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LOW COST MEALS FOR THE FAMILY



MICHIGAN STATE COLLEGE
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NAME	RESIDENCE	DATE

LOW COST MEALS FOR THE FAMILY

AMY NEWBERG AND BEATRICE GRANT

Division of Home Economics

Planning family meals is always a big problem, but the task becomes more difficult when the amount of money available for food is reduced. Adequate meals require a great deal of thought even when food costs can be ignored, and even more careful consideration is needed when every dollar counts. The food provided must furnish the elements needed to maintain the health and energy of adults and to provide the factors of growth for children.

PRINCIPLES OF MENU BUILDING

In planning meals, first of all, think of the nutritional needs of the persons to be fed. Clothes are planned for each member of the family group; isn't it as important to plan food for each person when it is known that health, growth, and even life itself depend, to a very great extent, on the food that is eaten? The needs of the growing child or of the active adolescent boy are different from the requirements of the adult or of the less active older person. The correct food for each person must be considered to plan an adequate diet for the entire family.

What the Child Needs—The importance of proper food for the child cannot be stressed too much. Not only must his present needs be considered but his future as well. He is building for life, and his health in later years depends to a great extent on the foundation laid in the critical period of growth. Realizing the importance of the child's diet, the meals for the family are planned around the food requirements of the child. What then, does the child need?

A summary of the essentials of the daily diet for this period follows.

Milk—a quart, or at least a pint.

Vegetables—two servings, one of which should be raw or quickly cooked.

Fruit—one serving of tomatoes, cooked or raw; orange; grapefruit; or other raw fruit; and one serving of cooked dried or fresh fruit.

Whole grain cereal or potato—at each meal.

Egg, meat, fish, or cheese—one serving.

Sweets—in small amounts after a meal.

Butter—two or three times a day.

Cod liver oil—from one teaspoonful to one tablespoonful for the child up to eight years of age.

Some slight variations will have to be made for the different ages but the basic requirements will remain the same throughout childhood. The child of one to two years will need the foods listed, with the exception of meat, fish, cheese, and sweets, but they will be served to him in a very simple way. At the end of the first year, the fruits and vegetables may be given as pulp, and the whole, unstrained forms of these foods should be gradually introduced after this period.

For the boy or girl of the teen age, the amounts of food will have to be increased materially because of the added demands of growth and activity. The boy of fourteen to eighteen will require much more food than will an adult. These requirements may be met by using liberal amounts of grain products and some additional sugar and fat to supplement the suggested list.

What the Adult Needs—The dietary essentials for the adult are much the same as the standard for children, the main difference being in the proportion of the various foods used. The amount of milk may be reduced to a pint or even to a half pint a day, and fewer servings of fresh fruits and vegetables may be given. To make the diet adequate in energy value, such foods as grain products, potatoes, and dried peas and beans should be supplied in liberal amounts. The food for the person over sixty will be the same as that for the adult but will be reduced somewhat in quantity.

What the Family Needs—It is desirable, whenever possible, to use the same basic menu for the entire family. This means economy of time, of work, and of fuel. For the children, the servings of vegetables, fruits, eggs, and milk may be proportionately large and the servings of meat, beans, cheese, and very sweet desserts omitted or made very small. The high food requirements of the older children will necessitate their use of larger amounts of grain products, sugar, and fats in addition to the standard family menu.

A low cost diet for the family group will include:

Every meal:

Milk for children
Bread for all

Every day:

Cereal in porridge or puddings
Potatoes
Tomatoes (or oranges) for children
A green or yellow vegetable
A fruit or additional vegetable
Butter for children
Milk for all

Two to four times a week:

Tomatoes for all
Dried beans and peas or peanuts
Eggs (especially for children)
Lean meat, fish or poultry, or cheese*

*Stiebelling, Hazel K., and Birdseye, Mariam, *Adequate Diets for Families with Limited Incomes*, U. S. Dept. of Agriculture, Miscellaneous Publication No. 113, (1931) p. 4.

THE VALUE OF SOME PARTICULAR FOODS

Grain Products—In low cost dietaries, grain products are used to a great extent because this class of foods supplies the most nourishment for a given amount of money. Grain products include breads, quick breads, all kinds of breakfast cereals, and such foods as spaghetti, macaroni, noodles, and other foods made almost entirely of flour. Though graham, rye, and whole wheat breads and cereal products are somewhat more expensive per pound, it is wise to buy them rather than the white breads and the refined cereals because the whole grains furnish important minerals and vitamins which are lacking or are present to a much smaller extent in the grain products from which the bran has been removed. Grain products are not entirely adequate in themselves, but if supplemented with the proper foods form an excellent foundation upon which to build the low cost menu.

Milk—It is especially important that an adequate supply of milk be furnished on a low cost dietary because milk is an excellent supplement for the grain products. Evaporated milk, diluted in proportions of two parts of milk to three parts of water, or dried milk mixed with water in the proportion of one pound of milk powder to five quarts of water, may be substituted for the whole milk. Buttermilk and skimmed milk should be used freely because they are cheaper than whole milk and, though not quite so high in fuel value, are just as high in the important minerals. Cream should not be bought for the low cost dietaries. Top milk or whole milk may be used instead. Children up to ten years of age should have a quart of milk per day if it is possible. The amount given children of this age should never be reduced below a pint per day and even at that level the amount of vegetables fed should be increased. Pregnant and nursing women must be allowed a quart of milk a day in order to take care of their increased needs.

Vegetables and Fruits—As vegetables and fruits are usually rather expensive sources of energy, the amounts used in a limited food allowance are usually lower than would be recommended for a more generous level of expenditure. However, it must be remembered that these foods are necessary and that even the most rigidly limited food budget must make some provision for their inclusion. If skimmed milk is used to any great extent or to the exclusion of whole milk, green or yellow vegetables must be used frequently, especially for children. Potatoes and cabbage are inexpensive and should be provided frequently. Dried fruits are excellent sources of minerals, but some fresh fruits or tomatoes must be supplied at least twice a week for adults and oftener for children.

Meat, Fish, Eggs, Cheese and Beans—Meat provides valuable building materials for the body and because of this and its satisfying flavor, may be included in the weekly food budget. Whenever prices warrant, it is advisable to purchase beef or pork liver, kidneys, and other organs instead of muscle meats. Fish may be used frequently. Canned salmon, even in the cheapest grades, is an excellent food and is to be recommended particularly because it supplies liberal amounts of iodine. Beans

and cheese also furnish some of the important foodstuffs found in meat but, as these foods are not identical in composition, it is well not to use one to the exclusion of the other. Eggs are sometimes rather expensive in the winter but may be used freely when price permits.

The young child should be given little or no meat, no dried beans, and only small servings of cheese. It is advisable, however, to provide an egg a day for all children.

Fat—Fats are cheap sources of energy, but it must be remembered that all fats are not equal from a nutritional standpoint. Butter contains a vitamin not found in most other fats. Cod liver oil is recommended as an additional protection for young children especially in the winter.

Sugars—Sugars are another class of inexpensive foods. Brown sugar, maple sugar, or honey may also be substituted for white sugar if the cost is not too great or if they are produced at home. Molasses is valuable because it is an excellent source of minerals.

HOW TO MAKE LOW COST MEALS PALATABLE

Because low cost meals include such large amounts of mild flavored grain products, it is often difficult to vary the menu enough to make it palatable. Special care must be taken to cook the foods well and to serve them attractively as well as to combine the flavors to the best possible advantage.

Vegetables cooked as quickly as possible in boiling water retain their attractive colors and desirable flavors. The less expensive cuts of meat require long, slow cooking to make them tender. When only a small amount of meat is available, its flavor may be extended by using cereals in the cooking. Typical "meat extender" dishes are soups with noodles, stews with dumplings, creamed meat or fish on toast, meat pies, and croquettes made with bread crumbs. Bones from the meats bought for stew will flavor a nourishing soup. The meat fat rejected in cooking is high in energy value and will increase the flavor of some vegetable or cereal dish.

The use of small amounts of onions, tomatoes, spices, and celery or celery leaves will increase the palatability of the dishes suggested.

SUGGESTIONS FOR BUYING

Buy by weights whenever possible.

Large quantity buying is recommended if there is ample storage space and if the entire amount of food bought can be used before there is any spoilage.

Whole grain flours and cereals do not keep so well as the refined products so should be bought only in quantities which can be used in a short time.

Cereals bought in bulk are less expensive than those bought in packages.

Ready-to-serve cereals are more expensive per serving than are the uncooked cereals.

Self-rising flour mixtures cost more than the separate ingredients of which they are composed.

Day old bread may be bought for less than fresh bread and is equally nourishing.

Always read the label on packaged or canned goods. Notice especially the weight of the contents so that you may be able to compute the price per pound.

Know the can sizes and consider the volume of the can in judging its price. Popular sizes are:

Size	Volume in Cups
1	1 1/3
2	2 2/5
2 1/2	3 3/5
3	4
10	13 1/4

It is not economical to buy poor grades of meat, vegetables, and eggs because of the higher per cent of waste.

Buy vegetables and fruits in season. Plan to make substitutions in your menu if special sales are offered on the market.

The less expensive cuts of meat such as the shank, brisket, chuck, plate, shoulder, and neck are as nourishing as the more costly steaks and roasts.

MEAL PATTERNS

Breakfast may be of several types but for the low cost menus this type would be recommended.

1. Fruit: dried, fresh, or canned.
Bread: toast, muffins, biscuits.
Cereal: hot, cooked whole cereal.
Beverage: coffee, milk for young children, milk or cocoa for older children.

Lunch or Supper:

1. Thick soup: cream soup or vegetable soup.
Bread and butter.
Dessert: tapioca or cornstarch puddings, junket, bread pudding, fruit, rice, brown Betty, custard.
2. Hot dish: Scalloped vegetable
Creamed vegetable
Spanish rice
Macaroni
Toasted sandwiches.
Bread and butter.
Dessert.

Dinner:

1. Egg dish: Scrambled, poached, baked, omelet, creamed, souffle.
Potatoes.
Vegetable or salad.
Bread and butter.
Beverage.*
Dessert.†
2. Meat dish: Stew, thick soup, casserole with rice and vegetables, meat pie, pot roast with vegetables, meat loaf.
Potatoes.
Vegetables or salad (unless vegetables are combined with meat).
Bread and butter.
Beverage.
Dessert.
3. Cheese dish: Macaroni, hominy, noodles, spaghetti, rice, or potatoes with cheese.
Vegetable or salad.
Bread and butter.
Beverage.
Dessert.
4. Bean dish: Baked beans or peas with or without pork, bean soup.
Vegetable or salad.
Bread and butter.
Beverage.
Dessert.

LOW COST MEALS

Graham or whole wheat bread with butter will be served at each meal unless hot breads are specified.

A beverage may be served with each meal if desired. This will include warm or cool milk for the young child, milk or an occasional serving of weak cocoa for the older child and milk, cocoa, tea, or coffee for the adults.

Top milk is allowed for the breakfast cereal.

*Beverage: Coffee and tea have no food value and may be omitted. Cocoa, when made with milk, is a good food and may be used to advantage except for young children.

†Desserts may be omitted but the ones suggested are inexpensive and will lend interest and variety to the meal if used.

	BREAKFAST	DINNER	LUNCH or SUPPER
1st day.....	Apple Sauce Rolled Oats—Milk Toast and Butter Milk (for children) Coffee (adults)	Meat Loaf ¹ Franconia Potatoes ² Escaloped Carrots ³ Whole Wheat Bread and Butter Milk (children) Tea or Coffee (adults)	Corn Chowder ⁴ Toasted Rye Bread and Butter Stewed Apricots or Canned Fruit Milk (children) Coffee (adults)
2nd day.....	Cornmeal Mush—Milk Buttered Toast Cocoa (all)	FOR CHILDREN UNDER 6 YEARS— Scrambled Eggs Stewed Tomatoes—Bread and Butter OLDER CHILDREN AND ADULTS— Stewed Tomatoes—Bread and Butter Baked Soy Beans ⁵ Rolled Oats Cookies ⁶ Milk (children) Coffee (adults)	Potato, Cabbage and Egg Salad ⁷ Whole Wheat Bread and Butter Baked Apples Milk (children) Tea or Coffee (adults)
3rd day.....	Tomato Juice Rolled Oats—Milk Bacon Muffins ⁸ Milk (children) Coffee (adults)	Fish Soufflé ⁹ or Fish Cakes ¹⁰ Boiled Beets in Sweet-sour Sauce ¹¹ Bread and Butter Milk (children) Tea or Coffee (adults)	Peanut Balls with Cheese Sauce ¹² Bread and Butter Stewed Prunes Milk (children) Coffee or Tea (adults)
4th day.....	Steamed Whole Wheat or Cracked Wheat ¹³ —Milk Buttered White Bread Toast Milk (children) Coffee (adults)	Casserole of Beef ¹⁴ Boiled Potatoes (skins removed after boiling) Gingerbread ¹⁵ Milk or Buttermilk (all)	Cottage Cheese, Raw Carrot and Onion Salad ¹⁶ Creamy Rice Pudding ¹⁷ Bread and Butter Milk (children) Tea or Coffee (adults)
5th day.....	Stewed Dried Fruit or Canned Fruit Rolled Oats—Milk Bread and Butter Milk (children) Coffee or Tea (adults)	Baked or Creamed Spaghetti with Cheese ¹⁸ Cole Slaw Whole Wheat Bread, Butter Milk (children) Tea or Coffee (adults)	Potato and Onion Chowder ¹⁹ Bread or Toast Rolled Oats Cookies Milk (children) Tea or Coffee (adults)
6th day.....	Rolled Oats—Milk Bread or Toast Weak Cocoa (all)	Scalloped Fish ²³ Baked Potatoes, Sauerkraut and Carrot Salad ²⁴ Bread and Butter Milk (children) Tea or Coffee (adults)	Stuffed Onions with White Sauce ²⁵ Bread and Butter Prune Whip ²⁶ Custard Sauce ²⁷ Milk (children) Tea (adults)
7th day.....	Cornmeal Mush* with Raisins—Milk Graham Scones ²⁹ (adults) Toast or Bread (children) Milk (children) Coffee (adults)	Meat Balls ²¹ Mashed Potatoes Buttered Turnips Bread Caramel Bread Pudding ²² Milk (children) Tea or Coffee (adults)	Peanut Butter and Jelly or Jam Sandwiches on Whole Wheat Bread Tea, Coffee (adults) Milk (children)
8th day.....	CHILDREN— Mush, Molasses, Milk Toast, Milk or Cocoa ADULTS— Fried Mush, Molasses Coffee or Cocoa	Vegetable and Meat Borscht ²⁸ Bread and Butter Milk (children) Tea or Coffee (adults)	Oakhill Potatoes ²⁹ Bread and Butter Apple Charlotte ³⁰ Hard Sauce ³¹ Milk (children) Tea or Coffee (adults)

*Make enough mush for 7th day and 8th day. Mould part of it to be used for "Fried Mush."

	BREAKFAST	DINNER	LUNCHEON or SUPPER
9th day.....	Stewed Prunes Rolled Oats or Farina—Milk Bread or Toast Milk (children) Coffee or Tea	Liver Loaf ³² Scalloped Tomatoes Baked Potatoes or Boiled Potatoes (peeled after they are boiled) Whole Wheat Bread Milk (children) Tea or Coffee (adults)	Scalloped Cabbage with Cheese ³³ Bread and Butter Pandowdy ³⁴ Milk Tea
10th day.....	Rolled Oats—Milk Bananas or Stewed Fruit Toast or Bread Milk Coffee	Fish and Vegetable Stew ³⁵ Bread and Butter Steamed Suet Pudding ³⁶ Milk	Corn Custard ³⁷ Bread and Butter Ginger Cookies ³⁸ Milk Tea or Coffee
11th day.....	Cornmeal—Milk French Toast (adults) Plain Bread or Toast (children) Milk (children) Coffee (adults)	Stuffed Cabbage ⁴⁰ Bread and Butter Gelatin Dessert ⁴¹ Milk—Tea or Coffee	Peanut Butter Soup ⁴² or Vegetable and Cheese Soup— ⁴³ Crackers Bread and Butter Apple and Raisin Salad ⁴⁴ Milk Tea or Coffee
12th day.....	Steamed Whole Wheat—Milk White Bread or Toast Milk Tea or Coffee	Tripe Stew ⁴⁵ Hashed Brown Potatoes (adults) Boiled Potatoes (children) Rye Bread and Butter Milk Tea or Coffee	English Monkey ⁴⁶ Bread and Butter Prune and Apricot Jam ⁴⁷ or Stewed Fruit
13th day.....	Farina—Milk Griddle Cakes—Butter Syrup or Molasses Coffee (adults) Toast Cocoa (children)	Bean and Peanut Loaf with Tomato Sauce ⁴⁸ Bread and Butter Apple Brown Betty ⁴⁹ Lemon Sauce or Milk Milk Tea or Coffee	Baked Bananas with Bacon ⁵⁰ Bread and Butter Graham Muffins Tea or Coffee Milk (children)
14th day.....	Stewed or Canned Fruit Rolled Oats—Milk Toast Milk (children) Coffee (adults)	Pot Roast with Vegetables ⁵¹ Steamed Cherry Pudding ⁵² Cherry Sauce	Cottage Cheese and Cabbage Sand- wiches ⁵³ Rye Bread and Butter Sandwiches Apple Sauce Cake ⁵⁴ Milk (children) Coffee or Hot Cider or Tea (adults)

***FOOD SUPPLIES**

(For Family of Six for Two Weeks)

Cereal Products:

5 lbs. white flour @ .02 per lb.10
3 lbs. Graham flour @ .034 per lb.11
4 lbs. rolled oats @ .02509
5 lbs. cornmeal @ .0315
1 pkg. Farina @ .1010
1 lb. white rice @ .05 per lb.05
10 large loaves white bread @ .10	1.00
12 loaves whole wheat bread @ .0560
2 loaves rye bread @ .0510
1 lb. macaroni or spaghetti @ .1010
1 lb. unmilled wheat @ .0101

Vegetables:

3 pecks Irish potatoes42
1 lb. Soy beans04
1 lb. dried white or lima beans04
6 lbs. carrots @ .0424
5 lbs. cabbage @ .025125
5 lbs. onions @ .04523
3 lbs. beets @ .0309
3 lbs. turnips @ .0309
½ lb. lettuce12
6 No. 3 cans tomatoes @ .11569
2 No. 2 cans corn20
1 lb. sauerkraut05

Fruits:

2 oranges05
3 lemons12
1 peck apples35
2 lbs. bananas13
5 lbs. dried prunes @ .0945
1½ lbs. dried apricots @ .2030
1 lb. raisins @ .1212
1 No. 2 can sour cherries @ .1515

Nuts:

1½ lbs. peanuts @ .1015
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Fats:

2 lbs. fat, salt pork @ .1632
3 lbs. lard25
¼ lb. beef suet @ .1504
¾ lb. peanut butter @ .1209
2 lbs. butter @ .2958

Sugars:

4 lbs. granulated sugar @ .0520
2 lbs. brown sugar @ .0612
1 qt. molasses33

Milk:

20 qts. whole milk @ .10	2.00
25 qts. skimmed milk @ .06	1.50

Cheese:

2 lbs. mild, American cheese @ .1938
1½ lbs. Cottage cheese @ .1117

Meat and Fish:

1¼ lbs. beef liver @ .1823
3 lbs. ground meat57
2½ lbs. beef shank @ .1332
2 lbs. beef brisket @ .1632
3½ lbs. chuck roast60
1 lb. fat bacon25
1½ lbs. tripe @ .1015
2 cans pink salmon @ .1030
1 lb. dried salt fish30

Eggs:

2½ doz. eggs @ .2255
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Miscellaneous:

2 lbs. coffee @ .1938
¼ lb. tea @ .4010
1/3 lb. cocoa @ .1505
Baking powder	}
Baking soda	
Ground cloves	
Ground cinnamon	
Ground ginger	
Salt	
Pepper	
Vinegar	.20
Mustard	

Total	16.765
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Average cost per person per day1995
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*These quantities are approximate amounts required for two weeks: Staples should be bought in larger quantities when possible. Prices are based upon costs prevailing in Lansing, January 1st.

Recipes Serve Six People

1. Meat Loaf:

2 lbs. veal or beef	1 small onion
$\frac{1}{4}$ lb. salt pork	1 c. dry bread crumbs
$1\frac{1}{2}$ t. salt	$\frac{3}{4}$ c. water or stock
$\frac{1}{2}$ t. sage (may be omitted)	1 egg

Chop the meat very fine, add salt, sage, chopped onion, bread crumbs, egg, and one-half the water or stock. Mix well and shape into a thick, loaf-like roll. Place it in a broad pan, surround with potatoes (see directions below), and cook at 375° F. (moderate oven) about one and one-half hours, basting with the remaining stock or water.

2. Franconia Potatoes:

8 medium-sized potatoes

Parboil potatoes in their skins for five minutes. Peel and cut potatoes in halves. Rub potatoes with fat, place them in baking-pan with the meat loaf (given above) and bake until tender.

3. Escalloped Carrots:

7 large or 10 medium-sized carrots
 3 tablespoons flour
 4 tablespoons fat
 Salt and pepper
 Milk (about $1\frac{1}{2}$ c.)

Scrub the carrots; scrape them, and cut into thin slices. Place a one inch layer of the sliced carrots in a baking dish, season with salt and pepper, and sprinkle a portion of the flour on top. Repeat until the required amount is used. Divide the fat into small pieces and spread them over the carrots. Add milk until it can be seen among the slices of carrot. Cover and bake in a moderate oven (350°-400° F.) until carrots are tender when pierced with a fork (about $1\frac{1}{2}$ hrs.).

4. Corn Chowder:

1 oz. salt pork (half fat) finely minced
 1 small onion, sliced
 1 c. diced or sliced potatoes
 $\frac{1}{2}$ teaspoons salt, $\frac{1}{16}$ teaspoon pepper
 2 c. or more boiling water (as needed to cover)
 1 No. 2 can corn or $2\frac{1}{2}$ c. cooked fresh or dried corn
 3 c. milk
 3 slices toast or 6 crackers

Mince the pork and place it in the soup kettle over a low fire until "tried out." Add the onion and cook slowly 5 minutes, stirring to prevent burning. Add the potatoes and the water. Cook until the potatoes are almost tender, add corn, and continue cooking until the potatoes are done. Add the milk and the seasonings. Reheat over a low flame, stirring frequently. Place a cracker, or one-half slice of toast in each soup plate and pour chowder over this.

5. Baked Soy-Beans:

1½ c. yellow soy-beans	1 tablespoon molasses
1 teaspoon salt	½ teaspoon mustard
1 small onion	3 oz. fat, salt pork

Soak beans for 24 hours in one quart of water. Heat to boiling in the water in which they were soaked and simmer until tender (until the skins begin to burst). This will require at least an hour. When the beans are tender, put them into a bean crock or baking dish. Scald the pork and scrape the rind until it is white, score it in one-half inch stripe, and bury it in the beans, leaving only the rind exposed. Mix the salt, the mustard, and the molasses in a cup, fill it with hot water and when well blended pour this mixture over the pork and beans. Add enough water to cover the beans and bake in a slow over (250°-350° F.) 6 to 8 hours, adding water to keep the beans covered until the last hour. One hour before the beans are done add the onion, finely chopped, and raise the pork to the surface to crisp.

Variations:

1. Substitute one-half pound corned beef and 3 tablespoons fat for pork.
2. Omit meat, add one-quarter cup of fat and increase the amount of salt.

Note: In order to save fuel, the beans may be baked while the meat loaf and vegetables are being cooked for the previous noon meal.

Beans may also be baked on top of the stove instead of using the oven or they may be cooked in a fireless cooker.

6. Rolled Oats Cookies:

¾ cup sugar	¼ teaspoon ground cloves
3 tablespoons molasses	½ teaspoon salt
½ c. melted fat	1/3 teaspoon soda
1 egg	1½ cups family flour
1/3 cup milk	1½ cups rolled oats
1 teaspoon ground cinnamon	½ c. chopped raisins

Mix the first 5 ingredients in the order given. Sift flour, spices, salt and soda together and stir in the rolled oats. Next add the raisins to the dry ingredients. Combine the two mixtures, beating thoroughly. Drop the batter by spoonfuls on greased baking sheets and bake in a moderate oven (375°-400° F.).

7. Potato, Cabbage, and Egg Salad:

- 5 medium sized cold potatoes, cooked in their skins
- 1½ cups shredded cabbage
- ¼ cup mild vinegar
- 1½ teaspoons salt
- ⅛ teaspoon pepper
- 2 tablespoons sugar
- 1 tablespoon chopped onion
- 3 or 4 hard cooked eggs
- 5 or 6 small cabbage leaves
- ¾ teaspoon mustard
- 3 tablespoons melted butter, bacon fat or other fat
- About ¼ cup top milk or cream
- 1 clove garlic (may be omitted)

Rub a bowl with garlic and add the cold, peeled potatoes, cut in one-third inch cubes. Add the chopped onion and two chopped eggs and mix lightly. Shred the cabbage finely. Mix salt, pepper, mustard, sugar, and fat with the vinegar and pour this mixture over the cabbage. Combine the cabbage mixture with potatoes and eggs, tossing lightly to avoid mashing the potatoes. Add enough top milk or cream to give the desired consistency. Arrange individual portions of this mixture on crisp cabbage leaves and garnish with hard cooked egg cut in slices.

8. Bacon Muffins:

- 1 c. pastry flour **or** ⅞ c. family flour
- 1¼ cup graham flour
- *4 teaspoons tartrate or calcium phosphate baking powder
or
- 3 teaspoons sodium aluminum sulphate phosphate baking powder
- 1 tablespoon molasses
- ½ teaspoon salt
- 1 egg
- 1 cup milk **or** 4 tablespoons milk powder beaten in 1 c. water
- 2 tablespoons melted bacon fat (fat must not be hot, however)
- ½ c. sliced fat bacon cut in ½ inch strips and cooked until crisp and cooled

Sift and measure the white flour, add the baking powder and the salt, and sift all three into a mixing bowl. Add the graham flour (unsifted) and stir until it is well blended with the other ingredients. Add cooked bacon.

Beat the egg until it is foamy; add the milk and the molasses mixed together; add the melted fat and, before it hardens, pour this mixture of wet ingredients, all at one time, into the dry ingredients. Stir the mixture vigorously until the dry ingredients are just dampened. Avoid over stirring. Dip the batter into the

*Read the information on your baking powder can to find out the kind you are using.

muffin pans with as little stirring as possible. Fill each section only two-thirds full. If a tartrate baking powder or a calcium phosphate baking powder has been used bake in a hot oven (425° F.) until the crusts are golden brown (about 20 minutes).

If a sodium aluminum sulphate phosphate powder has been used, bake in a slow oven (300° F.) for the first five minutes then increase the heat to 425° F. and finish cooking at this temperature. If a S. A. S. phosphate baking powder is used in these muffins and the fuel is wood or coal, bake at about 400° F. (a moderately hot temperature).

Variation: If sour milk is substituted for sweet milk, use 3 t. (instead of 4) tartrate or calcium phosphate powder or 2 (instead of 3) S. A. S. phosphate powder. Use $\frac{1}{2}$ t. soda and 1 T. water. Mix and stir them into the other wet ingredients.

9. Fish Souffle:

- 2 c. salt codfish or fresh fish of any kind
- 4 cups raw potatoes, pared and cut in cubes
- $\frac{1}{4}$ cup milk or cream
- 2 eggs
- 1 tablespoon fat
- $\frac{1}{16}$ teaspoon pepper

If salt fish is used, separate it into small pieces and soak it in cold water for 3 hours, changing the water three times. Place this prepared, salt fish or fresh fish cut into small pieces in a kettle with the potatoes. Add just enough water to cover them and boil the mixture until the potatoes are done. Drain thoroughly, mash the potatoes and fish, and beat them well with a fork adding pepper, fat, and milk or cream. The mixture must be made light with vigorous beating. Then beat in the well-beaten egg yolks and lastly, fold in the stiffly beaten egg whites. Turn the souffle into a greased baking dish and bake in a moderate oven (375° F.) about one-half hour, or until it is puffed and well browned. Serve with beets in sweet-sour sauce.

10. Fish Cakes:

- 2 cups cooked or canned fish, boned, and flaked
- 3 cups mashed potatoes
- Salt and pepper
- 1 egg
- 3 tablespoons fat
- $\frac{2}{3}$ cup sifted dry bread crumbs

Mix ingredients in the order in which they are named, omitting crumbs and fat. Shape into flat biscuit-like cakes about one inch thick. Roll each cake in crumbs, heat 2 tablespoons fat in a skillet, place cakes in the hot fat, and cook until brown on one side. Add remaining fat and turn the cakes to brown the other side. Serve with beets in Sweet-Sour Sauce.

11. Beets in Sweet-Sour Sauce:

- 4 medium sized, hot, cooked beets
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{2}$ teaspoon cornstarch or 1 tablespoon flour
- $\frac{1}{4}$ c. hot vinegar
- $\frac{1}{4}$ c. hot water

Mix sugar, starch and seasoning together. Add vinegar, and cook (stirring constantly), 2 minutes or until thick. Cut beets into cubes. Add them to the sauce and let stand in a hot place 15 minutes.

12. Peanut Balls:

- | | |
|--------------------------------|---------------------------------|
| $1\frac{1}{2}$ tablespoons fat | $\frac{1}{16}$ teaspoon pepper |
| 4 tablespoons flour | 3 cups cooked rice |
| 1 cup milk | $\frac{1}{2}$ c. ground peanuts |
| | 1 egg |

Melt fat; add flour, salt, and pepper; and mix well. Gradually add the milk and cook, stirring constantly, until thick and smooth. Add rice, peanuts and beaten egg. Cool the mixture and shape it in small balls. Cook on a griddle using just enough fat to keep the balls from burning. Turn the balls frequently in order to brown them all over. Serve them hot with cheese sauce.

Cheese Sauce:

- | | |
|---|--------------------------------|
| 3 tablespoons flour | $\frac{1}{8}$ teaspoon salt |
| $1\frac{1}{2}$ cups milk | $\frac{1}{16}$ teaspoon pepper |
| $\frac{1}{2}$ c. grated or chopped cheese | |

Mix the flour to a smooth paste with one-third cup milk. Heat the remaining milk and add to it the flour paste. Cook, stirring constantly, until thickened. Add salt and pepper. Add cheese, mix well, and cook over hot water until cheese is melted. Serve hot.

13. Whole Wheat Cereal:

Look over whole unmilled wheat and wash. Soak in water (4 cups for each cup of wheat) for 12-18 hours. Cook in same water in top of double boiler for 4 hours or for 5 hours in a fireless cooker.

14. Casserole of Beef:

- 3 cups raw lean beef cut into 1 inch cubes
- 2 tablespoons chopped beef suet 2 tablespoons flour
- 1 cup boiling water
- 1 cup canned tomatoes (left over from yesterday morning's tomato juice—see menus)
- 1 c. sliced raw carrots
- 2 onions, thinly sliced
- 2 cups chopped cabbage
- 2 teaspoons salt
- A dash of pepper

"Try out" the beef suet; add the chopped beef and the flour. Cook until the meat begins to brown. Add water and tomatoes and simmer for 20 minutes on top of the stove. Add carrots and onions, salt and pepper, and simmer 15 minutes longer. Turn mixture into a casserole or other baking dish. Add cabbage and finish cooking in the oven while the gingerbread is baking. (See recipe No. 15.)

15. Hot Water Gingerbread:

$\frac{3}{4}$ cup molasses
 6 tablespoons or $\frac{3}{8}$ cup boiling water
 $1\frac{1}{2}$ cup sifted family flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{3}{4}$ teaspoon soda
 1 teaspoon ginger
 $\frac{1}{2}$ teaspoon cinnamon
 3 tablespoons melted fat

Add water and fat to molasses. Mix and sift the dry ingredients. Pour, at one time, all the liquid ingredients into the dry ingredients and beat vigorously for about 20 seconds. Pour into a greased shallow pan, making the batter about one inch thick. Bake 25 minutes in a moderate oven (375° F.).

or

Sour Milk Gingerbread:

$\frac{3}{4}$ cup molasses	$1\frac{1}{4}$ teaspoon ginger
$1\frac{1}{8}$ cup sifted family flour	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ teaspoon soda	3 tablespoons melted fat
$\frac{3}{4}$ teaspoon baking powder	$\frac{3}{4}$ cup sour milk

Mix soda with sour milk and add to molasses. Stir together remaining dry ingredients, combine mixtures, and butter, and beat vigorously. Pour into an oiled shallow pan and bake 30 minutes in a moderate oven.

16. Cottage Cheese, Raw Carrot and Onion Salad:

1 lb. cottage cheese
 1 cup finely chopped or grated raw carrot
 1 cup shoestring carrots (carrots cut into pieces $1\frac{1}{2}$ inches long and $\frac{1}{8}$ inch wide by $\frac{1}{16}$ inch thick)
 $\frac{1}{4}$ teaspoon salt
 A dash of pepper
 2 tablespoons finely chopped onion
 2 dill pickles (may be omitted)
 $\frac{3}{4}$ cup cooked salad dressing

Mix the cheese with chopped carrot, salt, pepper, onion, and dill pickle. Arrange this mixture in a mound in a ring of shoestring carrots and serve with dressing.

Dressing:

$\frac{3}{4}$ teaspoon salt	1 egg, slightly beaten
1 teaspoon mustard	$\frac{3}{4}$ c. milk or water
$1\frac{1}{2}$ tablespoons sugar	$\frac{1}{4}$ cup mild vinegar
2 tablespoons flour	2 tablespoons fat
A dash of pepper	

Mix the dry ingredients together. Add the melted fat and the egg. Mix well, add milk or water, then add vinegar very slowly. Cook over hot water until thick, stirring constantly. Cool thoroughly before using.

17. Creamy Rice Pudding:

$\frac{1}{2}$ c. rice	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ c. boiling water	$\frac{1}{4}$ cup sugar
1 c. milk	
$\frac{3}{4}$ cup chopped figs, dates or raisins	
or	
1 cup chopped canned fruit or dried apricots, soaked and stewed	

Cook the rice in the boiling water over direct heat, stirring when necessary to prevent sticking. When the water has been absorbed, add milk, salt, and sugar, and cook over hot water until the rice is tender. Add the fruit. Serve hot or cold with milk or cream.

18. Spaghetti au Gratin:

3 cups boiled spaghetti or macaroni
$1\frac{1}{2}$ c. thin white sauce
$\frac{3}{4}$ cup dry crumbs mixed with 2 tablespoons melted butter or other fat
Salt and pepper
$\frac{2}{3}$ c. grated cheese

Place spaghetti, cheese and sauce in layers in a buttered baking dish. Season with salt and pepper and cover the top with crumbs. Bake in hot oven until heated throughout and brown on top, or crumbs may be omitted and macaroni may be reheated in the sauce. Cheese is then added to the mixture a few minutes before serving.

19. Potato and Onion Chowder:

3 tablespoons fat or 4 tablespoons finely chopped fat salt pork
3 large onions, sliced
1 clove garlic (may be omitted)
3 cups diced or sliced raw potatoes
$1\frac{1}{2}$ teaspoons salt
$\frac{1}{16}$ teaspoon pepper
2 c. boiling water (or enough to cover potatoes)
*3 cups milk
$\frac{1}{4}$ c. grated raw carrot.

*Or $\frac{3}{4}$ cup milk powder mixed with 3 c. water.

Cook the onion and the chopped garlic with the fat until they begin to brown. Add potatoes, salt, and pepper; add boiling water to cover potatoes. Boil until potatoes are tender. Add milk. Re-heat, stirring frequently. Serve $\frac{1}{2}$ tablespoon grated carrot in each soup plate.

20. Graham Flour Scones:

- 1 c. sifted family flour
- $1\frac{1}{4}$ cup graham flour
- 4 teaspoons tartrate or calcium-phosphate baking powder
- or
- 3 teaspoons sodium aluminum sulphate baking powder
- 1 teaspoon salt
- 1 teaspoon sugar
- 4 tablespoons hard fat
- $\frac{2}{3}$ cup milk or milk and water

Mix and sift the family flour, baking powder, salt, and sugar; stir in the graham flour and rub in fat, using the tips of the fingers. Add the milk, all at one time and stir vigorously until the mixture leaves the sides of the bowl (it should be a soft dough). Place the dough on a lightly floured board, knead lightly for 30 seconds, and roll into a sheet one-half inch thick. Cut into pieces $1\frac{1}{2}$ " x $2\frac{1}{2}$ ", using a sharp knife. Bake on a greased griddle, turning so that both sides are a delicate brown. Serve hot with butter.

21. Meat Balls:

- $1\frac{1}{2}$ lb. ground beef, or beef and veal combined
- 1 oz. fat salt pork, finely minced
- $\frac{1}{3}$ cup raw, unpolished rice
- 1 teaspoon salt
- 1 well beaten egg
- 1 cup hot water
- 1 teaspoon sugar
- $\frac{1}{8}$ teaspoon pepper
- 2 cups canned or stewed tomato
- 2 onions, sliced

Mix the first five ingredients in the order given. Shape into balls the size of an egg and roll them in flour. Brown the balls in a greased skillet; then, place them in a stew pan; add tomatoes, water, onion and sugar. Cover tightly and simmer until rice is soft, adding more liquid if necessary. Serve hot, using the tomato and onion mixture for sauce.

22. Caramel Bread Pudding:

- 2 cups stale bread crumbs, grated finely
- 3 cups scalded milk
- $\frac{1}{3}$ cup sugar
- 2 egg yolks
- 2 egg whites
- $\frac{1}{4}$ teaspoon salt

Place the sugar in a small skillet and heat it, stirring frequently until it melts to a golden brown syrup. Dissolve this syrup in the milk. Add bread crumbs and allow them to stand 15 minutes, or until crumbs are soft and the mixture is lukewarm. Add egg yolks and salt. Bake 45 minutes in a buttered pudding dish in a slow oven (325° F.).

Beat the egg whites with a few grains of salt, until they are foamy but not stiff enough to hold their shape. Add one tablespoonful sugar and beat until stiff. Spread this mixture lightly over the pudding mixture and bake 15 minutes longer at a slightly reduced temperature (about 300° F.).

If desired, chopped nuts or cocoanut may be sprinkled on top of the finished pudding.

23. Scalloped Fish:

- 2 cups milk
- 2 tablespoons fat
- 1 cup ground, dry bread crumbs, mixed with 2 tablespoons melted fat
- 2 cups cooked fish, fresh or canned
- 4 tablespoons flour
- Salt and pepper

Make a white sauce of milk, fat, flour, salt, and pepper. Cover the bottom of a bake-dish with buttered crumbs; add the flaked fish and the sauce. Cover with the remaining crumbs and bake in a moderate oven (350°-400° F.) until the crumbs are brown.

24. Sauerkraut and Carrot Salad:

- 2 cups sauerkraut
- 1 cup grated or finely chopped raw carrot
- $\frac{3}{4}$ cup cooked salad dressing (given above—recipe No. 16)
- $\frac{1}{4}$ c. peanuts (may be omitted)

Mix carrot, sauerkraut, and dressing. Arrange on lettuce or cabbage leaves. Garnish with nuts.

25. Stuffed Onions:

- | | |
|-------------------------------------|------------------------|
| 8 medium to large onions | $\frac{1}{2}$ cup milk |
| $\frac{1}{8}$ lb. grated cheese | $\frac{1}{8}$ t. salt |
| $\frac{3}{4}$ cup soft bread crumbs | 1 T fat |
| 1 egg (may be omitted) | |

Remove a slice from top of each onion and parboil the onions until almost tender. Drain and remove centers. Chop the onion that was scooped out and combine with the cheese and crumbs. Add seasoning and beaten egg, and refill onion cups. Place in baking dish, add the milk, cover with dry bread crumbs browned in the fat, and bake until tender. Serve with a white sauce made of 1 cup milk, 2 tablespoons flour, 1 tablespoon fat, $\frac{1}{8}$ teaspoon salt and a dash of pepper.

26. Prune Whip:

1 c. stewed prunes	$\frac{1}{2}$ tablespoon lemon juice
$\frac{1}{3}$ cup granulated sugar	2 egg whites

Drain prunes and remove stones, add sugar and lemon juice, and beat until well mixed. Add this prune mixture to the egg whites and beat, using a rotary egg beater, until stiff enough to hold its shape. Chill. Serve with custard sauce.

27. Custard Sauce:

1 cup milk	2 tablespoons sugar
2 egg yolks	$\frac{1}{16}$ teaspoon salt
$\frac{1}{8}$ teaspoon grated lemon rind	

Heat the milk. Mix sugar, egg yolks, salt and lemon rind and gradually add the hot milk, stirring constantly. Cook the mixture over hot (not boiling) water, stirring constantly, until it coats the spoon.

28. Vegetable and Meat Borscht:

2 lbs. beef soup bone—including at least one pound lean meat
6 medium sized beets
1 cup canned or stewed tomatoes
$1\frac{1}{2}$ qts. water
1 small onion
2 teaspoons salt
2 tablespoons sugar
2 eggs
$\frac{1}{4}$ c. chopped parsley (may be omitted)
$\frac{1}{16}$ teaspoon pepper

Cut the lean meat from the soup bone and chop the meat into half inch cubes. Pare the beets and cut them into long strips. Place soup bone, meat, beets, onion, salt, and pepper in a soup kettle; add water; heat slowly; and simmer until the beets are tender (about 30 to 40 minutes). Add parsley, tomatoes, and sugar, and simmer 5 minutes longer. Remove the soup bone. Beat the eggs and add the hot borscht to them a little at a time, stirring well. Serve immediately, while very hot.

29. Oakhill Potatoes:

6 cold boiled potatoes, sliced
2 hard cooked eggs, sliced
Salt and pepper
$1\frac{1}{2}$ cups milk
2 tablespoons flour
1 tablespoon fat
$\frac{3}{4}$ cup bread crumbs mixed with 1 tablespoon melted fat
$\frac{1}{4}$ teaspoon salt
Few grains pepper
$\frac{1}{2}$ tablespoon finely chopped onion

Make a white sauce using the milk, flour, 2 tablespoons fat, the salt, and the pepper. When cooked, add the onion. Arrange half of the potatoes in a greased baking pan, season with salt and pepper, and cover with sliced eggs. Add the remaining potatoes and pour the sauce on top. Cover with the prepared crumbs and bake in a moderately hot oven (375° to 400° F.) until the crumbs are brown.

This recipe may be varied by substituting $\frac{3}{4}$ cup grated, finely chopped or thinly sliced cheese for the bread crumbs. When this is done, heat the dish containing potatoes, eggs, and sauce over the fire until the sauce bubbles. Spread the cheese on top, cover, and heat until the cheese is melted.

30. Apple Charlotte:

- 10 to 12 slices stale bread, $\frac{1}{4}$ inch thick
- 5 tablespoons softened butter, or other fat
- 3 cups stewed apples seasoned with sugar and nutmeg or cinnamon

Butter the bread on both sides. Line a greased mold or a loaf pan with slices, fitting them closely together. Fill the center with the apples. Cover the top with slices of buttered bread and bake at 375° to 400° F. (a moderately hot oven) for 30 to 40 minutes. When done, the bread should be well browned. Turn out on a platter and serve hot. A hard sauce may be served with this dessert.

31. Hard Sauce:

- $\frac{1}{4}$ c. butter
- 1 cup granulated sugar or sifted brown sugar
- $\frac{1}{2}$ teaspoon flavoring

Cream the butter until very soft; stir in the sugar and beat until the mixture is creamy. Add the flavoring. Keep in a cold place until required for use.

32. Liver Loaf:

- 1 $\frac{1}{4}$ lbs. beef or pork liver, ground
- $\frac{1}{4}$ cup raw rice **or** 1 $\frac{1}{2}$ cups soft, stale bread crumbs
- 1 teaspoon salt, $\frac{1}{8}$ teaspoon pepper
- $\frac{3}{4}$ cup milk or water (the liquid in which the rice was cooked may be used)
- 1 egg (may be omitted)

Cook the rice until half done, combine it with the liver, add the other ingredients, and mix well. Bake in a greased loaf pan in a moderate oven (350°-375° F.) for one and one-quarter hours.

33. Scalloped Cabbage with Cheese:

- 1 medium-sized cabbage
- 2 cups white sauce

Shred the cabbage and cook it in a small amount of water until tender (about 15 minutes). Drain well, mix with white sauce to which grated cheese has been added. Cover with buttered bread crumbs and bake in moderate oven (370° F.) until a delicate brown. Crumbs may be omitted and dish reheated on top of the stove.

White Sauce:

- 3 tablespoons flour
- 2 tablespoons fat
- 1 teaspoon salt
- 1 cup milk and 1 cup water in which cabbage has been cooked
- ¼ lbs. grated cheese

Blend flour with melted butter. Add the milk gradually, stirring constantly for about 5 minutes. Add grated cheese and salt

34. Pandowdy:

- ¾ cup dried apricots
- 1 tablespoon sugar
- 2 cups cold water

Soak the fruit 1 to 2 hours in 2 cups cold water, then simmer it gently 10 minutes. Add the sugar and pour the mixture into a greased baking-dish. Cover the fruit while hot with a baking powder biscuit crust made as follows:

- 1 cup sifted family flour
- ½ teaspoon salt
- 1 tablespoon sugar
- 1½ teaspoons sodium aluminum sulphate baking powder
- or
- 2 teaspoons tartrate baking powder
- 2 tablespoons cold, hard fat
- ¾ to 1 cup milk (or water and milk, combined)

Mix and sift the dry ingredients and work in the fat with the fingers or cut it in with a knife. Add all the milk at one time and stir until well mixed. Drop this stiff batter in tablespoonsful on the hot fruit and bake in a hot oven (425° F) until the crust is thoroughly baked and the fruit tender.

Apples or other fruit may be substituted for the apricots.

35. Fish and Vegetable Stew:

- 2 tablespoons drippings or
- 3 tablespoons finely chopped fat, salt pork
- ½ cup chopped onion
- 1½ cups sliced carrots
- 1½ cups turnips, cut in 1/3" cubes
- 3 cups potatoes cut in 2/3" cubes
- About 2 cups boiling water
- ¾ lb. salt fish, soaked and flaked
- (Fresh or canned fish may be substituted)
- ½ c. milk

Cook the onion in the fat until it begins to brown slightly. Add the vegetables and hot water and boil gently until the vegetables are almost tender (about 15 minutes) keeping just enough water on them to prevent burning. Add the salt fish. Season if necessary. Mix well, cover, and simmer 15 to 20 minutes. Add milk. Reheat and serve.

36. Steamed Suet Pudding:

- 1 cup graham flour
- $\frac{3}{4}$ cup sifted family flour
- $\frac{1}{2}$ teaspoon cinnamon (ground)
- $\frac{1}{2}$ teaspoon cloves (ground)
- $\frac{1}{2}$ teaspoon soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup chopped suet
- $\frac{1}{2}$ cup sour milk
- $\frac{1}{2}$ cup molasses
- $\frac{1}{2}$ cup raisins

Mix and sift spices, soda and salt with the family flour; stir in the graham flour; add the finely chopped suet and the raisins and mix well. Combine sour milk and molasses and add them to the dry ingredients. Turn the mixture into greased pudding moulds, filling them two-thirds full. (Empty baking powder cans make good moulds.) Cover and steam $2\frac{1}{2}$ hours if moulds are large or $1\frac{1}{4}$ hours if individual service size. Serve with hard or lemon sauce.

37. Corn Custard with Bacon:

- 2 to $2\frac{1}{2}$ c. canned corn (or dried corn soaked and cooked)
- $\frac{1}{2}$ teaspoon salt
- 2 eggs, slightly beaten
- $1\frac{1}{2}$ cups milk
- 6 small strips cooked, fat bacon

Combine the corn, eggs, and milk; add salt. Pour into a greased baking dish or into custard cups. Bake in a moderate oven (350° F.) until firm. Serve hot with a slice of bacon on each portion.

38. Ginger Cookies:

- $\frac{1}{2}$ c. molasses
- $\frac{1}{2}$ cup fat
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{4}$ teaspoon soda
- About $2\frac{1}{2}$ cups flour
- 1 teaspoon salt
- 1 teaspoon ginger
- $\frac{1}{4}$ teaspoon cinnamon

Heat the molasses, fat, and sugar to boiling point. Cool slightly; add dry ingredients, sifted together. Chill thoroughly. Roll very thin, cut with a 2 inch cutter, and bake in a moderate oven about 7 minutes.

40. Stuffed Cabbage:

1 medium sized cabbage **or** 2 small ones
 $\frac{3}{4}$ lb. ground beef **or** $\frac{1}{2}$ lb. beef and $\frac{1}{4}$ lb. pork
 1 egg, $\frac{1}{2}$ lb. bread crumbs soaked in $\frac{1}{2}$ c. milk
 $\frac{3}{4}$ teaspoon salt
 1 onion, chopped
 A dash of pepper

Cut out the stem end of the cabbage leaving a hollow shell. Chop finely the cabbage which has been removed and combine it with the other ingredients. Fill the mixture into the shell and pack it lightly. Tie the cabbage in cheesecloth and boil until the cabbage is tender and the meat is done (about 30 to 40 minutes).

Tomato sauce may be served with this dish.

41. Gelatine Dessert (Lemon Sponge):

1 tablespoon granulated gelatine
 $\frac{1}{4}$ cup cold water
 $\frac{1}{4}$ cup boiling water
 5 tablespoons lemon juice (this will require about 2 lemons)
 1 egg white, stiffly beaten
 1 cup ice cold water
 $\frac{1}{2}$ cup sugar
 A few gratings lemon rind

Soak gelatine in cold water until soft. Add to boiling water and stir it over hot water until thoroughly dissolved. Add sugar and stir until dissolved. Remove from heat; add ice cold water, lemon juice, and lemon rind. Cool. When the mixture begins to congeal, whip it until light and frothy; and fold in the beaten egg white. Serve with custard sauce made from the egg yolk with $\frac{1}{2}$ to $\frac{2}{3}$ cup milk and 1 tablespoon sugar (for method see recipe No. 24).

42. Peanut Butter Soup:

4 cups milk	$1\frac{1}{2}$ tablespoon flour
$\frac{1}{2}$ cup peanut butter	Salt, pepper

Mix the flour with $\frac{1}{4}$ cup cold milk and add it to the heated milk. Heat, stirring constantly until the flour is cooked. Add peanut butter. Season with salt and pepper.

43. Vegetable and Cheese Soup.

4 cups milk (or 3 cups milk and 1 cup vegetable water)
 2 tablespoons chopped onion
 2 tablespoons flour
 $\frac{3}{4}$ cup mashed, cooked carrots
 or
 $\frac{3}{4}$ cup grated raw carrot
 $\frac{3}{4}$ cup grated mild cheese
 $\frac{3}{4}$ teaspoon salt. Pepper

Mix the flour with 1/3 cup cold milk. Scald the remaining milk with the onion and carrot. Add the flour paste; cook, stirring constantly until the flour is cooked. Season with salt and pepper. Gradually add the cheese and stir until it is melted. Serve immediately.

44. Apple and Raisin Salad:

- 3 large apples
- 1/3 cup raisins, cut in pieces
- 6 to 8 lettuce leaves or small cabbage leaves
- 1/2 cup cooked dressing

Pare the apples, remove the cores, cut in 1/2 inch cubes. Add dressing and raisins. Serve on lettuce or cabbage leaves. One-half cup chopped celery may be added to this mixture.

45. Tripe Stew:

- 1 1/2 lbs. tripe
- 4 large onions, sliced
- 2 carrots, sliced
- 3 tablespoons butter or other fat
- Salt and pepper
- 1 cup milk or cream
- 1 tablespoon flour

Wash the tripe thoroughly, rinse it in boiling hot water, and cut it in stripes 3/4" x 2". Put tripe in a stew pan, cover it with boiling water and simmer gently for 3 hours. Add salt, pepper, sliced onions, and carrots; cook 30 minutes longer, keep just enough water in the pan to prevent burning. Add milk mixed with flour; cook, stirring constantly until the flour is cooked. Add fat and serve hot.

46. English Monkey:

- 1 1/2 cups stale bread crumbs
- 1 1/2 cups milk
- 1 cup mild cheese, grated or chopped
- 1 egg 1/2 teaspoon salt 1/8 teaspoon pepper
- 6 slices crisp toast

Cook the bread crumbs in the milk over hot water, 10 minutes. Cool slightly; add egg mixed with salt, pepper, and cheese. Cook, stirring constantly, until the cheese is melted and the egg begins to coagulate. Serve on toast.

Grated or finely chopped green pepper makes a good garnish for this dish.

47. Prune and Apricot Jam:

- 1/2 lb. dried prunes (small size)
- 1/2 lb. dried apricots
- 1/4 lb. (about 3/4 cup) seeded raisins cut in pieces
- 1 whole orange, very thin sliced
- Juice of 1 lemon
- 1 quart cold water
- 1 1/2 cup sugar

Soak prunes and apricots 10 to 12 hours in separate dishes using half the water on each. Simmer prunes in the water in which they were soaked, until the pits can be easily removed. Remove pits from prunes; add apricots and water in which they were soaked, raisins, sugar, lemon juice and orange. Simmer $1\frac{1}{4}$ hours, stirring occasionally to prevent burning. Pour into clean hot jars or glasses. If desired, $\frac{1}{2}$ cup walnut meats may be added to the mixture just before removing it from the fire.

48. Bean and Peanut Loaf:

$2\frac{1}{2}$ cups soft bread crumbs
 $1\frac{1}{2}$ cups boiled pork and beans
 $\frac{1}{4}$ small onion
 $\frac{3}{4}$ cup milk
 1 egg well beaten
 $\frac{1}{3}$ cup peanuts
 Salt
 Pepper

Run the pork, beans, onions, and nuts through the food chopper. Add egg and milk. Season with salt and pepper. Shape into a loaf and bake about 45 minutes in a slow oven. Serve with tomato sauce.

Variations:

1. Substitute cooked peas or other legumes for beans.
2. Shape into the form of sausages and saute until brown.

Tomato Sauce:

$1\frac{1}{2}$ cup stewed tomatoes, rubbed through a sieve
 2 tablespoons flour
 $1\frac{1}{2}$ tablespoons fat
 $\frac{1}{4}$ teaspoon salt
 Pepper
 $\frac{1}{2}$ teaspoon sugar

Melt the fat in a saucepan; add the dry ingredients; mix well. Gradually add tomatoes; cook, stirring constantly until the flour is cooked.

49. Apple Brown Betty:

3 tablespoons melted butter
 2 cups soft, stale bread crumbs
 2 cups apples, very thinly sliced
 $\frac{1}{8}$ teaspoon cinnamon
 $\frac{1}{16}$ teaspoon nutmeg
 $\frac{1}{2}$ cup hot water
 $\frac{1}{3}$ cup sugar or molasses or honey
 Juice and rind of one-half lemon (may be omitted)

Melt fat and mix it with bread crumbs. Mix sugar with spices. Arrange layers of prepared crumbs and apples in a bake dish. Sprinkle each layer of fruit with sugar and spices, (or with molasses or honey and spices). Pour water over the last layer of apples, and finish with a layer of crumbs. Bake in a moderate

oven (350° to 375° F.) thirty minutes or until apples are soft and crumbs are brown. Serve with cream or with lemon sauce.

Lemon Sauce:

- 1 cup hot water
- 1/3 cup sugar
- 1 tablespoon cornstarch or 2 tablespoons flour
- 1½ tablespoons lemon juice
- 1/16 teaspoon grated lemon rind

Mix sugar and cornstarch (or flour). Add water gradually, stirring constantly; boil 3 minutes, stirring constantly. Remove from fire, add lemon juice and lemon rind.

50. Baked Bananas with Bacon:

- 6 bananas
- 2 tablespoons softened butter
- 6 teaspoons (3 tablespoons) sugar
- ½ teaspoon lemon juice (may be omitted)

Wash the bananas, peel them, cut them in halves lengthwise, and place in a shallow baking dish. Brush with butter. Sprinkle with sugar and lemon juice. Cover the bottom of the dish with water (about ⅛" to ¼" deep) and bake in a moderate oven (350° to 375° F.) until tender (15 to 20 minutes). Serve with a crisp slice of bacon.

51. Beef Pot Roast with Vegetables:

- 1 chuck roast weighing 3 to 4 lbs.
- 6 carrots, cut in quarters lengthwise
- 12 small onions
- 1 small turnip—cut in half-inch slices
- 8 medium potatoes
- ¼ cup flour, 2 teaspoons salt, pepper

Wipe, trim, and tie or skewer the meat into a compact shape. Dredge it with salt, pepper, and flour rubbing the mixture well into the meat. Brown the meat all over in some of meat fat in a skillet (or in the kettle in which the meat is to be cooked). Place the browned roast in a deep pan or kettle; add hot water to one-quarter the depth of the meat; cover; simmer slowly until tender. This will require 3½ to 4 hours for a three-pound roast. Add vegetables during the last 35 minutes of cooking. Remove meat and vegetables and thicken the broth for gravy using 1½ tablespoons flour for each cup broth.

52. Steamed Cherry Pudding:

- 1 cup canned sour cherries, stoned and drained
- ¼ cup fat
- ½ cup sugar
- 1 egg, well beaten
- 1¼ cups sifted family flour
- ⅛ teaspoon salt
- 2 teaspoons baking powder
- 1/3 cup milk, or milk and water combined

Cream the fat; add the sugar gradually and beat the mixture until it looks fluffy; add the egg and beat until thoroughly combined. Sift together the flour, baking powder, and salt and add to the first mixture alternately with the milk. Stir the cherries quickly into the batter, turn the mixture into greased individual molds, and steam for one hour. Serve hot with Cherry Sauce.

Variation: Increase the milk to $\frac{1}{2}$ cup and bake the mixture in muffin pans in a moderate oven (350° - 375° F.).

Cherry Sauce:

- 1 cup cherry juice, or $\frac{1}{2}$ cup water and $\frac{1}{2}$ cup cherry juice
- $\frac{1}{3}$ cup sugar
- 1 tablespoon cornstarch or 2 tablespoons flour

Heat the liquid in a sauce pan. Mix sugar and starch; and combine them with the hot liquid. Cook, stirring constantly, until the mixture thickens. Keep in a warm place 10 minutes. Serve hot.

53. Cottage Cheese and Cabbage Sandwich Spread:

- $\frac{2}{3}$ cup cottage cheese
- $\frac{2}{3}$ cup cabbage, very finely chopped
- 3 slices bacon, cooked until crisp and finely chopped
- $1\frac{1}{2}$ tablespoons milk or cream
- $1\frac{1}{2}$ tablespoons vinegar
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon mustard
- Pepper
- 1 teaspoon sugar

Mix mustard, salt, pepper and sugar with cottage cheese. Add milk and vinegar. Stir cabbage and bacon into the first mixture.

54. Apple Sauce Cake:

- $\frac{1}{4}$ cup fat
- $\frac{3}{4}$ cup brown sugar (sifted)
- $1\frac{1}{4}$ cups thick, sweetened apple sauce
- $1\frac{2}{3}$ cups sifted pastry flour or $1\frac{1}{2}$ cups family flour
- $\frac{3}{4}$ teaspoon soda
- $\frac{1}{8}$ teaspoon salt
- 1 teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon ground cloves
- $\frac{1}{2}$ cup raisins

Cream fat and sugar together. Add the apple sauce gradually and beat until well mixed. Sift together flour, salt, soda and spices; add raisins. Add the flour mixture to the fat-sugar mixture and mix well. Bake in a greased loaf pan in a moderate oven (350° - 375° F.) 45 to 60 minutes.



