1}{2} \text{ or } 1\frac{3}{4} \text{ or } 2 \text{ tsp. bkg. pwd.} \\ \frac{1}{2} \text{ tsp. salt} \\ 1\frac{1}{4} \text{ cups sugar} \end{array} \right.$
Add $\frac{1}{2}$ cup high grade vegetable shortening (part butter adds flavor)
and $\frac{1}{2}$ cup liquid (use grated rind and juice from 1 orange plus water to make $\frac{1}{2}$ cup)

Mix with electric mixer on *slow to medium* speed (or beat with spoon) for 2 min. by clock. Scrape bowl frequently.

Add 2 large eggs, unbeaten

Continue mixing 2 more min. (scraping bowl frequently). Pour into greased and paper-lined 8x4-in. pan. Place on flat pan for more even baking. Bake 60 to 65 min. in *mod. oven* (350°). It may rise in center and crack. Delicious uniced!

*Smallest amount for double-action type baking powder (Clabber Girl, Davis, Calumet, K. C., etc.); middle amount for phosphate type (Rumford, Dr. Price's, etc.); largest amount for tartrate type (Royal, etc.).

GOLDEN LAYER CAKE

Sift together into bowl . . . $\left\{ \begin{array}{l} 2\frac{1}{4} \text{ cups sifted SOFTASILK} \\ *3 \text{ or } 3\frac{1}{4} \text{ or } 4 \text{ tsp. baking} \\ \text{powder} \\ 1 \text{ tsp. salt} \\ 1\frac{1}{2} \text{ cups sugar} \end{array} \right.$
Add $\frac{1}{2}$ cup high grade vegetable shortening (part butter adds flavor)
and $\frac{3}{4}$ of 1 cup milk

Mix with electric mixer on *slow to medium* speed (or beat with spoon) for 2 min. by clock. Scrape bowl frequently.

Add remaining $\frac{1}{2}$ cup milk
1 tsp. flavoring
2 large eggs, unbeaten

Continue mixing 2 more min. (scraping bowl frequently). Batter is thin. Pour into 2 *well greased* and floured 9-in. round layer cake pans. Bake about 30 min. in *mod. oven* (350°).

CHOCOLATE DEVILS FOOD CAKE

Sift together into bowl . . . $\left\{ \begin{array}{l} 1\frac{1}{4} \text{ cups sifted SOFTASILK} \\ *1 \text{ or } 1 \text{ or } 1\frac{1}{4} \text{ tsp. bkg. powder} \\ \frac{1}{2} \text{ tsp. soda} \\ 1 \text{ tsp. salt} \\ 1\frac{1}{2} \text{ cups sugar} \end{array} \right.$
Add $\frac{1}{2}$ cup high grade vegetable shortening
and $\frac{3}{4}$ of 1 cup milk (sweet, not sour)

Mix with electric mixer on *slow to medium* speed (or beat with spoon) for 2 min. by clock. Scrape bowl frequently.

Add remaining $\frac{1}{2}$ cup milk
2 large eggs, unbeaten

Mix for 1 more min.

Then add 2 sq. (2 oz.) unsweetened chocolate, melted

Continue mixing 1 more min. (scraping bowl frequently). Pour into *well greased* and floured 8 $\frac{1}{2}$ -in. sq. pan or 2 8-in. round layer cake pans. Bake in *mod. oven* (350°) 45 to 50 min. for sq. cake, or 30 to 35 min. for layers.

FOOD IN WAR-TIME



Food is vital war material. Our fighting forces and those who fight with us need good food. Those who support the fighting forces behind the lines in factory, field, office, and home need good food. Every American home-maker who selects food wisely, prepares it carefully and conserves it diligently is an important link in our national war effort. In such measures as they guard these links as one of their important war jobs, they are helping to win this war.

Food is fuel. From food comes the energy that keeps our bodies warm, that carries us about, and that is released in every type of physical activity. The calories we count are a measure of the energy values of foods.

Food is building and repair material for our bodies. From food we derive proteins and minerals that we accumulate in growth and use in making structural repairs.



Food provides the materials to make our bodies function with smoothness and efficiency. Our bodies need an array of vitamins and minerals for this purpose.

Food values are not evenly distributed among foods. For fuel, for building and repair, for running our bodies with smoothness and efficiency, we need a variety of foods. These needs can be provided by food selection from the basic seven food groups pictured on the back page of this booklet. We have stated in simple outline below this picture chart the amounts of foods from these basic seven food

groups that are needed to feed your family well. We suggest that you consult this list when you plan the day's food for your family.

For the most part, children who get a quart of milk each day can get the rest of their food needs from foods as planned for the family table, provided the foods are simply prepared. However, none of the foods included in the basic seven food groups carry adequate amounts of Vitamin D and for that reason special mention is made of Vitamin D here. Infants and children of all ages need to be adequately provided with this vitamin. Directions for feeding an infant should be discussed with the doctor who checks the baby's health. Children need about 400 units of Vitamin D daily which can be supplied in the form of Vitamin D added in commercial preparation of a quart of Vitamin D milk, in the form of fish liver oil, or in the form of some Vitamin D concentrate. Adults are recommended to provide themselves with Vitamin D, too—up to 400 units a day especially during the winter months.

Food habits may have to change from day to day if we are to be well-fed in war-time. A change in food habits is a small matter in comparison with our fight for freedom and for country. The American home-maker can provide good food for her family and adjust her choices to fit the available food supply if she follows the pattern of food choices outlined under the U. S. Government Nutrition Food Chart on the back page of this booklet.

Every home-maker will want to do her best to feed her family well in war-time. It is important that eating be made pleasurable since flavor and attractiveness in food are important for good nutrition. This booklet brings to the American home-maker practical knowledge of how to solve these war-time food problems.

At the end of the day, let us be sure we can say:

"I worked for freedom today.

I served at least one food from each of the basic seven food groups.

I prepared the food I served with care.

I wasted no food this day."

NUTRITION COMMITTEE
GENERAL MILLS, INC.

ADJUST-A-MENUS FOR WAR-TIME

"Plan meals to fit the times, the occasion, the ration points. They can still be meals designed for appearance, for taste appeal, for good nutrition. But they must be adjustable . . . to fit whatever foods are available. The day's best buys in fresh vegetables and fruits should appear in our menus and the meat that's most plentiful be served in tasty style."

MEALS AT ODD HOURS

for those in the family who work, sleep and eat at hours different from those of the rest of the family

Workers on swing or night shifts are apt to suffer fatigue from broken sleep, loss of appetite and lowered vitality due to irregular hours and

cold, unattractive and inadequate meals. To assure the worker a complete hot meal and to save work for the homemaker, she should plan to have him eat one of his main meals with the family. If he is on the swing shift, he can have the noon meal with

the family. If on the night shift, perhaps he can join the family at breakfast or dinner. But to protect his health and to build vitality, he will need a light extra meal when he comes home at midnight or before he leaves for work in the evening.

REFRESHING, ENERGY-GIVING, BETWEEN-MEAL SNACKS

(A Suggestion: When fixing a one-dish meal, bake part in an individual casserole to reheat later. Have on hand breads, soups and other foods that can be heated easily.)

1. Crackers and Cheese, Apple, Gingersnap, Milk.
2. Bowl of Whole-grain or restored Cereal with Fruit, Milk.
3. Betty Crocker Vegetable Noodle Soup, Heated Rolls or Muffins with Strawberry Jam, Cocoa or Tea.
4. Individual Casserole of Macaroni and Cheese, Apple-and-Celery Salad, Bread and Butter, Date Muffins, Coffee or Milk.
5. Individual Casserole of Six-Layer Dinner (page 8), Fruit Sauce, Cookies, Milk or Coffee.
6. Scrambled Eggs and Bacon, Enriched Toast, Fresh Fruit, Coffee Cake, Coffee or Milk.
7. Tomato Juice, Fried Slices of Meat Loaf, Vegetable Relishes, Rye Bread, Prune Whip, Cookies, Tea or Milk.
8. Potato or Split Pea Soup, Lots of Whole Wheat Croutons, Crispy Cabbage-and-Carrot Salad, Fruit Tart, Coffee or Milk.

38... Odd Hour Menus

THE VICTORY LUNCH BOX MEAL

★ Hearty, wholesome, combats fatigue, maintains efficiency on the job . . . interesting and appetizing . . . varied daily.



THE PEOPLE'S CHOICE

Sandwiches . . . the backbone of the lunch! Plan 2 or more. Use a variety of fillings. Here are a few: Sliced Meat and Lettuce; Egg Salad; Cottage Cheese, Chopped Radishes and Lettuce; Chopped Roast Meat, Celery, Pickle and Mayonnaise; Grated Raw Carrots, Ground Peanuts and Salad Dressing; Peanut Butter, Chopped Crisp Bacon and Mayonnaise.

Tips: Use different breads, dark, light, fruit, nut, etc. Cut bread uniformly. (Some like it thick, some like it thin.) Use softened spreads. Spread completely to edge. Have filling moist, not wet.

Salads . . . for something crisp. Chill well before packing in cups. Cabbage, waldorf, mixed vegetable, and potato salads. Or instead of salads fresh vegetable relishes. Crisp

radishes, fresh garden onions, carrot sticks, celery, all add to the pleasure of eating! Wrap in waxed paper to keep fresh.

Desserts . . . for the final sweet touch after all necessary foods. Fruits (raw, cooked, dried). Simple puddings and custards. Cakes, cookies, pie, sweet rolls, gingerbread, etc.

Hot Soups . . . for that something hot and nourishing. Vary them. Pour into vacuum bottle with wide mouthed funnel.

Beverages . . . Coffee, tea, cocoa, milk. If beverage is hot, rinse vacuum bottle with hot water before filling; if cold, rinse with cold water first.

★ **TUCK IN A SURPRISE TO GIVE HIM A "LIFT"!** A cartoon for a laugh. A joke to share with others. Candy, nuts, stuffed fruit, etc.



A lunch box corner in the kitchen saves time and energy. Sharp slicing knife, waxed paper cups with covers, waxed paper, paper napkins.

Take a peek before you close the cover. Would you want to eat the contents 5 hours later?



HERE ARE SOME MENUS . . . to give you inspiration!

Sliced Meat Loaf
Potato Chips
Whole Fresh Tomato
Cream Cheese-and-Olive Sandwich
Ground Carrot-and-Celery Sandwich
Bunch of Grapes Cup Cakes
Hot Coffee

Hot Tomato Juice in Vacuum Bottle
Egg Salad Sandwich
Swiss Cheese-Rye Bread Sandwich
Pickled Peach Carrot Sticks
Mincemeat Tart
Milk

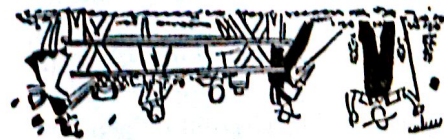
Vegetable Noodle Soup in Vacuum Bottle
Peanut Butter-and-Pickle Sandwich
Roast Beef-and-Lettuce Sandwich
Celery or Radishes
Red Apple Ginger Cookies
Milk

Lunch Boxes... 39

IN war-time, more than at any other time, we need friendly get-togethers to keep up our morale, give us refreshment and relaxation. But cooperation and simplicity in entertaining are necessary now.

IN war-time, more than at any other time, we need friendly get-togethers to keep up our morale, give us refreshment and relaxation. But cooperation and simplicity in entertaining are necessary now.

VICTORY GARDEN SUPPER . . . featuring foods from neighborhood gardens



VICTORY GARDEN SALAD

(leaf lettuce, radishes, celery, carrots, cucumbers, tomatoes, hard-cooked eggs . . . with match-like shreds of chicken or ham . . . French dressing)

Hot Muffins

Fresh Fruit or Berry Cobbler
(recipe on Blazulick pkg.)

References

Get-together of two or three families in a neighborhood. For centerpiece; autumn leaves, evergreens, bitter-sweet . . . or wooden chopping bowl or hollowed-out pumpkin filled with garden vegetables, grapes or shiny red apples. Candles in small flat glassware. Table set picnic style in dining-room or amusement room . . . or in favor-room or weather in yard or on porch. At each place: tiny bouquet for the women, boutonniere for the men . . . made of flowers or vegetables (radish rose, or carrot curls, etc.); with green vegetable foliage such as centrot (top). Garden work clothes worn. For entertainment, play outdoor games such as "Ranmer in the Bell," "Kun Sheep Kun," "Pheasant Hunt", etc. (Give a number of peas in a bowl . . . or number of kernels on an ear of corn).

A BASKET SOCIAL . . . to raise funds for the Red Cross

and other war-time service organizations

Each girl brings "lunch for two" . . . making her basket look as desirable as possible for it is to be auctioned off to the highest bidder. Simplicity, novelty, and a look of plenty are desirable. Prize-winning examples: a small market basket covered with a fringed blue-and-white napkin; a grape basket with a bunch of luscious grapes tied to handle with a huge green bow; an old-style dinner pail with a corner of a red checked napkin peeping out.

BASKET REFRESHMENTS

Sandwiches (page 39), pickles, perhaps little molds of pressed or fried chicken or veal (page 7) or even slices of roast chicken individual plates (page 14), devils food, angel food or spiced cake

(Sofisticated p.k.)... whichever variety is one's speciality or maybe some delectable molasses, filled or sugar-coated in place of candy is couple pieces of washed and peeled fruit, those are put in paper suggestions, coffee or other beverage is prepared at the home of the hostess or the host or a restaurant where the party is being held.

After the auction, the Virginia Reel and old-time square dances, , , , and an old-fashioned spelling match add color to the evening's entertainment.



THE WALKING SUPPER-TABLE . . . for eat-where-you-please meals

The height of informality, especially appropriate for Sunday suppers . . . or at any time when the hostess has the chance to entertain informally.

forable and relaxing, too, for a family evening at home when there is no company. Let each one fix a tray in the kitchen and carry it to a favorite spot . . . in front of the fire in winter, to the garden in summer, with a book to an easy chair . . . wherever his fancy dictates. Do-as-you-please recreation may include playing croquet, ping-pong, command and plummy checkers, etc., listening to radio or phony phonograph records, jigsaw puzzles, whittling, etc.

SUGGESTIONS FOR SUPPER FIXINGS

(1) Sandwich bread, butter, assorted fillings (pages 22, 23), bowls of fruit or berries, cookies (pages 24, 25), lemonade, lead tea or other cold beverages (2) Bowl of chicken or seafood salad greens and other ingredients for sandwiches (pages 26, 27), sandwiches (pages 28, 29), cold beverages (pages 30, 31)

... but what of ration points?

Sausages, bacon, wieners, hamburgers, too. (Someone who has an extra supply of butter or sugar, etc., on hand might be willing to bring enough for all.) The other possibility is for the postess to serve foods requiring no ration points or very few.



A COMMUNITY SING . . . a neighborhood party for all ages

Around a campfire; on the beach; in an

Have a good piano player who picks up amusement (song, or in a command) name. Add a guitar or banjo player in times gushy . . . a small portable organ also fur-
nishes a charming accompaniment. Make out list of songs ahead of time . . . asking each guest to think of a familiar song to fit a definite theme for the evening: "An In-
ternational Evening" (with national songs of different countries); or "A Night of American Favorites" (including spirituals, folk songs, modern songs); or "Heart Songs," "Round the World"; etc. For a "Seth Parker"

Rathering on Sunday night, have each guest suggest a favorite hymn or poem.

Tarts or Ginger Cookies, Or Apples and Carameled Kix (page 28). Or Lemonade or Other Fruit Drink and Cookies (page 27).



eat-where-you-please meals

For a cool evening

(1) Pitcher of waffle or pancake batter (bluish pink); maple syrup (pale or other toppings. Also, sliced bacon, other savouries or sausage patties) (if ration points permit). Bowl of fruit, hot coffee or tea . . . or cocoa.

(2) Creamed chicken or seafood, buttercup peas (page 3) or meat points; fresh vegetables (peas, lima or salad greens and other ingredients for three-course entrée) (pages 22, 31, 33, 35) (or Southern pkg.) or tomato (pages 22, 33).

A BARBECUE SUPPER . . . for outdoor fun

Write invitations on paper bags. Suggest that each guest bring in his bag his own hamburger patties or wieners for the party. Set table picnic style in yard or on screened porch—or if weather is cold in amusement room or kitchen. Gay colored cloth or bright oilcloth on table. Hurricane lamps or old-fashioned lanterns . . . with leaves around base of each. Washed stones to hold down tablecloth if wind blows. Guests assist with last-minute preparations . . . buttering buns, arranging relishes, pouring cocktail, etc. Host meanwhile has fire started in outdoor fireplace. Or perhaps cooking will take place on a grill over a glowing bonfire. He and some of the other men may cook hamburgers or wieners . . . unless all want to do their own.

If it is still light enough when supper is over, softball or croquet might be played outdoors in warm weather. After dark, have singing around the fire. Or play outdoor games. In snowy weather, the old game of "Fox and Geese" is fun. Or the party may end with skating or tobogganing . . . finally movies of past vacation trips inside.

A HOBO PARTY . . . for an evening of fun

Serve supper as a "hand-out" from table on porch or lawn . . . or from inside kitchen or amusement room table . . . covered with checkered tablecloth and lined with leaves or small evergreen clusters. For centerpiece, set up miniature artificial fire with stewing kettle over it (use lighted electric light bulb under piece of crumpled red paper for fire . . . use twigs for props for tiny kettle). Guests find own camping spots. Supply them with worn tablecloths and napkins well patched in different colors, tin plates and cups . . . also for each a bandanna for a knapsack for carrying food. After supper all sit around open fire . . . tell stories and sing old-time songs.



- Hot Home-made Tomato Juice Cocktail
- Cheese Crackers or Little Thin Cheese Biscuits (Bisquick pkg.)
- Broiled Hamburgers or Roasted Wieners on Large Round or Long Buns
- Tray of Fresh Vegetable Relishes (carrot sticks, little green onions, radishes, cucumber slices)
- Corn-on-the-Cob in Season (p. 18)
- Bowl of Potato Chips (if available)
- Fresh Fruit Coffee Coffee Cake (p. 27)



- Pigs in Blankets (p. 6)
- Peanut Butter Sandwiches
- Special Potato Salad containing slices of crisp Radishes, Cucumbers and Carrots (offer little paper cups with covers for this)
- Dill Pickles
- Ginger Cookies Apples or Other Fruit
- Beverage

A MOTHER GOOSE PARTY . . . for the children



Children are asked to come as some character from Mother Goose (Little Miss Muffet, Wee Willie Winckee, Little Bo Peep, Jack and Jill, Queen of Hearts, King of Hearts, etc.). The mother of the child having the party, dressed as the Old Woman in the Shoe, welcomes the little guests as they arrive.

GAMES: London Bridge, Drop the Handkerchief, Farmer in the Dell, Old Mother Witch, and any of the other favorite childhood games. *Parade of Characters:* To tunes of familiar nursery songs, have Mother Goose characters pass in review. *Recitations:* Have each child recite the verse he represents.

Refreshments take place of children's reg-

ular supper. In center of table, have a Jack Horner pie containing favors attached to ribbons leading to each child's place card. Tie a bright balloon to each chair.

Creamed Chicken in a Nest of Mashed Potatoes
Buttered Peas (or Grated Cabbage) and Carrots

Lettuce Sandwiches
(cut in animal or flower shapes)

Fruit Cup or Ice Cream (p. 13) or Sherbet

Noah's Ark Cake
(white-frosted oblong cake to represent ark . . . surrounded by waves of crushed blue paper . . . double row of frosted animal cookies in pairs marching up plank and into ark)

Milk or Cocoa

WEDDING REFRESHMENTS FOR WAR-TIME



Short-notice weddings call for quick, easy refreshments. As traditional as a 3- or 4-tiered wedding cake is a simple angel food or 2-layer white butter cake (recipe on Soft-silk pkg.), iced in white, with an attractive flower decoration on top.

Place a single rose across top of cake or make a garland of tiny rosebuds around the edge or arrange a heart shape in the center using just heads of small flowers such as phlox, narcissus, sweet peas, hyacinths, daisies, or other delicate blossoms in season.

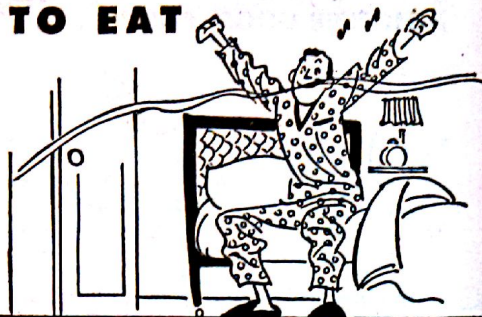
Use leaves around the base to form a wreath.

Usually not more than one cake is needed for the simple wedding of today. As usual, the bride cuts the first piece. An intimate friend may then continue to cut the cake . . . another may preside at the punch bowl.

For more elaborate refreshments: finger or heart-shaped chicken sandwiches, or chicken salad in tiny popover or cream puff cases or bite-size enriched rolls, and salted nuts may be added.

MEALS YOU LOVE TO EAT

Breakfast



FALL AND WINTER

Circle of Orange Slices
with Prunes in center
Restored Cereal with Top Milk
French Toast (p. 29) or Buckwheat Cakes
Currant Jelly or Maple Butter Syrup
Coffee Milk



Chilled Grapefruit Halves
Kix or Cheerios with Milk or Cream
Creamy Scrambled Eggs (p. 9)
Quick Cinnamon Coffee Cake (p. 27)

Coffee	Milk
---------------	-------------

Chilled Tomato Juice
Wheaties with Milk or Cream
Frizzled Ham
***Hot Muffins** **Orange Marmalade**
Whole Wheat or Enriched Toast
Coffee **Milk**

Baked Pears or Apples
filled with Oatmeal and Cream
Shirred Eggs (p. 9) in Bacon Nests
*Popovers Jelly Enriched Toast
Coffee Milk

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SPRING AND SUMMER

Pink Rhubarb Sauce
Cheerioats with Milk or Cream
Enriched or Whole Wheat Toast
****Crisp Golden Waffles Grilled Baby Sausages**
Honey Butter
Coffee **Milk**

Sliced Peaches on Wheaties with Cream
Soft-Cooked Eggs (p. 9)
***Enriched Cinnamon Rolls**
Coffee **Milk**



**Fresh Blueberries or Strawberries on Kix
with Milk or Cream**

***Buttermilk Pancakes Maple Syrup**

Enriched Toast

Coffee Milk

Chilled Melon Halves or Orange Juice
Restored Cereal with Milk or Cream
Poached Eggs (p. 9) on
Toasted Enriched English Muffins
Coffee **Milk**

****Bisquick Package**

MEALS YOU LOVE TO EAT

Lunch



FALL AND WINTER

Toasted Tomato and Cheese Sandwich
Fresh Fruit ***Cake or Cookies**
Coffee or Tea **Milk**
Vegetable Soup
Egg Salad Sandwiches **Dill Pickles**
Prune Whip (p. 33)
Coffee **Milk**

**Creamed Salmon or Other Fish
on Noodles or Spaghetti**

Shredded Carrot-and-Cabbage Salad

***Crusty Enriched Rolls**

Fruit Sauce **War-Time Cake (p. 27)**

Tea **Milk**



Baked Beans (p. 21) Brown Bread (p. 28)
Chopped Vegetable Salad
Baked Apple *Molasses Cookies
Coffee Milk

Spinach with Poached Egg
garnished with Crisp Bacon

Whole Wheat Muffins

Apple-and-Celery Salad

*Cottage Pudding with Lemon Sauce

Coffee Milk

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SPRING AND SUMMER

**Salad Bowl
of
Chicken or Seafood, Salad Greens and
Little Sweet Green Grapes or Melon Balls
Lettuce Sandwiches
*Cup Cakes
Iced Tea Milk Hot Coffee**



Meat Loaf Sandwiches (p. 5 for Meat Loaf)
Carrot Sticks
Lemonade Cookies
Last-Minute Cream of Tomato Soup (p. 13)
Toasted Cheese Sandwich (p. 11)
Bowl of Fresh Fruit

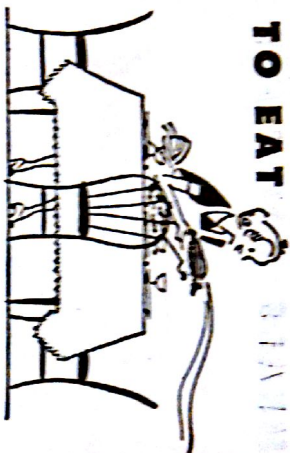
Chopped Creamed Liver on Toast
Leaf Lettuce, Tomato and Cucumber Salad
Jellied Fruits ***Drop Cookies**
Tea

Peanut Butter and Cress Sandwiches
Cucumber Sticks **Radish Roses**
Fresh Berry Tarts
(use *tart shells baked in advance)
Cocoa or Milk

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MEALS YOU LOVE TO EAT

Dinner



SPRING AND SUMMER

**Chicken Pie

Little New Parsley Potatoes

Fresh Green Peas

A Salad Bowl of Spinach Greens, Raw Cauliflowerettes, Radish Dices and Tomato Sections with French Dressing

*Little Hot Enriched Rolls

Home-Made Jelly Home-Made Pickles

*Lemon or Pink Rhubarb Pie or Homemade Ice Cream (p. 13)

Coffee Milk

Plentiful of Creamed Fresh Asparagus on Toast with Grated Cheese

Radish Roses (p. 20)

**Great Big Strawberry Shortcake

Coffee Milk



Pinwheel Meat Roll (p. 8)

Crumbed Potatoes

(small new potatoes, brushed with salad oil, rolled in Wheaties, baked in covered dish in mod. oven until tender)

Garden Peas Buttermilk Rolls

Pear-Celery-Lettuce Salad

Fresh Fruit or Berries Sugarless Cake (p. 31)

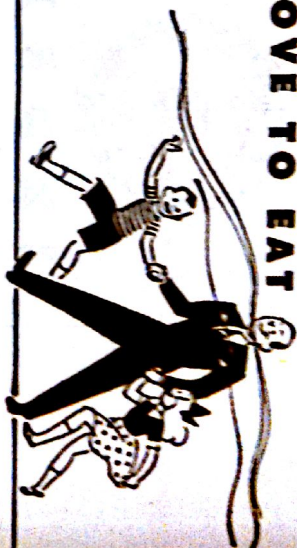
Coffee Milk

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MEALS YOU LOVE TO EAT

Dinner



FALL AND WINTER

Fruit Juice Cocktail or Fruit Salad

"Bird in the Hand"

(roast turkey, chicken, duck, or wild game, or lamb "mock duck")

Fluffy Mashed Potatoes Rich Brown Gravy

A Homely Vegetable (such as mashed turnip, squash, creamed onions, etc.)

Festive Relish Tray

(celery, pickles, carrot sticks, etc.)

Cranberry Sauce Featherbed Rolls

White Plum Duff (p. 33)

Beverage

Scalloped Turkey or Chicken (or whatever meat is left from "company" or holiday dinner)

Monday Meat Pie (p. 6)

Zippy Beets (p. 17)

Cabbage Salad

*Gingerbread Ring

with Applesauce in center

Coffee Milk

Hot Home-made Tomato Juice

Fluffy Meat Loaf (p. 5)

Baked Beets in Orange Sauce

(12 beets, par-boiled and sliced, covered with mixture of 2 tbsp. flour, ¼ cup sugar, ½ tsp. salt, ½ cup orange juice, 2 tbsp. butter... baked, covered, 15 min. in mod. oven, 350°)

Hot Quick Celery Casserole (p. 26)

Fresh Garden Salad

**Peach Shortcake or Berry Cobbler

Beverage

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YOUR SHARE IN THE FUTURE

In the midst of all the work it takes to keep a family going these days, it's probably hard to realize that soon your job of keeping a home will be easier than you may have dreamed possible.

But you can count on this:

The discoveries of wartime research are today being applied to peacetime problems in laboratories all over the country. Hundreds of exciting new products, designed to help lighten your housekeeping tasks, are being prepared for manufacture as soon as the war ends.

Among them will be many new General Mills products . . . new foods (rich in flavor, wonderfully nutritious, easy to prepare and keep), new ideas (products perhaps you'd never now associate with General Mills) for a better world.

Then, as now, the superlative goodness of every General Mills product will be guaranteed for you by the most effective possible methods of quality control.



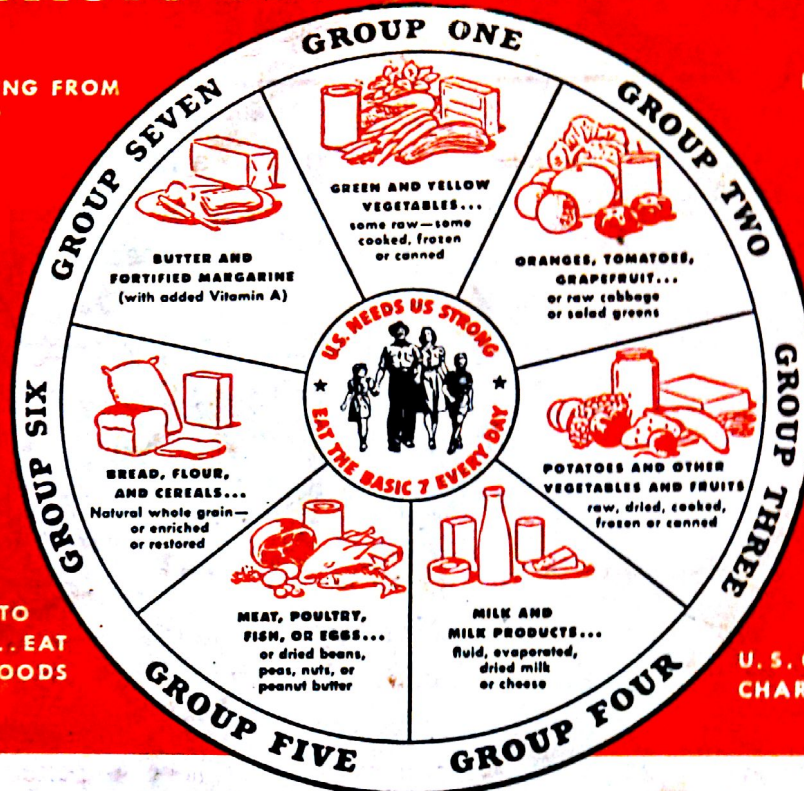
The material in this booklet prepared by the Home Service Staff of General Mills, Inc.

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THE BASIC SEVEN FOOD GROUPS

EAT SOMETHING FROM
EACH GROUP
EVERY DAY

EATING RIGHT
KEEPS YOU
HEALTHY



IN ADDITION TO
THE BASIC 7 ... EAT
ANY OTHER FOODS
YOU WANT

U. S. GOVERNMENT
CHART

Around this symbol is built the chart that gives the rules for proper nutrition based on conclusions as to normal human requirements as established by the Food and Nutrition Board of the National Research Council.

PLANNING FOR GOOD NUTRITION USING THE BASIC 7 FOOD GROUPS

GROUP I . . . Leafy green and yellow vegetables:
1 serving a day—raw or cooked

GROUP II . . . Oranges, tomatoes, grapefruit, raw cabbage or salad greens:
1 serving a day

GROUP III . . . Potatoes, other vegetables and fruits:
2 or more servings a day

GROUP IV . . . Milk (includes milk in soup, ice cream, etc.):
1½ pint to 1 quart a day for children

1 quart a day for expectant or nursing mothers
1 pint for other members of the family

GROUP V . . . Meat, Poultry, Fish, Eggs:
3 or 4 eggs each week and
1 serving of meat, poultry or fish a day

GROUP VI . . . Bread, Flour and Cereals:
3 or more servings of enriched, restored or whole wheat cereal products a day

GROUP VII . . . Butter and fortified margarines:
Use daily as spreads and seasoning as your supply permits.

In addition be sure to provide 400 units a day of Vitamin D in the form of Vitamin D milk, fish liver oil or Vitamin D concentrate for the expectant or nursing mother and for all growing children. ● Use any other foods you like or use additional servings from groups I, II, III and VI according to your preference and as the availability of these foods permit.

Nutrition Committee
GENERAL MILLS, INC.