

E-306, PLANNING EVERYDAY MEALS

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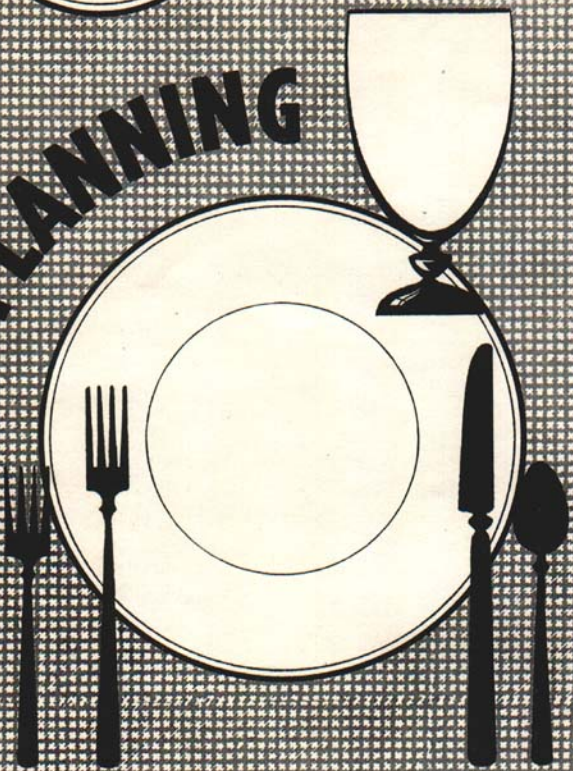
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EXTENSION BULLETIN 306

PLANNING



Everyday Meals

MICHIGAN STATE COLLEGE

Cooperative Extension Service

EAST LANSING

*Issued November 1950
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Planning Everyday Meals

By ROBERTA HERSHEY¹

*"If food is wholesome, linen white,
China and silver polished bright,
With pride the table spreads its leaves,
Glad to dispense what it receives."*

Three meals a day, 365 days a year, are a real challenge to the wide-awake homemaker. But, a little imagination and the help of science in meal-planning—together with ingenuity and skill in the kitchen—will go a long way toward keeping the members of your family healthy and happy.

The homemaker's job is constantly changing and expanding. Our grandmothers were made famous in the neighborhood by their deep-dish pies, their golden-crust loaves of bread, or their prize cakes. Nowadays so much more is expected of the meal-planner. To supply your family with delicious meals that furnish all the food elements, you must know how to conserve minerals and vitamins and how to make sure of "appetite appeal".

This leaflet offers a few suggestions and short-cuts for planning those 1,095 meals this year.

BE SMART — PLAN MEALS IN ADVANCE

Planning your meals in advance not only saves time; it also tends to make the menus more interesting. A little forethought in planning menus for a week at a time, or even for only two or three days, results in more varied meals. You'll also be safeguarded against falling into the rut of "roast beef Mondays, hash Tuesdays, soup Wednesdays." A file of favorite menus to fall back on can be a great help, but set menus followed week after week will prove quite dull.

YOUR POCKETBOOK MAY DECIDE

Very few homemakers can ignore food costs. However, if you're lucky enough to have a storeroom well filled with home-grown products, your food budget will be much easier to balance. Otherwise, try simplifying menus and substituting cheaper foods. But be sure the cheaper foods are fair trades in "pep and push."

Home-cooked cereals, root vegetables, and bread are among the

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cheapest foodstuffs. Since they are not enough for a balanced diet, however, other foods must be included. Fortunately, in a farm home the storing, freezing, and canning of fruits and vegetables in variety makes well-filled pantry shelves possible.

Meat is usually the most expensive item. But you can reduce its cost by purchasing the less tender cuts and using them in pot roasts, stews, and meat loaves. Also, you may substitute beans, occasionally, and eggs or cheese when they are better buys.

Ordinarily, too much money is spent for desserts, many of which add little to the actual nutritive value of a meal. So use a little meal magic and make desserts of fruits and milk.

Naturally, the available food supply influences most meal-planners in their choice of menus. The quantity of frozen, canned or stored foods on hand; the season; the distance from markets; and the number of left-overs all help you make a decision on "what to have for dinner".

LET THE FAMILY HELP CHOOSE

A large family of active young people plainly requires very different kinds of meals than a small family of adults. The needs of rapidly growing children must be considered, and quite often the welfare of ill or aged persons, too. In addition, personal likes and dislikes will affect your menus, although a clever homemaker will see that the dislikes gradually disappear.

Young and old enjoy having their favorite dishes repeated occasionally, but vary such repetitions by serving them in new combinations. Remember, too, that hungry boys and girls will learn more quickly how to choose the most nutritious foods when they are away from home, if they are given a voice in selecting menus for the family table.

TIME SAVING FOR THE COOK

Your "busy day" meals might well be planned ahead with extra care, lest they result in "pick-me-ups" with little regard for proper balance. Even the kind of cooking stove in your kitchen makes a difference in the time and cost of food preparation.

Keep in mind that entire meals can be cooked in a short time in a pressure pan, and that broiled meats and vegetables, stews and cottage pies made from left-overs, cold-plate meals, and club sandwiches served buffet style are all appetizing hurry-up meals.

It's a fine idea also to stock an "emergency" shelf with many kinds

of canned and packaged staples; it may save the day for you when company arrives unexpectedly.

And from a nutrition standpoint, never overlook the value of plenty of milk added to a hastily prepared meal.

THREE MEALS A DAY

Think of the day as a unit, so that the three meals together furnish your family enough of all the necessary foods. It is seldom possible for each individual meal to supply all of the food elements. Unless milk and vegetables or fruits appear at more than one meal, it will be difficult to work in the entire daily quota.

Never slight breakfast. It has been proved that a good breakfast—one including milk, eggs, or meat—will pay off in greater physical energy and mental alertness throughout the day.

For children and elderly people, the quantity of food should be about equally divided in the day's meals, whether there are three or five. Ideally, the same is true for adults; but, practically, occupation and habits will influence the distribution of food.

Usually it's wise to serve easily digested foods for the evening meal, especially if there are children and an early bedtime is a consideration.

However, it should seldom be necessary to plan separate meals for children and grown-ups, since a well-balanced meal for a child will certainly be a good one for an adult. But, when stimulating beverages, rich desserts, and highly seasoned foods are included, it is better to provide more plain foods for younger children.

There are no "poisonous" combinations of foods. The homemaker who serves protein, fat, carbohydrate, and plenty of vitamins and minerals at the same meal can do no better for her family. Digestion, in fact, is actually aided when the meal is not limited to a single food.

TODAY'S HOMEMAKER PLANS MEALS WITH THE SCIENTIST

It is a great help to follow the planning of every group of meals with a common-sense check on nutritive values.

Foods are usually divided into seven groups, known as the "Basic Seven." Pep-giving meals should provide food from each of those groups, every day, with more than one serving from some. To help make sure you are providing all the food elements in everyday menus, the basic seven food groups are listed in the accompanying chart with the number of servings recommended.

GROUP	FOODS	NUMBER SERVINGS DAILY	OUTSTANDING FOOD VALUES
1	Green and yellow vegetables	1	Vitamin A
2	Oranges, tomatoes, grapefruit, raw cabbage, salad greens	1	Vitamin C
3	Potatoes and other vegetables and fruits	3	Vitamins and minerals in general
4	Milk and cheese	2 or 3	Calcium, protein, riboflavin
5	Meat, poultry, fish, eggs, dried beans and peas, nuts, pea- nut butter	1 or 2	Protein, iron, niacin
6	Bread, flour, cereals	2 or more	Iron, thiamine, riboflavin (if whole grain or enriched)
7	Butter and enriched fat	1 or more	Vitamin A

MEAL PLAN RATING

BREAKFAST	DINNER	SUPPER
Tomato Juice (2)	Liver (5)	Vegetable Soup (3)
Enriched Ready-to-eat Cereal (6)	Fried Onions (3)	Peanut Butter Sandwiches (5) small (6)
Milk (4)	Creamed Potatoes (3) (4 small)	Baked Apple (3)
Scrambled Eggs (5)	Carrot Sticks (1 small)	Oatmeal Cookies (6 small)
Toast (6) Butter (7)	Cherry Cobbler (3 small) (6 small)	
Coffee	with Top Milk (4 small)	

(Figures after each food item refer to food groups.)

CHECKING ON SERVINGS: Group 1 — 1 small serving
 Group 2 — 1 serving
 Group 3 — 4 large and 1 small
 servings
 Group 4 — 1 large and 2 small
 servings
 Group 5 — 2 large and 1 small
 servings
 Group 6 — 3 large and 2 small
 servings
 Group 7 — 1 serving as such

SUGGESTED IMPROVEMENTS: More foods from groups 1
 and 4.

MEAL PATTERNS

Meal patterns are valuable as a guide, but the foods suggested for any one meal may be served at another. Occasionally all the foods suggested may be in one simple dish. For example, a meat-vegetable casserole, with fresh fruit for dessert, includes all the food elements recommended in the several dishes in the pattern dinner menu.

BREAKFAST

Fruit (Raw at least 3 times per week).

Cereal (Whole grain or enriched).

Milk.

Bread — Butter (Optional).

Egg or Bacon (If not served at some other meal).

Coffee or Cereal Beverage (Coffee for adults only).

LUNCH OR SUPPER

An egg, milk, meat, fish, or cheese dish.

A vegetable (creamed, escalloped, buttered, in soup or salad).

Bread and butter.

Milk.

Dessert (Fruit, simple puddings, custard, plain cake, cookies).

DINNER

Meat, fish, egg, cheese, or beans.

Potatoes or other starchy vegetable.

A vegetable besides potato — (A green, leafy, or yellow one at least three times a week).

Bread and butter.

Salad (Fruit or vegetable).

Dessert (Fruit and milk desserts often).

AVOID COMMON PITFALLS IN MEAL PLANNING

Keep menus simple. Too many main dishes and a great choice among vegetables and relishes, when served with several desserts, often results in over-eating. A huge variety at any one meal is in poor taste in these modern times.

A predominance of protein such as meat, beans, cheese, and eggs in the same meal is expensive and usually displaces other necessary foods. Likewise, the popular (and cheap) type of meal composed chiefly of carbohydrate (Example: potatoes, macaroni, bread and butter, rice pudding) is almost sure to be low in other food elements. Too many foods rich in fat served at the same meal (Example: cream soup, pork with gravy, mayonnaise dressing, pie with whipped cream, and nuts) will be unappetizing and slow of digestion. The meal will also be lacking in vitamins and minerals.

Most people welcome "light" foods in combination with more substantial ones. When the main course consists of meat and a vegetable or two, a light dessert is well chosen. On the other hand, if the meal proper consists of soup and salad, a richer dessert may be in order.

Beware of luke-warm salads, cool soups, and sloppy desserts. Your reputation as a meal planner and cook may rise or fall because of the attention you give to these details.

MAKING THE MEALS DISTINCTIVE

Let color work for you. Avoid colorless combinations, but obtain contrast without combining colors that clash. (Carrots and spinach are attractive on the same plate, but beets and carrots side by side are neither artistic nor appetizing.) Use natural colors. There are many highly colored natural foods, but a pear colored purple like a flower looks like neither and is apt to be depressing.

Seek variety in flavor. Foods should not be all acid nor all sweet. Certain foods may be well liked together, such as cranberries with poultry, apples with pork, tomatoes with cheese or fish, and mint or peas with lamb. This does not mean, however, that these combinations should be used to the point of monotony.

Always serve at least one dish of outstanding flavor, but use strong flavored foods in moderation at the same meal. (Onions, cabbage, and turnips do not have much appeal combined in the same menu.)

Never repeat the same flavor in a meal, nor the same food meal after meal. During the season, however, strawberries or tomatoes daily may meet with your family's approval.

Seek contrast in texture by serving something soft with something crisp, or succulent and solid foods with liquid ones.

Meals are more interesting if foods that stimulate the appetite—such as highly-seasoned soups or tart fruits—are served first. Sweet foods tend to dull the appetite, so serve them last.

Season foods enough to enhance their flavor, but do not over-season. Never overcook foods, since that also tends to destroy natural flavor.

When ingenuity is used in serving left-overs, they need never be recognized. A day intervening will help add to the sense of novelty.

PLANNING HELPS

The following pages give you a chart to help in making out market lists, ideas for a week's seasonal menus for both cold and warm weather, and many recipes to add to your tried-and-true family favorites.

A FOOD PLAN FOR GOOD NUTRITION*
(QUANTITIES FOR ONE WEEK)

KINDS OF FOOD	FOR CHILDREN	FOR CHILDREN	FOR MEN	FOR WOMEN	FOR MEN	TOTAL	
	1 to 6 years	7 to 12 years	GIRLS 13 to 20 years	BOYS 13 to 20 years	All activities	Pregnant and nursing	Suggested for your family
Leafy, green, and yellow vegetables	2-2½ lb.	2½-3 lb.	3½ lb.	3½-4 lb.	3½-4 lb.	4 lb.	3½-4 lb.
Citrus fruits; tomatoes	2-2½ lb.	2½-3 lb.	3 lb.	3-3½ lb.	2½-3 lb.	3½-4½ lb.	2½-3½ lb.
Potatoes; sweet potatoes	½-1 lb.	1½-2 lb.	2½ lb.	3½-4½ lb.	2-3 lb.	2-3 lb.	3-5 lb.
Other vegetables and fruit	2 lb.	2½ lb.	3½ lb.	3-4 lb.	3-3½ lb.	3-3½ lb.	3-4 lb.
Milk; cheese; ice cream (milk equivalent)†	6 qt.	7 qt.	6-7 qt.‡	7 qt.	5 qt.	7½-10½ qt.	5 qt.
Meat; poultry; fish§	1-1½ lb.	2 lb.	2½-3 lb.	3 lb.	2½-3 lb.	3 lb.	3-3½ lb.
Eggs	6-7 eggs	7 eggs	7 eggs	6-7 eggs	7 eggs	7 eggs	6-7 eggs
Dry beans and peas; nuts	1 oz.	2 oz.	2 oz.	4-6 oz.	2-4 oz.	2 oz.	4 oz.
Baked goods; flour; cereal (four equivalent) whole grain, enriched or restored	1-1½ lb.	2-3 lb.	2½-3 lb.†	4-5 lb.	2-4 lb.	2-2½ lb.	3-7 lb.
Fats; oils	¼ lb.	½-1 lb.	¾ lb.	1-1½ lb.	¾-1 lb.	¾ lb.	1-2 lb.
Sugar; sirups; preserves	¼-1 lb.	¾ lb.	1 lb.	1-1½ lb.	¾-1 lb.	¾ lb.	1-1½ lb.

*From "Family Fare," Bureau of Human Nutrition and Home Economics, U.S.D.A.
 †Food which contains the amount of calcium as 1 cup of milk are: 1¼ oz. Cheddar cheese, 11 oz. of cottage cheese, or 2-3 large dips of ice cream.
 ‡To meet the iron allowance needed by children 1 to 6 years old, girls 13 to 20, and pregnant and nursing women, include weekly 1 large-or 2 small servings of liver-or other organ meats.
 §One pound of flour makes 1½ pounds of bread.

COLD WEATHER MEALS FOR A WEEK

	BREAKFAST	DINNER	SUPPER
SUNDAY	Stewed Prunes and Apricots Baked Eggs in Bacon Rings Toast - Marmalade Coffee - Milk	Tomato Cocktail Ham Loaf* - Horseradish Sauce Escalloped Potatoes Buttered Peas Waldorf Salad Whole-wheat Rolls - Butter Raspberry Bavarian Cream Ice-box Cookies	Toasted Cheese Sandwiches Celery Stuffed with Peanut Butter Cocoa Peach Sauce
MONDAY	Apple Sauce Creamed Dried Beef on Toast Coffee - Milk	Tamale Pie* Carrot - Raisin Salad Bread and Butter Cherry Cobbler with Milk	French Onion Soup* Baked Potatoes with Bacon Curls Lettuce Salad Toasted Rolls Caramel Custard
TUESDAY	Orange Juice Whole-wheat Griddle Cakes Bacon Coffee - Milk	Braised Stuffed Heart* Browned Potatoes Buttered Swiss Chard Peach Pickles Bread and Butter Chocolate Pudding	Spanish Omelet* Lima Beans Rye Bread and Butter Apples Baked with Honey and Raisins
WEDNESDAY	Stewed Prunes Oatmeal - Milk Toast and Butter Poached Eggs Coffee - Milk	Hamburg Balls Cooked in Tomatoes Chive Carrots* Bread and Butter Blackberry Flummery* Sponge Cake	Deviled Corn* Cabbage-Green Bean-Onion Salad Hot Biscuits Honey Cherry Sauce
THURSDAY	Canned Plums Eggs Scrambled with Ham Toast Coffee - Milk	Rabbit Fricassee Riced Potatoes Savory Green Beans* Bread and Butter Pumpkin Pie	Cream of Tomato Soup - Croutons Stuffed Onions Molded Apple and Grapefruit Salad* Whole-wheat Muffins and Butter
FRIDAY	Grapefruit Whole-wheat Cereal Omelet Oven-warmed Rolls Jam Coffee - Milk	Broiled Fillets of Fish Creamed Potatoes Stewed Tomatoes and Celery Bread and Butter Apple Crisp*	Minestrone* Peanut Butter Sandwiches Frozen Strawberries Hermits
SATURDAY	Baked Apples French Toast Maple Syrup Sausage Coffee - Milk	Baked Beans Vegetable Relish* Bread and Butter Gingerbread with Whipped Cream	Cottage Cheese Cutlets* Cabbage - Pineapple Salad Bread and Butter Fruit Cup

*Recipe given in this bulletin.

A WEEK'S WARM WEATHER MENUS

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	BREAKFAST	DINNER	SUPPER
SUNDAY	Grapes Waffles - Honey Coffee - Milk	Fruit Cocktail - Melon Balls Peaches Grapes Blackberries Oven-fried Chicken* Browned Potatoes Broccoli with Hollandaise Sauce* Ice Cream	Toasted Bacon and Tomato Sandwiches Sliced Cucumbers in Sour Cream Sponge Cake Lemonade
MONDAY	Fresh Strawberries Ready-to-eat Cereal Poached Eggs Toast - Butter Coffee - Milk	Sliced Corn Beef Hot Potato Salad* Wilted Dandelion Greens Bread and Butter Rhubarb Pie	Green Bean Rarebit on Toast* Tossed Salad Diced Pineapple Cookies
TUESDAY	Sliced Oranges Creamed Codfish on Toast Coffee - Milk	Boiled Ham Parsley Potatoes Beet Greens Bread and Butter Watermelon	Cheese Fondue* Tomato - Cucumber Salad Toasted Rolls Raspberry Whip
WEDNESDAY	Stewed Rhubarb Corn Flakes Toasted Rye Bread Scrambled Eggs Coffee - Milk	Piquant Veal* Summer Squash Bread and Butter Blackberry Tapioca	Panned Green Tomatoes and Onions Cottage Cheese - Raw Carrot Roll* Bread and Butter Sliced Peaches Cake
THURSDAY	Raspberries Whole-wheat Cereal Rolls - Butter Coffee - Milk	Jellied Veal* Spinach Noodles* Bread and Butter Green Onions Cantaloupe with Lemon Oatmeal Cookies	Escalloped Cabbage with Cheese Bread and Butter Egg Salad Cherry Shortcake
FRIDAY	Diced Bananas and Strawberries Poached Eggs Toast and Butter Coffee - Milk	Salmon Loaf Creamed New Potatoes and Peas Lettuce Salad Bread and Butter Strawberry Charlotte*	Spaghetti with Cheese, Tomatoes and Green Pepper Asparagus Salad Bread and Butter Huckleberries with Cream
SATURDAY	Cantaloupe Whole-wheat Cereal Milk Toast and Butter Coffee - Milk	Mixed Grill - Liver with Onion Slices Tomatoes Left-over Potatoes Bread and Butter Radishes Peach Up-side-down Cake	Corn-on-the-Cob Raw Carrot Strips Frizzled Dried Beef Bread and Butter Fresh Cherries

*Recipe given in this bulletin.

RECIPES

PIQUANT VEAL

2 pounds boneless veal neck or shoulder, cut in 2-inch pieces	3 tablespoons fat ½ clove garlic, minced 1½ cups water
2 tablespoons flour	6 medium potatoes
2 teaspoons salt	3 medium tomatoes, sliced
½ teaspoon pepper	
1 cup thick sour cream	

In a paper sack toss veal with flour, salt, and pepper. Brown the veal in hot fat in a heavy kettle. Add the garlic, and water. Cover, simmer 45 minutes till just tender. Add the vegetables. Cover and cook ½ hour or until tender. Add the sour cream. Heat.

BRAISED STUFFED CALF'S HEART

2 calves' hearts (½ pound each)	Fat
Stuffing made with 2 or 3 cups crumbs	½ cup water

Wash the hearts and make a slit to the center cavities. Remove gristle and blood vessels.

Fill hearts with stuffing and sew up slit. Brown hearts on all sides in a little fat. Place in a baking dish or pan, add water, and cover closely.

Cook in oven at 300° F. until tender—about 1½ hours. Make gravy with the liquid.

STUFFING

4 cups bread crumbs (½ inch)	2 tablespoons chopped onion
½ cup fat	½ teaspoon savory seasoning
¾ cup chopped celery	½ to ¾ teaspoon salt
3 tablespoons chopped parsley	Pepper to taste

Melt fat in frying pan, add celery, parsley, and onion, and cook a few minutes. Add to crumbs with the seasonings. Mix lightly but well.

HAM LOAF

1½ pounds ground ham shank	2 cups milk
½ pound ground beef	1 medium onion, grated
4 slices bread, flaked	½ teaspoon pepper
2 eggs	

Combine ingredients and pack into greased loaf pan. Bake in slow oven (300° F.) for one and one-half hours.

OVEN-FRIED CHICKEN

3 pound chicken, cut up	¼ teaspoon pepper
1 egg, slightly beaten	½ cup dried bread crumbs
2 tablespoons water	¼ cup melted shortening
¼ cup flour	Juice of 1 lemon or ¼ cup milk
2 teaspoons salt	

Rinse and dry the chicken. Dip pieces in egg mixed with water. Roll in a mixture of flour, salt, pepper and bread crumbs. Place in a greased, shallow baking pan or roaster. Bake uncovered at 350° F. one and one-half hours or until tender. Turn occasionally. Baste once or twice with the shortening and lemon juice or milk. Serve hot or cold.

JELLIED VEAL LOAF

1 veal knuckle (1¼ pounds)	1 tablespoon salt
1 pound diced veal shank	1 tablespoon Worcestershire sauce (optional)
1 medium onion	
2 quarts water	

Dice onion. Combine ingredients and simmer together 2 hours. Remove veal and knuckle. Chop veal fine. Strain broth. Cook down to 1 cupful. Add veal. Press firmly into a one-quart mold. Chill.

TAMALE PIE

2 cups tomato sauce (2 cups tomato juice; 2 table- spoons fat; 2 tablespoons flour)	1 green pepper or 1 pimiento (chopped)
2 cups chopped meat	½ cup corn meal cooked in ½ cup boiling water ½ hour
1 teaspoon salt	½ cup grated cheese
1 small onion	

To one cup tomato sauce, add meat, salt, onion, pepper and corn meal mush. Put in a pan, sprinkle with cheese and bake. Serve with remaining sauce to which may be added ½ cup chopped olives.

SPANISH OMELET

Prepare a Fluffy Omelet and serve with the following Spanish Sauce:

1 tablespoon fat	1 teaspoon chopped onion
1 tablespoon chopped green pepper	½ tablespoon flour
¼ teaspoon celery salt	¼ teaspoon salt
3 chopped mushrooms (may be omitted)	Speck of pepper
	1 cup tomatoes

Melt fat, add green pepper, onion and mushrooms. Cook slowly for 3 minutes, add flour and seasonings. Mix well. Add tomato and simmer gently until thick.

CHEESE FONDUE

1¼ cups soft stale bread crumbs	½ teaspoon mustard
1 cup milk	½ pound cheese, grated
½ teaspoon salt	3 eggs

Separate the eggs. Beat the yolks slightly and add the bread crumbs, milk, salt, mustard and grated cheese. Last fold in the egg whites, beaten stiff. Turn into a greased baking dish and bake in a moderate oven (350° F.) for 50 minutes or until a silver knife inserted into the center of the mixture comes out clean.

COTTAGE CHEESE CUTLETS

1 cup cottage cheese	½ teaspoon powdered sage
1 cup dry bread crumbs, or	½ teaspoon thyme
½ cup cold cooked rice and	1 teaspoon salt
½ cup bread crumbs	¼ teaspoon pepper
2 tablespoons savory fat	1 to 2 tablespoons finely
¼ cup chopped peanut meats	chopped onion

Cook the onion in the fat until tender but not brown. Mix all dry ingredients thoroughly with the bread crumbs. Blend onion with the cheese, and mix the bread crumbs with them. Form into cutlet-shaped or flat cakes, dust with bread crumbs or corn meal, and fry a delicate brown in a little fat in a hot frying pan.

FRENCH ONION SOUP

(1 quart)

3 medium onions, sliced	Toast
Drippings for browning	2 ounces Parmesan Cheese
1 quart meat stock	

Fry onions slowly in drippings. Add meat stock and simmer for 30 minutes. Pour soup into casserole. Cover top with slices of toast. Sprinkle with cheese. Heat in broiler until cheese is melted.

MINISTRONE

(2 quarts)

½ cup carrots, diced fine	1½ quarts soup stock
4 tablespoons onion, finely minced	1 cup tomatoes
4 tablespoons celery, diced fine	Salt and pepper
½ cup turnips, diced	½ cup potatoes, diced
½ cup cabbage, chopped	½ cup peas
2 teaspoons olive oil or bacon drippings for frying	4 tablespoons parsley, minced
	½ clove garlic, minced
	1 ounce spaghetti, in 1-inch pieces

Fry, but do not brown, seasonings and vegetables (except garlic, parsley, peas, tomatoes and potatoes) in olive oil or drippings. Add soup stock, tomatoes and salt. Simmer 30 minutes. Add potatoes and peas. Fry parsley and garlic in small amount of drippings. When potatoes are done, add spaghetti which has been boiled not over 10 minutes.

DEVILED CORN

2 tablespoons butter or other fat	2 cups corn (fresh or canned)
2 tablespoons flour	2 eggs, slightly beaten
1½ cups milk	1 tablespoon Worcestershire sauce
1 teaspoon salt	¾ cup dry bread crumbs mixed with 2 tablespoons melted butter
½ teaspoon mustard	
Few grains paprika	

Melt the butter, add flour, salt, mustard and paprika. Mix well and add the milk gradually. Cook, stirring constantly, until the mixture thickens. Add corn, eggs and Worcestershire sauce. Pour into a baking dish, cover with crumbs and bake in a moderate oven (375° F.) until the crumbs are brown.

SPINACH NOODLES

1 eight-ounce package broad noodles	1 tablespoon minced onion
1 pound fresh spinach	2 tablespoons butter

Cook noodles in salted water. Wash spinach, remove root ends. Cook in the water that clings to the leaves, until spinach is just wilted. Drain and chop. Saute the onion in butter. Toss spinach, onion, and noodles together. Season with salt and pepper.

GREEN BEAN RAREBIT

½ cup butter or bacon fat	½ teaspoon Worcestershire sauce
½ cup flour	¾ cup grated American cheese
3 cups milk	3 cups hot cooked or canned green beans
1 cup meat stock	Toast slices or baked potatoes
1½ teaspoons salt	
½ teaspoon pepper	
½ teaspoon paprika	
2 teaspoons scraped onion	

Melt fat in top of double boiler. Add flour and stir to a smooth paste. Add liquid gradually, stirring constantly. Continue cooking and stirring until mixture is thickened. Add seasonings, onion, and cheese. Cook and stir until cheese is melted. Add green beans and mix. Serve on hot toast or baked potatoes.

HOT POTATO SALAD

3 tablespoons fat	3 tablespoons water
¼ cup finely chopped onions	2 tablespoons sweet pickle relish
1 tablespoon flour	½ cup diced celery
1½ teaspoons salt	2 tablespoons chopped green pepper
1 tablespoon sugar	2½ cups diced cooked potatoes
¼ teaspoon dry mustard	
3 tablespoons vinegar	

Heat the fat and brown the onions lightly in it. Mix flour, salt, sugar, and mustard and stir in. Add vinegar and water slowly, stirring constantly, and cook until thick.

Mix pickle relish, celery, and green pepper with potatoes. Add the hot dressing and mix lightly but thoroughly.

Turn into baking dish, cover, and heat in oven at 350° F. about 20 minutes, or over direct heat for 5 to 10 minutes.

SAVORY GREEN BEANS

2 medium-sized onions	2 cloves
2 tablespoons butter or fat	2 teaspoons sugar
1 pint tomato juice	1 quart canned or freshly cooked green beans
1 teaspoon salt	¼ teaspoon pepper
Dash of cayenne	

Shred the onions and brown them in fat until tender and yellow; then add tomato juice. Season highly with the salt, pepper, cayenne, cloves and sugar. When hot, add the canned or freshly cooked string beans and simmer from ten to fifteen minutes. Serve hot.

Tomato sauce or any good canned tomato soup may be substituted for the tomato juice, in which case the seasonings will be varied. In using tomato soup, dilute one-half.

CHIVE CARROTS

6 medium carrots, scraped	Salt and pepper
1 cup hot water	1 tablespoon chopped chives
1 bouillon cube	1 bay leaf

Cut the carrots in ¼ inch slices; add to water with the bouillon, salt, pepper, chives and bay leaf. Cover; boil 10 to 15 minutes, until the carrots are tender.

COTTAGE CHEESE - CARROT ROLL

1 cup grated raw carrot	½ cup chopped celery or cucumber
2 cups cottage cheese	Seasoning

Mix ingredients and form in a roll. Serve on a bed of lettuce leaves with or without salad dressing.

MOLDED APPLE AND GRAPEFRUIT SALAD

- | | |
|---------------------------------|--|
| 1 package lime or lemon gelatin | ½ cup nuts (broken in pieces) |
| 2 cups boiling water | 2 cups canned or fresh grapefruit (pulp and juice) |
| 1 cup apple (cut in cubes) | |

Stir gelatin powder into boiling water until dissolved. Cool. Add apple, grapefruit, nuts. Pour into a large mold which has been dipped in cold water. Chill thoroughly. Remove from mold and arrange on crisp lettuce leaves. Garnish with salad dressing and whole nuts.

VEGETABLE RELISH

- | | |
|-----------------------------------|---------------------------------|
| 1 pint finely chopped raw cabbage | 1½ cups sugar |
| 1 pint cooked chopped beets | 1½ tablespoons salt |
| 1 pint finely chopped raw carrots | 1 teaspoon paprika |
| ½ cup grated horseradish | Vinegar to cover (about 2 cups) |

Boil ingredients together one minute. Seal (while boiling hot) in clean, hot jars.

HOLLANDAISE SAUCE

- | | |
|--------------------------|---------------------|
| 3 tablespoons butter | ½ teaspoon salt |
| 2 tablespoons flour | Speck cayenne |
| 1 cup boiling water | 2 eggs, well-beaten |
| 1 tablespoon lemon juice | |

Melt the fat in the top of a double-boiler. Add the flour and blend thoroughly. Add the boiling water and season with the lemon juice, salt, and cayenne. Stir constantly until thickened, and leave over a low heat until ready to serve. Just before serving pour the mixture over the well-beaten eggs, blend thoroughly, re-heat quickly and serve at once.

APPLE CRISP

- | | |
|----------------------|-------------|
| 4 cups sliced apples | ½ cup water |
| 1 teaspoon cinnamon | 1 cup sugar |
| 7 tablespoons butter | ¾ cup flour |

Cut 6 or 8 apples in ¼ inch slices. Butter a baking dish, add the apples and pour the water and cinnamon over them. Work together the sugar, flour and butter until crumbly. Spread over the apple mixture and bake uncovered. Serve while warm.

BLACKBERRY FLUMMERY

2 cups blackberry juice, from canned or cooked black- berries	4 tablespoons cornstarch ¼ teaspoon salt 2 teaspoons lemon juice
½ cup sugar, if juice is unsweetened	

Heat the blackberry juice. Mix the sugar and cornstarch and the salt, and add to the blackberry juice. Cook in a double boiler for 15 to 20 minutes, or until the mixture thickens and the raw starchy taste disappears. Remove from the stove, add the lemon juice, and beat well. Serve the flummery cold with plain or whipped cream.

STRAWBERRY CHARLOTTE

1 tablespoon gelatin	½ cup sugar
¼ cup cold water	2 egg whites
½ cup boiling water	½ cup cream
1 cup strawberry pulp	Slices of sponge cake
1 tablespoon lemon juice	

Soften the gelatin in cold water and dissolve it in the boiling water. Add the strawberry pulp which has been prepared by rubbing fresh strawberries through a sieve. Add the lemon juice and sugar. Stir until the sugar is dissolved. Cool until partially thickened, then fold in the stiffly beaten egg whites and whipped cream. Turn into a mold or dessert dishes lined with strips of sponge cake.

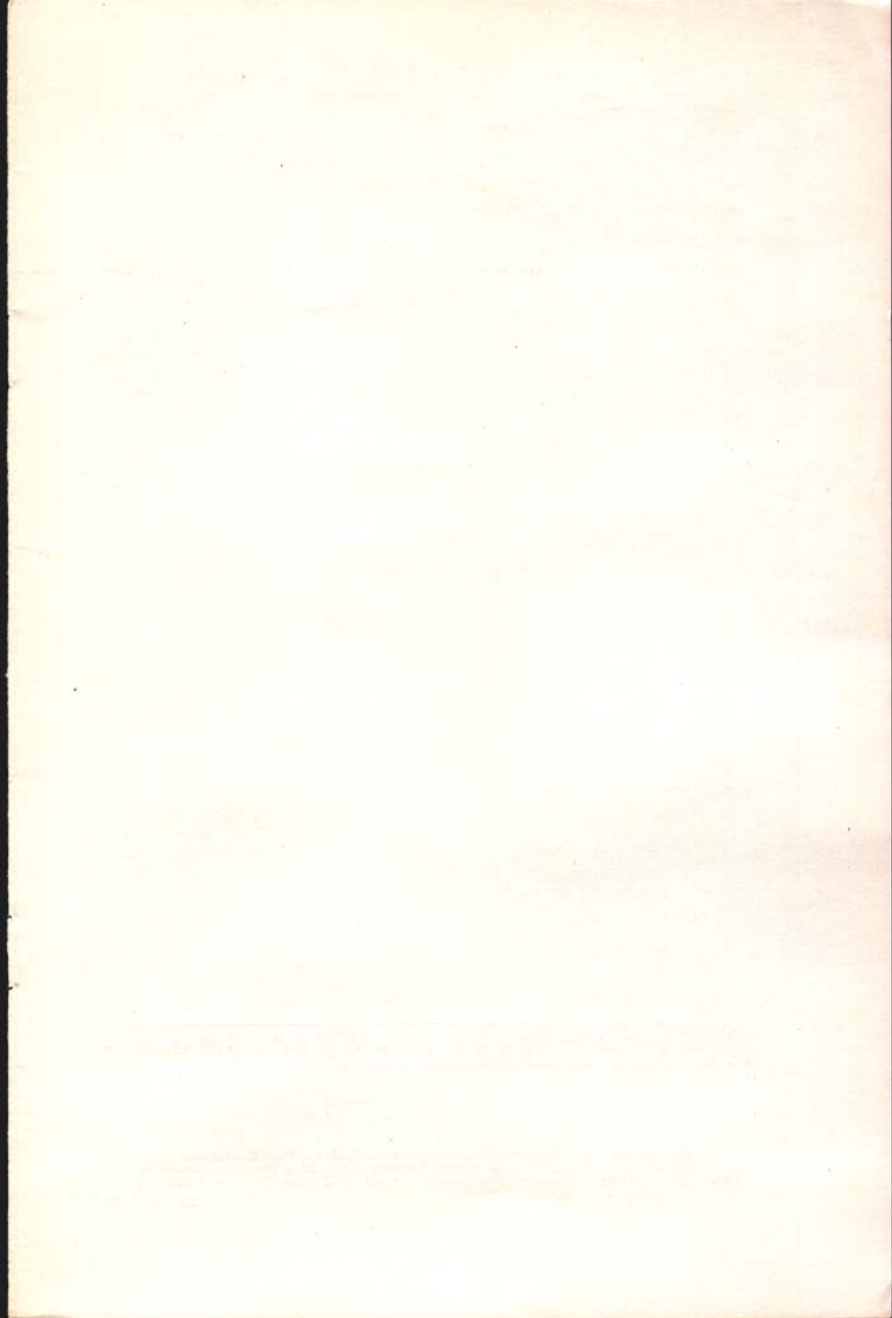
DREAM BARS

1 cup flour	½ cup butter
½ cup brown sugar	

Cream above ingredients and spread on the bottom of an 8 x 10 pan. Bake in 375° oven for 10 minutes. While baking mix the following:

1 cup brown sugar	Pinch of salt
2 tablespoons flour	½ cup nutmeats
3 eggs	½ cup cocoanut

Sift flour and sugar. Add unbeaten eggs to the sugar and flour mixture. Add the nuts and cocoanut. Spread on top of the first hot baked mixture. Return to the oven and bake 20 minutes at 375° F. Cut in bars.





SERVING MICHIGAN

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