The Thrifty Recipe Calendar

Recipes by the State Presidents of the General Federation of Women's Clubs

Compliments of
Crown Mills
Makers of
Crown Flour

Portland, Oregon
CROWN FLOUR

Purity—Quality—Uniformity

These three words constitute a pledge we make to those who use CROWN FLOUR.

They are to this company all that "his word of honor" is to a man of character.

CROWN FLOUR is absolutely pure and wholesome because it is made under excellent sanitary conditions and because no artificial bleaching process is used in order to whiten the flour.

People generally are beginning to realize that bleached flour is inferior to the natural product and its use is now viewed with suspicion.

CROWN FLOUR is uniform in quality and specially made to meet the requirements of the family trade. It is as near right as the best wheat, modern machinery and expert milling knowledge can make it.

Housewives take unusual pride in their baking skill, and they know that results come from using flour which is always the same. CROWN FLOUR is made to meet the demands of the most exacting housewife. Women who know the value of delicate cookery, who value a flour for its purity, wholesomeness and natural flavor will find that their home baking will be greatly improved by using CROWN FLOUR.

Try it and you will find it a source of pleasure to every member of the household, as well as being conducive to good health.

THE QUALITY of CROWN FLOUR will never be lowered. We will make it better if possible.

CROWN MILLS
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THE oldest business on earth is the preparation of food and the management of a home. While today home management is taught as an exact science in many colleges it is still considerable of a problem in hundreds of thousands of homes.

The woman who has a limited amount to spend on her table, must spend it wisely if the members of her household are to be well nourished and enjoy their food.

In the purchase and preparation of foods she must know food values, how to get them at lowest cost, how to prepare them into appetizing dishes, and how to save unnecessary expense.

It may be poor economy to buy inexpensive food, for the family must have certain elements to grow and work. Food may be cheap and worthless or inexpensive and valuable and this Calendar of Thrifty Recipes has been compiled each year so that housewives may "know" and get some information from a recognized authoritative source, broad in its scope and helpful in its information.

For health the body requires proteids, carbohydrates, fats and mineral matter.

Proteids are muscle builders. Meat is chief among them and hence it is given a place of prominence on the table. Eggs, cheese, nuts and vegetables belonging to the pulse family (such as dried peas, beans and lentils) are all rich in proteids and where economy is desired they often take the place of meat.

Carbohydrates are starches and sugars. They supply energy and abound in cane sugar, and root vegetables such as beets, potatoes, turnips, carrots, etc. They are also found in cream, butter, oils and fats.

Minerals have various uses chief of which is the building of bone. Green vegetables and grains supply it largely.

No one food contains all these valuable properties, hence the need of a varied diet.

A well planned and satisfactory meal includes foods from all these subdivisions, thus insuring a full satisfaction of the body's needs.

Well cooked and well chosen foods are certain to please the appetite. It is the ill nourished who crave "something else"—stimulants, or who become "tired of the menu". Their food is poorly balanced; it does not satisfy.

The splendid recipes in this calendar have been carefully selected by the leading women of America as being especially suited for this purpose and their yearly suggestions are highly appreciated by thousands of housewives all over America.
Frugal Suggestions

**Milk as a Food**

Milk is one of the cheapest foods and at the same time it is one of the most nourishing. Many people think of it, for adults at least, as a beverage rather than a food, because it is liquid instead of solid.

*One Quart of Milk is about equal in Food Value to any one of the following:*

- 6 lbs. spinach
- 4 lbs. beets
- 3 lbs. fresh codfish
- 2 lbs. chicken
- 1 lb. lean beef
- 2 lbs. potatoes
- 8 eggs

*One Glass of Milk is about equal in Food Value to any one of the following:*

- 2 large eggs
- A large serving of lean meat
- 2 potatoes
- 1 dish of cooked cereal
- 2 slices of bread

Milk is easily digested. Milk and milk products make up about one-sixth (16%) of all food eaten by the average American family.

Ten billion gallons of milk are used in the United States each year; this would make a lake large enough to float all the navies of the world. Only one-quarter is used as milk; three-quarters go into butter and cheese.

Milk should be taken indoors as soon as delivered and placed in a cool place, preferably the ice box. The best way is to have the bottle touching the ice.

If part of bottle is used place an inverted (scalded) tumbler over the top of bottle.

Milk should not be transferred to other receptacles till they have been rinsed with cold water and then scalded with water or steam.

Milk contains the chief parts of all the different foods found on the table. Milk alone contains all the elements necessary to sustain life.

Milk and milk products are wholesome and economical foods, which may readily be used in quantity in the diet. A quart of milk a day is not too much for young and active children.

Cleanliness in handling is an important topic which must be considered.

*Figures furnished by U. S. Government.

**Keeping Cheese**

If it is found necessary to keep a large piece of cheese for any length of time, pour melted paraffin over the cut surface. As the cheese is used this seal may be repeated.

How You Can Save Money at Home

Seven hundred million dollars are wasted annually in food in the homes of America—$7 for each man, woman and child in the country. That is the statement made by the Secretary of Agriculture.

He also says that most of this vast waste is preventable. It represents value thrown away through carelessness or ignorance.

We should be interested in cutting out all waste, both in our work and in our homes. By practising the habit of being careful at home we can save money all along the line.

Food experts in the Agricultural Department at Washington itemize the annual food loss in this way.

1—Edible food thrown into the garbage pail or the kitchen sink. It has often been declared that the garbage can is the most richly endowed institution in America. Vast amounts of nourishing material are thrown out from the homes which wonder at the high cost of setting the table. The utilization of leftovers is a science whose acquaintance every housewife may well cultivate.

2—Spoilage of food due to careless handling and storing in the home. Souring of milk, decaying of fruit and vegetables, destruction of food by insects or rodents—the experience is familiar and its cost high. The canning of surplus stocks saves many a dollar.

3—Food spoiled by careless cooking. Newlyweds are not the only victims of this expensive folly. Food daintily prepared and served tempts the appetite and pays dividends in better health and spirits. In these days of high costs it counts also in the family budget.


5—Overgenerous serving of food. Piled-up plates may betoken a liberal host. Also, it may mean impaired digestion, reduced efficiency and wastage of food products. Enough to eat is enough. Too much is likely to be too much.

These are commonplace to most households. Yet if sufficient heed were paid to the department’s suggestions, some hundreds of millions of dollars would be added annually to the country’s wealth.

Salt fish are freshened best by soaking in sour milk.

Grate dried pieces of cheese and keep in a closed fruit jar in a cool place. Use for salads, sandwiches, etc.

**Peeling Oranges**

Immersing oranges in hot water for a few minutes before peeling will make the skin come off very easily, removing all the white skin with it.
**CEREAL GRAINS**

**WHEAT**
- Water: 10.6
- Protein: 12.2
- Fat: 1.7
- Carbohydrates: 73.7
- Ash: 1.8
- Calories: 1625

**RYE**
- Water: 12.0
- Protein: 8.0
- Fat: 2.0
- Carbohydrates: 77.0
- Ash: 1.0
- Calories: 1620

**OAT**
- Water: 11.0
- Protein: 11.8
- Carbohydrates: 69.2
- Ash: 3.0
- Calories: 1670

**RYE**
- Water: 10.5
- Protein: 12.2
- Fat: 5.0
- Carbohydrates: 73.9
- Ash: 1.9
- Calories: 1620

**CORN**
- Water: 10.8
- Protein: 10.0
- Carbohydrates: 73.4
- Ash: 1.5
- Calories: 1685

**BREADS**

**WHITE BREAD**
- Water: 35.3
- Protein: 9.2
- Fat: 1.3
- Carbohydrates: 53.1
- Ash: 1.1
- Calories: 1180

**WHOLE WHEAT BREAD**
- Water: 38.4
- Protein: 9.7
- Fat: 0.9
- Carbohydrates: 49.7
- Ash: 1.3
- Calories: 1110

**TOASTED BREAD**
- Water: 24.0
- Protein: 11.5
- Fat: 1.6
- Carbohydrates: 61.2
- Ash: 1.7
- Calories: 1380

**CORN BREAD**
- Water: 38.9
- Protein: 7.9
- Fat: 4.7
- Carbohydrates: 46.3
- Ash: 2.2
- Calories: 1175

**COMPARATIVE FUEL VALUES**

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<th>Grain</th>
<th>Water</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrates</th>
<th>Ash</th>
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<td>73.4</td>
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<tr>
<td>Oat</td>
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<tr>
<td>Wheat</td>
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<tr>
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<tr>
<td>Corn</td>
<td>38.9</td>
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<td>4.7</td>
<td>46.3</td>
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COMPOSITION OF FOOD MATERIALS.

VEGETABLES

CORN, GREEN

Water: 75.4
Protein: 3.1
Carbohydrates: 19.7
Fat: 1.1
Ash: 0.7

460 CALORIES PER POUND

NAVY BEAN, DRY

Water: 12.6
Protein: 22.5
Carbohydrates: 59.6
Fat: 1.8
Ash: 3.5

1560 CALORIES PER POUND

SHELLED BEAN FRESH

Water: 58.9
Protein: 9.4
Carbohydrates: 29.1
Fat: 0.6
Ash: 2.0

720 CALORIES PER POUND

STRING BEAN, GREEN

Water: 89.2
Protein: 2.3
Carbohydrates: 7.4
Ash: 0.8
Fat: 0.3

190 CALORIES PER POUND

FRUITS

FRUIT JELLY

Water: 21.0
Carbohydrates: 78.3
Ash: 0.7

1415 CALORIES PER POUND

STRAWBERRY

Water: 90.4
Carbohydrates: 7.4
Ash: 0.6

175 CALORIES PER POUND

APPLE

Water: 84.6
Protein: 0.4
Carbohydrates: 14.2
Ash: 0.3

285 CALORIES PER POUND

BANANA

Water: 75.3
Protein: 1.3
Carbohydrates: 22.0
Ash: 0.8

445 CALORIES PER POUND
**Breads and Biscuits**

**“Nut Bread”**  
(Mississippi)

1 cup nut meats  
2 cups (level) flour  
2 teaspoons baking powder  
1/3 cup sugar  
1/2 teaspoon salt  
1 egg  
1 cup sweet milk

Mix flour, salt, baking powder and sugar. Beat the egg yolk and white together until light. Add milk, stir into flour mixture, add nuts. Let stand in greased pan 15 minutes. Then bake in moderate oven (as for biscuits) 25 minutes. This is a very small loaf. Makes about 12 or 15 slices.  

Mrs. Benjamin F. Saunders  
President Mississippi Federation of Women's Clubs  
Swan Lake, Miss.

**“Boston Brown Bread”**  
(Pennsylvania)

1 1/2 cups corn meal  
1 1/2 cups rye flour  
3/4 cup sour milk or buttermilk  
2 teaspoons salt  
1 tablespoon baking soda  
1 tablespoon butter, oleo-margarine or cooking oil

Mix the dry ingredients, add milk, molasses, and shortening. Mix baking soda with 2 tablespoons water, add and beat thoroughly. Brush mold or 1 pound baking powder cans with fat and fill two-thirds full, cover and steam 3 hours; remove cover and bake 20 minutes in moderate oven.  

Mrs. Ronald P. Gleason  
President Pennsylvania Federation of Women’s Clubs  
500 Quincy Ave., Scranton, Pa.

**“Cinnamon Roll”**  
(Nebraska)

Make rich biscuit dough. Roll into long, narrow strip 1/4 inch thick. Spread with melted butter, sugar, and cinnamon. Roll widthwise, pinch edge securely to prevent leaking. Place lengthwise in baking pan (doubling back if necessary). First quick, then moderate oven.  

Mrs. Addison E. Sheldon  
President Nebraska Federation of Women’s Clubs  
1310 So. 23rd St., Lincoln, Neb.

**“Rice Biscuits”**  
(Massachusetts)

Beat while warm, a cup of boiled rice, half teaspoon salt, two teaspoons sugar, cup sweet milk, half teaspoon baking powder, cup flour, two teaspoons butter. Mix and bake quickly.  

Mrs. George Minot Baker  
President Massachusetts Federation of Women’s Clubs  
Concord, Mass.

**“Penny Muffins”**  
(Iowa)

2 cups of hot water  
2 cups of lard  
2 eggs well beaten  
1/2 cup sugar  
1 Yeast Cake. (Yeast foam)  
1 tablespoon salt

Add the same amount of flour as for muffins. Set at night, make in small rolls and put in muffin tins in morning. When very light, bake—just before time to serve—ten minutes in quick oven. This sponge will keep for days in a cool place and make muffins as needed.  

Mrs. H. W. Spaulding  
President Iowa Federation of Women’s Clubs  
Grinnell, Ia.
**Breads and Biscuits—Continued**

### "Nut Bread"

*(Arizona)*

1 cup milk  
1/2 cup sugar  
3 cups flour  
3 teaspoons baking powder  
1 teaspoon salt  
1 cup broken nut meats

Knead lightly into loaf and bake in a moderate oven.

**MRS. H. A. GUILD**  
Phoenix, Ariz.

### "Way Down South—Corn Bread" or Spoon Bread

*(Alabama)*

4 cups milk  
1 cup yellow corn meal  
1/2 teaspoon salt  
2 tablespoons butter

Scald three cups of the milk; stir the corn meal and salt with the other cup of milk, then gradually stir into the hot milk. Continue to stir until the mixture thickens. Add the butter in bits, sift over the baking powder, add the egg and beat all together very thoroughly; turn into a buttered baking dish and let bake for twenty-five minutes in a quick oven. Serve with a spoon from the baking dish as the bread for any meal. It is also good as a dessert with grated maple sugar or with sugar and cream.

**MRS. JAMES R. HAGAN**  
931 Dauphin Way, Mobile, Ala.

### "Steamed Brown Bread"

*(Illinois)*

Two and one-half cups of graham flour, one and one-half cups of wheat flour, one and one-half cups of sour milk, one package of seedless raisins, one cup of molasses, one-half teaspoonful of salt, one scant tablespoonful of butter, one egg, two level teaspoonfuls of soda; sift the flour well, dissolve the soda in the sour milk; mix all the ingredients into the flour, sprinkle the raisins with flour and add last. Pour the tins about half full, cover tightly, place them (weighted down) into boiling water and steam constantly for three or four hours; when done turn cans on sides a few minutes after which the bread may be easily turned out.

**MRS. W. H. HART**  
Benton, Ill.

### "Nut Loaf"

*(Pennsylvania)*

2 cups soft bread crumbs  
(1/2 cups peanuts  
1 cup cooked rice  
2 teaspoons salt

Place the bread crumbs on a broad surface pan in hot oven, stir frequently until well browned. Grind the nuts in a meat chopper or chop until fine. Mix the crumbs, nuts, rice and seasoning. Beat the egg and mix with above ingredients. Add enough milk to moisten mixture. Shape into a loaf. Place on meat rack in a baking pan, add a little water to prevent scorching. Bake about 20 minutes. May be served hot with tomato sauce or cold without sauce.

**MRS. RONALD P. GLEASON**  
President Pennsylvania Federation of Women's Clubs

520 Quincy Ave., Scranton, Pa.
"Inexpensive Mayonnaise"
(Alaska)

Yolk of one egg 1 tablespoon boiling water 1/2 cup olive oil
Beat egg yolk and boiling water until they foam. Gradually add the oil and lemon juice. Season.

Mrs. Josephine G. Valentine
President Alaska Federation of Women’s Clubs

"Fruit-Salad Dressing"
(New York)

Juice of 3 lemons 2 eggs Juice of 2 oranges 1/2 cups sugar
Whip altogether thoroughly. Put in double cooker and cook until thick. When ready to use add a cup of cream whipped. This will keep for some time.

Mrs. George D. Hewitt
President New York State Federation of Women’s Clubs

"Cheese Salad"
(Iowa)

1 tablespoon gelatine dissolved in one fourth cup cold water and one fourth hot. 4 tablespoons grated cheese. Salt, mustard and paprika to taste. 1 pint of cream, whipped. Add all ingredients to cream and beat in lightly. Serve on lettuce hearts with any preferred salad dressing after the salad is thoroughly chilled.

Mrs. H. W. Spaulding
President Iowa Federation of Women’s Clubs

"Prune Salad"
(Louisiana)

Select large fine prunes. Boil until tender. When cool, slit lengthwise and remove seeds. Stuff with cream cheese and chopped nuts, pressing the prune over this mixture, leaving a space on which to put half a pecan. Serve about four on a lettuce leaf. Cover or serve with mayonnaise.

Mrs. A. F. Storm
President Louisiana Federation of Women’s Clubs

"Celery Salad"
(Utah)

1 cup each of chopped apples and celery 1 cup English walnuts
2 or 3 small sweet pickles
Serve with boiled salad dressing not highly flavored, with half cup of whipped cream.

Mrs. E. O. Leatherwood
President Utah Federation of Women’s Clubs

"Mrs. Rufus Fant’s Plum Pudding"
(South Carolina)

I pound of raisins 6 eggs
I pound of currants 1 cup of sweet milk
I pound of citron 1 small spoon of baking powder, cinnamon and mace to taste
I pound of cracker dust
I pound of butter

Beat eggs separately, put sugar into the yolks, stir in the cracker dust, have butter well creamed and stir it into the batter, sprinkle in the fruit and pour in the milk, beat in the whites of the eggs last. Pour into a well greased pan and steam three hours. Serve hot with whipped cream.

Mrs. Rufus Fant
Anderson, S. C.

"Caramel Pie"
(Oklahoma)

1 1/2 cups brown sugar
1/2 cup white sugar
Yolks of 4 eggs (well beaten)
Pour into pastry lined tins. Use whites of eggs for meringue. This quantity makes two pies.

1 tablespoon butter
1/2 cup flour
1 cup cream
1 teaspoon vanilla

Mrs. Eugene B. Lawson
518 East Osaware St., Nowata Okla.

"Biscuit Toroni"
(North Carolina)

3/4 cup of sugar
1 pint cream
1/2 cup of water
1 teaspoon vanilla
3 eggs
1 dozen macaroons

Put sugar and water on stove to boil. Stir until dissolved. Boil until it hairs like icing. Separate the eggs. Beat whites and yolks very light. Then mix together and pour on hot syrup and beat till cold. Add to this the cream whipped stiff. Roll macaroons to crumbs, line a square mold with same and put in mixture, putting the crumbs on the top also. Place mould in ice and salt and let stand for four hours. This will serve ten persons generously.

Mrs. Charles C. Hook
Charlotte, N. C.

"Filling for Pumpkin Pie"
(Illinois)

One scant cup of sugar beaten with two eggs, one teaspoonful of flour, two heaping tablespoonfuls of cooked pumpkin, spices to suit taste, one and one-half cupfuls of sweet milk; mix in order named; this makes one large pie. When done and cold spread the top with whipped cream. Nuts can also be added.

Mrs. W. H. Hart
President Illinois Federation of Women’s Clubs
Benton, Ill.
**Cakes and Cookies**

"Colonel Hayward Cake"
(Nebraska)

1 cup sugar  
1/4 cup butter  
1/4 cup sour milk  
2 egg yolks  
1 teaspoon soda

Recipe may be doubled, either loaf or layer. Frost with boiled frosting using 1 cup sugar and whites of 2 eggs. "Thrifty" because very good and absolutely sure.

_MRS. ADDISON E. SHELDON_  
President Nebraska Federation of Women's Clubs

1319 So. 23d St., Lincoln, Neb.

"Brown Stone Front Cake"
(Rhode Island)

1 cup sugar  
1/2 cup butter  
1/2 cup milk and in it dissolve:  
3 eggs, reserving yolk of one

Mix 4 squares Baker’s chocolate with 1/4 cup of milk, yolk of 1 egg, 1 cup of sugar. Boil up a few times. When cold add a teaspoon of vanilla and mix in the cake. Bake in three layers and put together with frosting.

_MRS. HOWARD W. FARNUM_  
President Rhode Island Federation of Women's Clubs

_Chepachet, R. I._

"Devils Food"
(Montana)

Custard:  
1 cup grated chocolate  
1 cup brown sugar  
1 egg yolk

Stir all together in granite sauce pan, cook slowly and set aside to cool.

Cake part:  
1 cup brown sugar  
2 cups pastry flour, sifted before using

Cream butter and sugar, add yolks of eggs, add milk, sifted flour and whites of eggs, well beaten; beat together and stir in the custard; last of all, add one teaspoon of soda (level) dissolved in warm water. Bake in layers.

Filling:  
1 cup brown sugar  
1 cup water

Boil until thick like candy and stir in beaten whites of two eggs and one-fourth pound of marshmallows. Boil up again and beat till creamy, then put between layers.

_MRS. WALLACE T. PERHAM_  
President Montana Federation of Women's Clubs

"Black Angel Cake"
(Washington, D. C.)

1 cup sugar, 1 1/2 cups flour, 1 tablespoon of fat, 3 tablespoons of cocoa or melted chocolate, dissolved in 1/2 cup of hot water, yolk of one egg, 2 teaspoonfuls baking powder. Add last of all 1/4 teaspoonful of soda in 1/2 cup of boiling water.

_MRS. HOWARD L. HODGKINS_  
President Washington, D. C., Federation of Women's Clubs

1830 Tea St. N. W., Washington, D. C.
Cakes and Cookies—Continued

**"Preserve Cake"**
(Kentucky)

| 1 cup sugar     | ¼ cup milk          |
| ½ cup butter    | 3 egg yolks         |
| 2 cups flour    | 2 teaspoons baking powder |
| ½ cup milk      | ½ pint thick preserves |
| 3 egg whites    | 2 teaspoons each of allspice, cinnamon, cloves, ginger |
| 2 teaspoons baking powder | and cocoa |
| 1 cup sugar     | 1 nutmeg            |
| 2 cups flour    |                   |
| ½ cup butter    |                   |

Mix batters separately as for ordinary cake, drop by tablespoons alternately in well greased and floured loaf pan. Bake one hour.

_MRS. LAFON RIKER_
_Harrodsburg, Ky._

**"Delicious Cake"**
(Indiana)

| 2 eggs          | Boil two cups of sugar and a little water with |
| ½ cup butter or Crisco | two cups of chopped |
| 2 cups sugar    | raisins, dates and figs |
| 1 ½ cups sour milk | until thick; then add |
| 1 teaspoon baking powder | the whites of two eggs |
| 1 teaspoon cloves | and beat until cold. |
| 1 teaspoon nutmeg | Spread between layers |
| 1 teaspoon soda | of cake. |
| 2 teaspoons cinnamon | |
| 2 teaspoons allspice | |
| 3 cups flour    | |

Cream shortening and sugar; sift all dry ingredients together. Add milk to creamed sugar and gradually add eggs and dry ingredients.

_MRS. JOHN EDWARD MOORE_
_902 W. Mulberry St., Kokomo, Ind._

**"Fruit Cake"**
(Minnesota)

| 2 scant cups butter | 3 cups dark brown sugar |
| 6 eggs, whites and yolks beaten separately | 1 lb. seeded raisins |
| 1 lb. dates         | 1 lb. small raisins or currants, washed and dried |
| ½ lb. citron cut in thin strips | ½ cup cooking molasses |
|                    | ½ cup of sour milk |

Stir butter and sugar to a cream, add one-half nutmeg, grated, tablespoon of cinnamon, one teaspoon cloves, one teaspoon mace. Add molasses and sour milk. Stir well, then put in beaten yolks of eggs, a wine glass of peach pickle juice, and glass of grape jelly or good grape juice. Stir thoroughly, add four and one-half cups flour alternately with beaten whites of eggs, one level teaspoon of soda in warm water. Mix fruit with two heaping tablespoons flour, stir thoroughly. Butter two common sized baking tins, line with letter paper buttered. Bake in a very moderate oven for two hours. Let cool in the pan, cover tightly. Keeps for a year.

_MRS. GEO. J. ALLEN_
_Rochester, Minn._

President Minnesota Federation of Women's Clubs
Cakes and Cookies—Continued

"White Cake (Layer)"
(North Carolina)

\[
\begin{align*}
\frac{1}{2} \text{ cup of butter} & \quad 2 \text{ teaspoons baking powder} \\
1 \text{ cup Crisco} & \quad 3 \text{ cups flour} \\
2 \text{ cups sugar} & \quad 1 \text{ teaspoon lemon extract} \\
1 \text{ cup milk} & \quad 6 \text{ eggs, whites only}
\end{align*}
\]

Cream butter, Crisco and sugar very light. Add milk and half of flour in which has been put the baking powder. Add other half of flour and the eggs, flavoring and stir until smooth.

MRS. CHARLES C. HOOK
President North Carolina Federation of Women's Clubs
Charlotte, N. C

"Strawberry Shortcake"
(Arizona)

\[
\begin{align*}
\frac{1}{2} \text{ cups flour} & \quad 3 \text{ teaspoons baking powder} \\
\frac{1}{2} \text{ cup cornstarch} & \quad \frac{1}{4} \text{ cup butter} \\
\frac{1}{2} \text{ teaspoon salt} & \quad 1 \text{ cup milk} \\
1 \text{ tablespoon sugar} & \quad \text{White of one egg}
\end{align*}
\]


MRS. H. A. GUILD
President Arizona Federation of Women's Clubs
Phoenix, Ariz.

"Russian Rocks"
(Texas)

\[
\begin{align*}
1 \text{ cup sugar} & \quad 1 \text{ cup dates, chopped fine} \\
\frac{2}{3} \text{ cup butter} & \quad \frac{1}{4} \text{ teaspoon each of} \\
2 \text{ eggs, well beaten} & \quad \text{cloves and nutmeg} \\
2 \text{ cups flour} & \quad \frac{1}{2} \text{ teaspoon cinnamon} \\
2 \text{ cups pecans} & \quad \text{dissolve 1 teaspoon (level) soda in 1 tablespoon boiling water, add this to}
\end{align*}
\]

Cream sugar and butter, add eggs, then spices and flour. Dissolve 1 teaspoon (level) soda in 1 tablespoon boiling water, add this to the batter and lastly nuts and dates. Drop about a teaspoonful at a time on well greased tins and bake in a moderate oven.

MRS. C. W. CONNERY
President Texas Federation of Women's Clubs
1530 Cooper St., Fort Worth, Texas

"Nut Drops"
(Delaware)

\[
\begin{align*}
2 \text{ cups flour, sifted} & \quad \frac{1}{2} \text{ teaspoon salt} \\
1 \text{ cup coarsely chopped walnuts} & \quad 2 \text{ eggs beaten and mix} \\
1 \text{ cup brown sugar} & \quad \text{all together to a paste} \\
1 \text{ teaspoon baking powder} & \quad 2 \text{ tablespoons of water}
\end{align*}
\]

Drop in small heaps on buttered paper lined plates and bake 15 minutes.

MRS. A. D. WARNER
President Delaware Federation of Women's Clubs
2104 Grant Ave., Wilmington, Del.

"Egg Kisses"
(Connecticut)

\[
\frac{1}{2} \text{ pound granulated sugar and whites of 4 eggs beaten very stiff.}
\]

Put writing paper in a pan and drop by small spoonfuls on the paper. Bake in a slow oven three quarters of an hour.

MRS. JAMES R. MASON
President Connecticut Federation of Women's Clubs
62 Atwater Ave., Derby, Conn.
Cooks are born, but just as good cooks can be made.

No one thing has had so much influence in placing cookery upon its modern improved basis as the almost universal adoption of an accurate standard of measurement. The day has long gone by when the favorite cups and spoons of varying sizes in each household are the basis of cookery measuring.

An approved measuring set consists of two standard measuring cups holding one-half pint each and divided into quarters and thirds. These may be made of either aluminum or glassware. The tin cup is too short lived to make it a good purchase. One set of accurate measuring spoons should be included. These are made of aluminum, and are graduated from one tablespoonful down to one-fourth teaspoonful.

A spatula for leveling off solid measurements is valuable. So, also, is an aluminum quart measure and a small compact spring scale. Use the scale more for checking the weights as purchased than for cooking by weight.

In measuring dry ingredients by cupfuls, put in the ingredient by spoonfuls, allow it to heap slightly, then level with a quick stroke of the spatula. When fractions of a cupful are to be measured, measure by tablespoonfuls up to one-half cupful capacity, in preference to using a cup. For one-eighth of a teaspoonful, measure one-fourth, then cut in two with spatula. Less than one-eighth of a teaspoonful is called "a few grains."

In measuring dry ingredients by spoonfuls, fill the spoon by dipping into the ingredient until heaping; then cut level with the spatula.

In measuring liquids by cupfuls or spoonfuls, use full measurements.

In measuring a solid fat, pack solidly into cup or spoon and cut level with the spatula. Especially with this type of ingredient, it is often more convenient to measure fractions of a cup with the spoon. Where it must be measured in the cup, pack up to the correct division indicated.

Fully as important as measuring are the correct motions for combining ingredients. These involve three processes, stirring, beating and "cutting-in."

The stirring motion blends ingredients together intimately.

Beating is the motion necessary when air must be introduced into a mixture in order to leaven it. In beating, the ingredients must be turned over and over, continually bringing the under part upward to the surface.

The cutting and folding motion is necessary when a mixture already containing entrapped air, introduced by beating, must have an added ingredient, also well beaten, and the mixture accomplished without loss of air from either mixture. An illustration of this is a sponge cake where beaten egg whites must be cut and folded into the "yolk-sugar-and-flour" mixture.
Selection of Meats

Special Contribution by
Packing House Experts

How to Select Meat

Beef should be bright red in color, streaked with fat, and firm and elastic to the touch. Veal is less firm and pink in color. Mutton flesh is firm and dull red in color; the fat hard and white or slightly yellow. Pork is dark pink in color and the fat is less firm than that of beef or mutton.

Methods of Cooking Meat

ROASTING—BAKING: Roasting means oven cooking in an open pan while baking is oven cooking in a covered pan. Cheaper cuts should be baked. For roasting set the meat on a rack in the roasting pan so that the necessary basting may be easily accomplished. Have the oven very hot for the first fifteen minutes and turn the meat so as to sear the entire surface. Then reduce the heat so as to cook the meat without burning; baste every ten or fifteen minutes. The smaller the piece of meat, the more frequent must be the basting. The meat will be richer and more tender if no water is added to the pan. When the fat has melted, baste with the drippings. In cooking meat that is deficient in fat, supply drippings by placing strips of bacon over the top before putting in the oven.

BROILING: Expose the meat to the direct rays of the fire about three inches from the coals or from the flame of gas stove, and turn every ten seconds. When the meat is well seared on both sides, remove to a greater distance from the fire and cook gently until done.

PAN BROILING: Cooking in a hot frying pan without addition of fat; used for chops and steak.

SAUTÉING or pan frying: Put a small quantity of pure leaf lard or bacon drippings into the pan; when it is smoking hot put in the meat, first rolling it in flour, meal or fine crumbs. Cook first on one side and then the other. In cooking chops, let the fat remain on them and do not put extra fat into the pan. Fish may be sautéed without crumbs.

FRYING is cooking by means of immersion in deep fat raised to a temperature of from 350 to 400 degrees Fahrenheit. In frying care should be taken that fat is of the right temperature; otherwise food so cooked will be underdone, absorb fat, or, if the fat is too hot the food may have an undesirable, bitter flavor. When the lard begins to smoke, drop in an inch cube of bread from soft part of loaf, and if in forty seconds it is golden brown, the lard is then of right temperature for frying any cooked mixture. Use same test for uncooked mixtures, allowing one minute for bread to brown.

MAKING SOUP: In cooking meat for soup, the object is to extract the juices, not to retain them. Put the meat and soup bones selected in a kettle of cold water and cook at a low temperature to be sure of getting the flavor and stimulating elements. The meat left still contains nutritive value, being almost all tissue building material. Use this to make ragouts and stews.
CUTS OF BEEF

NOTE—The methods of cutting Beef vary slightly in different sections and in different markets. These illustrations are shown to acquaint the housewife, as nearly as possible with the cuts of meat as they appear upon the butcher's block.
**CUTS OF LAMB AND PORK**

1—**Short Cut Ham**
   - Ham

2—**Picnic Ham**
   - or California Ham

3—**Boston Butt**
   - Pickled Pork
   - Pork Shoulder
   - Pork Steak

4—**Clear Plate**
   - Dry Salt or
   - Barrel Pork

5—**Belly**
   - Bacon
   - Spare Ribs
   - Brisket-Bacon
   - Salt Pork

6—**Loin**
   - Pork Roast
   - Pork Chops
   - Pork Tenderloin

7—**Fat Back**
   - Paprika Bacon
   - Dry Salt Fat Backs
   - Barrel Pork

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**Note**—The diagrams shown on these pages do not attempt to cover the methods of cutting in various markets. The diagrams shown correspond to the tables on preceding page.
## Cuts of Beef

<table>
<thead>
<tr>
<th>PART</th>
<th>HOW COOKED</th>
<th>Food Value Per Pound in Calories</th>
<th>COMPARATIVE COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Neck</td>
<td>Stews, Roasts</td>
<td>920</td>
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</tr>
<tr>
<td>2 Chuck</td>
<td>Steak, Stew, Pot Roast</td>
<td>920</td>
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<tr>
<td>3 Rib Roast</td>
<td>Roast</td>
<td>1,370</td>
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<td>4 Loin</td>
<td>Roast or Broil</td>
<td>1,155</td>
<td>Expensive</td>
</tr>
<tr>
<td>5 Rump</td>
<td>Steak, Pot Roast, Braised</td>
<td>1,325</td>
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<td>6 Round</td>
<td>Steak, Stew, Pot Roast</td>
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<tr>
<td>7 Bottom or Round</td>
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<td>740</td>
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<tr>
<td>8 Hind Shin</td>
<td>Stews and Soups</td>
<td>770</td>
<td>Cheapest</td>
</tr>
<tr>
<td>9 Flank</td>
<td>Steak, Stew, Braised</td>
<td>1,255</td>
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<tr>
<td>10 Plate</td>
<td>Pot Roast, Stew</td>
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<tr>
<td>11 Navel</td>
<td>Roast, Stew, Braised</td>
<td>1,830</td>
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<td>12 Cross Ribs</td>
<td>Pot Roast, Stews</td>
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<td>13 Brisket</td>
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<td>1,485</td>
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<td>14 Clod</td>
<td>Steaks, Pot Roast</td>
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<tr>
<td>15 Fore Shin</td>
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**NOTE—U. S. Government furnishes these figures as average.**

## Cuts of Lamb

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<thead>
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<tr>
<td>1 Neck</td>
<td>Braise or Stew</td>
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<td>2 Chuck</td>
<td>Stew or Braise</td>
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<td>3 Shoulder</td>
<td>Boiled or Roast</td>
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<td>4 Flank</td>
<td>Stew or Roast</td>
<td>1,320</td>
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<td>5 Loin</td>
<td>Broil or Roast</td>
<td>1,540</td>
<td>Expensive</td>
</tr>
<tr>
<td>6 Leg</td>
<td>Roast, Braise, Boil</td>
<td>1,300</td>
<td>Expensive</td>
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## Cuts of Mutton

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<tr>
<td>1 Neck</td>
<td>Stew</td>
<td>1,420</td>
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<td>2 Chuck</td>
<td>Roast or Stew</td>
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<td>3 Shoulder</td>
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<td>Stew</td>
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<td>5 Loin</td>
<td>Broil or Roast</td>
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<td>6 Leg</td>
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## Cuts of Veal

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<tbody>
<tr>
<td>1 Neck</td>
<td>Stew or Pot Roast</td>
<td>670</td>
<td>Cheapest</td>
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<td>2 Chuck</td>
<td>Roast or Stew</td>
<td>610</td>
<td>Medium</td>
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<td>3 Shoulder</td>
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<td>970</td>
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<tr>
<td>4 Flank</td>
<td>Stew</td>
<td>910</td>
<td>Cheapest</td>
</tr>
<tr>
<td>5 Breast</td>
<td>Roast</td>
<td>840</td>
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<tr>
<td>6 Ribs</td>
<td>Chops or Roast</td>
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<td>7 Loin</td>
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<td>8 Leg</td>
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## Cuts of Pork

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<tbody>
<tr>
<td>1 Short Cut Ham</td>
<td>Roast or Fry</td>
<td>1,700</td>
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<td>2 Picnic Ham</td>
<td>Broil, Roast or Fry</td>
<td>1,700</td>
<td>Economical</td>
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<td>3 Boston Butt</td>
<td>Broil, Roast or Fry</td>
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<td>4 Clear Plate</td>
<td>Fry or Roast</td>
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<td>Cheapest</td>
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<td>5 Belly</td>
<td>Fry, Bake or Roast</td>
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<td>6 Loin</td>
<td>Roast, Fry, Broil</td>
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<td>7 Fat Back</td>
<td>Fry or Roast</td>
<td>2,970</td>
<td>Economical</td>
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**NOTE—U. S. Government furnishes these figures as average.**

18
“Southern Fried Chicken”  
(South Carolina)  
Dress a chicken that is a little larger than a broiling size one, cut it up, salt it lightly and dip in well sifted flour. Have a frying pan half full of boiling fat. Place pieces of chicken in pan and cook well until a rich brown on both sides. Serve hot.  

Mrs. Rufus Fant  
Anderson, S. C.

“Chicken Pie”  
(Mississippi)  
Cook chicken till tender, then remove meat from bones. Put in pan and pour over chicken a little gravy. Put top crust of following:  
2 cups pastry flour  
4 teaspoons baking powder  
3 tablespoons Crisco  
Use accurate level measurements. Bake and serve with gravy.  

Mrs. Benjamin F. Saunders  
Swan Lake, Miss.

“Baked Meat Pie”  
(Washington, D. C.)  
Cut two pounds of round steak in small pieces, covering with cold water and stew for about two hours; add salt and pepper about twenty minutes before taking out; thicken the broth and pour over the meat in a round granite pan. For the crust, take two cups of flour, two rounding teaspoonfuls baking powder, one tablespoonful lard or heaping tablespoonful butter, or level tablespoonful Crisco, a little salt and enough milk to make it stick together; flour well the bottom of a round cake tin and pat the dough out on it, then slide it off on the meat in the pan; slash the crust once or twice. Bake in a quick oven.  

Mrs. Court F. Wood  
311 E. Capitol St., Washington, D. C.

“Fish Chop Suey—Baked”  
(Maryland)  

1 1/4 cups flaked fish  
1 cup cooked rice  
1 cup milk  
Mix well together. Bake in a buttered dish. Serve hot.  

Mrs. M. W. Sandersen  
Walbrook, Md.

“Cream Chicken”  
(Michigan)  
1 chicken of 4 1/2 lbs. or two of 3 lbs. each, 4 sweetbreads, 1 can of mushrooms. Boil chicken and sweetbreads, and when cold cut up as for salad. In a sauce pan put 4 coffee cups or 1 quart cream, in another 4 large tablespoons melted butter, 5 even ones flour. Stir well until melted, then pour on the hot cream, stirring it until it thickens. Flavor with a small half of a grated onion, a very little grated nutmeg, season highly with black and red pepper. Put chicken and ingredients together with sweetbreads and mushrooms—(which if large should be cut into four pieces) in a baking dish, cover with bread crumbs and pieces of butter and bake twenty minutes.  

Mrs. Burritt Hamilton
COMPOSITION OF FOOD MATERIALS.

MEATS
(FRESH & CURED)

PORK CHOP
EDIBLE PORTION
Water: 52.0
Protein: 16.9
Fat: 30.1
1535 CALORIES PER POUND
Ash: 1.0

LAMB CHOP
EDIBLE PORTION
Water: 53.1
Protein: 17.6
Fat: 28.3
1475 CALORIES PER POUND
Ash: 1.0

BEEF STEAK
EDIBLE PORTION
Water: 61.9
Fat: 18.5
1090 CALORIES PER POUND
Ash: 1.0

SMOKED HAM
SMOKED FUEL VALUES
PROPER POUND
SMOKED HAM
1875 Calories
PORK CHOP
1535 Calories
LAMB CHOP
1475 Calories
BEEF STEAK
1090 Calories

ASH: 0.3

SMOKED HERRING
SMOKED FUEL VALUES
PER POUND
SMOKED HERRING
1305 Calories
SALT COD
400 Calories
OYSTER
230 Calories

FISH & OYSTERS

SMOKED HERRING
Water: 34.6
Protein: 36.4
Fat: 15.8
Ash: 13.2
1305 CALORIES PER POUND
Carbohydrates: 3.7

SALT COD
Water: 53.5
Protein: 21.5
Fat: 3.0
Ash: 24.7
400 CALORIES PER POUND

OYSTER
Water: 86.9
Protein: 6.2
Fat: 1.2
Ash: 2.0
230 CALORIES PER POUND
**Composition of Food Materials.**

**Fats & Fat Yielding Foods**

- **LARD**
  - Fat: 100.0
  - Water: 34.0
  - Calories: 4080
  - Protein: 1.0
  - Carbohydrates: 0.0
  - Ash: 0.0

- **BEEF SUET**
  - Fat: 81.8
  - Water: 13.2
  - Protein: 4.7
  - Calories: 3425
  - Carbohydrates: 0.3
  - Ash: 0.0

- **VEGETABLE OILS**
  - Calories: 3425

- **BUTTER**
  - Fat: 83.0
  - Water: 13.0
  - Calories: 3405

- **BACON**
  - Fat: 67.4
  - Water: 18.8
  - Calories: 3090
  - Ash: 4.4

**Comparative Fuel Values Per Pound**

- **LARD**
  - Calories: 4080
- **BEEF SUET**
  - Calories: 3425
- **VEGETABLE OILS**
  - Calories: 3425
- **BUTTER**
  - Calories: 3405
- **BACON**
  - Calories: 3090

**Miscellaneous**

- **CREAM**
  - Calories: 881
  - Water: 74.0
  - Protein: 2.5
  - Fat: 18.5
  - Ash: 0.5
  - Carbohydrates: 4.5

- **WHOLE MILK**
  - Calories: 315
  - Water: 87.0
  - Protein: 3.3
  - Fat: 4.0
  - Ash: 0.7
  - Carbohydrates: 5.0

- **CREAM CHEESE**
  - Calories: 1885
  - Water: 25.9
  - Protein: 13.0
  - Carbohydrates: 2.4
  - Fat: 33.7
  - Ash: 3.8
  - Calories: 245

- **EGG**
  - Calories: 245
  - Water: 34.2
  - Protein: 16.1
  - Fat: 49.5
  - Ash: 1.1
  - Carbohydrates: 1.1

- **WHITE AND YOLK**
  - Calories: 245
  - Water: 86.2
  - Protein: 33.3
  - Fat: 33.3
  - Ash: 0.6

- **Egg Yolk**
  - Calories: 245
  - Water: 49.5
  - Protein: 16.1
  - Fat: 49.5
  - Ash: 1.1
  - Carbohydrates: 1.1
**“Baked Beans”**

(Wyoming)

I pint of beans, \( \frac{1}{2} \) pound salt pork soaked over night in cold water. In the morning pour off this water and rinse beans in cold water; then put into a stew pan with two quarts of cold water. Score the rind of the pork, cutting into squares and being careful not to cut deeper than the rind. Put pork into stew pan with beans and heat slowly to the boiling point and let boil slowly for twenty minutes. Turn beans into colander and drain off water, pour cold water over them to rinse thoroughly. Put half the beans into earthen pot, and put in the pork, then remainder of beans. Mix three tablespoonfuls of New Orleans molasses, a generous teaspoonful of salt and teaspoonful of mustard and one-fourth teaspoonful of soda with one quart of boiling water and pour over pork and beans. There should be just enough liquid to cover top of the beans. Cover pot and cook slowly. Beans should be kept covered with the liquid.

MRS. S. CONANT PARKS
Lander, Wyo.

**“Cheese Souffle”**

(New Jersey)

2 tablespoons butter 3 eggs
3 tablespoons flour \( \frac{1}{2} \) teaspoon salt
\( \frac{3}{4} \) cup milk  Dash cayenne pepper

Put butter into a saucepan. When hot, add flour and stir until smooth; add milk and seasoning. Cook 2 minutes. Remove to the back of the stove, and add the well beaten yolks and the cheese. Set away to cool. When cold, add the whites of the eggs beaten to a stiff froth. Turn into a buttered dish and bake from 20 to 25 minutes. Serve the moment it comes from the oven.

A cup of cooked meat or fish may be used instead of the cheese.

MRS. JOHN R. SCHERMERHORN
Eleven Halsted Place, East Orange, N. J.

**“Cheese Balls”**

(Illinois)

1\(\frac{1}{2} \) cups of cream cheese 3 eggs; whites beaten firm
\( \frac{1}{2} \) teaspoon salt Cracker crumbs
\( \frac{1}{4} \) teaspoon paprika Fat for frying

Add salt, paprika to cheese, then fold in whites and roll into small balls, roll in cracker crumbs and fry in deep fat. Serve at once with green salad.

MRS. W. H. HART
Benton, Ill.

**“Baked Parsnips”**

(Missouri)

Arrange parsnips that have been boiled until tender, in casserole with cream cheese (grated), pepper, salt and dots of butter. Cracker crumbs and butter on top. Bake half an hour.

MRS. GEORGE A. STILL
502 Osteopathy Ave., Kirksville, Mo.

President Missouri Federation of Women’s Clubs
A Valuable Meat Substitute

Take one pound of dried butter beans and soak over night. Boil until perfectly done and dress with a cream dressing made of flour, milk, a tablespoon of butter and one-half teaspoon of salt. Put in a baking dish. Grate a layer of cheese over the top, put into the oven to brown and serve hot for lunch.

MRS. CHARLES W. STOCKTON
President New Jersey Federation of Women’s Clubs

Nut Loaf

Mix ¾ cup milk or water, 1 cup nuts (chopped fine, or peanut butter), ½ teaspoon salt, dash of paprika and onion, 1 or 2 eggs and 1 cup cracker crumbs or rice (cooked). Bake in buttered pan in moderate oven for about twenty minutes. Serve with tomato sauce. Peas or beans may be used in place of nuts.

MRS. TOM HOPE
President Oklahoma Federation of Women’s Clubs

Luncheon Dish

Take thin slices of stale bread, spread with cheese which has been mixed with cream or butter. Put slices together (cheese side in), roll in cornmeal or flour and fry in any fat. Lay on platter and cover with scrambled eggs. Serve very hot.

MRS. M. J. SWEENEY
President Idaho Federation of Women’s Clubs

Nut and Rice Loaf

Cook ½ cup rice in boiling salt water. Drain and add to it 1 cup peanuts, 1 egg, 2 tablespoons oleomargarine, 1 teaspoon sugar, ½ teaspoon salt and ¼ teaspoon onion juice. Place in a pan, oiled or lined with waxed paper, and bake in a hot oven about thirty minutes.

MRS. GEO. J. ALLEN
President Minnesota Federation of Women’s Clubs

Oysters a la Rockefeller

Work one-quarter pound of butter into a paste with chopped green onions, parsley, salt, Cayenne pepper and lemon juice to taste. Place oysters in shells or individual dishes and on each oyster put one dessert spoon of the prepared paste. On top of this a small strip of bacon, a little spinach (if you have it) bread crumbs, and last, grated Swiss cheese. Place in oven to brown. If desired, individual portions may be baked in shells imbedded in salt in proper pan or dish.

MRS. ALBERT FLORENS STORM
President Louisiana Federation of Women’s Clubs

Pittsburgh Potatoes

Peel enough potatoes and cut in cubes to make one quart. Grate small onion and dry with cloth. Cut in narrow strips one-half can of red peppers. Cover all with boiling water, salted. Cook five minutes, then drain. Put in baking dish and cover with white sauce made of one pint milk, scalded and thickened with two tablespoons cornstarch, one-half teaspoon salt and one-quarter teaspoon black pepper. Add to white sauce one-half pound tasty cheese cut in small bits. Cook until cheese is melted. Bake 45 minutes. Delicious and tasty.

MRS. MYRTLE L. T. WHITE
President Maine Federation of Women’s Clubs
Home Canning
One-Period Cold Pack Method

VEGETABLES

All well managed war gardens will yield a surplus of fresh vegetables. The canning of this surplus to be used during the Winter months as a substitution for other foods would give us the necessary supply for our soldiers without affecting our own. It enables the householder to take advantage of Summer prices. It eliminates the cold storage cost that must be added to prices of foods bought in Winter. Of most importance, the relief it will afford transportation facilities. To save and can vegetables is our Patriotic duty.

The cheapest and simplest way is known as the cold pack method. The simplest equipment for home canning is called the hot water outfit, consisting of several pails and a wash boiler with a false bottom. This false bottom or rack can be purchased from any hardware store or made at home. A milk carrier makes an excellent false bottom and the jars may be easily lifted out at the end of the sterilization period.

Four Distinct Steps Necessary in Cold Pack Method

1. PREPARATION—
The vegetables must be fresh and properly prepared and washed. Clean utensils, clean hands, sound and fresh products and pure, soft water are absolutely essential. For best results they should be canned as soon as possible after being picked. Early morning is the best time to pick them. It is well to grade products for ripeness.

Remove all but an inch of the tops from beets, carrots, parsnips, etc., and the string from green beans. Large vegetables should be cut into pieces to make close pack possible. Do not can withered or unsound vegetables.

2. BLANCHING—The vegetables are placed in a cloth and dipped in boiling water. Blanching eliminates objectionable acids and flavors, and reduces the bulk of vegetable greens. It also starts the flow of coloring matter, which is later arrested by the cold dip. Greens should not be blanched in hot water. Blanch them in steam. Place them in a colander, set into a vessel which has an inch or two of water in it and a tightly fitting cover. The water must not touch greens.

Cheese-cloth wrapped product being lowered into boiling water for blanching.
Dipping blanched product while hot into cold water

3. COLD-DIPPING—Immediately after scalding the vegetables they are cooled in cold water. The heat shrinks the material while the cold bath hardens the tissue, sets the color, and loosens the skin.

Take the cheesecloth bag filled with the vegetables out of the boiling water and dip it suddenly into a pan of cold water which should be handy.

The temperature of the water used in cold-dipping should be as low as possible. Do not allow the vegetables to stand in the cold water. Merely plunge once or twice, taking them out immediately. Care should be taken at this point because a too lengthy cooling may cause the product to spoil. The vegetables are now ready for packing into jars.

4. PACKING.—The vegetables are then packed in jars and salt is added to each quart. Fill the jars to within one-fourth to one-half inch from the top and put in boiling water to cover the vegetables. It is well to have the jars setting in hot water when packing. Only the best rubbers should be used and the cover put on but not tightened. The jars or cans are now ready to be placed in the boiling water for sterilizing.

5. STERILIZING.—For the best results support the jars sufficiently to permit circulation under and around them, and cover the tops of the jars at least an inch. Liquid will be lost from the jars if they are not covered or if the circulation below and around them is not good. The same is true if the covers are adjusted too loosely. A time table for canning vegetables is given on page twenty-nine. Time should be counted as soon as water begins to boil. When the vegetables are taken from the sterilizing vessel, while the products are still hot the jars must be sealed. They should then be placed in a trap upside down to cool and closely examined for leaks. Most products bleach or darken when exposed to light so it is well to wrap jars in paper.
Valuable Canning Suggestions

Care in the following will aid greatly in the success of your canning.

Test for Rubbers
A good rubber will stand considerable pulling and will return to its original shape. A good rubber will also stand several hours of boiling in a hot water-bath outfit without being affected.

Breakage of Jars
When jars break it is usually owing to such causes as:
1. Overpacking. Corn, pumpkin, peas, lima beans and sweet potatoes expand in cooking, so the jars should not be quite full.
2. Putting cold jars in hot water or vice versa.
3. Having the wire bail of glass top jars too tight.
4. Allowing a cold draft to strike the jars when they are removed from the canner.

Tests for Jars
The following are valuable tests
For screw top jars:
1. Put top on jar without the rubber.
2. Turn down tight. If the thumb nail can be inserted between top and glass the top is usually defective.
3. Put rubber and cap in position and screw down lightly. Pull rubber from position. Release. If the rubber returns to position between the top and jar, the top is defective.

For glass top jars.
1. Put top on jar without rubber. Tap with finger around the outer edge of the top. If the top rocks it is defective.
2. The wire bail placed over the top of the cover should go on with a snap even when tightening lever or clamp spring is up. If it does not, remove bail from tightening lever and bend to make tight.

Common Canning Difficulties
Canned corn, peas, beans and asparagus may show no signs of spoilage and still have a sour taste and disagreeable odor. This is known to the canner as “flat sour,” and can be avoided if the product to be canned has not been gathered more than five or six hours. Blanch, dip in cold water and pack one jar at a time. Place each jar in the canner as it is packed. A little extra cooking will not affect the product.
Rapid cooling prevents overcooking, clarifies the liquid and preserves the shape and texture.

Mold on Canned Goods
Mold may develop on canned goods:
1. If the seal is defective.
2. If, after sterilizing, tops are removed from jars to replace rubber ring. If this must be done, the jars should be returned to the canner for at least five minutes.
3. If jars are kept in a damp place where the rubber may decompose.
Some Canning Directions

Corn
Corn gives the canner most trouble, but with a little care and study it may be canned as easily as any other vegetable. The corn should be just between the milk and the dough stage. Blanch not longer than five minutes, then plunge into cold water. Cut the corn from the cob with a sharp knife and pack at once in sterilized jars. Best results can be secured when two persons cut and one fills. If it is necessary for one person to work alone cut off sufficient corn to fill one jar, pour on boiling water, add salt, place rubber and cap in position and put the jar at once in the canner. Corn should not be tightly packed in the jar, as it expands a little in cooking. Corn should never be allowed to remain in the cold dip and large quantities should not be dipped at one time unless sufficient help is available to handle the product quickly.

Tomatoes
Scald 1½ minutes or until skins loosen. Cold-dip. Remove stems and cores. Pack directly into cans or hot jars. Press down with tablespoon (add no water). Add level teaspoon salt per quart. Put rubbers and caps of jars into position, not tight. Seal tin cans completely. Sterilize for 22 minutes.

Vegetables Such As Wax and Stringless Beans, Okra, Green Peppers, Cabbage and Brussels Sprouts
String or hull. Blanch in live steam for 5 to 10 minutes. Remove and dip quickly in cold water. Pack in hot jars or tin cans and add boiling hot water until jars or tin cans are full. Add one level teaspoon of salt to each quart. Put rubbers and caps of jars in position, not tight. Seal tin cans completely. Sterilize for 120 minutes.

Lima Beans, Peas and Other Vegetables
Blanch in live steam for 5 to 10 minutes. Dip quickly in cold water. Pack immediately in hot glass jars or tin cans. Add boiling hot water to fill container. Add level teaspoon salt per quart. Place rubbers and caps of jars in position, not tight. Seal tin cans completely. Sterilize for 180 minutes. Remove from container; tighten cover; invert to cool, and test the joints. Wrap in paper to prevent breakage, and store.

Root and Tuber Vegetables, Such As Carrots, Parsnips, Salsify, Beets, Turnips and Sweet Potatoes
Grade for size, color, and degree of ripeness. Wash thoroughly, use vegetable brush. Scald or blanch in hot water sufficiently to loosen the skin. Dip quickly in cold water. Scrape or pare to remove skin. Pack whole vegetables, slices, or cross-section pieces in hot glass jars or tin cans. Add boiling hot water until full. Add level teaspoon salt to quart. Place rubbers and tops of jars in position; partly seal, but not tight. Cap and tip tin cans completely. Sterilize for 90 minutes.

Asparagus
Wash, scrape off scales and tough skin. With a string bind together enough for one jar. Blanch tough ends from 5 to 10 minutes, then turn so that the entire bundle is blanched 5 minutes longer. Cold-dip. Remove string. Pack, with tip ends up. Add 1 teaspoon of salt and cover with boiling water. Put on rubber top and adjust top bail or screw top on with thumb and little finger. Sterilize 120 minutes in hot-water bath. Remove, complete seal and cool.
In canning fruits the same steps are necessary as in vegetables except that the blanching is done away with and usually a syrup is added instead of boiling water. The thickness of syrups depends on the degree of sweetness desired. It is made by adding sugar to water and bringing it to a boiling point so all the sugar is dissolved. The following syrups are usually used:

**Thin Syrup**—Four cups sugar to one quart water. Used for sweet fruits such as pineapples, peaches, pears and sweet cherries.

**Medium Syrup**—Five cups sugar to one quart water. Used for sweet fruits such as blackberries, currants, strawberries, huckleberries, raspberries, etc.

**Thick Syrup**—6 1/2 cups sugar to one quart water. Used for sour fruits such as gooseberries, sour apples, apricots, etc.

**Preserving Syrup**—Eight cups sugar to one quart of water.

### Filling the Jars

Pack the fruit in glass jars. Add boiling hot syrup. Place rubber and top in place. Partially tighten, sterilize, remove, tighten covers. Invert to cool and test joints. Wrap glass jars in paper to prevent bleaching, then store.

### Jelly Making

Satisfactory jelly must be made from fruit juice containing pectin and acid. Pectin is a substance in fruit which is soluble in hot water and which, when cooked with sugar and acid and cooled, gives the right consistency to jelly.

A test for pectin is desirable but not essential. A large number of housewives make good jelly without the test by using the right fruits. For the inexperienced housewife it is a safe rule to use only fruits which are ideal for the purpose. These include sour apples, crab-apples, under-ripe grapes, quinces, raspberries, currants, blackberries, blueberries, wild cherries and green gooseberries. To one cup of juice from currants and under-ripe grapes add one cup of sugar; to juices of the others add three-fourths of a cup.

Fruits which contain pectin but not enough acid are peaches, pears, quinces and sweet apples. Acid may be obtained thru the juice of crab-apples or under-ripe grapes. Fruits which contain acid but not enough pectin are strawberries and cherries. Pectin can be supplied with the juice of crab-apples and under-ripe grapes.

In making jelly wash the fruit and remove the stems. Cut into quarters, with the exception of berries. Add just enough water to juicy fruits to prevent burning while cooking. Cover others with water and cook slowly until soft. Then put into a bag to drain. Put the juice in a kettle and boil rapidly. When it begins to boil, add the sugar. Currants and green apples require 8 to 10 minutes and other juices 20 to 30 minutes to reach jelly point.

Pour the jelly into glasses to cool. When cold pour over a layer of hot paraffin. Protect this with a cover or wrapper.
### Time Table for Canning Vegetables

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Blanch or Scald Hot Water Bath</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>15 minutes, 120 minutes</td>
</tr>
<tr>
<td>Pumpkins</td>
<td>3 minutes, 120 minutes</td>
</tr>
<tr>
<td>Squash</td>
<td>3 minutes, 120 minutes</td>
</tr>
<tr>
<td>Sauerkraut</td>
<td>3 minutes, 120 minutes</td>
</tr>
<tr>
<td>Corn—sweet</td>
<td>5 minutes, 180 minutes</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>1 1/2 minutes, 22 minutes</td>
</tr>
<tr>
<td>Beans—wax</td>
<td>5 to 10 minutes, 120 minutes</td>
</tr>
<tr>
<td>Peppers—green or ripe</td>
<td>5 to 10 minutes, 120 minutes</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>5 to 10 minutes, 120 minutes</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>3 minutes, 60 minutes</td>
</tr>
<tr>
<td>Carrots</td>
<td>5 minutes, 90 minutes</td>
</tr>
<tr>
<td>Beets</td>
<td>2 minutes, 90 minutes</td>
</tr>
<tr>
<td>String Beans</td>
<td>5 minutes, 180 minutes</td>
</tr>
<tr>
<td>Lima Beans</td>
<td>5 to 10 minutes, 180 minutes</td>
</tr>
<tr>
<td>Peas</td>
<td>5 to 10 minutes, 180 minutes</td>
</tr>
<tr>
<td>Swiss Chard</td>
<td>15 minutes, 120 minutes</td>
</tr>
<tr>
<td>Spinach</td>
<td>12 minutes, 120 minutes</td>
</tr>
<tr>
<td>Dandelions</td>
<td>15 minutes, 120 minutes</td>
</tr>
<tr>
<td>Turnips</td>
<td>5 minutes, 180 minutes</td>
</tr>
</tbody>
</table>

### Time Table for Canning Fruits

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Blanch or Scald Hot Water Bath</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>1 1/2 minutes, 20 minutes</td>
</tr>
<tr>
<td>Blackberries</td>
<td>none, 16 minutes</td>
</tr>
<tr>
<td>Blueberries</td>
<td>none, 16 minutes</td>
</tr>
<tr>
<td>Cherries</td>
<td>none, 16 minutes</td>
</tr>
<tr>
<td>Currants</td>
<td>none, 16 minutes</td>
</tr>
<tr>
<td>Gooseberries</td>
<td>1 to 2 minutes, 16 minutes</td>
</tr>
<tr>
<td>Peaches</td>
<td>To loosen skins*</td>
</tr>
<tr>
<td>Pears</td>
<td>1 1/2 minutes, 20 minutes</td>
</tr>
<tr>
<td>Quinces</td>
<td>1 1/2 minutes, 20 minutes</td>
</tr>
<tr>
<td>Raspberries, red</td>
<td>none, 10 minutes</td>
</tr>
<tr>
<td>Strawberries</td>
<td>none, 8 minutes</td>
</tr>
<tr>
<td>Plums</td>
<td>none, 16 minutes</td>
</tr>
<tr>
<td>Grapes</td>
<td>none, 16 minutes</td>
</tr>
<tr>
<td>Apricots</td>
<td>1 to 2 minutes, 16 minutes</td>
</tr>
<tr>
<td>Fruits without sugar</td>
<td>30 minutes</td>
</tr>
</tbody>
</table>

*Some peaches do not peel readily even if dipped in boiling water. In such cases omit dipping in boiling water and pare them.

The time given in this table is for quart jars. For pint jars deduct 5 minutes. For two-quart jars add 30 minutes.

Homemade and Commercial Hot-Water Bath Outfits are not satisfactory for canning at high altitudes as the temperature of water in them does not reach 212° F. In such localities Water-Seal and Steam Pressure Outfits give better results, as much higher temperatures can be maintained.

The time here given is for 1 quart jars and fresh products at altitudes up to 1000 feet above sea level. For higher altitudes increase the time 10 per cent for each additional 500 feet. For example, if the time is given as 120 minutes in the table and your location is 1,500 feet above sea level, the time should be made 132 minutes; for 2,000 feet, 145 minutes.

The time here given is for fresh, sound and firm vegetables. For vegetables which have been gathered over 24 hours increase the time of sterilization by adding one-fifth.
Vegetable and Fruit Drying

The drying of fruits and vegetables for Winter use is one of the Vital National Needs at the present time. It then becomes the patriotic duty of every family to dry and preserve as much as possible for their needs, that the labor usually devoted to this industry may be diverted to essential industries and that essential foods may be saved for the enormous demand made upon us by the devastated countries.

Drying is simple and no expensive equipment is necessary. It may be done on plates or dishes placed in the oven with the oven door partially open or on the back of the stove when baking is being done. It can also be done on sheets of paper or muslin spread in the sun and protected from dust and insects.

Sun Drying

Sun drying is the cheapest, as it requires no expense for fuel and avoids danger of overheating. It requires a bright, hot day and a breeze. The product is placed on the muslin or paper and spread in the sun. This should be covered with cheesecloth to keep out the dust and insects. Trays may also be used and made at home. Here is a simple one that will serve the purpose as well as a boughten one. Use strips of lumber two inches wide for one side with wire screen. A glass top will make a good protection against dust and insects. The bottom strip should be an inch wider so the glass will not slide off.

Artificial Drying

The simplest form is to place small quantities of foodstuffs on plates and put in a slow oven. Left-overs, such as sweet corn, a few apples, peas, etc., may be dried and saved. The oven door should be left partially open. Drying may also be done on top of a stove or range. A frame for this purpose can be easily made for drying at home. The same kind of a frame as made for sun drying will serve the purpose. This can be suspended over the stove by a wire as shown in the cut. If an oil stove is used the dryer should have a tightly fitting tin or galvanized bottom to prevent the oil fumes from getting into the foodstuffs.

A bottom of this kind may be easily attached. Care should be taken when drying that the drier does not hang too low so as to cause the bottom to become so hot that it will burn the fruits or vegetables.
Preparing Foodstuffs for Drying

If you have no food slicer a sharp kitchen knife will do. Cut the slices one-eighth to one-quarter of an inch thick. The pieces should be small so as to dry more quickly, but not too small to handle conveniently. The foodstuffs should be fresh, clean and tender. Vegetables will cut better with the skins removed. Apples, pears, etc., will dry better if cut in rings or quarters.

Blanching and Cold Dipping

Blanching or scalding is desirable for successful vegetable drying. It removes objectionable odors and cleanses the food product more thoroughly. It softens and loosens the fibre, thus allowing quicker evaporation. This is done by putting the product in a piece of cheesecloth and plunging into boiling water. The time varies according to the table following. The next process in cold dipping; that is, plunging the vegetable into cold water for an instant after removing from the boiling water. This hardens the pulp and sets the coloring matter.

Storage

After drying the foodstuffs are ready for storage. Before they are put away they ought to be placed in boxes to stand for three or four days, pouring them from one to the other to remove any moisture that might remain. Owing to the scarcity of tin and the high price of glass jars, containers are recommended. Baking powder cans, covered tins, pasteboard boxes with tight covers may be used, or strong paper bags and paraffin paper oozes can be bought at low prices. Fill all containers tightly. On tins paste a strip of paper around the can, covering the joint. Do the same with pasteboard boxes. If paper bags are used twist the top, double over and tie.

Use of Dried Products

To prepare dried fruits and vegetables, naturally the first process is to restore the water that has been dried out. This requires long cooking. To give them a better flavor they should be cooked in a covered utensil for a long time on a low fire. Cook them in the water they are soaked in and prepare as you would fresh foodstuffs. There is no definite rule for the amount of water required, but three to four cups of water to one cup of dried material should be sufficient.

Time Table for Blanching and Drying

The following time table shows the temperature to be used in drying by artificial heat. The exact time cannot be given. Cold dip after blanching:

### Vegetables

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Blanching Time (Minutes)</th>
<th>Approximate Drying Time (Hours)</th>
<th>Temperature (Degrees Fahrenheit)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>5 to 10</td>
<td>Till skin cracks</td>
<td>2½ to 3</td>
</tr>
<tr>
<td>Beets</td>
<td>10</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Cabbage</td>
<td>6</td>
<td></td>
<td>3 to 3½</td>
</tr>
<tr>
<td>Carrots</td>
<td>3</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>3</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>Celery</td>
<td>3</td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>Garden Peas</td>
<td>8</td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>Green String Beans</td>
<td>6 to 10</td>
<td></td>
<td>6</td>
</tr>
<tr>
<td>Lima Beans (young)</td>
<td>5 to 10</td>
<td></td>
<td>7</td>
</tr>
<tr>
<td>Onions</td>
<td>6</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Parsnips and Peppers</td>
<td>3</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>Pumpkin and Rhubarb</td>
<td>3</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>Spinach, Parsley and other herbs</td>
<td>3</td>
<td>4</td>
<td>110 to 145</td>
</tr>
<tr>
<td>Summer Squash</td>
<td>5</td>
<td></td>
<td>6</td>
</tr>
<tr>
<td>S. or Peas</td>
<td>5</td>
<td></td>
<td>7</td>
</tr>
<tr>
<td>Sweet Corn</td>
<td>5 to 10</td>
<td></td>
<td>8</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>To loosen skin</td>
<td></td>
<td>9</td>
</tr>
<tr>
<td>Wax Beans</td>
<td>6 to 10</td>
<td></td>
<td>10</td>
</tr>
</tbody>
</table>

### Fruits

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Blanching Time (Minutes)</th>
<th>Approximate Drying Time (Hours)</th>
<th>Temperature (Degrees Fahrenheit)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>6 to 10</td>
<td>4 to 6</td>
<td>117 to 150</td>
</tr>
<tr>
<td>Apricots</td>
<td>6 to 10</td>
<td>4 to 6</td>
<td>117 to 150</td>
</tr>
<tr>
<td>Berries</td>
<td>6 to 10</td>
<td>4 to 6</td>
<td>117 to 150</td>
</tr>
<tr>
<td>Peaches</td>
<td>6 to 10</td>
<td>4 to 6</td>
<td>117 to 150</td>
</tr>
<tr>
<td>Cherries</td>
<td>6 to 10</td>
<td>2 to 4</td>
<td>117 to 150</td>
</tr>
<tr>
<td>Pears, Plums and Quinces</td>
<td>6 to 10</td>
<td>4 to 6</td>
<td>117 to 150</td>
</tr>
</tbody>
</table>
### Equivalents in Measure

<table>
<thead>
<tr>
<th>Conversion</th>
<th>Expression</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 saltspoonfuls</td>
<td>= 1 teaspoonful</td>
</tr>
<tr>
<td>3 teaspoonfuls</td>
<td>= 1 tablespoonful</td>
</tr>
<tr>
<td>16 tablespoonfuls</td>
<td>= 1 cupful dry ingredients</td>
</tr>
<tr>
<td>12 tablespoonfuls</td>
<td>= 1 cupful wet ingredients</td>
</tr>
</tbody>
</table>

### Equivalents in Food

<table>
<thead>
<tr>
<th>Conversion</th>
<th>Expression</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb. cornstarch</td>
<td>= 3 cupfuls plus 2 tablespoonfuls</td>
</tr>
<tr>
<td>1 lb. butter</td>
<td>= 2 cupfuls</td>
</tr>
<tr>
<td>1 lb. lard</td>
<td>= 2 cupfuls</td>
</tr>
<tr>
<td>1 lb. bran</td>
<td>= 2 cupfuls</td>
</tr>
<tr>
<td>1 lb. rice</td>
<td>= 2 cupfuls</td>
</tr>
<tr>
<td>1 lb. rye flour</td>
<td>= 2 1/2 cupfuls</td>
</tr>
<tr>
<td>1 lb. pastry flour, unsifted</td>
<td>= 3 1/2 cupfuls</td>
</tr>
<tr>
<td>1 lb. bread flour, unsifted</td>
<td>= 3 1/2 cupfuls</td>
</tr>
<tr>
<td>1 lb. confectioner’s sugar</td>
<td>= 1 cupful</td>
</tr>
<tr>
<td>1 lb. light-brown sugar</td>
<td>= 1 1/2 cupfuls</td>
</tr>
<tr>
<td>1 lb. pulverized coffee</td>
<td>= 1 1/2 cupfuls</td>
</tr>
<tr>
<td>1 lb. Graham flour</td>
<td>= 3 cupfuls</td>
</tr>
<tr>
<td>1 lb. entire wheat flour unsifted</td>
<td>= 3 1/2 cupfuls plus 2 tablespoonfuls</td>
</tr>
<tr>
<td>1 lb. granulated corn meal</td>
<td>= 3 cupfuls</td>
</tr>
<tr>
<td>1 lb. granulated sugar</td>
<td>= 2 cupfuls</td>
</tr>
</tbody>
</table>

### Table of Proportions

<table>
<thead>
<tr>
<th>Proportion</th>
<th>Expression</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup liquid to 2 cups flour for muffins</td>
<td>1 cup liquid to 3 cups flour for bread</td>
</tr>
<tr>
<td>1 cup liquid to 1 cup flour for batters</td>
<td>1 teaspoon soda to 1 pint sour milk</td>
</tr>
</tbody>
</table>

### Time Table

#### Boiling Vegetables

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Boiling Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>20 to 25 minutes</td>
</tr>
<tr>
<td>Beans (string)</td>
<td>1 to 2 hours</td>
</tr>
<tr>
<td>Beans (new)</td>
<td>3/4 to 1 hour</td>
</tr>
<tr>
<td>Beets (old)</td>
<td>4 to 6 hours</td>
</tr>
<tr>
<td>Beet Greens</td>
<td>1 hour or more</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>15 to 20 minutes</td>
</tr>
<tr>
<td>Cabbage</td>
<td>1/2 to 1 1/2 hours</td>
</tr>
<tr>
<td>Carrots</td>
<td>20 to 30 minutes</td>
</tr>
<tr>
<td>Celery</td>
<td>2 hours</td>
</tr>
<tr>
<td>Corn</td>
<td>20 to 30 minutes</td>
</tr>
<tr>
<td>Macaroni</td>
<td>20 to 30 minutes</td>
</tr>
<tr>
<td>Onions</td>
<td>3/4 to 2 hours</td>
</tr>
<tr>
<td>Farsnaps</td>
<td>10 to 20 minutes</td>
</tr>
<tr>
<td>Peas</td>
<td>1/2 to 1 hour</td>
</tr>
<tr>
<td>Potatoes (white)</td>
<td>20 to 30 minutes</td>
</tr>
<tr>
<td>Potatoes (sweet)</td>
<td>15 to 25 minutes</td>
</tr>
<tr>
<td>Rice</td>
<td>20 to 30 minutes</td>
</tr>
<tr>
<td>Squash</td>
<td>15 to 20 minutes</td>
</tr>
<tr>
<td>Spinach</td>
<td>15 to 20 minutes</td>
</tr>
<tr>
<td>Tomatoes (stewed)</td>
<td>30 to 45 minutes</td>
</tr>
<tr>
<td>Turnips</td>
<td>30 to 45 minutes</td>
</tr>
</tbody>
</table>

#### Roasting and Baking Time for Meats, Fish, Etc.

<table>
<thead>
<tr>
<th>Meat</th>
<th>Baking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef Ribs, rare, per lb.</td>
<td>8 to 10 minutes</td>
</tr>
<tr>
<td>Beef Ribs, well done, per lb.</td>
<td>12 to 16 min.</td>
</tr>
<tr>
<td>Beef Fillet, rare, per lb.</td>
<td>20 to 25 minutes</td>
</tr>
<tr>
<td>Mutton (leg), well done, per lb.</td>
<td>14 minutes</td>
</tr>
<tr>
<td>Mutton (shoulder) well done, per lb.</td>
<td>13 minutes</td>
</tr>
<tr>
<td>Lamb, well done, per lb.</td>
<td>18 minutes</td>
</tr>
<tr>
<td>Pork, well done, per lb.</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Chicken, per lb.</td>
<td>15 or more minutes</td>
</tr>
<tr>
<td>Turkey, 8 to 10 lbs.</td>
<td>3 hours</td>
</tr>
<tr>
<td>Goose, 8 to 10 lbs.</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Ham</td>
<td>4 to 6 hours</td>
</tr>
<tr>
<td>Fish (large and whole)</td>
<td>1 hour or more</td>
</tr>
<tr>
<td>Small Fish</td>
<td>20 to 30 minutes</td>
</tr>
<tr>
<td>Baked Beans (Boston)</td>
<td>6 to 8 hours</td>
</tr>
</tbody>
</table>

#### Baking

<table>
<thead>
<tr>
<th>Baking Item</th>
<th>Baking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loaf Bread (1 lb.)</td>
<td>40 to 60 minutes</td>
</tr>
<tr>
<td>Rolls, Biscuit</td>
<td>10 to 30 minutes</td>
</tr>
<tr>
<td>Muffins</td>
<td>20 to 30 minutes</td>
</tr>
<tr>
<td>Popovers</td>
<td>20 to 30 minutes</td>
</tr>
<tr>
<td>Sponge Cake (Loaf)</td>
<td>40 to 60 minutes</td>
</tr>
<tr>
<td>Layer Cake</td>
<td>15 to 20 minutes</td>
</tr>
<tr>
<td>Fruit</td>
<td>2 to 3 hours</td>
</tr>
<tr>
<td>Small Cakes</td>
<td>15 to 20 minutes</td>
</tr>
<tr>
<td>Steamed Puddings</td>
<td>1 to 3 hours</td>
</tr>
<tr>
<td>Pie Crust</td>
<td>30 to 45 minutes</td>
</tr>
<tr>
<td>Potatoes</td>
<td>30 to 45 minutes</td>
</tr>
<tr>
<td>Scalloped or Au Gratin Dishes</td>
<td>10 to 20 minutes</td>
</tr>
<tr>
<td>Baked Beans (Boston)</td>
<td>6 to 8 hours</td>
</tr>
</tbody>
</table>
Hungry Indians

BREAD—
The Real Health Food

HOW the tempting odor of home-made bread does set them on the warpath. And how good it is for their little growing bodies. They can never eat too much of it. Good home-made bread made from pure white Flour (Unbleached) could never make a youngster sick. Increased health and strength of your family will result from giving them fresh, nourishing Bread, made from

CROWN FLOUR

CROWN FLOUR is made absolutely Clean and Pure. It is not whitened by any injurious artificial process. Its creamy white color is perfectly natural.