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Make Your Meals to Measure
Michigan State University Extension Service
Roberta Hershey, Miriam Eads, Nutrition
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Make Your Meals to Measure



MICHIGAN STATE COLLEGE :: EXTENSION SERVICE

EAST LANSING

Cooperative Extension Work in Agriculture and Home Economics,
Extension Service, Michigan State College and the U. S.
Department of Agriculture Cooperating.



Good Nurture Means Good Nature

The health of the nation depends in large part upon the meals served by American homemakers. The right food will help every member of the family to feel more cheerful, to think more clearly, and to work more efficiently. Proper meals aid greatly in prolonging the active years of life but, best of all, they add much to the enjoyment of everyday living.

The menus in this leaflet supply the food values recommended by the Committee on Foods and Nutrition of the National Research Council.



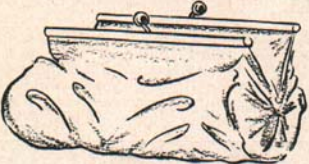

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In cooperation with

MICHIGAN NUTRITION DEFENSE COMMITTEE

MAKE YOUR MEALS TO MEASURE

		
<p>MODERATE PURSE*</p> <p>4 cups daily (children) 3 cups daily (adults)</p>	<p>MILK</p>	<p>ECONOMY PURSE</p> <p>3-4 cups daily (children) 2-3 cups daily (adults)</p>
<p>Potatoes—once or twice a day.</p> <p>Dry beans, peas, nuts—three times a week.</p> <p>Tomatoes, citrus fruit, cabbage—5 to 6 servings a week. (Tomato or citrus fruit juice daily for every child under four.)</p> <p>Leafy, green, and yellow vegetables—1 to 2 servings daily.</p> <p>Other vegetables and fruits—about 2 servings a day.</p>	<p>VEGETABLES AND FRUITS</p>	<p>Potatoes—twice a day.</p> <p>Dry beans, peas, nuts—four times a week.</p> <p>Tomatoes, citrus fruit, cabbage—5 servings a week. (Tomato or citrus fruit juice daily for every child under four.)</p> <p>Leafy, green, and yellow vegetables—6 servings a week.</p> <p>Other vegetables and fruits—6 servings a week.</p>
<p>Eggs: 5 eggs a week for each person.</p> <p>Lean meat, fish, and poultry—7 to 8 servings a week.</p>	<p>EGGS AND MEAT</p>	<p>Eggs: 3 or 4 a week for each person.</p> <p>Lean meat, fish, and poultry: 5 to 6 small servings a week.</p>
<p>Unrefined cereal daily.</p> <p>Whole grain or enriched bread at every meal.</p> <p>Dessert—once a day sometimes twice.</p>	<p>OTHER FOODS</p>	<p>Unrefined cereal—once a day, sometimes twice.</p> <p>Whole grain or enriched bread—at every meal.</p> <p>Dessert—about once a day.</p>

*Farm families may enjoy more eggs, meat, fruits and vegetables and still keep food bills moderate.

ECONOMY MENUS

BREAKFAST	DINNER	SUPPER
SUNDAY		
Tomato Juice Baked Eggs ¹ Bacon Breakfast Bread Coffee—Milk	² Savory Flank Steak with Potatoes and Carrots Enriched Bread—Butter Canned Fruit Compote	Cheese Rarebit on Toast Apple-Cabbage-Nut Salad Oatmeal Cookies Milk
MONDAY		
Prunes Oatmeal Coffee—Milk	³ Meat Turnovers Escalloped Potatoes and Peas Baked Apples	⁴ Liver Balls with Spaghetti and Tomatoes Five-Minute Cabbage Cocoa
TUESDAY		
Oranges Cooked Whole Wheat Cereal with Raisins Coffee—Milk	Bean Soup with Ham Butt Hot Potato Salad with Sliced Egg Whole Wheat Toast— Butter Chocolate Pudding	Boiled Potatoes Creamed Ham and String Beans Apple Sauce ⁵ Chiffon Gingerbread
WEDNESDAY		
Tomato Juice Fried Whole Wheat Cereal with Chopped Ham Coffee—Milk	Baked Beans Brown Bread—Butter Carrot Strips Spiced Pears	Potato-Onion Soup ⁶ Liver Paste Sandwiches Sliced Bananas Top Milk ⁷ Whole Wheat Apple Sauce Cake
THURSDAY		
Stewed Apricots Scrambled Eggs Whole Wheat Toast— Butter Coffee—Milk	⁸ Frankfurter Ring with Potato Dressing Cole Slaw Peach Shortcake Milk	⁹ Potatoes in Tomato Sauce Enriched Raisin Salad Enriched Bread—Butter Molasses Cookies
FRIDAY		
Canned Grapefruit Ready-to-eat Whole Grain Cereal Coffee—Milk	Salmon-Corn Casserole Beet Greens Rye Bread and Butter ¹⁰ Carrot Pudding with Raisin Sauce Milk	¹¹ Potato Puff with Cheese Lima Beans Prune Muffins Canned Cherries
SATURDAY		
Apple Sauce Oatmeal Coffee—Milk	Escalloped Potatoes and Onions Baked Squash with Sausage Cabbage Wedges Cornbread and Butter Homemade Jam Milk	Cream of Pea Soup Rye Toast Circles Deviled Egg Salad Plum Sauce Peanut Butter Cookies

Note: Numbers preceding name of food (1) refer to recipes in this bulletin.

MODERATE COST MENUS

BREAKFAST	DINNER	SUPPER
SUNDAY		
Orange Juice Jelly Omelet Enriched Coffee Cake— Butter Coffee—Milk	Roast Beef Riced Potatoes—Gravy Lettuce Salad— French Dressing ¹² Party-Turnips Enriched Bread—Butter ¹³ Baked Cherry Dumplings Coffee	Toasted Cheese Sandwiches Mixed Fruit Salad Chocolate Cocoanut Macaroons Tea—Cocoa
MONDAY		
Stewed Prunes Prepared Enriched Cereal Cinnamon Toast—Butter Coffee—Milk	Tomato Juice Lima Beans and Bacon Carrot Strips Toasted Bread Sticks Cottage Cheese—Jam Tea	¹⁴ Roast Beef and Potato Leftover DeLuxé Asparagus Salad Toast Sticks Hot Gingerbread with ¹⁵ Apricot Glaze
TUESDAY		
Apple Sauce Whole Grain Cereal with Raisins Toast—Butter Coffee—Milk	Stuffed Peppers ¹⁶ Potatoes Anna Broiled Tomatoes Apricot and Prune Upside Down Cake Coffee	Lamb Stew with Carrots, Peas, and Onions Enriched Bread—Butter Peach and Banana Cup Tea—Milk
WEDNESDAY		
Tomato Juice Prepared Enriched Cereal Hot Muffins with Dates Coffee—Milk	¹⁷ Stuffed Spiced Cabbage Leaves Mashed Potato— Peanut Patties Whole Wheat Bread— Butter Baked Custard with Raspberries	Omelet ¹⁸ Spanish Sauce Whole Kernel Corn and Lima Beans Fruit Compote (Pears and Rhubarb) Spice Cake
THURSDAY		
Grapefruit Cooked Whole Wheat Cereal Sausages Toast—Butter Coffee—Milk	¹⁹ French Fried Liver Creamed Potatoes ²⁰ Beet Salad Ring Enriched Bread—Butter Apricot Whip Milk	Diced Carrots, Stringbeans, and Mushrooms Waldorf Salad Whole Wheat Rolls— Butter Butterscotch Pudding
FRIDAY		
Canned Rhubarb Oatmeal Scrambled Eggs Whole Wheat Toast Coffee—Milk	Vegetable—Cheese Medley Hot Enriched Biscuits— Honey Deep Dish Plum Pie Milk	Frozen Fish Fillets Potatoes Lyonnaise Stewed Tomatoes and Celery Rye Bread—Butter Canned Berries Tea
SATURDAY		
Grape Juice Enriched Ready-to-serve Cereal Crisp Bacon French Toast Maple Syrup Coffee—Milk	Baked Ham Broiled Peach Halves Escalloped Potatoes Apple Saute Betty Coffee—Milk	Cream of Tomato Soup Croutons Peas and Small White Onions Whole Wheat Bread— Butter Banana-Peanut Butter Salad Jelly Roll

Note: Numbers preceding name of food (1) refer to recipes in this bulletin.

RECIPES

(1) BACON BREAKFAST BREAD

1 egg	1 cup enriched flour
1 tablespoon sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup whole wheat flour	$1\frac{1}{2}$ teaspoons baking powder
1 cup yellow cornmeal	3 slices bacon
1 cup milk	

Beat egg, add sugar, whole wheat flour, cornmeal and milk. Sift flour, salt and baking powder. Combine with other ingredients. Pour into greased pan, 8 x 8 x 2. Dice bacon and scatter over batter. Bake at 400° 20 minutes. Place under broiler to brown if necessary. Serve immediately.

(2) SAVORY FLANK STEAK

1 flank steak ($1\frac{1}{4}$ to $1\frac{1}{2}$ pounds)	$1\frac{1}{2}$ cups water
Salt, pepper, flour	1 tablespoon vinegar
2 medium-sized onions	2 tablespoons catsup
Pinch thyme	Potatoes
Pinch cloves	Carrots

Cut the steak across the grain into strips about an inch wide. Sprinkle with salt and pepper and dredge with flour. Brown the meat in a little fat, add the onions which have been sliced, and continue cooking until the onions are lightly browned. Add the other ingredients and season to taste with salt and pepper. Cover and simmer for about 2 hours or until the meat is tender. Add the potatoes and carrots the last half hour of cooking.

(3) MEAT TURN-OVERS

Season chopped cooked or canned meat with onion and celery or parsley, moisten slightly with gravy, or broth, or tomatoes, or chili sauce, and add salt and pepper to taste. Make a rich dough, using the biscuit recipe below. Roll the dough out in rounds, on each round place some of the seasoned meat filling, and fold the edges of the dough together to make turn-overs. Bake in a hot oven (about 425° F.).

BISCUIT DOUGH FOR MEAT TURN-OVERS

4 cups enriched flour	$\frac{3}{4}$ cup fat
6 teaspoons baking powder	Milk or water to make a soft mixture
$1\frac{1}{2}$ teaspoons salt	

(4) LIVER BALLS AND SPAGHETTI

1½ pounds liver
2 cups cracker crumbs
¼ grated onion
4 tablespoons lard

¾ teaspoon marjoram
1 teaspoon salt
¼ teaspoon pepper

Parboil liver and put through meat chopper. Mix thoroughly with other ingredients, adding enough liquid in which liver was cooked to moisten. Shape into balls. Place on top of spaghetti in a casserole.

3 tablespoons lard
1 small onion

1 cup tomatoes
1 package spaghetti

Brown onion in hot lard. Add tomatoes and simmer 20 minutes. Cook spaghetti in boiling, salted water until tender. Mix with tomato sauce and place in greased casserole. Place liver balls on top and brown in a hot oven.

(5) CHIFFON GINGERBREAD

½ cup shortening
½ cup sugar
1 egg, beaten
1 cup molasses
2½ cups enriched flour

1 teaspoon soda
1 teaspoon ginger
1 teaspoon cinnamon
½ teaspoon cloves
1 cup hot water

Cream shortening and sugar. Add egg and molasses and mix well. Add dry ingredients which have been sifted together. Add hot water and beat until smooth. Pour into greased and floured 9- by 13-inch cake pan, and bake in moderate oven (350°) 40 to 50 minutes. When cool, cut in squares.

(6) LIVER PASTE FOR SANDWICHES

Broil slices of liver or simmer the whole piece in water until tender. Mash or grind the cooked liver, and mix with fat and seasonings in the proportions of 2 tablespoonfuls each of chili sauce or catsup, chopped celery, and butter or other fat to 1 cup of ground liver, and add salt, pepper, and minced onion to taste.

(7) WHOLE WHEAT APPLE SAUCE CAKE

½ cup fat
1 cup sugar—brown or white
1½ cups thick, unsweetened apple
sauce
1 cup seedless raisins
2½ cups whole wheat flour

1½ teaspoons soda
½ teaspoon salt
2 eggs, beaten
½ teaspoon cinnamon
¼ teaspoon nutmeg
½ teaspoon cloves

Cream the fat and sugar together. Add the apple sauce, then the beaten eggs. Mix the raisins with one-half cup of the flour. Mix the rest of the flour with the soda, salt, and spices. Then add all the dry ingredients to the liquid mixture. Beat well, pour into a greased pan, and bake in a very moderate oven (300° to 325° F.) for about 1 hour.

(11) POTATO PUFF WITH CHEESE

3 cups mashed potatoes	2 eggs
1½ cups milk	2 tablespoons butter
1 cup cheese, grated	

Add the butter, beaten egg yolks, cheese and milk to mashed potatoes. Stir until well blended and then fold in the stiffly beaten egg whites. Mix lightly and pile in a well-greased baking dish. Bake in a moderate oven 10 minutes. Serve at once.

(12) PARTY TURNIPS

6 medium-sized turnips, cubed (3 cups)	1 cup cubed carrots
1 cup peas	2 tablespoons butter
	Salt and pepper

Cook turnips in boiling, salted water until tender, about 15 minutes. Cook peas and carrots covered in small amount of boiling, salted water about 8 minutes. Drain vegetables and combine. Add butter and season. (Serves 6.)

(13) BAKED CHERRY DUMPLINGS

DUMPLINGS	SAUCE
3 cups enriched flour	1½ cups sugar
4½ teaspoons baking powder	⅛ teaspoon cinnamon
1 teaspoon salt	⅛ teaspoon nutmeg
¾ cup fat	2 tablespoons melted butter
¾ to 1 cup milk	1 cup water
1½ cups drained canned cherries	
2 tablespoons butter	

Sift the flour, baking powder and salt. Cut in the fat until the mixture resembles cornmeal. Add the milk and stir. Turn out on a floured board; knead lightly. Roll to ¼ inch thickness, keeping a rectangular shape. Cut into 5-inch squares. Arrange a spoonful of cherries in the center of each square. Bring the corners of dough together.

Mix the ingredients for the sauce in the order given. Place dumplings in a greased pan (about 9 x 12 inches); cover with sauce. Bake in a hot oven (450°) for 15 minutes; reduce heat to moderate (375°) for about 30 minutes.

(14) DELUXE ROAST BEEF AND POTATO LEFTOVER

1 medium onion, grated	1 egg
3 cups hot mashed potatoes	½ cup milk
1 teaspoon salt	1 cup cubed roast beef
1 tablespoon prepared horse-radish	Butter

Combine potatoes, onions, salt and horseradish. Add beaten egg to milk and stir into potato mixture. Fold in cubed beef. Pile in casserole. Dot with butter. Bake in hot oven (400° F.) 25 minutes. (Serves 4.)

(15) APRICOT GLAZE FOR GINGERBREAD

2½ cups cooked apricots	1 cup sugar
½ cup boiling water	

Rub apricots through sieve, add sugar and water, cook until smooth and thick. Cool, and serve on gingerbread.

(16) POTATOES ANNA

8 cooked potatoes, cold	2 tablespoons bread crumbs
2 tablespoons grated cheese	1 tablespoon butter
Paprika, if desired	

Cut cold potatoes into thin slices. Place in baking dish, sprinkle with grated cheese and bread crumbs. Spread the butter well over them. Brown in the oven for 10 minutes or until golden brown. (Serves 6.)

(17) STUFFED SPICED CABBAGE LEAVES

1 pound chopped beef	Salt and pepper
1 egg	¾ teaspoon thyme
¼ cup water	¾ teaspoon sage
2 cups bread crumbs	8 large cabbage leaves
¼ cup chopped onion	2 slices bacon
¼ cup chopped celery leaves	

Mix together beef, egg, water, crumbs, seasonings. Pour boiling water over cabbage; let stand 5 minutes; drain. Put 2 to 3 tablespoons meat mixture on each leaf; roll, fold in ends; secure with toothpicks. Place rolls in tightly covered kettle; top with bacon strips. Simmer 1 hour.

(18) SPANISH SAUCE

1 tablespoon chopped celery or green pepper	2 tablespoons fat
1 tablespoon chopped carrot	2 tablespoons flour
1 tablespoon chopped onion	½ cup meat stock
1 tablespoon minced left-over ham or bacon	½ cup tomato juice
	½ teaspoon salt
	½ teaspoon pepper

Melt the fat. Add the vegetables and meat and brown. Stir in the flour and gradually add the liquid. Cook until thick. Serve hot.

(19) FRENCH FRIED LIVER

1 pound pork or beef liver	Salt
Flour	Pepper

Have liver sliced thin. Wash with cold water and dry thoroughly. Cut into lengths about three-eighths inch wide using the kitchen shears. Roll in flour seasoned with salt and pepper. Drop into a kettle of deep hot lard at a temperature of 375° F. Cook until brown. Serve at once.

(20) BEET SALAD RING

1 tablespoon (1 envelope) un-
flavored gelatin
¼ cup cold water
¾ cup hot water
¾ cup beet liquor
3 tablespoons vinegar

2 teaspoons grated onion
1 tablespoon horse-radish
¼ teaspoon salt
1 cup diced, cooked beets
1 cup diced celery
Mayonnaise

Soften gelatin in cold water; dissolve in hot water. Add remaining ingredients, except beets and celery. Chill until partially set; add beets and celery. Pour into 6 individual ring molds oiled with salad oil. Chill until firm. Unmold on crisp lettuce and center with mayonnaise. Serves 6.

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