

Foods and  
Nutrition

*Put in book*

Extension Nutrition Department  
N. C. State of the University of N. C.  
Raleigh, N. C.  
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## CHOOSE TO EAT WELL

### Low - Moderate - Liberal Cost Food Plans

"Choose to Eat Well" - Whatever the amount you may have to spend for food. Use the low, moderate or liberal cost food plan designed by nutritionists to help you decide the kinds, amounts and approximate cost of foods needed by your family. Select the food plan that best fits your family. Use it as a guide to help you feed them meals they will enjoy, which are nutritionally adequate and at a price you can afford.

How Much Can You Afford To Spend For Food? That depends on your family income, the number in the family and the ages of the individual members. Also, how important food is to your family will make a difference. Use tables 1 and 2 below to help you decide which plan to use.

In table No. 1 you will find the type of food plan most often selected by families in the United States of various income levels. Table No. 2 gives the estimated cost of 1 week's food for various members of the family for the low, moderate or liberal cost plan suggested in table No. 1.

TABLE 1 -- FOOD PLANS BY FAMILY SIZE AND INCOME<sup>1</sup>

Yearly Income (after income taxes)	Family size			
	2 persons	3 persons	4 persons	5 persons
\$2,000-\$4,000	Low-cost	Low-cost	Low-cost	Low-cost.
\$4,000-\$6,000	Moderate-cost or liberal	Low-cost or moderate-cost	Low-cost or moderate-cost	Low-cost or moderate-cost.
\$6,000-\$8,000	Liberal	Moderate-cost or liberal	Moderate-cost or liberal	Moderate-cost or liberal.
\$8,000-\$10,000	Liberal	Liberal	Liberal	Moderate-cost or liberal.
\$10,000 and over	Liberal	Liberal	Liberal	Liberal.

1. Taken from Home Economics Research Report No. 20, Page 13, U.S.D.A.



To make your family food cost plan, write down the names and ages of members of family and others you feed regularly. Beside each name, place the estimated cost selected from table 2. Add all of these together to give you the suggested total cost of 1 week's food for your family.

Are you spending more or less than this amount? Do not charge against your food bill the household cleaning supplies, tobacco or other non-edible items you bought at the grocery store. Usually, between-meal foods and refreshments served to families or friends are also included. If one or more members of the family eat lunch or another meal away from home, you will need to adjust the cost figure of your 1 week's food cost to take care of the difference.

Do you produce any food at home? If so, you may be feeding your family for less money than the cost figures for 1 week's food.

What kind and amount of food will you include in the well-tailored food plan to fit your family's needs and pocketbook? Nutritionists have worked out a guide to use in figuring the kinds and amounts of food groups to meet nutritional needs of individual family members for 1 week.

To figure your family's food needs use the blank column in table 3. Copy from each food group the amount needed by individual members of your family. Add up the amount of food in each group needed by your family. Use this as a shopping guide or to help you in making a decision as to how much food to produce, can, freeze or store to keep your family well fed. These quantities of food will provide 3 meals a day for 1 week for a moderately active individual. Table No. 4 is a Food Buying Guide. It gives you the number of servings in a pound, a can or other unit of food as purchased.

There is a wide variety of foods in each food group to allow for differences in family tastes. There are also high and low calorie foods, high and low cost foods in each group. Weight watchers will need to refer to a calorie chart in selecting the low calorie foods in each group. If you must cut down on the amount spent for food, try spending less for items in the meat group. The cheaper cuts cost less and are just as nutritious as the more expensive ones. Also, you can reduce the amounts of meat, poultry or fish bought about one-third and increase the amounts of fruits and vegetables. Try not to cut down on the amounts of milk, fruits and vegetables recommended. Remember, though there is a limit to the amount you can cut down and still have meals that are nutritionally adequate. Also, realize that in making this adjustment you will be going from one food plan to another. Notice that the difference between the plans is that the low-cost plan has fewer servings of meat, poultry, fish and citrus fruits than the moderate-cost and liberal plans. They include more dried beans and peas and potatoes. The higher cost plans also allow for selecting the top quality or luxury items in some food groups.

Learn the approximate number of servings per unit of food as purchased to help you to be a better shopper and meal planner. Refer to the Food Buying Guide on pages 5 and 6 of this leaflet.

TABLE 2 -- COST OF 1 WEEK'S FOOD AT HOME<sup>1</sup> ESTIMATED FOR FOOD PLANS AT THREE COST LEVELS, OCTOBER 1963--U.S.A. AVERAGE

Sex-age groups	Low-cost plan	Moderate-cost plan	Liberal plan	My family plan
	Dollars	Dollars	Dollars	Dollars
<u>FAMILIES</u>				
Family of two, 20-34 years -----	14.00	19.20	21.80	
Family of two, 55-74 years -----	12.60	17.30	19.40	
Family of four, preschool children	21.00	28.00	32.10	
Family of four, school children -	24.20	32.70	37.30	
<u>INDIVIDUALS<sup>2</sup></u>				
Children, under 1 year -----	3.10	3.90	4.20	
1-3 years -----	3.80	4.70	5.40	
4-6 years -----	4.50	5.80	6.90	
7-9 years -----	5.30	6.90	7.90	
10-12 years -----	6.20	8.30	9.60	
Girls, 13-15 years -----	6.50	8.80	10.10	
16-19 years -----	6.60	8.80	10.00	
Boys, 13-15 years -----	7.10	9.80	11.10	
16-19 years -----	8.30	11.40	12.90	
Women, 20-34 years -----	5.50	7.70	8.70	
35-54 years -----	5.40	7.40	8.50	
55-74 years -----	5.10	7.00	7.90	
75 years and over -----	4.90	6.50	7.50	
Pregnant -----	6.90	9.00	10.00	
Nursing -----	8.70	11.10	12.30	
Men, 20-34 years -----	7.20	9.80	11.10	
35-54 years -----	6.70	9.20	10.30	
55-74 years -----	6.40	8.70	9.70	
75 years and over -----	6.20	8.30	9.30	
Total cost for my family -----				

1. USDA Food Economics Review, December 1963, Page 27.

2. The costs given are for individuals in 4-person families. For individuals in other size families, the following adjustments to the total amount figured for the family are suggested:

1-person--add 20 percent; 2-person--add 10 percent; 3-person--add 5 percent; 5-person--subtract 5 percent; 6-or-more-person--subtract 10 percent.  
Large families can eat for less than smaller ones because they usually buy in quantity and have less food waste.

TABLE 3<sup>1</sup> -- FOOD GROUPS AND APPROXIMATE SERVINGS PER PERSON PER WEEK:  
LOW-COST, MODERATE-COST, AND LIBERAL PLANS<sup>2</sup>

Food groups <sup>3</sup>	Servings per person per week			Amount needed for my family
	Low-cost plan	Moderate-cost plan	Liberal plan	
Milk, cheese, ice cream (in terms of fluid milk).	Children under 10 years about 3 cups a day. Boys and girls over 10 3-3/4 to 4 cups a day. Pregnant women, 1 quart per day. Lactating women, about 1½ quarts per day. Other adults 2 cups a day.	Children under 10 years about 3½ cups a day. Boys and girls over 10 3-3/4 to 4 cups a day. Pregnant women, 1 quart per day. Lactating women, about 1½ quarts per day. Other adults 2 cups a day.	Children, boys and girls, pregnant and lactating women same as moderate-cost. Other adults, 1 pint more per week than low-cost or moderate-cost plans.	
Meat, poultry, fish - - - -	6-9 servings of 3 ounces cooked lean meat.	9-13 servings of 3 ounces cooked lean meat.	10-14 servings of 3 ounces cooked lean meat.	
Eggs - - - -	5-6 a week or in cooking	6-7 a week or in cooking	6-7 a week or in cooking.	
Dry beans, peas, nuts - - - -	2-3 servings a week	1-2 servings a week	1 serving a week.	
Flour, cereals, baked goods --	Bread at every meal and a cereal dish once a day.	Bread at every meal and a cereal dish once a day.	Bread at every meal and a cereal dish once a day.	
Citrus, fruits, tomatoes <sup>4</sup>	5-6 servings a week	6-8 servings a week	8-9 servings a week.	
Dark-green and deep-yellow vegetables <sup>4</sup>	2-3 servings a week	2-3 servings a week	2-3 servings a week.	
Potatoes <sup>4</sup>	5-11 servings a week	4-10 servings a week	3-9 servings a week.	
Other vegetables and fruits <sup>4</sup>	11-20 servings a week	18-23 servings a week	20-28 servings a week.	
Fats and oils	As needed	As needed	As needed.	
Sugars, sweets	As needed	As needed	As needed.	

1. Information taken from USDA Home Economics Research Report No. 20, Page 20.

2. The smaller number of servings is for women, the larger number for men. For children, the size and number of servings expected from each food group varies for each age and sex group.

3. There are also certain miscellaneous food items to be considered in the total food plan. The miscellaneous group includes such items as tea, coffee, chocolate; salt, pepper, other flavorings; baking powder and soda. No quantities are suggested for these items but allowance must be made for their cost.

4. Serving size approximately ½ cup, or a portion as ordinarily served, such as 1 medium apple, banana, orange, potato, or ½ medium grapefruit.



FOOD BUYING GUIDE<sup>1</sup>

## MEAT, POULTRY, FISH

## Fresh or frozen:

Meat	Amount to buy per serving
Much bone or gristle - - - - -	1/2 to 1 pound
Medium amounts of bone - - - - -	1/3 to 1/2 pound
Little bone - - - - -	1/4 to 1/3 pound
No bone - - - - -	1/5 to 1/4 pound

## Poultry (ready-to-cook)

## Chicken:

Broiling - - - - -	1/4 to 1/2 bird
Frying, roasting, stewing - - - - -	About 1/2 pound
Duck - - - - -	About 1 pound
Goose - - - - -	About 2/3 pound
Turkey - - - - -	About 1/2 pound

## Fish and shellfish

Whole or round - - - - -	1 pound
Dressed, large - - - - -	1/2 pound
Steaks, fillets - - - - -	1/3 pound
Oysters, shucked - - - - -	1/3 pint (8-12 oysters)
Shrimp (green) - - - - -	1/4 pound
Shrimp, cooked, peeled, cleaned - - - - -	1/8 pound

Canned:	Size of serving	Servings per unit
Pork loaf, 12-ounce can.	2 slices (3½ in. X 1-¾ in. X 3/8 in.)	4 per can
Corned beef, 12-ounce can.	3 ounces	4 per can
Chicken, turkey, boned, 6-ounce can.	3 ounces	2 per can
Salmon, 16-ounce can.	3 ounces	4 per can
Tuna fish, in oil, solid or chunk packed, 7-ounce can.	3 ounces	2 per can

## Dried:

Chipped beef	¾ cup creamed	10 per pound.
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VEGETABLES and FRUITS:<sup>2</sup>

Fresh:	Size of serving	Servings per pound <sup>2</sup>
Asparagus:		
Cut - - - - -	1/2 cup	4
Spears - - - - -	4-5 stalks	4
Beans, lima - - - - -	1/2 cup	2 <sup>3</sup>
Beans, snap - - - - -	1/2 cup	5-6
Beets, diced - - - - -	1/2 cup	4 <sup>4</sup>
Broccoli - - - - -	2 stalks	3-4
Brussels sprouts - - - - -	1/2 cup	4-5
Cabbage:		
Raw, shredded - - - - -	1/2 cup	7-8
Cooked - - - - -	1/2 cup	4-5
Carrots:		
Raw, shredded - - - - -	1/2 cup	6-7 <sup>4</sup>
Cooked - - - - -	1/2 cup	4 <sup>4</sup>
Cauliflower - - - - -	1/2 cup	4
Celery, cooked - - - - -	1/2 cup	5
Chard - - - - -	1/2 cup	3 <sup>1</sup> / <sub>2</sub>
Collards - - - - -	1/2 cup	4
Eggplant - - - - -	1/2 cup	5
Kale - - - - -	1/2 cup	3 <sup>1</sup> / <sub>2</sub>
Onions, cooked - - - - -	1/2 cup	4 <sup>4</sup>
Parsnips - - - - -	1/2 cup	4 <sup>4</sup>
Peas - - - - -	1/2 cup	2 <sup>3</sup>
Potatoes - - - - -	1/2 cup	3-4
Spinach - - - - -	1/2 cup	2-3
Squash - - - - -	1/2 cup	2-3
Sweetpotatoes - - - - -	1/2 cup	3
Tomatoes, sliced or diced - -	1/2 cup	5 <sup>4</sup>
Turnips - - - - -	1/2 cup	4 <sup>4</sup>
Apricots - - - - -	2 medium	5
Berries, raw - - - - -	1/2 cup	4-5
Cherries, pitted, cooked - - -	1/2 cup	3
Plums - - - - -	2 medium	4
Rhubarb, cooked - - - - -	1/2 cup	3

For apples, bananas, oranges, and pears, count on about 3 (medium size) to a pound; peach, 4 to a pound.

Dry:	Size of serving	Servings per pound
Beans - - - - -	1/2 cup	11
Peas, lentils - - - - -	1/2 cup	10-11
Canned:		Servings per can
8-ounce can - - - - -	1/2 cup	2
No. 2 can - - - - -	1/2 cup	4-5
No. 2½ can - - - - -	1/2 cup	6-7
No. 3 cylinder (46 oz.) - - -	1/2 cup	11-12
No. 303 can - - - - -	1/2 cup	4

VEGETABLES and FRUITS: (continued)<sup>2</sup>

Frozen:	Size of serving	Servings per package (9 to 16 oz.)
Broccoli:		
Spears - - - - -	2 stalks	3-5
Chopped - - - - -	1/2 cup	3-5
Cauliflower - - - - -	1/2 cup	4-5
Corn, whole kernel - - - - -	1/2 cup	3-5
Peas - - - - -	1/2 cup	3-5
Others - - - - -	1/2 cup	3-6

## CEREALS and CEREAL PRODUCTS:

	Size of serving	Servings per pound
Bread, sliced, 1-pound loaf - - -	1 slice	16
Crackers, graham, 1 pound - - - (about 66 crackers)	2 crackers	33
Crackers, saltines, 1 pound - - - (about 140 2"x2" crackers)	4 crackers	35
Flaked corn cereals - - - - -	1 cup	18-24
Other flaked cereals - - - - -	3/4 cup	21
Puffed cereals - - - - -	1 cup	32-38
Cornmeal - - - - -	1/2 cup	22
Wheat cereals:		
Coarse - - - - -	1/2 cup	16
Fine - - - - -	1/2 cup	20-27
Oatmeal - - - - -	1/2 cup	16
Hominy grits - - - - -	1/2 cup	20
Macaroni and noodles - - - - -	1/2 cup	17
Rice - - - - -	1/2 cup	16
Spaghetti - - - - -	1/2 cup	18

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1. Taken from USDA Home Economics Research Report No. 20, Pages 16-17.
  2. As purchased.
  3. In pod.
  4. Without tops.



TABLE 4 -- COST ADJUSTMENTS PER WEEK OF FOOD FOR INDIVIDUALS MISSING A GIVEN NUMBER OF MEALS

Individual cost per week*	Cost of meal	Number of meals missed per week									
		1	2	3	4	5	6	7	8	9	10
\$3.00	.14	2.86	2.72	2.58	2.44	2.30	2.16	2.02	1.88	1.74	1.60
3.50	.17	3.33	3.16	2.99	2.82	2.65	2.48	2.31	2.14	1.97	1.80
4.00	.19	3.81	3.62	3.43	3.24	3.05	2.86	2.67	2.48	2.29	2.10
4.50	.21	4.29	4.08	3.87	3.66	3.45	3.24	3.03	2.82	2.61	2.40
5.00	.24	4.76	4.52	4.28	4.04	3.80	3.56	3.32	3.08	2.84	2.60
5.50	.26	5.24	4.98	4.72	4.46	4.20	3.94	3.68	3.42	3.16	2.90
6.00	.28	5.72	5.44	5.16	4.88	4.60	4.32	4.04	3.76	3.48	3.20
6.50	.31	6.19	5.88	5.57	5.26	4.95	4.64	4.33	4.02	3.71	3.40
7.00	.33	6.67	6.34	6.01	5.68	5.35	5.02	4.69	4.36	4.03	3.70
7.50	.36	7.14	6.78	6.42	6.06	5.70	5.34	4.98	4.62	4.26	3.90
8.00	.38	7.62	7.24	6.86	6.48	6.10	5.72	5.34	4.96	4.58	4.20
8.50	.40	8.10	7.70	7.30	6.90	6.50	6.10	5.70	5.30	4.90	4.50
9.00	.43	8.57	8.14	7.71	7.28	6.85	6.42	5.99	5.56	5.13	4.70
9.50	.45	9.05	8.60	8.15	7.70	7.25	6.80	6.35	5.90	5.45	5.00
10.00	.47	9.53	9.06	8.59	8.12	7.65	7.18	6.71	6.24	5.77	5.30
10.50	.50	10.00	9.50	9.00	8.50	8.00	7.50	7.00	6.50	6.00	5.50
11.00	.52	10.48	9.96	9.44	8.92	8.40	7.88	7.36	6.84	6.32	5.80
11.50	.55	10.95	10.40	9.85	9.30	8.75	8.20	7.65	7.10	6.55	6.00
12.00	.57	11.43	10.86	10.29	9.72	9.15	8.58	8.01	7.44	6.87	6.30
12.50	.59	11.91	11.32	10.73	10.14	9.55	8.96	8.37	7.78	7.19	6.60
13.00	.62	12.38	11.76	11.14	10.52	9.90	9.28	8.66	8.04	7.42	6.80

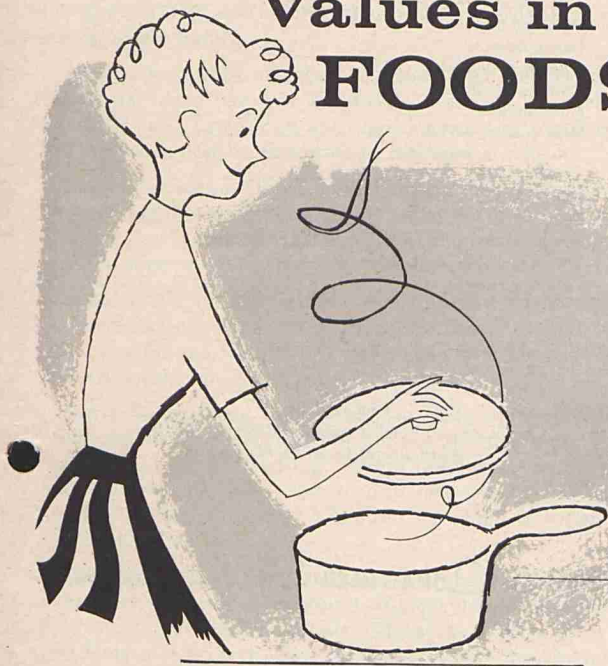
\*If the individual food cost per week falls between two amounts, round out to the nearest figure. Example - If the individual food cost per week is \$3.10, use the information in the \$3.00 column; for any amount between \$3.25 and \$3.50, use the \$3.50 column.

Information in this leaflet adapted from FAMILY FOOD PLANS AND FOOD COSTS, HOME ECONOMICS RESEARCH REPORT NO. 20, by Eloise Cofer, Evelyn Grossman and Faith Clark; Consumer and Food Economics Research Division, Agricultural Research Service, United States Department of Agriculture.

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# Conserving the Nutritive Values in **FOODS**



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# Conserving the Nutritive Values in FOODS

The great variety of foods available today makes it possible for the homemaker to select foods that provide the vitamins, minerals, protein, and other food nutrients needed for the good health of her family.

This bulletin calls attention to some of the important nutrients in foods that are affected by different practices of handling and preparation and suggests ways in which these nutrients can best be conserved in the home.

Such information affords guidelines for meal planning and preparation that will assure overall adequacy of the diet while allowing for individual preferences in the selection of foods and the form in which they are served.

Foods differ in their content of the nutrients known to be essential in nutrition. Some foods are very rich sources of one nutrient, and supply only small amounts of others; some foods are valuable sources of many nutrients.

Nutrients in foods vary greatly in their stability. Some nutrients, such as carbohydrate, are not affected to any great extent by ordinary handling. Other nutrients, such as vitamin C (ascorbic acid), are readily lost from some foods, although stable in others. Vitamin C is soluble in water; air and heat hasten its loss.

Because vitamin C is more easily destroyed than other food values, conservation of vitamin C is often used as an index to the retention of other nutrients. Measures that protect vitamin C usually protect other nutrients. Many improvements in ways of handling and processing fruits and vegetables have resulted from vitamin C research.

Fortunately some of the most important sources of vitamin C—citrus fruits and tomatoes—retain this nutrient very well.

## VEGETABLES

Vegetables — fresh, frozen or canned — provide a year-round source of vitamins C and A. They also provide several valuable min-

erals, particularly calcium and iron. *To conserve food values and flavor, trim, store, and cook vegetables with care.*

### Trimming

Fresh vegetables usually need some trimming, peeling, or scraping before they are cooked or served to remove damaged leaves, bruised spots, skins and inedible parts.

Different parts of the plant differ in nutrient content. For example, the leafy parts of collard greens, turnip greens, and kale have much more vitamin A value than the stems or midribs. If the fibrous stems and midribs are removed, little loss of nutrients occurs. Such trimming is worthwhile if it makes the nutritious parts of these vegetables more acceptable to the family.

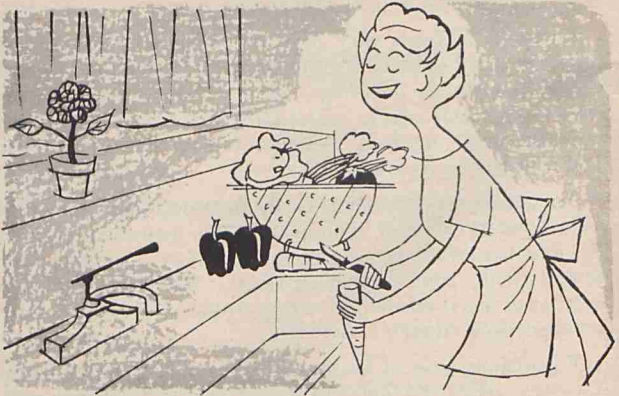
The outer leaves of head lettuce

are coarser and contain higher concentrations of vitamins than the inner, tender leaves. Use the outer leaves whenever possible.

In trimming cabbage, keep in mind that the core, as well as the leaves, is high in vitamin C.

Broccoli leaves have much higher vitamin A value than the stalks or flower buds. If broccoli leaves are tender when you get them home, plan to eat them; keep them cool and moist until you can use them.

Carrots have carotene (vitamin A value) as their most important nutrient. Removing the tops from carrots does not affect the vitamin A value in the roots.





## Storing

Proper storage of fresh vegetables helps conserve their original food values. The length of time raw vegetables are stored, as well as storage temperature and humidity, affects retention of their nutrients.

Vegetables such as *kale, spinach, broccoli, turnip greens, chard, and salad greens* need to be refrigerated promptly in the vegetable crisper or in moisture-proof bags. They keep their nutrients best at near-freezing temperature and at high humidity.

*Cabbage*—a more stable source of vitamin C than most leafy vegetables—should not be allowed to dry out. If it is to be held at home for a few days, it should be wrapped or put in the vegetable crisper of the refrigerator, where the humidity is high. Stored in this way, cabbage holds its vitamin C well.

*Green peas and green lima beans* hold their nutrients better if left in their pods until ready to use. If

shelled, put them into plastic bags before storing in the refrigerator.

*Tomatoes* bought or picked before they turn red keep their nutrients best if they are ripened out of the sun at temperatures from 60° to 70° F. Do not ripen tomatoes on a hot window sill or in the refrigerator. The bright-red color does not develop when the (ripening) temperature goes above 85° for very long. Tomatoes become soft and watery and subject to decay if ripened in the refrigerator.

Ripe, firm tomatoes, held in the refrigerator or at a cool room temperature for several days, do not lose much Vitamin C. When they become overripe, the loss of vitamin C is rapid.

*Carrots, sweetpotatoes, potatoes, and other roots and tubers* retain their most important food values reasonably well if they are kept cool and moist enough to prevent withering.

## Cooking

### Methods

*One of the best methods of cooking vegetables to conserve maximum food values is to cook them only until tender in just enough water to prevent scorching. Use a pan with a tight-fitting lid.* Covering the pan helps prevent the escape of steam and vapor so that vegetables can be cooked quickly in a small amount of water.

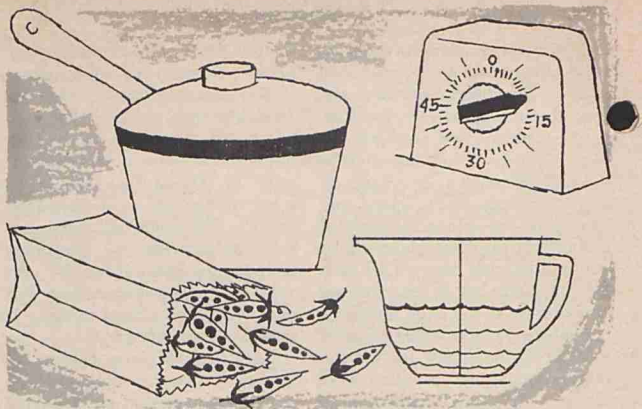
The amount of water used in cooking vegetables is of major importance in preventing loss of water-soluble nutrients, such as vita-

min C, the B vitamins, and some of the minerals. The smaller the amount of water used in cooking, the more food value retained in the cooked vegetable.

If the amount of water used in cooking cabbage equals about one-third the amount of cabbage, 90 percent of the vitamin C will be retained. If a larger amount of water is used—for instance, four times as much water as cabbage—the retention of vitamin C drops to less than 50 percent.

So-called "waterless" cooking re-





fers to cooking vegetables with only the water that remains on the vegetables after rinsing and the juice extracted from the vegetables. This method does not permit quick cooking, however, and conserves nutritive values no better than cooking vegetables quickly in a small amount of water.

*Boiling* root and tuber vegetables (carrots, sweetpotatoes, potatoes) in their skins retains more vitamins and minerals than cooking these vegetables pared and cut.

Tests show that potatoes boiled whole in their skins retain practically all of their vitamin C, thiamine, and other nutrients.

*Baking* potatoes and sweetpotatoes whole in their skins also conserves the nutritive values of these vegetables well.

*Panning* is a quick way of cooking vegetables in a covered frying pan with a small amount of fat or meat drippings. This is a good

method for conserving the nutrients in succulent vegetables, such as cabbage, summer squash, kale, and collards.

*Steaming under pressure* in a pressure saucepan is a quick and satisfactory method of vegetable cookery—particularly for potatoes, turnips, and carrots—if the cooking period is carefully timed. This is also a practical way to cook the dry legumes, such as dry peas, beans, and lima beans. Prolonged cooking under pressure often results in loss of food value.

### **Equipment**

Expensive equipment is not essential for cooking vegetables or other foods to conserve their nutrients. A utensil that has a lid that fits tightly and is heavy enough to prevent the escape of vapor and steam is suitable for cooking with a minimum amount of added water.

The kind of material (aluminum,

enamel, glass, stainless steel) of which modern cooking utensils are made is not important in conserving the nutritive values of the foods cooked in them. In the old-style copper utensil, the copper was in di-

rect contact with food and hastened the oxidation of vitamin C. This, however, does not apply to modern pans with copper-plated bottoms because the inside cooking surface is made of another metal.

### **Holding and Reheating**

To save time you may like to cook enough food for later meals, but this saving is at the expense of nutrients. Holding and reheating cooked vegetables cause additional losses of nutrients, particularly of vitamin C.

Vitamin C losses in cooked vegetables increase with the length of time they are held. They have about three-fourths as much vitamin C after 1 day in the refrigera-

tor as when freshly cooked; about two-thirds as much after 2 days.

Cooked vegetables reheated after 2 or 3 days in the refrigerator can be depended on for only one-third to one-half as much vitamin C as when freshly prepared.

These losses need not cause concern if your meals include other, more dependable sources of vitamin C each day.

### **FRUITS AND FRUIT JUICES**

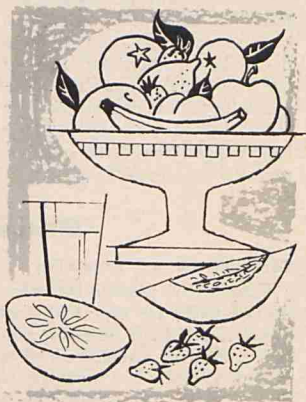
Many kinds of fruit once considered luxuries now are eaten regularly. Some are mainstay sources of vitamin C and a few are good sources of vitamin A value. Fruits, and the juices made from them, also supply small amounts of other vitamins, and some calcium and iron.

Fruits are low in sodium, which makes them especially desirable for persons on low-sodium diets.

Vitamin A value varies from fruit to fruit. Fruits high in vitamin A value include apricots, yellow-fleshed peaches, cantaloups of the deeply colored varieties, mangoes, and papayas.

Of the commonly used fruits and fruit juices, those of the citrus family—oranges, grapefruit, lemons, limes, and tangerines—are highest in vitamin C. Guava, a

popular fruit in Hawaii, is also a rich source of vitamin C.



Fortunately vitamin C is well retained in *citrus fruits and juices*. Citrus fruits and their juices are canned or frozen with very little loss of vitamin C.

Whole citrus fruits keep their nutrients well several days at room temperature or slightly cooler (60° to 70° F.).

Fresh oranges lose edible material—and therefore nutritive value—when they are squeezed and the juice strained. The edible yield of an orange as strained juice is only about two-thirds to three-fourths that of the orange eaten by sections.

Orange juice, whether freshly squeezed, canned, or reconstituted from frozen concentrate, can be held in the refrigerator for several days before any vitamin C is lost. A few hours outside the refrigera-

tor does not cause any serious loss in vitamin C, although it may impair flavor. Orange juice changes in flavor before much of its vitamin C is lost.

For practical purposes, foods stored in the refrigerator are usually covered, but a lid on the orange juice container makes no important difference in retaining vitamin C. There is no harm in keeping fruit juices in the can.

Unlike citrus fruits, *berries* are highly perishable and need careful handling to conserve their nutrients. They lose vitamin C quickly if capped or bruised.

Strawberries compare favorably with citrus fruits in vitamin C. Half a cup of ripe strawberries fresh from the patch fills an adult's daily need for vitamin C.

## CANNED FOODS

Canning, one of the most familiar forms of food preservation, has made an important contribution to the variety, quality, and safety of our food supply. Some loss of vitamins in the canning process is to be expected. Losses, however, have been reduced considerably by improved processing techniques.

Keeping canned foods in a cool, dry place and limiting the length of time they are in storage are essential factors in conserving the nutrients in canned foods. In general, the longer the storage period and the higher the storage temperature, the greater the loss of nutrients.

### Effects of Storage

#### **Canned Fruits and Vegetables**

Vitamins are retained best when canned foods are kept in a cool place. Only small losses of vitamin C, about 10 percent, occur when these foods are stored for a year at 65° F. When the temperature is

80°, losses may reach 25 percent in a year.

Canned citrus juices hold vitamin C especially well.

Carotene, a precursor of vitamin A, is well retained in canned fruits and vegetables. Losses average only

about 10 percent in a year when cans are stored at 80° F. Canned tomato juice, a particularly stable, year-round source of carotene, shows no loss of this nutrient.

Thiamine in canned fruits and vegetables is well retained when stored for 1 year at 65° F. When stored at 80° for 1 year, losses may increase to 15 percent in canned fruits, and to 25 percent in canned vegetables.

### **Canned Meats**

Some thiamine is lost from canned meats in storage. Pork luncheon meat, for example, may lose about 20 percent of its thiamine by the end of 3 months and 30 percent by the end of 6 months when it is stored at 70° F. Losses accelerate at higher temperatures.

Riboflavin, another B vitamin supplied by meat, is not affected by ordinary storage temperatures.



## **Nutrients in Liquids**

To get the full nutritive value from canned vegetables, serve any liquid in the can or jar along with the vegetables or make use of the liquid in some other way, such as in gravy or adding it to soup.

Usually the drained solids in canned vegetables make up about

two-thirds of the total contents of the cans. Soon after canning, the water-soluble nutrients in the vegetable distribute themselves evenly throughout the solids and the liquid. The solids thus contain about two-thirds of the soluble nutrients, and the other third is in the liquid.

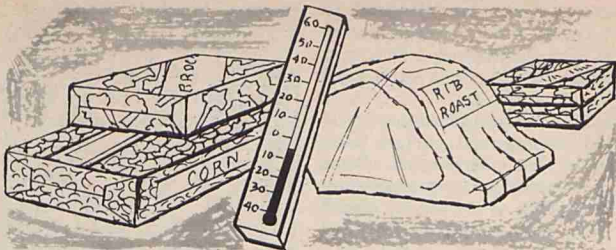
## **FROZEN FOODS**

Freezing offers a good way of retaining the nutrients and the eating quality of food. There is little loss of vitamin C in freezing fruits. In vegetables the amount of vitamin C is reduced during the blanching process before freezing. There is

also a small loss of other water-soluble vitamins and some minerals when the blanching is done in water.

Properly packaged and frozen meat, poultry, and fish compare favorably with fresh products in food value.





An essential requirement in maintaining the food value and quality of home-frozen or purchased frozen foods is a storage temperature of 0° F. or lower.

If your home freezer or the freezing compartment of your refrigerator cannot be maintained at 0° F. or lower, it is important to realize that food stored will not hold its best nutritive value and highest quality. It may be desirable to buy frozen foods in small quantities and replenish your supply frequently.

Storage of frozen foods at too high a temperature hastens vitamin C loss. The loss increases with

time. Even at 0° F., some losses occur. Stored at 0° for a year, frozen beans, broccoli, cauliflower, and spinach would lose from one-third to three-fourths of their vitamin C. At higher temperatures, the losses would be greater.

Frozen concentrated orange juice, however, holds its vitamin C content remarkably well even at freezing temperature (32° F.).

Thawing and refreezing of frozen foods should be avoided because of the adverse effect on nutrient content and flavor and the possibility of spoilage.

## MEAT, POULTRY, AND FISH

Meat, poultry, and fish are normally the most expensive foods on your grocery list. They are the main dishes about which most homemakers plan their meals.

From this food group come protein of high quality, fat, minerals, and valuable vitamins.

Liver, in particular, is rich in many nutrients. It contains protein, B vitamins, and minerals; it is an excellent source of vitamin A, and also provides some vitamin C.

Among the meats, pork is an exceptionally good source of thiamine.

The price paid per pound of meat is not necessarily a measure of its nutritive value. The cheaper cuts and grades of lean meat can be just as full of food value as the higher-priced steaks and chops. The protein in one is just as valuable as in the other. The main difference is that cheaper cuts require greater skill in cooking and seasoning.

## Nutrients in Drippings

*To get the full nutritive value from any meat, you should conserve the water-soluble B vitamins.*

Meat drippings contain some of these B vitamins. Included are the drippings from thawing frozen meat, the drippings from cooking meat, and the juices released in slicing meat.

When meats and poultry are stewed, some of the B vitamins transfer into the meat stock or broth. Meat stock or broth can be

used in nourishing soups or used as a part of the liquid in escalloped or creamed dishes.

After broiling, frying, and roasting meats and poultry, you may wish to skim off fat that rises to the top of pan drippings and use the remaining drippings in savory gravies or pour them directly over the meat when it is served. In this way, you recover some of the water-soluble B vitamins lost in cooking and extend the flavor of the meat.

## Cooking Losses

Meats shrink in weight and volume as they cook. Much of the total loss is water, which evaporates or goes into the drippings. Some fat also is in the drippings.

The protein value of meat is not destroyed by cooking, and only small amounts of it go into the drippings.

Even when meats and poultry are

stewed in large amounts of water, not more than 10 percent of the protein passes from meat to broth.

Some thiamine and vitamin B<sub>6</sub> are lost in cooking; riboflavin and niacin are less susceptible to loss in cooking.

Roasting meat to the rare stage conserves more thiamine than cooking it to the well-done stage.

## MILK

To best conserve the valuable nutrients and good flavor of milk, keep it cold, covered, and away from strong light.

Milk is one of the best sources of calcium and the B vitamin, riboflavin. The protein it supplies rates high. Dietary studies in the United States indicate that milk and milk products provide about two-thirds of the total calcium, nearly half of the riboflavin, and more than a fifth of the protein in our diets.

Calcium, protein, and vitamin A are stable and well retained in milk. The total loss of riboflavin in milk from the time of production until it is served can be kept low with proper handling.

Milk has about the same calcium and protein value whether you drink it as whole, skim, or reconstituted from nonfat dry milk solids or evaporated milk.

Whole milk and cream are reliable sources of vitamin A. Skim



milk, fresh or powdered, has nearly all the fat removed from it, and has little vitamin A value. A glass of fresh skim milk or reconstituted nonfat dry milk has only about half the calories of a glass of whole milk.

Cottage cheese is made from skim milk and has a lower calorie value than cheeses made from whole milk. Cheeses made from cream or whole milk have a much higher content of fat and vitamin A than cheese made from skim milk.

Pasteurization of raw milk, a necessary health safeguard, does not destroy the principal nutrients in milk and milk products—the calcium, protein, riboflavin, and vitamin A.

Riboflavin, an important nutrient in milk, is subject to reduction by exposure to direct sunlight, daylight, or artificial light. However, it is well protected by present methods of handling milk from the farm to the consumer.

## EGGS

Eggs have an established place in family meals—both by themselves and in cooked products. Like meat and milk, eggs supply high-quality protein. Two eggs have almost as much protein as an average serving of meat. One large egg furnishes about 75 calories.

Egg yolk is a rich source of iron, a mineral important in building red blood cells. Eggs also supply vitamin A and riboflavin.

When properly stored and cooked, both shell eggs and dried egg

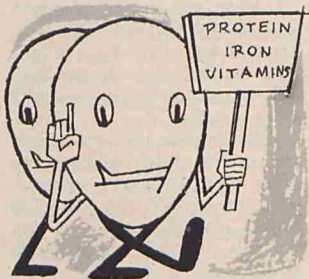
retain most of their nutrients well.

Shell eggs keep in the refrigerator or in cold storage without serious loss of nutritive value.

Cooking losses in eggs are not high, probably because the cooking period is short and the temperatures fairly low. The protein and vitamin A values are well retained. Riboflavin is well retained when eggs are cooked in the shell, but small losses may occur with other methods of cookery. Thiamine losses are small also, usually not more than 15 percent.

When dried egg is properly stored (tightly covered in the refrigerator), it has practically the same nutritive value as shell eggs. Dehydration does not reduce the protein, vitamin A, or riboflavin values.

Stored at ordinary room temperatures, dried egg loses about a third of its vitamin A value in 6 months, and about two-thirds in 9 months. The rate of loss accelerates at higher temperatures.



## CEREALS

The cereals—wheat, corn, rye, rice, and oats—come to your table in a myriad of food items, including breakfast foods, hominy, breads of all kinds, macaroni and other pastes, puddings, pastries, cakes, and cookies.

Cereals are nutritional bargains. They are economical sources of

food energy, protein, minerals, and the B vitamins.

*How much vitamin and mineral value your family gets from a cereal or a cereal product depends on how much of its original value remains after milling, what nutrients are restored or added by enrichment, and on how you prepare it for eating.*

### Whole Grain, Enriched or Restored

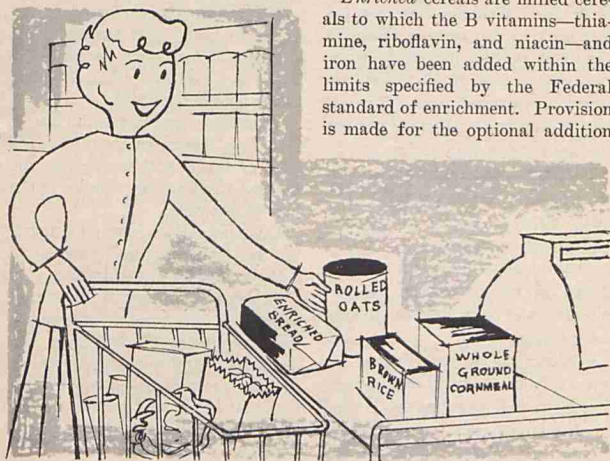
*Whole-grain* forms of cereals retain the germ and outer layers of the grain where the B vitamins and minerals are concentrated.

Whole-grain products generally available on the market include: Whole-wheat flour, sometimes called graham flour; brown rice, dark rye flour, whole-ground cornmeal, and rolled oats or oatmeal, and bread and other products made

from them. Milling whole cereal grains into refined products removes all or part of the germ and a considerable amount of the outer layers.

Most consumers prefer white bread and other products made of refined cereal grains. To offset some of the milling losses, provision has been made for enriching certain staple cereal products.

*Enriched* cereals are milled cereals to which the B vitamins—thiamine, riboflavin, and niacin—and iron have been added within the limits specified by the Federal standard of enrichment. Provision is made for the optional addition



of two other nutrients, calcium and vitamin D.

Federal standards for enrichment have been established for wheat flours, white bread and rolls, farina, cornmeal, corn grits, macaroni and noodle products; and rice.

Enriched flour has about seven times as much thiamine, nearly six times as much riboflavin and about four times as much niacin and iron as unenriched all-purpose flour.

Many manufacturers of breakfast cereals add nutrients to their prod-

ucts. The amount and kinds of nutrients added or *restored* are determined by the manufacturer. No Federal standard is set for restoring cereals.

A comparison of the nutritive values of different forms of rice shows that *parboiled rice* is intermediate in food value between *highly-milled, polished rice* and brown rice. *Brown rice* is the unprocessed kernel with the hull removed; from a nutritional standpoint, it is considered a whole grain.

### Cooking Losses

Cooking cereals in excessive quantities of water, draining off the cooking water, and rinsing afterward waste nutrients.

Some persons persist in washing rice before cooking. This is an unnecessary step because today's packaged rice has already been cleaned. Moreover, washing is nutritionally expensive. Washing rice once before cooking can cause a thiamine loss of 25 percent in regular white rice, and a loss of 10 percent in brown or converted rice. This loss may be important in diets of persons who eat a great deal of rice.

You may have noticed these directions on some rice packages: "To retain vitamins, do not rinse before or drain after cooking."

The nutrients in rice are well retained if rice is cooked in just enough water to be absorbed during the cooking period.

Cooking causes little loss of nutrients from ready-to-cook breakfast foods, such as rolled oats, rolled wheat, hominy grits, cracked wheat, farina, and others. Many of the

breakfast cereals on the market are precooked and require only minutes to prepare.

Baking, one of the commonest ways of cooking cereal products, permits good retention of thiamine. You can conserve thiamine by—

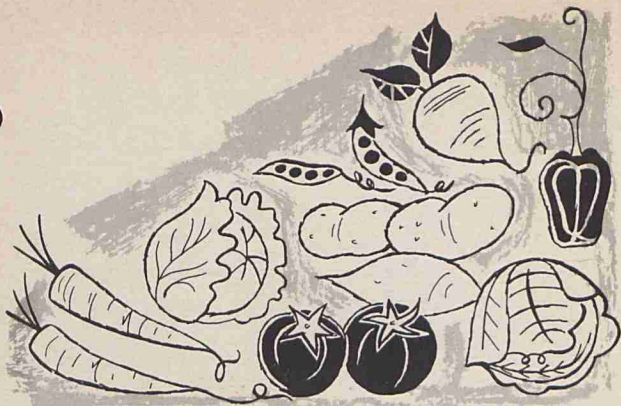
- Baking the product only until the crust is light brown.

- Limiting the surface area exposed to heat. For example, less thiamine is lost when cornbread is baked as a loaf than when the same batter is baked in sticks.

Toasting causes additional loss of thiamine. However, the thicker the slice of bread and the lighter the finished product, the smaller is the loss of thiamine.

One comparison showed a toasting loss to be only half as great in a thick slice as in a thin slice.

Riboflavin, another B vitamin in cereals, is not greatly affected by heat but is sensitive to light. Experimental studies of riboflavin loss in commercially baked bread indicate that heavy wax paper or other translucent covering protects the riboflavin in bread very well.



### BE VITAMIN-WISE WHEN YOU SELECT VEGETABLES

- In general, freshly harvested vegetables have more vitamins than those held in storage.

- Make full use of vine-ripened tomatoes in summer when they are plentiful and inexpensive. Tomatoes vine ripened out-of-doors in summer sunlight have twice as much vitamin C as tomatoes grown in greenhouses in winter.

- You get several times as much vitamin A value from bright-orange, mature carrots as from pale-colored, young ones. Even so, young carrots are a good source of vitamin A; choose them if you prefer.

- Choose deep-orange sweetpotatoes for maximum vitamin A value.

- Among the vegetables, turnip greens, kale, and collards are good sources of riboflavin as well as of vitamins A and C. Lima beans, peas, and young cowpeas, includ-

ing black-eye peas, contribute appreciable amounts of thiamine and protein.

- Peppers are high in vitamins A and C.

- The dark-green leaves of leafy vegetables are richer in nutrients, particularly vitamins A and C, than light-green leaves.

- Leaf lettuce has more vitamin A value than pale-green head lettuce. The dark-green, outer leaves of head lettuce are much higher in vitamin A value than the inner leaves. For maximum food value, look for dark-green lettuce.

- Potatoes, although not rich in vitamin C, are a good source of this nutrient when eaten regularly.

- If the tops of beets are attached and still tender when you buy them, cook them—they are rich in vitamin A value.



# A DAILY FOOD GUIDE

## MILK GROUP

Milk and cheese are best sources of calcium which is needed for bones and teeth. They also supply high-quality protein, riboflavin, vitamin A, and many other nutrients.

### Amounts recommended

For adults, 2 or more 8-ounce glasses of milk; for children, at least 3 or 4; or the equivalent amount of cheese or ice cream.

## VEGETABLE-FRUIT GROUP

Vegetables and fruits are sources of minerals and vitamins, especially vitamin C for healthy gums and body tissue; vitamin A for growth, normal vision, and healthy skin and inner linings of the body.

### Amounts recommended

4 or more servings daily, including a citrus fruit or other fruit or vegetable important for vitamin C; and a dark-green or deep-yellow vegetable for vitamin A, at least every other day.

The remaining servings may be any vegetable or fruit including potatoes. Count as 1 serving:  $\frac{1}{2}$  cup of vegetable or fruit or a portion as ordinarily served, such as 1 medium apple, banana, orange, or potato, or half a medium grapefruit or cantaloup.

## MEAT GROUP

This food group provides essential protein for growth and repair of body tissues—muscle, organs, blood, skin, hair. These foods also supply iron, thiamine, riboflavin, and niacin.

### Amounts recommended

2 or more servings every day.

Count as 1 serving: 2 to 3 ounces (not counting bone) of lean cooked meat, poultry, or fish; 2 eggs; 1 cup cooked dry beans or lentils; 4 tablespoons peanut butter.

## BREAD-CEREAL GROUP

All foods in this group furnish worthwhile amounts of food energy and protein. Whole-grain, restored, or enriched flours, breads, and cereals furnish iron and several of the B vitamins—thiamine, riboflavin, and niacin.

### Amounts recommended

4 or more servings daily of the whole-grain, enriched or restored foods in this group.

**Plus other foods as needed to complete meals and to provide additional food energy and other food values.**



**RAISE**

*a square*



**MEAL**  
*around*  
**HOME**

**FOR HEALTH, WEALTH AND HAPPINESS**



# RAISE A SQUARE MEAL AROUND HOME

**RAISE**  
a square

**MEAL**  
around  
**HOME**

## The Plan and the Program

**M**ake a plan for your *RAISE A SQUARE MEAL AROUND HOME* program. It will help you have the *right foods in the right amounts* at the *right time*. Foods can be produced without a plan, but planning can make the difference between being well or poorly fed.

This is a plan for producing foods to feed your family . . . not to sell. Of course, you will want to sell or exchange surplus foods for those you do not produce. Be sure, though, that you *first* save enough to meet your family needs.

Foods in this plan are given in the amounts needed by one person for one year. Farm people grow foods on a yearly basis. People who buy all their food will want to know the amounts needed by one person for one week. Your home demonstration agent can give you this information.

The right foods can make a difference in the way you *LOOK, FEEL* and *ACT*. Be sure that every day you eat: five servings of fruits and vegetables which include one green or yellow in color, one rich in vitamin C (as potatoes, raw cabbage or citrus fruit) and three others (as potatoes, white beans, apples, etc.); two or more servings of meat, fish, poultry or eggs; two to four cups of milk (1 pint to 1 quart); and some enriched or whole grain bread or cereals.

The *RAISE A SQUARE MEAL AROUND HOME* program can help you to increase your income by making your money go further, to keep your family well and happy and to eat like a millionaire. No single program the family can undertake can pay as big returns.

If you need help on how to produce, can, freeze, store or prepare these foods into good meals, see your county agent or home demonstration agent for help.



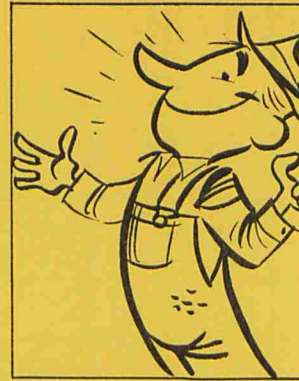
You can eat like a millionaire  
If foods at home you produce.  
Then store some by for busy days  
And some more for winter use.



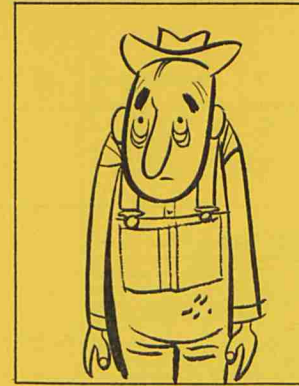
For a well, happy family  
**The right foods, we agree,**  
In the right amounts every day  
Are most ne-ces-sa-ry.



Increase income—stretch your money.  
Plan well and spend with care.  
To get the most for your dollar,  
See that high food value is there.



A difference in the way you look,  
Good food can play its part.  
For skin, hair and eyes that shine,  
To eat right is plain smart.



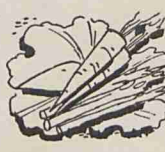


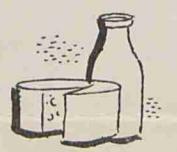
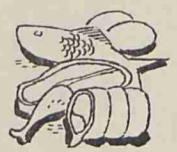

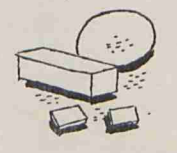

You've got no pep or energy?  
Feeling sort of blue?  
Before taking pills for these ills  
See what right foods can do.



You lived this long without eating  
All these foods may be true  
Don't brag, for your disposition  
Might be improved if you do.



# RAISE A SQUARE MEAL AROUND HOME

	Food Group	Amount Needed For One Person		Amount My Family Needs (Plan extra amounts for guests and others who eat with the family)	How To Get It			How To Provide	How To Produce Ask your farm or home agent for these:
		One Day	One Year		Buy	Grow	Exchange		
<b>Group 1</b> 	<b>VEGETABLES AND FRUITS</b> <b>Green and yellow in color</b> Asparagus, broccoli, carrots, collards, kale, spinach, turnip greens (or other leafy greens), green peas, okra, sweet potatoes, yellow peaches, yellow squash, rutabagas	Eat one or more servings from Group 1 (a serving is ½ cup)	100-150 pounds vegetables in this group <b>plus</b> 100 pounds sweet potatoes (about 2 bushels) From this amount, can or freeze 25 quarts Store 100 pounds sweet potatoes					1/10 acre garden per person with 10 or more different kinds of vegetables to use fresh, canned, frozen or stored Plant additional acreage for corn, potatoes (white and sweet) and field peas	Cir. 122 FARM AND HOME GARDEN MANUAL Mimeographed leaflets ASPARAGUS PRODUCTION BROCCOLI PRODUCTION Cir. 271 THE ABC'S OF CANNING
<b>Group 2</b> 	<b>Vitamin C rich foods</b> Tomatoes, lettuce, other salad greens, raw cabbage, green peppers Strawberries, oranges, grapefruit and other citrus fruit	Eat one or more servings from Group 2 (a serving is ½ cup)	100-135 pounds (2 bushels or 52 quarts) from this group Can or freeze a total of 23-25 quarts from Group 2 (can tomatoes or juice—freeze strawberries) Store cabbage					Figure one foot row per pound of vegetables needed	Mimeographed leaflet TOMATO PRODUCTION Cir. 333 SMALL FRUIT CULTURE Cir. 271 THE ABC'S OF CANNING
<b>Group 3</b> 	<b>Other fruits and vegetables</b> <b>Potatoes—White</b> <b>Other vegetables</b> —Beets, beans (white and butter beans or limas), blackeyed peas, celery, corn, cucumbers, onions, radishes, soybeans, turnips and other root vegetables not listed in Groups 1 and 2 <b>Other fruits</b> —Apples, berries, cherries, figs, grapes, white peaches, pears, plums	Eat two or more vegetables or fruits from Group 3 (a serving is ½ cup)	100 pounds or two bushels of white potatoes <b>plus</b> 160 pounds other fruits and vegetables in this group From this amount, can or freeze 25 quarts of vegetables Store potatoes 160 pounds of fruit in this group From this amount, can or freeze 25 quarts of fruits.					(Include these vegetables, except potatoes, in garden plan above) Small fruit plants needed for family of five 200 strawberry plants 25 dewberry plants 4 bunch grape vines (Coastal Plain) Fruit trees for family of five 3 apple, 4 peach, 2 pear, 2 plum, 3 cherry, 1 fig Buy fruit not produced	Cir. 271 THE ABC'S OF CANNING Folder 115 FIG CULTURE Cir. 311 BUNCH GRAPES Cir. 306 MUSCADINE GRAPES
<b>Group 4</b> 	<b>DAIRY PRODUCTS</b> <b>Milk</b> <b>Cheese</b>	To drink and use in cooking One quart for those under 25 years of age and one pint for those over 25 years Four ounces per week	365 quarts (92 gallons) 183 quarts (46 gallons) 13 pounds					1 cow averages 2 to 2½ gallons milk daily for 8 months Have 1 or 2 cows If only 1 cow, exchange with neighbor or buy milk when cow is freshening Buy cheese or make from surplus milk	Cir. 416 FAMILY MILK COW Cir. 193 CARE AND FEEDING OF DAIRY COW Ext. Pamph. 160 HOW TO MAKE AND USE COTTAGE CHEESE Ext. Pamph. 161 HOW TO MAKE AND USE GOOD BUTTERMILK
<b>Group 5</b> 	<b>PROTEIN FOOD</b> <b>Meat, fish or game</b> Beef, fish, game, lamb, pork, veal <b>Poultry</b> Chicken or turkey <b>Eggs</b>	One or more servings One or more servings per week One or more eggs to eat or use in cooking	170 pounds (dressed weight) 75 pounds beef or veal 75 pounds pork for meat, bacon and lard 20 pounds lamb, fish or game 38 pounds (dressed) chicken or turkey 34 dozen					Meats for a family of five One 800 pound beef live weight (yields 50% dressed or 400 pounds) Two 250 pound hogs live weight (yields 75% dressed or 375 pounds) Lamb dresses out 47% of live weight Veal dresses out 61% of live weight Buy 60 baby chicks yearly Select 30 pullets, eat cockerels Keep average of 20 layers throughout the year for eggs Eat, freeze or can low producers Poultry dresses 70-80% of live weight	<b>Meat Production</b> Cir. 262 FARM PORK SUPPLY Cir. 268 RAISING BEEF CATTLE Cir. 238 RAISING HOGS IN N. C. Cir. 356 RAISING SHEEP IN N. C. <b>Poultry and Egg Production</b> Cir. 156 CULLING POULTRY Cir. 251 CHICK RAISING Cir. 279 FLOCK MANAGEMENT Cir. 341 GROW BETTER PULLETS LAYING HOUSE PLAN 823 <b>Conservation</b> Cir. 405 CURING HAMS COUNTRY STYLE
<b>Group 6</b> 	<b>BREAD, FLOUR, CEREALS</b> (Whole grain or enriched) <b>Bread</b> <b>Cereals</b>	Some at each meal	200 pounds total 100 pounds grits, rice and cornmeal 100 pounds flour (in bread and baked goods and breakfast cereals)					6 2/3 bushels corn make 390 pounds cornmeal 1 bushel wheat makes 48 pounds flour Produce or purchase cornmeal and flour Purchase cereals	
<b>Group 7</b> 	<b>FATS</b> <b>Table fat with vitamin A</b> Butter or margarine	Two tablespoons (1 ounce)	23 pounds					Make from surplus cream or purchase	Mimeographed leaflet MAKING BUTTER FOR HOME USE
<b>Others</b> 	<b>MISCELLANEOUS FOODS</b> Honey, sugar, syrup, jams and jellies Cooking fats Pickles, spices, coffee, tea, etc.	As desired ¼ to ½ pound per week As desired						1 hive of bees produces about 50 pounds of extracted honey One 250 pound hog provides 25-30 pounds of lard & 25-30 pounds of bacon Purchase fat not produced Purchase other foods in this group	Cir. 334 BEE LINES Cir. 360 JAMS, JELLIES AND PRESERVES (See Meats above) Cir. 362 PICKLING



## To Spend Less and Have More

- Plan your home food supply
- Produce 85 to 90 per cent of your food needs
- Can, freeze and store foods for busy days and the non-producing seasons
- Make definite plans for getting the food not produced
- Sell or exchange your surplus foods for other foods needed
- Learn quality and grade
- Shop Wisely



# More Food Value For Your Money

## Dollar Stretchers

**Milk:** Some forms of milk are cheaper than whole fresh milk. Skim milk, buttermilk, evaporated or non-fat dry milk may be bought for part or all of the 2 to 4 glasses of milk you need daily.

**Fruits and Vegetables:** Learn to recognize signs of quality and read labels. Compare the cost per serving of fresh, canned, frozen or dried fruits and vegetables. Buy the form and grade that is cheapest and most satisfactory for the use to be made.

**Meats, Fish, Poultry and Eggs:** Buy the cheaper cuts and lower grades of meat for ground meat, stews and pot roasts. Save the more expensive, tender cuts from the top grades for broiling, frying and oven roasting. Poultry, fish, liver and other organs usually cost less per serving than other meats.

Grade B and C eggs are as high in food value as grade A, and are cheaper. Also, neither size nor color of shell indicates food value.

**Breads and Cereals:** Compare the cost of ready-to-eat, partly prepared breads, cereals and bakery products. Buy the one that fits your budget, time and skill.

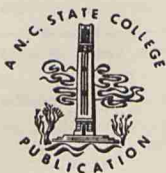
**Fats and Oils:** Some fats and oils cost less than others, yet have about the same food value and use. Buy the one that best suits your family's taste and budget.

Compiled by

S. Virginia Wilson

Extension Nutritionist

HOME FOOD SUPPLY COMMITTEE: George Abshier, Anamerle Arant, A. A. Banadyga, T. C. Blalock, J. K. Butler, Jr., T. W. Flowers, Virginia Nance, Nita Orr, C. F. Parrish, Iola Pritchard, Bessie B. Ramseur, and S. Virginia Wilson, Chairman.



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### Baked Stuffed Potatoes

Wash and dry potatoes. Grease skins with shortening or bacon fat. Place in a pan or in the grate in a hot oven (450°F.). Bake until soft or can be easily pierced with a fork. Cut a slice from the top of potato or cut in halves as soon as taken from the oven. Scoop out the pulp and add salt to taste and enough hot milk and better to make the consistency of mashed potatoes. Refill cases, dot with butter, brush with milk and bake in hot oven until lightly browned.

Grated cheese, chopped cooked meat or bacon may be added to the mashed potatoes before refilling the cases. Use 2 to 3 tablespoons for each potato.

### Potato Cheese Puff

2 cups cooked mashed potato	1 teasp. salt
4 tablesp. hot milk	1/3 cup grated
2 tablesp. melted butter	cheese
	2 eggs, separated

Mash all lumps from freshly cooked or left over potatoes. Add the milk, butter, salt, cheese and egg yolks. Mix thoroughly. Fold in the stiffly beaten egg whites. Bake in hot oven (400°-450° F.) until puffed and brown.

### Broiled or Fried Tomatoes

Cut unpeeled ripe or green tomatoes in 1/2 inch or thicker slices. Season with salt and pepper, dot with butter and place on greased broiler pan. Cook until tender and slightly brown on rack about 3 inches from broiler flame or unit.

To fry: Dip the seasoned slices of tomatoes in flour, or roll in beaten egg and crumbs or cornmeal. Brown on both sides in a well greased pan.

### GOOD VEGETABLE DINNERS

S. Virginia Wilson, Extension Nutritionist

Good vegetable dinners are a year-round favorite. Three or more well selected ones served with a bread, drink and dessert make a pleasing meal. Fresh, canned, frozen or stored vegetables may be used. They are all rich in health giving minerals & vitamins if prepared right.

Spring, summer, fall and winter you need 5 servings of fruits & vegetables daily. BE SURE TO INCLUDE:

GREEN or YELLOW VEGETABLES - one or more servings

TOMATOES, RAW CABBAGE, LETTUCE or OTHER SALAD GREENS, or a FRUIT RICH IN VITAMIN C - one or more servings.

POTATOES AND OTHER VEGETABLES (not in above group - two or more servings.

### VEGETABLE COMBINATIONS THAT PLEASE:

Vegetable dinners that have eye and appetite appeal follow the rules of any good meal. They have contrast in color, flavor, texture and food value. Consider these things when selecting your vegetable combinations:

1. Have variety in color - but be sure that they look well together. One bright red or yellow, one green, and one white vegetable make a colorful combination.
2. Choose vegetables that harmonize in flavor. Avoid serving two vegetables that taste alike in flavor, such as cabbage and cauliflower.
3. Some crisp food as sliced cucumbers, celery or raw carrot strips add contrast in texture to a meal.
4. Watch out for shapes. Serve some vegetables whole, others sliced, cubed, in strips or mashed.

5. The meal will be more satisfying if you choose one filling vegetable as potatoes, rice, spaghetti, macaroni or dried beans or peas.
6. Prepare one vegetable dish with milk, eggs, or cheese, or serve plenty of sweet or buttermilk to drink with your vegetable dinners. The meal will stick by you longer.

Suggested combinations: (Recipes included for starred dishes)

1. Stuffed Baked Potatoes, \*Okra, Fresh Sliced Tomatoes, Corn Fritters\*, Bread, Butter, Fresh Fruit, Cookies and Milk.
2. Potato Puff\*, Turnip Greens, Shredded Beets\*, Sliced Cucumbers, Cornbread, Butter, Fruit Cobbler, and Buttermilk.
3. Macaroni and Cheese, Fried Tomatoes\*, Snap Beans, Cold Slaw\*, Bread & Butter, Apple Pie and milk.

#### PRETTY TO LOOK AT AND GOOD TO EAT:

For vegetables that look good, taste good and are high in food value, keep these things in mind:

Cook vegetables whole & unpeeled when possible. Prepare just before you cook or eat them. Cook quickly in as little water as possible. Overcooking spoils color, flavor, texture and food value. It also may be the reason why some vegetables give you that uncomfortable feeling when eaten. Cook only until tender.

#### SERVE VEGETABLES MANY WAYS:

Use vegetables boiled, steamed, baked, pan broiled or fried. If some vegetable must be served often vary the way of serving it. Sauces-cream, cheese, tomato or Hollandaise - may also be used to add interest.

#### RECIPES:

##### Shredded Beets

Shred 6 peeled, raw beets on a coarse shredder. Cook 8 to 10 minutes, in 1/2 cup boiling water to which one tablespoon of vinegar and 1 teaspoon of salt has been added. Add 1 tablespoon of butter and serve in a fluffy mass.

##### Corn Fritters (Or Oysters)

2 cups corn  
2 eggs, separated  
1/4 to 1 cup flour  
1/2 teaspoon salt

1 teaspoon sugar  
1 Tbsp. melted butter  
Pepper

Fresh or creamed style canned corn may be used. Add the well beaten egg yolks, salt, pepper, sugar, butter and enough flour to make a stiff batter to the corn. Fold in the stiffly beaten egg whites. Drop the batter by teaspoonfuls into hot deep fat (360°-370°) and fry until light brown. For corn oysters, drop by teaspoonfuls onto a hot greased griddle. Brown on both sides. Drain on soft paper and serve hot.

##### Cold or Hot Slaw

2 eggs  
1 teaspoon salt  
1 tbsp. sugar  
1/8 teaspoon dry  
mustard

4 Tbsp. water or  
cabbage stock  
3 tablespoons vinegar  
1 qt. shredded raw  
cabbage

Beat the eggs well, add the salt, sugar, mustard and water or stock. Cook in a double boiler until mixture coats a spoon. Add the vinegar and pour while still hot over the shredded cabbage. If desired, all or one of the following may be added: 3 to 4 tablespoons chopped green pepper, 2 tablespoons grated onion, or 1/8 teaspoon celery seed.



## GREEN BEANS DRESSED UP

by:

S. Virginia Wilson, Extension Nutritionist

If your family gets tired of green beans cooked Southern style (with ham or fat back), its time to spring a new flavor on them. Green beans dressed up in a variety of ways are good for family or company meals.

Use them often as one of the five servings of fruits and vegetables you eat to meet your daily quota. They will add color, flavor and texture to your meal.

To get the most food value, cook green beans in a small amount of water for a short period of time. To do this start beans in boiling water and use a tight fitting lid. You will get 1/3 more vitamins B (thiamine) and C (ascorbic acid) than when you cook them in much water for a long time. Green beans are a fair source of vitamin A in the body. One cupful will meet one fifth of your day's vitamin A needs. Green beans are served more often, and are better liked by more people than any other green vegetable.

Add excitement to everyday green beans with your favorite spice, seasonings or sauce or by trying these recipes:

### GREEN BEANS WITH MUSTARD SAUCE

4 cups cooked or canned green beans	1/2 cup milk, scalded
2 egg yolks	2 teaspoons vinegar
1 teaspoon dry mustard	Salt to taste
1 tbsp. melted butter	

Put green beans in a sauce pan to heat. In top part of a double boiler beat together the egg yolks, mustard and melted butter until mixture is light and frothy. Stir while adding slowly the scalded milk. Place over boiling water, stir constantly and cook until mixture thickens. Add vinegar and salt to taste. Pour over the drained green beans and heat together 3 or 4 minutes.

### GREEN BEANS IN CREOLE SAUCE

2½ cups cooked or canned green beans	1 teaspoon sugar
2 tablespoons butter or bacon fat	1/2 teaspoon salt
1/3 cup chopped celery	Pinch of thyme
1/4 cup chopped onion	1 small bay leaf
1/4 cup chopped green pepper	1 clove garlic, crushed
2 cups canned or cooked tomatoes	1 cup meat or chicken broth

Heat the green beans in a small amount of liquid. Place the butter or bacon fat in a skillet. Add the celery, onion, and green pepper and cook for 5 minutes. Stir frequently. Add remaining ingredients and simmer for 15 minutes. Serve hot over the pipping hot green beans. Last four ingredients may be omitted if a milder seasoned sauce is desired.

### GREEN BEANS WITH MUSHROOMS

Book fresh or drained, canned mushrooms in butter until lightly brown. Add them to the cooked, hot, well seasoned green beans.

(Over)

GREEN BEANS ALMADINE

Just before serving sprinkle 1/4 cup of slivered, toasted almonds over hot, seasoned green beans. Peanuts or pecans may be used in place of almonds.

GREEN BEAN HORSERADISH

4 cups cooked or canned green beans	1 teaspoon Worcestershire sauce
1 cup mayonnaise	1/4 teaspoon garlic salt
Juice of one lemon	1/4 teaspoon celery salt
2 hard cooked eggs, finely chopped	1/4 teaspoon salt
1 tablespoon horseradish	1 1/2 teaspoons parsley (fresh or dry)
	Bits of cooked ham or bacon

Heat beans until pipping hot. Make a sauce by adding to the mayonnaise all of the other ingredients except the bits of bacon or ham. Heat it over boiling water. Place the drained hot beans in a serving dish, pour over them the hot sauce and sprinkle the bits of bacon or ham over the top.

BARBECUED GREEN BEANS

2 cups cooked or canned whole green beans	1/3 cup liquid from green beans
1 medium onion	1 tablespoon salad oil
1/4 cup sugar	Salt and pepper to taste
1/4 cup vinegar	Salad greens

To the green beans add the onion sliced paper thin and made into rings. Heat to boiling hot the combined sugar, vinegar and bean liquid. Remove from heat and add the salad oil and seasoning. Pour hot mixture over beans. Allow to cool. Place in refrigerator overnight or for several hours. Serve on crisp salad greens. Thin slices of cucumber may be added in place of or in addition to the onions.

GREEN BEAN SALAD

2 cups cooked or canned green beans	1 1/2 tbsp. minced onion
2 hard cooked eggs, diced	1/4 teaspoon salt
6 tablespoons salad oil	8 slices of tomato
2 tbsp. lemon juice or vinegar	Lettuce

Mix the beans and eggs with the dressing made from the salad oil, lemon juice, minced onion and salt. Keep in the refrigerator in a covered dish for 30 minutes or longer. Place 2 slices of tomatoes on individual beds of lettuce in salad plates. Top with green bean mixture. Serves 4.

GREEN BEANS AND HAM IN CHEESE SAUCE

Put cooked green beans and cubed cooked ham in a cheese sauce. Serve in patty shells, over toast or rice or bake in a casserole topped with buttered crumbs.

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# Salads...

a spring and summer tonic

S. Virginia Wilson  
Extension Nutritionist

Pep up your everyday meals with salads. Add sparkle to your health. They are easy to make, add interest to meals, and offer a tasty way of getting health-giving vitamins and minerals. Could you ask for a more pleasant way to get the fruits and vegetables you need daily?

Serve crisp salad greens with cooked or uncooked fruits and vegetables. If they are raw, though, so much the better. Cooking destroys some vitamins and washes out minerals. When you don't have fresh fruits and vegetables, canned ones will do.

To "perk up" a meal the salad itself must look and taste the part. You need follow only a few simple rules to do this. An expert salad maker uses one-fourth common sense and three-fourths imagination to make salads that are works of art.

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## SALAD RULES

### For Eye Appeal:

- Crisp, cool salad greens give it that "alive" look.
- Drain foods well - leaky salads drown interest.
- Keep it simple - well arranged but not too "fussed over" looking.
- Cut foods in "just right" size pieces - not too large to handle easily - not so small you don't know what they are.
- Keep fresh fruits bright in color - dip in tart fruit juice or water with a little vinegar added.
- Toss foods lightly together so they hold their shape.
- Serve it on an attractive dish - platter, bowl, or individual salad plate.

### For Taste Appeal:

- Choose flavors that go well together.
- Use foods not repeated elsewhere in the meal.
- A heavy meal calls for a light vegetable or fruit salad - a rich salad goes with a light meal.
- Use a salad to fill in the foods needed to complete a good meal.

## VEGETABLE SALADS

### Fresh Vegetable Salad Bowl

4 hard-cooked eggs	1/2 cup raw cauliflower
1 cup shredded cabbage	1/4 cup onion
1/2 cup shredded raw beets	1 cup chopped celery and
1/2 cup shredded raw carrots	leaves
French dressing	1 cup grated American
	cheese

Slice hard-cooked eggs. Remove yolks and put through a sieve. Mix the cabbage, beets, carrots, onion, cauliflower, celery and egg whites in salad bowl. Pour French dressing over these and toss lightly. Garnish with cheese and egg yolk.

### Cooked Vegetables Salad Bowl

1 cup cooked green beans	2 tomatoes cut in wedges
1 cup cooked carrots	French dressing
1 cup cooked potatoes	Lettuce or other salad greens

Combine the vegetables in a large bowl. Pour over these the French dressing and toss lightly.

### Hot Vegetable Salad

1 white turnip, grated	3 tablespoons vinegar
2 carrots, grated	1 teaspoon salt
2 cups chopped raw spinach	1 teaspoon sugar
or garden lettuce	2 tablespoons chopped onion
4 strips of bacon	

Mix turnips, carrots and spinach or garden lettuce. Cook bacon in a skillet until it is crisp. Remove bacon and drain on paper. To the fat in the skillet add the vinegar, salt, sugar and onion. Heat to boiling. Pour over vegetables and toss lightly. Break bacon in bits and sprinkle over the vegetables. Serve while hot. Serves 4.

### Other Vegetable Combinations

- Cabbage, carrot, nuts or cocoanut
- Cabbage and peanut
- Cabbage, shredded spinach, carrot, and onion
- Potato, celery, hard-cooked egg
- Tomatoes stuffed with cottage cheese
- Tomato stuffed with slaw
- Grated carrot, chopped peanuts, grated onion

## FRUIT SALADS

### Molded Apple Salad

2 1/2 cups applesauce	2 tablespoons cold water
1/2 cup sugar	1/4 teaspoon nutmeg
1/2 teaspoon cinnamon	1 tablespoon lemon juice
Red food coloring	Lettuce
1 tablespoon gelatin	Mayonnaise

Bring the applesauce, sugar, cinnamon and red coloring to a boil. Add the gelatin which has soaked for 5 minutes in the cold water. Stir until dissolved. Add the nutmeg and lemon juice. Pour into a mold and chill until firm. Unmold on crisp lettuce cups. Serve with mayonnaise dressing.

### Frozen Fruit Salad

1/2 cup mayonnaise	1/2 cup sliced fresh straw-
2 cups chopped canned fruit	berries or Maraschion
(Pears, pineapple, peaches	cherries
or any other combination)	1 cup cream, whipped
1 tablespoon lemon juice	1/3 cup sugar

Mix the mayonnaise and lemon juice with the chopped fruits. Add sugar to the whipped cream and fold into the fruit mixture. Freeze in refrigerator tray until firm. Cut into squares and serve on lettuce.

### Banana and Peanut Salad

2 bananas	1/4 cup mayonnaise
1/4 cup peanut butter	1/2 cup finely chopped
	peanuts

Peel bananas. Cut into halves lengthwise. Spread peanut butter between halves of banana sandwich fasion. Roll in tart mayonnaise then in chopped nuts. Cut bananas in halves crosswise. Place on lettuce leaves. Serves 4.



# "Vitamins A AND C - - - The Salad Way"

by:

Rachel H. Ferguson, Extension Nutritionist

Get valuable vitamins and minerals the pleasant way, through delicious, nutritious salads. Salads are no longer considered a "rabbit food", but have become almost a "must" in the modern day meal.

Combine, in almost limitless salads, fruits and vegetables, which are packed with essential vitamins and minerals. Add interest, color, texture and flavor to your meals through salads. Use your imagination, ingenuity, creative ability and display your art of cookery through the salads you serve.

Studies among home demonstration club members in North Carolina show:

2 out of 3 fail to consume recommended fruits and vegetables needed daily.

27% did not eat a green or yellow (vitamin A rich) fruit or vegetable.

22% did not eat a vitamin C rich food.

## VITAMINS A AND C THE SALAD WAY

Include in your salads foods rich in: vitamin A - - - the vitamin so necessary to help keep the lining of the nose, throat and lungs in healthy condition; normal adjustment of the eyes to light; and proper growth of children.

Vitamin C - - - the vitamin which helps strengthen the walls of blood vessels, fight infection, keep gums healthy and assists in healing cuts and wounds.

Combine or use along vitamin rich vegetables, like: tender green leaves of beets, turnips, mustard, kale, endive, lettuce, cress, chard; carrots, cabbage, celery, green beans or peas, sweet peppers, asparagus and others.

Fruits like: melons, peaches, grapes, apricots, berries, cherries, pineapple, bananas, apples, oranges, tomatoes and others.

### Serve salads as:

A first course appetizer  
Along with the main course of a meal  
The "main dish" at luncheon or supper  
A dessert or party refreshment

### Salads may be:

Made from fresh or canned foods  
They may be frozen or congealed

(Over)

MAKE YOUR SALADS A "HIT" -- give them:

Eye Appeal, through using:

Appetizing greens--clean, dry, crisp and chilled  
Simple arrangements--attractive and uncluttered  
Foods well-drained--in bite size pieces and  
lightly tossed  
Foods--fresh and bright in color  
Combinations tuned to the remainder of the meal --  
flavor-wise, color-wise and texture-wise

TRY YOUR "ART" AT SALAD MAKING:

Be original in using foods you have on hand. Contrast texture, flavor and color when choosing salad dressings, toppings and garnishes, like:

Vegetable salads with:

Blue cheese added to mayonnaise, cooked or  
French dressing.  
Mayonnaise or cooked dressing thinned with  
vinegar from pickle.  
Pickle relish, chopped olives, catsup or  
chili sauce added to salad dressing.  
Paprika, pimiento strips, radish roses, carrot  
curls, pickle slices or tomato wedges for  
garnish.

Fruit salads with:

Mayonnaise thinned with juice from fresh  
or canned fruit or vinegar from fruit pickle.  
Balls of cottage or creamed cheese rolled in  
chopped nuts or coconut.  
Creamed cheese thinned with fresh or canned fruit  
juice used instead of mayonnaise.  
Sprig of mint added to arrangement.  
Scoop of colorful sherbet to top salad.

Taste appeal, through:

Flavors that go well together.  
Light salads with heavy meals or rich salads  
with light meals.  
Carefully chosen salad dressings to add just  
the flavor needed.  
Chilled, crisp food arranged just before  
serving to retain freshness.

(Over)

### WALDORF-BANANA SALAD

- |                           |                                    |
|---------------------------|------------------------------------|
| 1 red apple, unpared      | 2 bananas, sliced                  |
| 1/2 cup diced celery      | 2 tablespoons fruit pickle vinegar |
| 1/2 cup chopped nut meats | Salad greens                       |
| 1/4 cup mayonnaise        |                                    |

Dice unpared apple, peel bananas and slice 1/4 inches thick, combine mayonnaise and pickle vinegar; add to nuts and celery; fold carefully into banana and apple mixture. Serve on crisp salad greens. Serves 6. (This salad is also good without the bananas).

### TOMATO-CABBAGE ASPIC

- |                              |                             |
|------------------------------|-----------------------------|
| 1 package lemon gelatin      | 1/2 cup sliced olives       |
| 2 cups tomato juice or sauce | 2 tablespoons chopped onion |
| 1 cup shredded crisp cabbage | 1/2 teaspoon salt           |
| 1/2 cup chopped celery       | Salted greens               |

Heat chopped onion in tomato juice, then strain out onion. Add salt. Dissolve gelatin in hot tomato juice, let cool. Combine other ingredients, put in one large or in individual molds. Add tomato juice and gelatin mix. Chill until congealed and ready to serve. Unmold on one large salad plate or serve individually. Garnish with crisp greens. Serves 6.

### STUFFED TOMATO

- |                             |                                    |
|-----------------------------|------------------------------------|
| 6 large tomatoes            | 2 tablespoons finely chopped onion |
| 2 hard cooked eggs, chopped | 1/2 cup mayonnaise                 |
| 1/2 cup chopped celery      | 1/2 teaspoon salt                  |
| 1/2 cup shredded cabbage    | 2 hard cooked eggs, sliced         |
| 1/2 cup diced cucumbers     | Salad greens                       |

Cut out stem end of tomato and scoop out 1/2 center. Save to add to stuffing. Combine all ingredients, except the 2 sliced eggs and greens. Heap mixture into each tomato. Serve on crisp green leaves, garnish with paprika and egg slices.

### CARROT-CABBAGE SALAD

- |                                       |                             |
|---------------------------------------|-----------------------------|
| 1 cup shredded raw carrots            | 2 tablespoon pickle vinegar |
| 1 cup chopped crisp cabbage           | 1/2 teaspoon salt           |
| 1/4 cup mayonnaise or cooked dressing | Crisp green leaves          |

Combine carrots and cabbage; mix mayonnaise and vinegar; add salt; pour over vegetables and toss lightly. Serve on crisp green leaves, garnish with carrot curls. Serves 4.

(Over)



### FROZEN FRUIT SALAD

2 cups chopped fruit, fresh, frozen or canned (pears, peaches, pineapple, grapes, or other combination)	1/2 cup mayonnaise 1 tablespoon lemon juice * 1 cup cream, whipped 1/3 cup sugar
1/2 cup fresh strawberries, or Maraschino cherries	

Mix mayonnaise and lemon juice with chopped fruits. Add sugar to whipped cream, fold into fruit mixture. Freeze in refrigerator tray until firm. Cut into squares and serve on crisp lettuce. Garnish with whole strawberries or cherries.

\* To cut calories and cost you may substitute for the whipped cream 1/3 cup dry milk whipped (according to directions on milk package) or 1 cup whipped evaporated milk.

### MELON RING SALAD

Cantaloupe, chilled	French dressing mixed with
Watermelon balls	vinegar from fruit pickle
Grapes	Large grape leaves

Wash cantaloupes, cut crosswise in rings 1 inch thick. Peel and remove seeds. Put on large grape leaves. Fill center ring with seeded grapes and small balls from watermelon and cantaloupes. Add small amount of dressing. (Other fruits or lime sherbet may be used also).

### GREEN SALAD

#### TOSSED GARDEN or MIXED VEGETABLE SALAD

A GREEN SALAD is made from a combination of leafy vegetables, like:

Lettuce	Romaine
Cabbage	Celery Tops
Endive	Mustard greens
Kale	Turnip greens
Spinach	Chinese cabbage

A TOSSED GARDEN or MIXED VEGETABLE SALAD may be made from any desired combination of fresh or cooked vegetables, like:

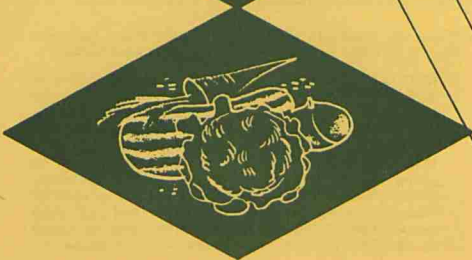
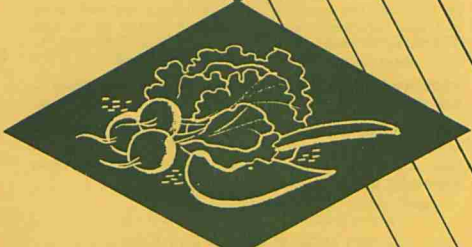
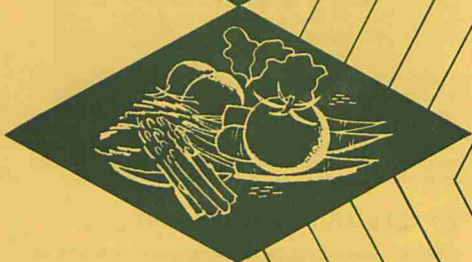
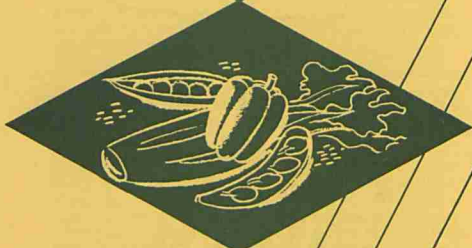
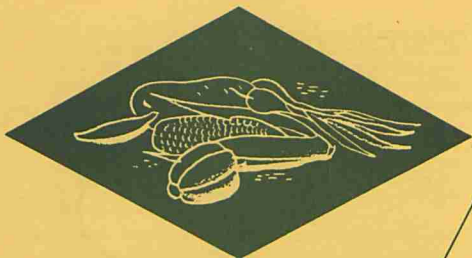
Lettuce	Turnip
Cabbage	Tomatoes
Endive	Cauliflower
Kale	Cucumber
Celery	Onion
Carrots	Peas
Radish	Beans

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*Vegetables*  
**ADD VARIETY  
TO MEALS**

# Vegetables Add Variety To Meals

by

S. Virginia Wilson, Extension Nutritionist

Add zest, taste and color appeal to your meals with vegetables. There are so many to choose from and such a variety of ways to serve them that your meals need never be monotonous. Use eye-catching red, green or yellow vegetables to give any plate that "come-hither" look. Cucumbers, celery, carrot strips, raw cabbage or other crisp vegetables can add a "crunchy" goodness. Learn to cook new vegetables and different ways of serving the same old ones to keep your meals from becoming dull and uninteresting.

## INCLUDE A VARIETY OF VEGETABLES IN MEALS

Vegetables taste good! That's reason enough to eat them, but the fact they can help you look and feel good is an added attraction. Five servings of fruits and vegetables a day is the rule. They will help furnish the minerals and vitamins you need for sparkling eyes, a clear skin, shiny hair, strong teeth and bones and good health.

Be sure to include in these 5 servings: One or more  $\frac{1}{2}$  cup servings of a green or yellow fruit or vegetable. They are rich sources of Vitamin A you need to: promote good eyesight, help ward-off colds and keep skin clear and smooth. The dark leafy greens are also rich in iron and calcium.

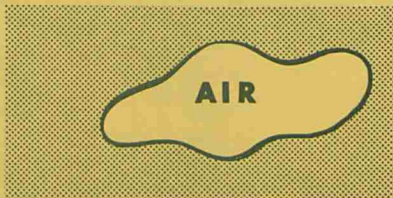
One or more  $\frac{1}{2}$  cup servings of a Vitamin C rich fruit or vegetable like raw cabbage, tomatoes or leafy greens (if not overcooked). You need Vitamin C to make cuts and wounds heal faster, help to cure colds and other infections in the body, aid in keeping gums, teeth and blood vessels strong and healthy. Strawberries, cantaloupes, oranges and other citrus fruits also are rich in Vitamin C.

Three  $\frac{1}{2}$  cup servings of other fruits and vegetables such as potatoes, celery, onions, beets, apples, pears, pineapple, bananas, etc. to help complete your day's needs for health-protecting minerals and vitamins.

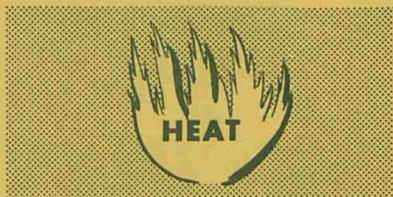
## COOK TO SAVE FOOD VALUE



**WATER** Soaks out Vitamins. Cook in as little water as possible. Use water left in soups or gravies.



**AIR** Vitamins vanish in air. Keep vegetables covered and cool until ready to cook or eat.



**HEAT** Destroys Vitamins. Start vegetables in boiling water. Cook only until tender. Do not keep vegetables hot long, but cool, then reheat. Overcooked vegetables may cause discomfort when being digested.

## TO KEEP THE COLOR BRIGHT:

**GREEN**—Start vegetables in boiling water. Cook with lid off the first few minutes, cover and don't overcook. Heat and acid turn green vegetables brown. Leave lid off first 5 minutes or place it so there is a slight opening to allow these mild acids to "go off" in the steam.

**RED**—Cook in tightly covered pan, add a little vinegar or lemon juice.

**YELLOW OR ORANGE**—Usually keep their color well. **WHITE**—Cook quickly, a little vinegar or lemon juice may help. Long cooking and very hard water turn white vegetables dark.

## VARIETY OF WAYS TO COOK VEGETABLES

When you must use the same vegetable often, cook and serve it in different ways to get variety in your menus.

1. **BOILED VEGETABLES**—Put prepared vegetables in rapidly boiling, salted water and bring quickly to the boiling point. Use as little water as possible. The amount will depend upon the size of pan, amount and tenderness of vegetable to be cooked. Usually,  $\frac{1}{4}$  inch to 1 inch water is enough. More boiling water may be added later if needed for older and tougher vegetables. Enough water sticks to leaves of washed spinach or other tender greens. Cover vegetables and cook until tender. Then drain, season with 1 tablespoon of butter or bacon fat for each cup of vegetable and serve.



**TO BOIL WITH MEAT**—Cover a small piece of salt pork with hot or cold water. Boil until enough fat and flavor for seasoning have cooked out. Then add the prepared vegetable and cook until tender. This seasons vegetables without overcooking.

**FROZEN VEGETABLES**—Cook most frozen vegetables without thawing. Use  $\frac{1}{2}$  cup of water and 1 teaspoon salt for each pint of frozen vegetables. (Use 1 cup water for lima beans.) Continue cooking as for fresh vegetables. Frozen vegetables usually take less time to cook than fresh ones.

2. **BAKED VEGETABLES**—Bake vegetables whole with skins on when possible. Or vegetables may be peeled, sliced (or left whole), placed in a tightly covered baking dish with seasonings and a small amount of liquid, then baked in a moderate oven.
3. **STEAMED VEGETABLES**—Place prepared vegetables on a rack in a pan with a tight fitting lid, add enough water to form plenty of steam, but do not let the water touch the rack. Cook vegetables until tender, then season and serve.
4. **PANNED VEGETABLES**—This is a quick top of the stove method for cooking cabbage, carrots, potatoes, okra and other watery vegetables. Cut vegetables in small pieces. Melt 2 tablespoons of fat in a heavy frying pan for each 1 quart of vegetable to be cooked. Add the vegetable, cover to hold in steam, cook until tender. Stir occasionally to keep from burning. Add salt and pepper when vegetable is tender and slightly browned.
5. **FRIED VEGETABLES**—When vegetables are cooked in a small amount of fat it is called pan frying or sauteing. If enough fat is used to cover the vegetables completely it is called deep fat frying. Sliced eggplant, summer squash and other vegetables may be dipped in flour, or batter or eggs and crumbs before frying. When vegetable is brown, drain on absorbent paper.

## VARIETY OF WAYS TO SERVE VEGETABLES

For a flavor change, add seasoning and sauces to baked, boiled or steamed vegetables.

1. **Buttered**... Season with salt, pepper and butter or margarine.
2. **Creamed**... Mix cooked vegetables with half as much white sauce.
3. **Scalloped**... Put layers of vegetables and white sauce in a buttered baking dish. Top with buttered bread crumbs. Bake in moderate oven to brown crumbs.
4. **Au gratin**... Add grated cheese to scalloped vegetables above.
5. **Glazed**... Pour a thin syrup over partially cooked vegetables in a baking pan. Bake until vegetable is tender. Carrots, parsnips and sweet potatoes are especially good glazed.

## RECIPES

(For Vegetables Not Commonly Used in North Carolina)  
**ASPARAGUS**—Clean asparagus thoroughly under running water. You may have to scrape off scales to remove sand under them. Cut off and discard all of the tough stem.

Tie 5 or 6 stalks in a bundle and stand in a deep saucepan of rapidly boiling, salted water. Cover and cook until heads and stems are tender. Remove from water and serve hot with melted butter, white sauce, cheese sauce or Mock Hollandaise sauce. To cook *cut pieces of asparagus*; place cut pieces of stems in boiling, salted water and cook until almost tender, then add heads and finish cooking.

### Asparagus Pudding

2 tablespoons butter	2 cups milk
2 cups of 1 inch pieces of cooked asparagus	$\frac{1}{2}$ cup grated cheese (may omit)
3 eggs	$\frac{1}{2}$ teaspoon salt
	$1/16$ teaspoon cayenne or pepper

Melt butter in a baking dish, add asparagus. Beat eggs, add the milk, cheese and seasonings. Pour over the asparagus. Place dish in a pan of hot water in a 350° F. oven until done. (Test for doneness by sticking silver knife in custard and if blade comes out clean, custard is done.)

**BEANS**—(Butter or lima beans and snap beans) — See directions for boiling vegetables. For butter or lima beans use 1 to 2 tablespoons of butter or margarine for seasoning each cup of beans.

**BEETS**—Cut off beet tops to within one inch of the bulb. Cook in a large amount of boiling water until tender. Hold beet under running water and slip off the peeling. Serve buttered or as Harvard Beets.

### Harvard Beets

$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup vinegar
1 tablespoon cornstarch	1 tablespoon butter or margarine
$\frac{1}{4}$ cup sugar	12 small whole beets or 2 cups sliced or diced cooked beets
$\frac{1}{4}$ cup water or beet juice	

Mix salt, cornstarch and sugar, blend in the water or beet juice and vinegar. Add the butter, stir and cook slowly until thickened. Pour sauce over beets and let stand 10 minutes. Reheat and serve.

**BROCCOLI**—The part of the broccoli plant you eat is the unopened flower buds with only a short length of tender stalk. Wash broccoli through several waters. Split large stalks lengthwise the stem and head. Cook in boiling salted water until heads are tender, but not mushy. Serve with melted butter, cheese sauce or Mock Hollandaise sauce.

**BRUSSEL SPROUTS**—These tiny heads are found along the main stem and not close to the ground as their big sister—the cabbage. Wash carefully and remove any outer wilted leaves. Cook in a small amount of rapidly boiling, salted water just until tender. Serve with melted butter or a mixture of herb vinegar and melted butter.

**CAULIFLOWER**—Cut away tough green leaves and woody base. Remove any discolored spots. Place cauliflower, head down, in cold, salted water for 30 minutes to draw out any insects. Cook whole, with stem down, or break in little flowerettes, in a small amount of boiling, salted water for 10 to 15 minutes. One tablespoon of vinegar added to water helps keep cauliflower a clear white. Do Not Overcook. Remove from water, drain well and pour over it melted butter, white sauce, cheese sauce or Mock Hollandaise sauce. Sprinkle with paprika.

**VARIATIONS**—Break cauliflower in flowerettes and serve scalloped or au gratin. (See directions above.)

**CHINESE CABBAGE**—Chinese cabbage may be cooked as other cabbage or the leaf may be used raw as lettuce and the crisp stalk as celery.

**BOILED CHINESE CABBAGE**—Wash and shred leaves. Cook 10 to 15 minutes in a small amount of boiling, salted water. Season with salt, butter, margarine or bacon fat.

**VARIATIONS**—Served boiled Chinese cabbage either creamed, scalloped or au gratin. (See directions above.)

**EGGPLANT**—The purple, egg-shaped plant is washed then cooked either peeled or with skin left on. It may be fried, boiled or baked.

**FRIED EGGPLANT**—Cut eggplant into  $\frac{3}{4}$  inch slices. Sprinkle with salt. Stack slices of eggplant and press down under a heavy weighted plate for about an hour. Coat each slice with flour and fry in a small amount of fat or deep fat until both sides are crisp and brown.

### Eggplant Casserole

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 1 medium size eggplant            | 2 cups cooked or              |
| 2 tablespoons chopped onion       | canned tomatoes               |
| 4 tablespoons butter or margarine | 1 teaspoon salt               |
|                                   | Pepper                        |
|                                   | $\frac{3}{4}$ cup bread cubes |

Cut eggplant in small pieces. Cook the onion in 2 tablespoons of the butter or margarine until tender. Add tomatoes, salt, pepper and eggplant and simmer 10 minutes. Pour into a greased baking dish. Melt remaining 2 tablespoons of butter and mix with the bread cubes. Top eggplant mixture with the buttered bread cubes and bake until eggplant is tender and bread cubes are brown.

### Baked Eggplant

- |                       |                        |
|-----------------------|------------------------|
| 1 large eggplant      | $\frac{3}{4}$ cup milk |
| 6 slices cooked bacon | 1 medium onion         |
| 1 egg                 | (if desired)           |
| 1½ cups bread crumbs  | Salt                   |
|                       | Pepper                 |

Cut the eggplant lengthwise and boil it for 10 minutes in lightly salted water to cover. Scoop out the pulp and mix it with the crumbs, beaten egg, finely chopped onion, salt, pepper and crisp bacon broken into small pieces. Moisten with milk that has been heated. Fill eggplant shells with mixture and bake  $\frac{1}{2}$  hour in a moderate oven (350°F.).

**LEAFY GREENS**—(Cabbage, collard, kale, mustard, spinach, Swiss chard, turnip greens, etc.) Discard bruised, wilted or yellow leaves and cut off dried and tough stems and mid-ribs. Wash in several waters (until no grit can be felt in bottom of pan). If first wash water is warm, grit or sand will wash out more easily. Cook according to directions above for boiled, steamed or pan-fried vegetables.

**PARSNIPS**—Parsnips develop a sweetness when left in the ground during very cold weather. Wash, scrape and cut parsnips in half lengthwise. Remove the woody center. Cook the parsnips in boiling, salted water, then they can be fried, mashed and made into fritters, or glazed.

**FRIED PARSNIPS**—Dip slices of boiled parsnips in flour, then brown in hot fat.

**PARSNIP FRITTERS**—Mash boiled parsnips, season with butter, salt and pepper. Shape into cakes, roll in flour and brown in fat.

**SALSIFY or OYSTER PLANT**—Wash and scrape salsify. To keep it from discoloring drop it immediately in vinegar water (2 tablespoons vinegar for each cup of water). Cut salsify in 1 inch slices and cook in boiling, salted water. Serve buttered, creamed or scalloped. (See above directions.)

**FRIED SALSIFY**—Mash boiled salsify, shape into cakes, roll in flour and fry in hot fat.

**SQUASH**—Winter squash may be cut in halves (nutmeg or acorn squash) or cut in slices (Hubbard), then baked or steamed. The peeling is usually left on when it is baked, but removed if steamed. Washed and unpeeled summer squash may be boiled, steamed or pan-fried according to directions above using little or no water. Serve it buttered, creamed, scalloped or au gratin.

### Baked Winter Squash

Scrub and cut unpeeled squash in serving size pieces. Remove seed and spongy part. Put pieces of squash in a baking pan, cut side down. Pour a little water in the pan and bake in a moderate oven (350°F.) until partly done. (About 30 minutes for acorn squash, 1 hour for Hubbard.) Turn pieces over, sprinkle with salt and brown sugar, honey or syrup and dot with butter or margarine. Continue baking until flesh is soft. (About 20 minutes for acorn squash and 40 minutes for Hubbard.)

## SAUCES FOR VEGETABLES

### White or Cream Sauce

- |                         |                                   |
|-------------------------|-----------------------------------|
| 2 tablespoons butter or | $\frac{1}{4}$ teaspoon salt       |
| margarine               | $\frac{1}{2}$ cup vegetable water |
| 2 tablespoons flour     | $\frac{1}{2}$ cup milk or cream   |

Blend butter or margarine and flour together over low heat or boiling water. Add vegetable water and milk or cream slowly. Stir and cook until thick as heavy cream. All milk or cream may be used in place of the vegetable water.

### Cheese Sauce

Add  $\frac{1}{4}$  to  $\frac{1}{2}$  cup grated cheese to 1 cup of white sauce and heat until cheese is melted.

### Mock Hollandaise Sauce

Add 1 slightly beaten egg yolk and 2 tablespoons lemon juice to 1 cup white sauce. Reheat and serve hot. (Yellow cake coloring may be used instead of the egg yolk to give a rich yellow color.)

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# green vegetables

for good eating



Home and Garden Bulletin No.41  
U. S. DEPARTMENT OF AGRICULTURE

# GREEN VEGETABLES

## for good eating

So many kinds of bright-green vegetables can be bought at market or grown in home gardens.

So many ways to serve them . . . there's no need ever to tire of something green on the menu.

Green vegetables are important in meals because of the nutrients they contribute—particularly vitamin A value and vitamin C.

Both the intensity of the vegetable's green color and the part of the plant from which it comes are clues to its food value. In general, the greener the vegetable the richer it is in vitamins and minerals. And dark-green leaves may carry several times as much of some nutrients as green stalks (asparagus), green fleshy pods (snap beans), or green immature seeds (shelled peas or lima beans).

### Buying and storing

Servings you get from a pound of fresh green vegetables may vary considerably . . . because of pods and other waste . . . and because some shrink in cooking. For some vegetables, the amount to buy for each serving varies with whether it is to be cooked or served raw.

The table on page 3 shows the approximate number of servings ordinarily obtained from 1 pound of fresh green vegetables as purchased.

For frozen vegetables, count on 4 servings per pint package—or as stated on the package label. For canned vegetables, a No. 303 can usually provides 4 servings; a No. 2 can, 4 or 5 servings; and a No. 2½ can, 6 or 7 servings.

The fresher the green vegetables when you use them, the better. Flavor and crispness, and perhaps some food value too, are lost when the vegetables wilt or are stored.

If you must hold vegetables a day or two before using, refrigerate them. Keep them moist—in the vegetable crisper or other covered container, in the moisture-resistant bag they came in, or in a plastic bag. Be careful not to bruise leafy vegetables in storing. Store peas and beans in the pod if possible, to keep them fresh.

## Preparation for cooking

To prepare green vegetables for cooking, discard any bruised, wilted, or yellowed outer leaves, and cut off tough or dried stem ends. Scrape off large scales of asparagus that hold sand. Strip kale leaves off the woody midribs.

Wash vegetables thoroughly, using plenty of water for leafy greens. Lift vegetable out of the water instead of pouring the water off the vegetable. That way, grit, which settles to the bottom of the pan, isn't poured back over the vegetable.

Soak brussels sprouts and broccoli 30 minutes to an hour in cold salt water to remove any insects in the tight leaves or flower buds.

## Servings per pound of fresh green vegetables

Vegetable	<i>Servings per pound of vegetable, as purchased<sup>1</sup></i>
Asparagus.....	4 (4 to 5 spears)
Beans, green lima (in pod)....	2
Beans, snap.....	6
Broccoli.....	3 to 4 (2 to 3 stalks, heavy stalks split)
Brussels sprouts.....	5
Cabbage, green.....	{ 7 to 8, raw shredded 4 to 5, cooked shredded 4, cooked quartered
Chard.....	4
Collards.....	4
Greens:	
beet.....	4
dandelion.....	5
mustard.....	4 to 5
turnip.....	4 to 5
Kale.....	4 to 5
Okra.....	4
Peas (in pod).....	2
Spinach.....	2 to 3

<sup>1</sup> Approximate number of  $\frac{1}{2}$ -cup servings. Cooked, unless otherwise noted.

## Quick cooking for best quality

Cook green vegetables quickly for best quality. Use a cover on the pan to speed cooking, and cook until vegetable is just tender and still slightly crisp. Long cooking makes the vegetables limp, and changes color and flavor.

## Boiled vegetables

**Fresh.** Boil green vegetables in lightly salted water— $\frac{1}{2}$  teaspoon salt and  $\frac{1}{2}$  to 1 cup water (depending on cooking time) is usually enough for 4 servings. Bring water to a boil, add vegetables, and put cover on pan. When the water boils again, reduce heat, and begin to count cooking time. See Guide to Boiling Time, page 5.

Spinach and tender beet greens need only the water clinging to the leaves after washing. Put the greens into the pan, adding salt in layers throughout. Reduce heat after steam begins to escape and cook slowly to prevent sticking.

Tender tips of asparagus and broccoli need less cooking than the stems. Stand these vegetables up in a deep pan to cook so the stems boil in the water while the heads cook in the steam. Or, cut the asparagus stems in 1-inch lengths and cook them until almost tender before you put in the tips. Splitting heavy stalks of broccoli cuts the cooking time, so they cook almost as quickly as the heads.

Serve the vegetables promptly; flavor is lost when they are allowed to stand.

**Frozen.** You can boil most frozen vegetables without thawing them first. Greens cook more evenly if thawed enough to separate the leaves. Use  $\frac{1}{2}$  cup water for each pint of frozen vegetables (1 cup for lima beans) and proceed with cooking as for fresh vegetables. You may need to separate the pieces as they cook to insure even cooking.

Start the cooking in boiling salted water



and time it carefully when the water starts to boil again. Frozen vegetables may take slightly less time than fresh because they have been heated before freezing. See Guide to boiling time, below.

**Canned.** Heat commercially canned green vegetables in their own liquid. When you combine canned vegetables with fresh, add the canned when the fresh ones are almost done. Home-canned green vegetables are safe to use without heating only if the pressure canner was in perfect order and the proper canning method was used. Unless you are sure of the canner and the method, boil home-canned green vegetables at least 10 minutes (spinach, 20 minutes) in a covered pan before tasting or combining with other foods. If the food looks spoiled or has an off-odor during heating, destroy it.

### Guide to boiling time for green vegetables

Vegetable	Approximate time to allow after water returns to boil	
	Fresh	Frozen
	<i>Minutes</i>	<i>Minutes</i>
Asparagus.....	10 to 20	5 to 10
Beans, green lima.....	20 to 30	6 to 10
Beans, snap.....	15 to 30	12 to 18
Broccoli (heavy stalks split).....	10 to 20	5 to 8
Brussels sprouts.....	10 to 20	4 to 9
Cabbage:		
shredded.....	3 to 10	-----
quartered.....	10 to 15	-----
Chard.....	10 to 20	8 to 10
Collards.....	10 to 20	( <sup>1</sup> )
Greens:		
beet.....	5 to 15	6 to 12
dandelion.....	10 to 20	-----
mustard.....	20 to 30	8 to 15
turnip.....	10 to 30	8 to 12
Kale.....	10 to 25	8 to 12
Okra.....	10 to 20	( <sup>1</sup> )
Peas.....	8 to 20	5 to 10
Spinach.....	3 to 10	4 to 6

<sup>1</sup>Test for doneness. Time depends on size, and amount of blanching before freezing.

**NOTE.** When using a pressure saucepan for cooking green vegetables, follow the timetable that came with it.

## Quick and easy seasonings

For a special touch with boiled green vegetables, try one of the following—

With snap beans or summer squash, cook 1 tablespoon or two of minced onion, green pepper, or parsley.

Cook a few mint leaves with peas.

Put a small pinch of an herb or spice in the water when you cook lima beans.

But go easy with these seasonings—their pungency easily overshadows the delicate flavors of vegetables.

Point up the flavor of cooked vegetables by seasoning with flavorful fats such as meat drippings, butter, margarine, or salad oil with lemon juice, horseradish, or garlic added. If you use bacon drippings, add bits of crisply fried bacon, especially with spinach or other greens.

A little vinegar and sugar heated together makes a good dressing for snap beans or cabbage, with or without a few tablespoons of cream.

## Vegetables in sauce

For a flavor change, serve boiled vegetables in a sauce.

Combine hot vegetables and hot sauce lightly just before serving, allowing about 1 cup of sauce for 4 servings of vegetable.

Recipes for 8 sauces follow with a few suggestions for their use. Each recipe makes about 1 cup of sauce.

For full vegetable flavor, use the vegetable cooking liquid in the sauce.

### Medium white sauce

2 tablespoons butter or  
margarine  
2 tablespoons flour

1 cup milk, or vegetable  
liquid plus milk  
Salt to taste

Melt the butter or margarine and blend in the flour. Add the liquid. Stir and cook until sauce is thick and smooth, then cook about a minute longer. Add salt.

## Thin white sauce

Follow recipe for medium white sauce, reducing flour and fat to 1 or  $1\frac{1}{2}$  tablespoons each.

A thin white sauce is usually preferred for peas and green lima beans and as a base for sauces with cheese, vegetables, or other ingredients added that help thicken them.

## Mock hollandaise sauce

Make medium white sauce. Beat 2 egg yolks; stir about  $\frac{1}{4}$  cup of the hot sauce into them and pour back into the rest of the sauce.

Add 2 tablespoons butter or margarine and stir and cook over hot water about 1 minute.

Remove from heat and stir in 1 tablespoon lemon juice. Serve at once.

Excellent for asparagus and broccoli.

## Herb sauce

Use proportions of fat and flour for medium or thin white sauce.

Cook 2 teaspoons finely chopped chives and 2 teaspoons finely chopped parsley in the fat. Add a pinch of marjoram or thyme to the flour before blending it into the fat.

Good with peas and lima beans.

## Mustard sauce

Stir 2 teaspoons prepared mustard into medium or thin white sauce after cooking.

Especially good with snap beans, greens, and cabbage.

## Cheese sauce

Make a thin white sauce.

Add  $\frac{1}{2}$  to 1 cup grated cheese (or 2 to 4 ounces sliced cheese). Remove from heat and stir until cheese is melted.

Cheese sauce is often served with spinach or other greens.

## Egg sauce

Make a thin white sauce. Just before serving stir in 1 teaspoon lemon juice and 1 chopped hard-cooked egg.

Good with greens and brussels sprouts.

## Celery or onion sauce

1½ tablespoons butter or margarine	1 cup vegetable cooking liquid, or cooking liquid plus water
½ cup finely chopped celery or onion	1 teaspoon worcestershire sauce
1½ tablespoons flour	Salt to taste

Melt the butter or margarine in a fry pan. Add the celery or onion. Cover and cook about 10 minutes.

Blend flour into mixture. Stir in liquid and worcestershire sauce. Cook and stir over low heat until the liquid is thickened. Add salt to taste.

## Panned vegetables

Panning is a quick steaming method. It works well with a number of vegetables and is thrifty of color, flavor, and food values.

For 4 servings of a panned vegetable, use 1 pound of cabbage, or kale, or okra; 2 pounds of spinach; or 10 to 12 ounces of snap beans.

Shred the cabbage, strip the kale leaves from the coarse midribs. Trim the roots and heavy stems off the spinach. Slice okra crosswise; slice beans lengthwise.

For each 4 servings, heat 1 tablespoon of butter, margarine, meat drippings, or oil in a heavy fry pan. Add the vegetable, and put on a tight cover to hold in the steam. Cook over low heat until the vegetable is just tender, stirring occasionally to prevent sticking. Season with salt and pepper before serving.

Bits of crumbled crisp bacon or salt pork, or a little leftover ham make a nice addition to vegetables panned with pork drippings. Finely chopped onion or onion juice cooked with the vegetable is also good.



## Oven-cooked frozen vegetables

If you are using your oven at moderate temperature for other food, you may want to oven-cook frozen vegetables.

Partly defrost vegetables to separate the pieces. Spread the pieces in a greased pan with a cover. Add salt and other seasonings as desired, and cover the pan.

Cook until just tender. Approximate time for most green vegetables at 350° F. is 45 minutes. Cooking time will vary, however, with size of pieces and how much they were thawed before cooking.

## Cream of green vegetable soup

2 tablespoons butter or margarine	1½ teaspoons salt
2 cups finely cut cabbage or snap beans or 1 cup chopped spinach	2 tablespoons flour
	1 quart milk

Heat butter or margarine in a large pan over low heat or boiling water. Add vegetable and salt.

Cover and cook 10 minutes or until the vegetable is tender. Stir occasionally for even cooking.

Sprinkle flour over the vegetable and stir until well blended.

Add milk, stirring constantly. Stir and cook until the mixture is slightly thickened. Cook about a minute longer.

Makes five 1-cup servings.

**With cooked vegetables.** Use cooked vegetables in place of raw. Add to hot butter or margarine along with salt. Add flour to this mixture immediately, and continue as for soup above. If vegetables have been cooked with salt, reduce salt to 1 teaspoon. Two or more kinds of vegetables may be combined if desired.

For a greener, slightly thick soup, make a puree of cooked peas, lima beans, asparagus, or broccoli by putting the vegetable through a sieve or food mill before adding it to the fat.

## Wilted greens

Cook tender young garden lettuce, dandelion greens, or beet greens in a vinegar sauce with onion.

For each 4 servings, use about 1 pound of greens, 1 tablespoon meat drippings,  $\frac{1}{4}$  cup vinegar, and  $\frac{1}{2}$  small onion.

Shred or tear the leaves if they are large. Slice or chop the onion.

Heat the fat in a fry pan and cook the onion in it until soft. Add the vinegar, and when it is hot put in the greens. Sprinkle with salt and pepper. Cover the pan and cook over low heat until the greens are limp. Serve hot.

## Scalloped green vegetables

Start with any cooked vegetable. Try two or more together. Asparagus with cabbage . . . snap beans with cut-up broccoli . . . lima beans with one of the green leafy vegetables . . . are three of many good combinations.

2 cups drained cooked green vegetables  
1 to  $1\frac{1}{2}$  cups medium white sauce (page 6)  
Salt to taste

Pinch of dry herbs  
 $\frac{1}{4}$  cup fine dry bread or cracker crumbs  
1 tablespoon butter, margarine, or meat drippings

Combine vegetable, sauce, and seasonings in a greased baking dish.

Mix crumbs with the butter, margarine, or meat drippings, and sprinkle over the vegetable mixture.

Bake in a moderate oven ( $350^{\circ}$  F.) until the sauce is bubbling and the topping slightly browned—20 to 30 minutes.

Makes 4 servings, about  $\frac{2}{3}$  cup each.

**For variety.** Put the vegetable and sauce into the dish in separate layers, with a sprinkling of grated cheese or finely chopped onion or parsley or cooked mushrooms between layers.

Use  $\frac{1}{2}$  cup small bread cubes in place of the crumbs, and dot the fat on top.

## Vegetable omelet

4 eggs  
1/4 cup milk  
1/2 teaspoon salt  
Pepper

1 cup cooked vegetables  
(peas, beans, chopped  
greens)

Beat the eggs slightly and add the milk and seasonings.

Pour egg mixture into a lightly greased fry pan over moderate heat. As it cooks, lift the mixture at the edge to let the uncooked part run underneath.

When the omelet is partly set, spoon the vegetables over it. Continue cooking until the vegetables are hot and omelet is lightly browned on the bottom. Fold or roll for serving.

Makes 4 servings, 1/2 cup each.

**For variety.** Make a fluffy omelet by separating the eggs. Beat the egg yolks and add the seasonings and milk. Fold into the stiffly beaten egg whites. Cook in a lightly greased fry pan over low heat until lightly browned on the bottom. Put vegetables on top, cover, and cook until set.

## Asparagus timbale

2 tablespoons butter or margarine  
2 tablespoons flour  
2/3 cup milk  
1/2 teaspoon salt

Pepper  
1 1/3 cups cooked asparagus,  
finely chopped  
2 eggs, beaten

Make a thick white sauce: Melt the butter or margarine and blend in the flour. Add the milk. Cook, stirring constantly, until the sauce is thick and smooth. Season.

Mix the asparagus into the sauce.

Add the hot mixture gradually to the eggs, and spoon into custard cups or a shallow baking dish, lightly greased.

Set in a pan of hot water and bake at 350° F. (moderate oven) until set—about 20 minutes for custard cups, a little longer for the baking dish.

Makes 4 servings, 1/2 cup each.

## Crisp 5-minute cabbage

1½ cups milk  
1 quart shredded cabbage  
1½ tablespoons flour

1½ tablespoons melted butter or margarine  
Salt and pepper

Heat milk and add the cabbage. Simmer about 2 minutes.

Mix the flour and melted fat and add a little of the hot milk.

Stir this mixture into the cabbage, and cook 3 or 4 minutes, or until thickened, stirring constantly.

Season to taste with salt and pepper.

Makes 4 servings, about ½ cup each.

## Hot slaw

2 eggs  
¼ cup water  
3 tablespoons vinegar  
½ teaspoon salt  
¼ teaspoon powdered dry mustard

2 tablespoons sugar  
Few celery seeds  
1 tablespoon butter or margarine  
1 pint finely shredded cabbage

Beat the eggs, add the water, vinegar, salt, mustard, sugar, and celery seeds.

Cook, stirring frequently, until thick. Add the butter or margarine.

Stir in the cabbage, and mix thoroughly with the dressing. Cover and heat a few minutes.

Makes 4 servings.

## Casserole of brussels sprouts

1½ tablespoons butter or margarine  
½ cup chopped celery  
¼ cup chopped onion  
1½ tablespoons flour  
½ teaspoon salt  
Pepper

1 cup cooked or canned tomatoes  
1½ cups cooked brussels sprouts  
Fine bread or cracker crumbs mixed with melted butter or margarine

Heat the butter or margarine in a fry pan. Add the celery and onion and cook slowly until they are yellow.



Blend in the flour, salt, and pepper, and add the tomatoes. Stir and cook until the mixture is thick.

Put the brussels sprouts into a greased baking dish and add the tomato mixture. Sprinkle the crumbs over the top.

Bake at 350° F. (moderate oven) about 30 minutes.

Makes 4 servings, about  $\frac{2}{3}$  cup each.

## French peas

11½ tablespoons butter or margarine	11½ cups fresh peas, or 10-ounce package frozen peas
2 tablespoons water	
½ cup thinly sliced mushrooms	1 small onion, thinly sliced
	½ teaspoon salt

Melt butter or margarine and add the other ingredients.

Cover the pan tightly and cook over moderate heat until the peas are tender, shaking the pan occasionally to prevent sticking.

Cook fresh peas until tender, 8 to 20 minutes. For frozen peas, begin counting time when steam begins to escape. Cook 5 to 10 minutes.

Makes 4 servings, about  $\frac{1}{2}$  cup each.

## Spanish lima beans

1 tablespoon butter, margarine, or oil	1 cup cooked or canned tomatoes
1 tablespoon chopped onion	1½ cups cooked or canned green lima beans
⅓ cup chopped green pepper	Salt and pepper
	Toasted bread cubes

Heat the fat and brown the onion and green pepper in it. Add the tomatoes and cook slowly about 15 minutes.

Add the beans and season to taste with salt and pepper.

Heat thoroughly. Turn into serving dish and top with the bread cubes.

Makes 4 servings, about  $\frac{1}{2}$  cup each.

## Stewed okra and tomatoes

2 tablespoons meat drippings, butter, or margarine	2 cups cooked or canned tomatoes
1 small onion, chopped	$\frac{1}{2}$ teaspoon salt
2 cups sliced okra	Pepper

Heat drippings, butter, or margarine in a fry pan. Add onion and okra and brown slightly.

Add tomatoes and salt. Cook over moderate heat until okra is tender and the mixture is rather thick—about 20 minutes. Stir now and then to prevent sticking.

Season with pepper.

Makes 4 servings,  $\frac{2}{3}$  cup each.

## Spinach custard

1 cup chopped cooked spinach, drained	Pepper
1 teaspoon butter or margarine	1 cup hot milk
$\frac{1}{2}$ teaspoon salt	2 eggs, beaten
	2 hard-cooked eggs, finely chopped

Add the spinach, fat, and seasonings to the milk. Stir this mixture into the beaten eggs. Add the hard-cooked eggs, stirring them carefully through the mixture.

Pour into a greased shallow baking dish, and set the dish in a pan of hot water.

Bake at 350° F. (moderate oven) until set—35 to 40 minutes.

Makes 4 servings, about  $\frac{2}{3}$  cup each.

## Salad suggestions

Preserve the fresh crispness of green salad vegetables by cutting or shredding them just before serving the salad. Toss them lightly with the dressing, or serve the dressing separately.

Use raw vegetables alone, raw and cooked together, either or both with other foods—there are many colorful and appealing combinations.

A few suggestions follow.

- Finely shredded cabbage, chopped onion, sliced pimiento, and chopped peanuts.
- Cooked snap beans, thinly sliced onion, and grated raw carrot.
- Raw chopped spinach, a little lettuce or cabbage, quartered tomatoes, and shredded cheese.
- Cooked peas or lima beans or asparagus, quartered hard-cooked eggs, and thinly sliced pickles.
- Shredded cabbage, thinly sliced raw or cooked carrot, and chopped green pepper.
- Tomato cups filled with cooked lima beans, corn, and chopped green pepper.

## Tossed green salad

1 pint coarsely cut or torn salad greens, firmly packed	$\frac{1}{2}$ teaspoon salt $\frac{1}{4}$ to $\frac{1}{3}$ cup french dressing
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Use lettuce, chicory, romaine, escarole, endive, dandelion, or spinach, or a combination of these.

Just before serving, toss the greens lightly with the salt and dressing.

Makes 4 servings.

**For variety.** Add one or more of the following: A few tablespoons chopped parsley, green onion, or water cress . . .  $\frac{1}{2}$  cup thinly sliced chinese cabbage or celery . . . a few sliced radishes . . . some fine strips of pimiento or some coarsely grated carrot . . . thin wedges of tomato . . . 10 or 12 sweet onion rings or cucumber slices.

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HUMAN NUTRITION RESEARCH DIVISION  
 AGRICULTURAL RESEARCH SERVICE  
 U. S. DEPARTMENT OF AGRICULTURE  
 Washington, D. C.

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This bulletin supersedes Leaflet 272  
 Green vegetables in everyday meals

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October 1954

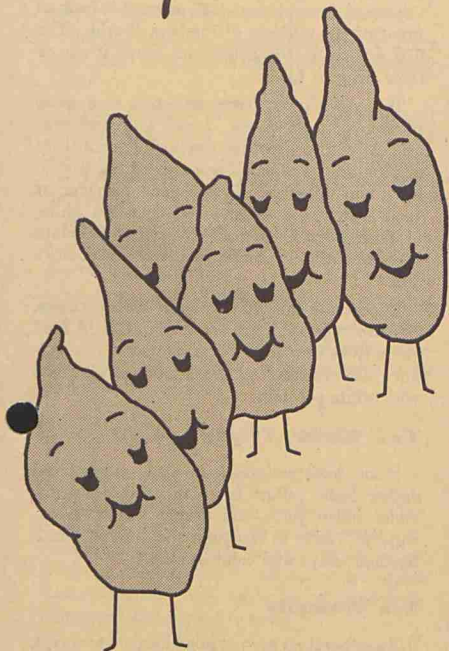
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# • Sweetpotato Recipes



Leaflet No. 293 formerly AIS—58

U.S. DEPARTMENT OF AGRICULTURE

# Sweetpotato Recipes



An Early American . . . the sweetpotato. Columbus found it here . . . carried it back as proof of the wonders of the New World. The first settlers in the South soon made it one of their favorite foods.

Today we know the sweetpotato as a prize package of food values. A rich source of vitamin A, it also provides worthwhile quantities of vitamin C and small amounts of the B vitamins and minerals. It is a good provider of food energy, too—even better than the white, or Irish, potato. A medium-sized sweetpotato gives about 150 calories to the white potato's 100.

Except for the vitamin A in sweetpotatoes, the two vegetables are too much alike in food value to be served at the same meal. For balance and variety, let sweetpotatoes alternate with white potatoes.

## Two Kinds

Some sweetpotatoes are dry, mealy, and rather light yellow in color. Others—sometimes called yams—are deeper yellow, moist, sugary. Learn to recognize the different kinds by their shape and color of skin.

## Use Promptly

Sweetpotatoes are not good keepers as a rule, in the home pantry. So it's best to buy them in small lots and use them promptly.

If you grow your own, use up the early crop of sweetpotatoes at once and store the later

varieties—they keep better. They need a dry storage place—not too hot and not too cold. About 55° to 60° F. is the right temperature.

Sort and handle sweetpotatoes with care—they are easily bruised.

### **In the Jacket's Best**

Most of the recipes call for sweetpotatoes cooked first in their jackets. The thin skin of the cooked sweetpotato is easy to remove and takes with it less of the goodness underneath.

Besides, when the protective brown jacket is gone, some sweetness is dissolved in the cooking water.

If, for a special dish, you do peel first, peel thin just before you use the sweetpotatoes. If you must peel ahead of time, put the pared sweetpotatoes in salted water to keep them from darkening.

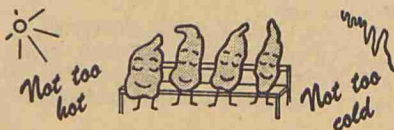
Cook sweetpotatoes quickly. Serve piping hot so there's little chance for air to rob their good store of vitamin C.

When there are left-overs, cover the dish of peeled sweetpotatoes or leave on their jackets and place in the refrigerator or other cold place. Then they are ready to recook to make their second appearance.

### **IN EVERYDAY WAYS**

#### **Boiled in Jackets**

First of all scrub the sweetpotatoes. Then drop them into a kettle of boiling water . . . enough to cover. Boil covered until tender. Drain at once so they won't get waterlogged. Peel and season with table fat or meat drippings; salt and pepper to taste.



## **Quick Mashed**

Peel hot cooked sweetpotatoes (6 medium-sized make 6 servings). Mash thoroughly and quickly. Add seasoning and table fat. Beat in hot milk a little at a time until sweetpotatoes are fluffy and smooth.

*For variety* serve in the following way: Shape seasoned, mashed sweetpotatoes into mounds, make small well in center, and brown in a hot oven (425° F.). Fill the well with cranberry sauce or jelly and serve hot.

For another tasty mashed sweetpotato dish use orange juice in place of the milk, add a little grated orange rind, table fat, and a few raisins. If desired, place in a baking dish, top with meringue, and brown lightly in a moderate oven (325° F.). Serve hot.

## **Baked Sweetpotatoes**

Wash and dry sweetpotatoes of uniform size. Bake until tender in a hot oven (425° F.) 35 to 60 minutes, depending on size.

You can save time by cutting large sweetpotatoes in half crosswise before baking.

If you want the skin to be soft, rub a little fat on before baking.

Cut crisscross gashes in the skin of the baked sweetpotatoes on one side, then pinch them so that some of the soft inside pops up through the opening. Drop in meat drippings, bits of crisp-cooked salt pork, or table fat.

Save fuel by baking sweetpotatoes when you oven-cook other food. If a moderate oven is called for, allow a little extra time for the sweetpotatoes to bake.

**Stuffed.** If the skins are not too thin and the inside not too moist, baked sweetpotatoes are delicious stuffed.

Cut large baked sweetpotatoes in half lengthwise. Carefully scoop out the inside, leaving a little of the sweetpotato as a lining for the skins. Mash as for plain mashed sweetpotatoes,



adding seasoning and hot milk. Stuff back into the shells, brush the top with melted fat, and reheat in a hot oven (425° F.).

*For variety*, add chopped left-over cooked meat or chopped peanuts. Or add a tablespoon of peanut butter for each sweetpotato in place of the fat, or a little grated orange rind and orange juice in place of the milk.

## **Scalloped Sweetpotatoes**

**With apples.** Place alternate layers of sliced cooked sweetpotatoes and sliced raw apples in a greased baking dish. Sprinkle the apple layers with sugar and a little salt; dot with fat. Add just enough hot water to cover bottom of dish; the apples and sweetpotatoes do not take up liquid. Bake covered in a moderately hot oven (375° F.) 30 to 40 minutes or until apples are tender. If desired, uncover the dish for the last 15 to 20 minutes of cooking, and top with crushed dry breakfast cereal or bread crumbs mixed with a little fat.

Sliced raw sweetpotatoes may be used in this recipe, but will need to bake a little longer.

*For variety*, try peeled orange slices, cranberry sauce (not jelly), or sliced fresh pears in place of the apples. With the pears, use brown sugar instead of the granulated for added flavor. Top with bread crumbs and bake 20 to 30 minutes.

**With orange juice.** Omit apples and water in recipe above. Pour over the sweetpotatoes  $\frac{1}{3}$  to  $\frac{1}{2}$  cup orange juice containing a little grated orange rind. Top with bread crumbs, and bake about 20 minutes.

**With ham.** For a main dish, use chopped cooked ham in place of the apples. Omit sugar and bread crumbs. Bake 20 to 30 minutes or until hot through.

**With peanuts.** For a "different" flavor, use chopped roasted peanuts instead of apples. Omit the fat and crumbs, and if nuts are salted, omit the salt. Bake 20 to 30 minutes.

## SWEETPOTATO FAVORITES

### Sweetpotato Pork Pie

1 pound pork, cubed	4 small onions, halved
1 tablespoon fat	2 tablespoons flour
3 cups cubed (about 1-inch cubes) sweetpotatoes	2 tablespoons water
1½ cups fresh or canned peas	1 teaspoon salt
	¼ teaspoon pepper
	Biscuit dough

Cook the pork in the fat until lightly browned. Add water to cover. Put on a lid and simmer meat until almost tender (about 1 hour).

Add the sweetpotatoes, peas (if fresh), onions, and water to cover vegetables. (If canned peas are used, don't add until the last 5 minutes of cooking.) Cook for about 20 minutes or until the vegetables are tender.

Make a paste of the flour and the 2 tablespoons of water. Add a little hot liquid from the stew. Then add paste to stew, stirring constantly. Season with salt and pepper.

Pour hot mixture into a greased baking dish. Top with biscuit rounds. Bake in a hot oven (425° F.) 20 to 25 minutes or until biscuits are browned.

*For variety*, omit the sweetpotatoes, and use more peas in the pie. Make a border of mashed, seasoned sweetpotatoes on top instead of topping with biscuits. Bake in a moderately hot oven (375° F.) about 20 minutes. Six servings.

### Glazed Sweetpotatoes

Pare sweetpotatoes and cut in half; drop into enough boiling water (containing ½ teaspoon salt) to just cover. For each sweetpotato add 1 to 2 tablespoons honey (corn or maple sirup, or molasses), and 1 teaspoon table fat. Cover and boil until sweetpotatoes are tender. If liquid has not cooked down enough by the time they are tender, remove cover and boil rapidly until a sirup is formed. Baste sweetpotatoes occasionally with the sirup.

**With orange.** Place alternate layers of cooked sweetpotatoes and sliced, peeled oranges in a greased baking dish. You will need about 2 oranges to 6 medium-sized sweetpotatoes. Make a sirup by combining—

¼ cup orange juice  
1 tablespoon grated  
orange rind  
¼ teaspoon salt

½ cup sugar  
2 teaspoons cornstarch  
2 tablespoons melted  
table fat

Pour sirup over sweetpotatoes. Bake in a very moderate oven (300° F.) about 1 hour. Baste with the sirup several times during baking. Six servings.

### **Candied Sweetpotatoes**

**With sirup or honey.** Slice or cut cooked sweetpotatoes in halves (6 medium-sized sweetpotatoes make 6 servings). Arrange in a shallow greased baking dish. Dot each layer with fat; sprinkle with salt. Pour over the top a cup of corn sirup or honey. Bake in a moderate oven (350° F.) 15 to 20 minutes, basting frequently with the sirup.

Or to save heating the oven you can candy sweetpotatoes in a frying pan on top of the stove. Use low heat to keep them from scorching.

**With brown sugar.** Combine and bring to a boil ¾ cup brown sugar, ⅓ cup water, ½ teaspoon salt, and 2 tablespoons table fat. Pour over the cooked halves from 6 medium-sized sweetpotatoes and bake as above for 20 to 25 minutes or until liquid is somewhat thickened and sweetpotatoes are browned. Baste frequently with sirup during cooking.

### **Roast Sweetpotatoes**

Place peeled raw sweetpotatoes around meat in roasting pan during the last hour or hour and a half of cooking the meat. Time will depend on size of sweetpotatoes and whether you cover them with a lid. Turn them and baste occasionally with meat drippings.

## Sweetpotatoes Fried With Apples

Pare and slice ( $\frac{1}{8}$  to  $\frac{1}{4}$  inch thick) about 3 medium-sized raw sweetpotatoes and 3 raw apples. (Leave skins on red apples to add color.) Then place in a hot frying pan with about 3 tablespoons melted table fat. Sprinkle with  $\frac{1}{4}$  to  $\frac{1}{2}$  cup brown sugar and a little salt. Cover; cook over low heat until tender and lightly browned, about 30 minutes; turn occasionally. Six servings.

Or if you have some left-over cooked sweetpotatoes or cooked dehydrated sweetpotatoes, first cook the sliced apples in a little fat until almost tender. Then add sliced cooked sweetpotatoes, sugar, and salt, and brown with the apples.

## Sweetpotatoes Fried, Country Style

Pare and slice ( $\frac{1}{8}$  to  $\frac{1}{4}$  inch thick) enough raw sweetpotatoes to make 1 quart. Put in a hot frying pan with 2 tablespoons of melted fat. Cover closely. Cook over low heat 10 to 15 minutes or until browned on the bottom. Turn and brown on the other side.

If desired, brown a little chopped onion in the fat before adding the sweetpotatoes. Six servings.

## Sweetpotato and Sausage Stuffing

$\frac{1}{2}$ pound sausage meat	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{3}$ cup minced onion	$1\frac{1}{2}$ cups soft, dry bread crumbs
$\frac{1}{2}$ cup chopped celery	
$\frac{1}{4}$ teaspoon poultry seasoning	2 cups hot mashed sweetpotatoes
$\frac{1}{2}$ teaspoon salt	

Cook sausage meat about half done, breaking it into small pieces. Add onion, celery, and seasonings and continue to cook until the meat is tender. Drain off surplus fat. Combine sausage mixture with crumbs and sweetpotatoes. Mix thoroughly. This stuffing is especially good in fowl, in a stuffed roast shoulder of pork, or in pockets cut in thick pork chops.



## **TASTY DISHES WITH LEFT-OVERS**

### **Sweetpotato Patties**

Shape cold mashed sweetpotatoes into small patties; roll in bread crumbs or crushed dry breakfast cereal. Brown on both sides in a little fat.

*For variety*, add to the sweetpotatoes chopped cooked left-over meat, or finely chopped apple.

### **Sweetpotato Hash**

Add chopped cooked sweetpotatoes and chopped cooked meat to a little fat in a frying pan. Season with salt and pepper. Moisten with about  $\frac{1}{4}$  cup hot water or gravy to 4 cups of combined sweetpotatoes and meat. Brown on both sides over moderate heat.

### **Sweetpotato Crust**

Line a baking dish with mashed sweetpotatoes seasoned with salt and a little fat. Fill center with vegetables and left-over bits of cooked meat moistened with gravy, or with firm cooked dried fruit or drained canned fruit. Cover with more mashed sweetpotato. Bake in a hot oven ( $425^{\circ}$  F.) until hot through. If you have just a little sweetpotato, make only the upper crust.

### **Sweetpotato Biscuit**

1 cup sifted all-purpose flour	$\frac{1}{2}$ cup fat
3 teaspoons baking powder	1 cup mashed sweetpotatoes
$\frac{1}{2}$ teaspoon salt	About 3 tablespoons milk

Sift together dry ingredients. Cut in fat with two knives or a pastry blender. Add sweetpotatoes and enough milk to make a soft dough. Knead lightly, if desired. Roll to  $\frac{1}{2}$ -inch thickness, cut in rounds, and place on a baking sheet. Bake in a hot oven ( $425^{\circ}$  F.) 15 to 20 minutes. Makes 12 medium or 15 small biscuits.

## "SWEETS" IN DESSERTS

### Sweetpotato Puff

To 3 cups mashed sweetpotatoes add 2 beaten egg yolks, 2 tablespoons melted fat, 2 tablespoons sugar (if desired), and about  $\frac{1}{2}$  teaspoon salt. Gradually add about  $\frac{1}{2}$  cup milk or orange juice and beat until light and fluffy. Add  $\frac{1}{2}$  cup raisins (soaked 5 to 10 minutes in boiling water). Beat 2 egg whites until stiff but not dry. Fold into sweetpotato mixture. Pile lightly into a greased baking dish and bake in a moderately hot oven ( $375^{\circ}$  F.) about 30 minutes or until puffed and browned.

### Sweetpotato Pie

$\frac{1}{2}$ cup sugar	2 eggs, slightly beaten
1 teaspoon cinnamon	1 cup milk
$\frac{1}{2}$ teaspoon allspice	2 tablespoons table fat,
$\frac{1}{4}$ teaspoon mace	melted
$\frac{1}{2}$ teaspoon salt	9-inch unbaked pastry
$1\frac{1}{2}$ cups mashed sweet- potatoes	shell

Mix sugar, cinnamon, allspice, mace, and salt. Stir in sweetpotatoes. Combine eggs, milk, and fat. Add to sweetpotato mixture. Pour into the pastry shell. Bake in a hot oven ( $400^{\circ}$  F.) about 40 minutes or until the filling is set.

### Sweetpotato Custard

$\frac{1}{4}$ cup sugar	2 eggs, beaten
$\frac{1}{2}$ teaspoon salt	$2\frac{1}{2}$ cups finely shredded
$\frac{1}{4}$ teaspoon nutmeg	raw sweetpotato (shred
1 teaspoon grated orange rind	just before using)
$1\frac{3}{4}$ cups milk	1 tablespoon melted table fat

Add sugar, salt, nutmeg, orange rind, and milk to the eggs. Mix thoroughly. Add sweetpotato and fat. Bake in greased custard cups in a pan of hot water in a moderate oven ( $350^{\circ}$  F.) about 30 minutes or until set. Six servings.

**Sweetpotato custard pie.** Pour custard into 9-inch unbaked pastry shell and bake in a hot oven (425° F.), for 10 minutes; reduce temperature to 350°, and continue baking for 30 minutes longer.

## **Sweetpotato Cake**

½ cup fat	2 teaspoons baking powder
1 cup sugar	¼ teaspoon soda
2 eggs	½ teaspoon cinnamon
1 cup mashed sweetpotatoes	½ teaspoon nutmeg
2 cups all-purpose flour	¼ teaspoon cloves
½ teaspoon salt	½ cup milk
	½ cup chopped nuts

Cream fat. Add sugar gradually and cream well. Add eggs, beating well after each. Add sweetpotatoes. Mix well. Sift together rest of dry ingredients; add alternately with milk to the creamed mixture, beginning and ending with dry ingredients. Add nuts. Mix well. Bake in a greased 9- by 9- by 2-inch loaf pan in a moderate oven (350° F.) 45 to 50 minutes. Top with caramel icing, if desired.

## **Sweetpotato and Molasses Cookies**

½ cup fat	2 cups sifted all-purpose flour
¼ cup sugar	½ teaspoon salt
1 egg	½ teaspoon soda
½ cup molasses	1 teaspoon baking powder
1 cup grated raw sweetpotato (grate just before using)	½ teaspoon ginger, if desired
1 teaspoon grated orange rind	¼ cup sour milk or buttermilk

Cream together the fat and sugar. Add the egg; beat thoroughly. Add molasses, sweetpotato, and orange rind. Sift together rest of dry ingredients; add alternately with the milk to sweetpotato mixture. Mix well and drop from a teaspoon onto a greased baking sheet. Bake in a moderately hot oven (375° F.) about 15 minutes or until golden brown. Makes 3 dozen.

## DEHYDRATED SWEETPOTATOES

You can use cooked dehydrated sweetpotatoes in any of the ways you would cooked fresh sweetpotatoes . . . mashed, in scalloped dishes, candied, hash-browned. Serve them plain boiled if you wish—seasoned with the cooking liquid, a little fat, and salt and pepper.

For best results in cooking dehydrated vegetables—

- Follow carefully directions on the package.
- Keep sweetpotatoes completely covered during soaking.
- Bring slowly to boiling; then boil gently to keep pieces whole.
- Cook in covered pan until tender and plump.

### How to Cook . . .

**Dehydrated sliced sweetpotatoes.** Add  $3\frac{1}{2}$  cups boiling water to 4 cups dehydrated sliced sweetpotatoes. Soak about 45 minutes in a covered pan. Add  $\frac{1}{2}$  teaspoon salt, cover, and bring slowly to boiling (about 5 minutes). Boil gently 10 minutes or until tender. Makes about 4 cups.

**Dehydrated diced sweetpotatoes.** Add 3 cups boiling water to 2 cups dehydrated diced sweetpotatoes. Soak about 45 minutes in a covered pan. Add  $\frac{1}{2}$  teaspoon salt, cover, and bring slowly to boiling (about 5 minutes). Boil gently for 25 to 30 minutes or until tender. Makes about 3 cups.

For *hash-browned sweetpotatoes*, boil only 15 minutes, as they continue to cook while browning.

INSTITUTE OF HOME ECONOMICS  
AGRICULTURAL RESEARCH SERVICE  
U.S. DEPARTMENT OF AGRICULTURE

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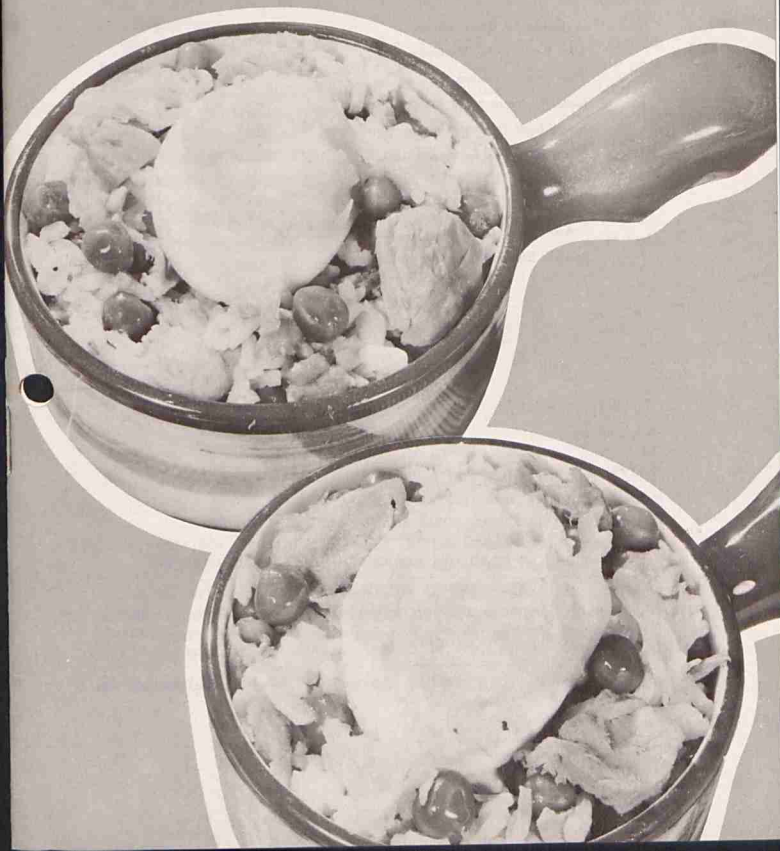
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# • Meals in Minutes



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# Meals in Minutes

Meals in a matter of minutes—especially dinners, is a problem with most homemakers. Breakfast and lunch (or supper) are just as important, but somehow they don't seem to cause as much worry.

There is hardly a woman alive who is not away from home at least part of the time. Whether it is time spent on a job for pay or contributed to some church or community organization, it takes time and energy away from home duties. Without the services of volunteer workers many worthwhile organizations would "fold up". Yet, families must be fed, too. Eating is both a necessity and a pleasure. So, it is important that your meals do their share toward keeping your family healthy and happy.

Meals prepared in minutes or hours should be fun to eat. With only a little extra care you can make sure they also will help safe-guard health.

## A Guide to Good Eating

Include these foods in your three meals every day.

**Milk**—2 cups or more for each adult

4 cups for children, teen-agers and pregnant women

6 cups for nursing mothers

Cheese and ice cream can be used as part of the milk.

**Fruits and Vegetables**—5 servings,  $\frac{1}{2}$  cup each. Be sure one is dark green or deep yellow in color; one rich in vitamin C, such as tomatoes, raw cabbage, raw or frozen strawberries, oranges or other citrus fruit; and three more servings of any other fruits and vegetables. (Potatoes may be one of these, but not necessarily).

**Meat, Eggs, Poultry, Fish and Cheese**—2 servings. Dried beans and peas or nuts may be used occasionally in place of one of these.

**Bread and Cereals**—(*Wholegrain or Enriched*). Some each day.

## Use Basic Meal Patterns

**Breakfast**—Fruit or juice; a protein food as milk, eggs, lean meat, fish or poultry; bread and cereal—one or both; beverage.

**Lunch or Supper**—Main dish of meat, cheese, eggs, poultry or fish, or a milk soup; one or more vegetables or fruits; (one may be an appetizer, salad or dessert); bread; dessert; beverage. Vegetables may be combined with meat in a one dish meal or casserole.

**Dinner**—Main dish of meat, poultry, fish, eggs, or cheese; two or more vegetables or fruits (one may be an appetizer, salad or dessert); bread; dessert; beverage. Vegetables may be combined with meat in a one dish meal or casserole.

## Plan Meals Ahead

North Carolina Home Demonstration women reported in a recent study that they considered planning menus and shopping ahead their biggest time saver in preparing meals. Yet, slightly over half of the 1,500 women reporting planned one or more meals in advance.

Why do so many women resist planning meals ahead when it saves time, money, energy and worry? Meals are actually better, too, for it is hard to repeat the same food often when you write down menus. Last minute planning becomes a *must*, and creates tension. Plan in advance to have what you *like*, but keep plans flexible so you can adjust them to a change in taste or conditions. "Work your head to save your heels", is an old saying, but still true. The less time and money you have to spend, the more carefully you need to plan your meals.

## Simplify Your Meal Planning

1. Keep paper, pencil, a recipe file and suggestions for quick dishes and menus in a handy spot. Remember, meals planned when you are hungry are apt to taste better. Also, "a long pencil helps a short memory".
2. Plan well balanced meals, three, five or more days in advance. Plan all three meals for a day at the same time. It will help you to keep check on whether or not all the health protecting foods for your family have been included.
3. A few well chosen, easy to prepare dishes served in quantity is the modern trend for family or company meals.

4. If special foods must be prepared for an invalid, child or others, try to plan the family meal around those foods.
5. Plan simple salads made of raw, canned or pre-cooked vegetables. They are high in food value and quickly prepared. Also, fresh, canned or frozen fruits served plain as desserts take less time to prepare than cakes, pies and fancy dishes. They are usually lower in calories, too.



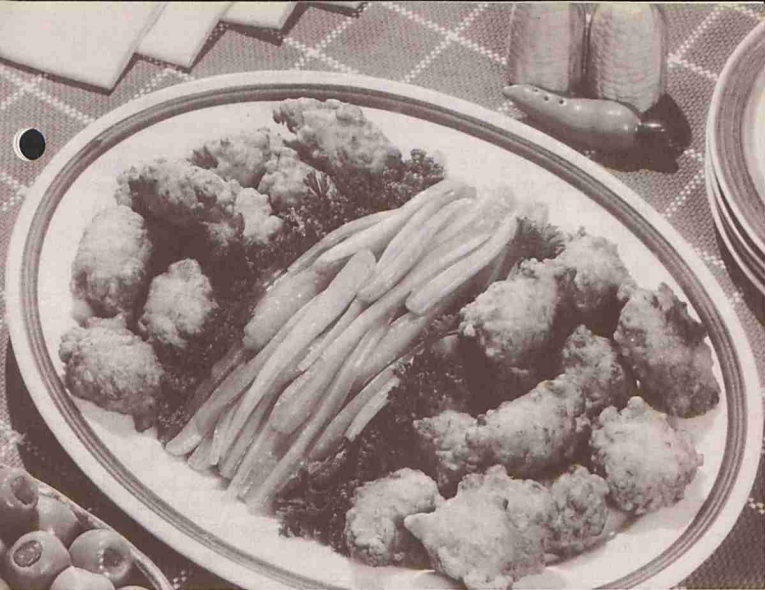
### Short Cuts In Meal Preparation

1. Arrange large and small kitchen equipment to save steps and stooping.
2. Have the right tools to do each food preparation job and keep them stored where they are to be used. Some small piece of equipment as a vegetable peeler, set of measuring cups or spoons or a sharp knife can save minutes in doing many food preparation tasks.
3. Check jobs you repeat often to see if you can find an easier or quicker way to do them. Take one task at a time, make a game out of trying to improve your way of doing it.
4. A pressure saucepan, electric mixer, timed-oven and other electric appliances were listed by home demonstration members as pieces of equipment they considered the biggest time savers. Put to work these time saving gadgets you may have already. They can't save time for you by staying on a shelf. A pressure saucepan will cut cooking time in half or less.
5. Collect in advance from the garden, pantry, freezer or grocery store, all food needed for preparing the meals. Be



especially careful to take food from the freezer long enough in advance to allow for necessary thawing.

6. When you cook turnip greens, collards or other foods you use often, prepare more than enough for one meal. Store extra portions in refrigerator or freezer.
7. While washing dishes and cleaning up after a meal, prepare for another meal some food that doesn't take close watching, such as baking potatoes or cooking a pot roast or stew.
8. Wrap cooked foods to be stored for later use in aluminum foil so they can be reheated in it.
9. Stick nails, aluminum rods or skewers through potatoes to be baked so heat will go quickly to the center and shorten cooking time. Or potatoes cooked in pressure saucepan 5 minutes will bake in oven in 20 to 30 minutes.
10. Use a cutting board and sharp, long blade knife to cut at one time several pieces of celery, onion, apple, or other foods to be chopped or cubed.
11. Coat foods with flour by shaking them in a paper bag containing flour and seasoning to save dishwashing.
12. Dip scissors in hot water to cut raisins and marshmallows more easily.
13. When baking, sift flour and sugar on wax or brown paper instead of a bowl. It saves dishwashing and pours more easily from paper than bowl.
14. To save time in making biscuits: Use a mix, cut rolled biscuits into squares instead of rounds or add extra milk and make drop biscuits.
15. Frozen and canned foods are a boon to busy homemakers. Everyday fare and glamour foods from far away places can be found in cans or frozen packages. In a matter of minutes frozen vegetables can be cooked, because before freezing they were washed and made ready to go in the pot then partially cooked while blanching. Canned vegetables need only re-heating with some seasoning added.
16. Cook and serve food in the same utensil whenever possible. It makes serving and cleaning up easier.
17. Use canned cream soups for white sauces or keep a white sauce mix on hand.
18. Go modern, use mixes, partially prepared or pre-cooked foods, either homemade or purchased. Study "convenience" foods available in the most up-to-date super markets. See how many you can make at home over week-ends, at night or other less pressing times.



### Time Savers in Serving

1. Have dishes, glassware and linen attractive, but easy to care for.
2. Arrange meat and vegetables on one platter with an eye for good color combination and design.
3. Combination or meal-in-one dishes served in a casserole save time in serving and dishwashing, as well as in preparation.

### Quick Main Dishes

(Recipes for starred dishes in suggested menus are in this pamphlet)

Steak, chops, ground meat patties, fish, young chickens, eggs and cheese fall into the quick cooking class. Here are some other main dish recipes with menu suggestions for meals that can be prepared in less than an hour.

### Skillet Corn Beef and Cabbage

- |                                   |                         |
|-----------------------------------|-------------------------|
| 1 can (12 oz.) corn beef          | 1 head (1½ lb.) cabbage |
| 2 tablespoons butter or margarine | 1 teaspoon salt         |

In a skillet heat the corn beef in the butter or margarine. Add the cabbage, which has been washed and coarsely chopped, then the salt. Toss lightly, cover with a tight lid and simmer 10 minutes or until fork tender.

*To complete the meal, serve: sweet potato souffle,\* celery, chocolate pudding cake.\**

### Quick Eggs Benedict

- |                      |                    |
|----------------------|--------------------|
| 8 rounds of toast    | 8 eggs, poached    |
| 1 cup ground ham, or | 1 cup cheese sauce |
| 2 cans deviled ham   |                    |

Spread the ham on rounds of toast. Top with poached eggs and spoon the cheese sauce over them. Serve immediately, two rounds to each person.

NOTE: To make cheese sauce see recipe for uses of White Sauce Mix (page 18), or heat 1 cup shredded cheese (¼ lb.), and 1 cup evaporated milk in top of double boiler until blended.

*To complete the meal, serve: green peas French style,\* sliced tomatoes, biscuits, butter, cherry cobbler.\**

### Pork Chop Suey

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| 2 cups lean pork (cooked or raw) | ½ cup shredded carrot                |
| 2 tablespoons flour              | 1 No. 1 can bean sprouts (may omit)  |
| ¼ cup fat                        | 4 tablespoons of soy or Steak sauce  |
| 1 teaspoon salt                  | Cooked rice or Chinese fried noodles |
| 1 cup water                      |                                      |
| 2 cups celery                    |                                      |
| 2 cups chopped onion             |                                      |

Roll pork in flour, brown lightly in melted fat in a pressure saucepan without lid. Add salt and water. If raw pork is used cook 15 minutes at 15 pounds pressure. Reduce pressure, open saucepan and add vegetables. Cook 10 minutes at 15 pounds pressure. Reduce pressure, add beans sprouts and soy or steak sauce. Heat and serve over rice or noodles. If cooking pork is used, omit the first 15 minutes of cooking under pressure. If pressure is not available, this recipe requires long slow cooking until pork is tender.

*To complete meal, serve: poppy seed slaw,\* French bread, hot gingerbread.\**

### Jiffy Shrimp Newburg

Heat one can (13 oz.) condensed shrimp soup (canned or frozen). Add  $\frac{1}{2}$  cup of the hot soup to 2 beaten egg yolks, then pour the mixture back into the soup, stirring constantly. Add 1 teaspoon of onion juice,  $\frac{1}{2}$  teaspoon celery salt, 1 tablespoon lemon juice, and 1 teaspoon sherry flavoring and 2 cups cooked shrimp. Cook until mixture thickens. Serve over cooked rice, Chinese fried noodles or toast.

*To complete meal*, serve: seasoned broccoli,\* frozen fruit salad and orange raisin cake\* with quick orange sauce.\*

### Cheese Puff Tuna Casserole

- |  |  |
|--|--|
| 3 tablespoons butter or margarine        | 1 can (10 oz.) cream of mushroom soup, undiluted |
| $\frac{1}{2}$ cup chopped celery         | 1 cup drained, flaked tuna (canned)              |
| 1 tablespoon finely chopped onion        | 1 cup green peas or baby lima beans              |
| 4 tablespoons ( $\frac{1}{4}$ cup) flour | 1 tablespoon lemon juice                         |
| $\frac{3}{4}$ cup milk                   |  |

Melt butter or margarine in saucepan, add celery and onion and cook 2 minutes, but do not let it brown. Blend in the flour, then the milk and mushroom soup. Cook until it thickens. Add the tuna, green peas and lemon juice. Pour into a greased 8 inch square pan and top with cheese puffs; recipe given below.

### Cheese Puffs

To 1 cup of Master Mix, on page 15, blend in  $\frac{1}{4}$  cup grated cheese, then add  $\frac{1}{3}$  to  $\frac{1}{2}$  cup milk to make a drop biscuit dough. Drop by spoonfuls on tuna mixture and bake about 25 minutes or until cheese puffs are lightly browned.

*To complete the meal*, serve: spiced asparagus,\* pineapple salad, drop biscuits, coffee pecan parfait\* and coffee.

### Sausage Skillet Casserole

Cook one pound sausage meat in a large skillet. Stir occasionally and break up with a fork while cooking. Remove meat from skillet. Drain off all grease but about  $\frac{1}{4}$  cup. Cook in the fat  $\frac{1}{4}$  cup chopped onion until it is soft. Add the sausage, a 6 oz. package of noodles cooked and drained, 2 cups cream style corn (fresh, canned or frozen), 1 cup of tomatoes (fresh or canned, or 1 can condensed tomato soup), and 1 teaspoon salt. Heat and serve hot.

NOTE: Ground beef, chopped chicken, canned fish or other seafood may be substituted for the sausage and any other cooking fat for the sausage fat.

*To complete the meal*, serve: tossed green salad, cornbread\* and doughnuts a'la mode.\*

### Chicken Noodle Casserole

- |                              |                         |
|------------------------------|-------------------------|
| 1 pkge. (5 oz. or 3½ cups)   | ⅔ cups evaporated milk  |
| medium cooked noodles        | 1½ cups shredded cheese |
| 2 cups diced cooked chicken  | ¼ cup chopped pimiento  |
| 1 cup chopped celery         | 1 teaspoon salt         |
| 1 can condensed chicken soup | Buttered bread crumbs   |

Place the well drained, cooked noodles in a 2 quart casserole. Top with chicken and celery. Mix and heat together while stirring the chicken soup, milk, cheese, pimiento and salt. Pour it over the chicken and noodles, then top with buttered bread crumbs. Bake uncovered in 400° F. oven for about 20 minutes or until bubbly hot and bread crumbs browned.

NOTE: 2 cups of medium white sauce can be substituted for the condensed soup and evaporated milk. To make: use 1 cup white sauce mix on page 18 and 2 cups of chicken broth. Cook noodles in chicken broth to give extra flavor, then use the same broth for making white sauce.

To complete meal, serve: corn Mexicana,\* vegetable salad, hot spiced applesauce sundae.\*

### Veal (or beef) Birds

- |  |                                   |
|--|-----------------------------------|
| 4 thin (¼") slices boneless veal or beef | 1 tablespoon finely chopped onion |
| Salt and pepper to taste                 | 1 teaspoon Worcestershire sauce   |
| 1 cup soft bread crumbs                  | Meat broth or water to moisten    |
| 1 tablespoon melted butter or margarine  | Flour                             |
|  | 2 tablespoons shortening          |

Sprinkle slices of veal with salt and pepper. To the bread crumbs add the melted butter, onion, Worcestershire sauce and meat broth or water to moisten. Place ¼ of the bread mixture on one end of each slice of veal. Roll up like a jelly roll. Fasten with toothpick, skewer or string. Roll in flour seasoned with salt and pepper. Brown on all sides in melted shortening in a skillet. Add 1 cup of meat broth or water. Cover tightly and simmer for 20 minutes or until tender.

NOTE: One bouillon cube or 1½ tablespoons of dry French onion soup may be dissolved in 1 cup of hot water to use in place of the meat broth.

To complete the meal, serve: onion and peanut casserole,\* speedy potatoes,\* Quick cake\* with Lemon sauce.





## Hasty Vegetables

Canned, frozen or quick cooking vegetables with or without a pressure saucepan can be made ready in a jiffy. Season them with melted butter, meat drippings or herbs for added flavor. For creamed vegetables make a quick sauce by using a white sauce mix or canned or frozen condensed cream soups.

### Corn Mexicana

- |                                    |                             |
|------------------------------------|-----------------------------|
| 4 tablespoons ( $\frac{1}{4}$ cup) | 2 tablespoons chopped       |
| chopped onion                      | pimiento                    |
| 1 tablespoon butter or             | $\frac{1}{2}$ teaspoon salt |
| margarine                          | 2 tablespoons milk or cream |
| 2 cups canned or frozen corn       |                             |

Cook onion in butter until tender. Add corn (drained if canned is used), pimiento, salt, and milk. Cook for 5 minutes.

### Sweet Potato Souffle

Cook four medium size unpeeled sweet potatoes in a pressure saucepan for 15 minutes at 15 pounds pressure. Reduce pressure at once. Peel potatoes, add three tablespoons of butter or margarine, one half cup of milk and one half cup sugar. Mash and whip potatoes, by hand, or with electric mixer. Place in a buttered casserole, top with marshmallows and bake 350° F. oven for a few minutes until marshmallows are a light brown. Serve hot.

### Onions and Peanuts

- |                              |                               |
|------------------------------|-------------------------------|
| 2 cups sliced onions         | 1½ cups cream sauce           |
| ¾ cup chopped salted peanuts | 1¼ cups buttered bread crumbs |

Cook sliced onions in salted water for 10 minutes. Drain, place in buttered casserole. Top with chopped peanuts, then the cream sauce. For quick sauce use White Sauce Mix (page 18) or condensed chicken or mushroom soup thinned with one fourth cup of milk. Sprinkle buttered crumbs on top and bake until mixture is hot and crumbs browned.

### Peas, French Style

- |                        |                                 |
|------------------------|---------------------------------|
| 1 package frozen peas  | 2 teaspoons butter or margarine |
| 2 large lettuce leaves |                                 |

Cook peas until tender (8-10 minutes) in one cup boiling water to which one teaspoon of salt has been added. Drain. Add shredded lettuce and butter.

### Poppy Seed Slaw

- |                                 |                           |
|---------------------------------|---------------------------|
| 3 cups shredded cabbage         | ¼ teaspoon Worcestershire |
| 3 tablespoons bought mayonnaise | Sauce                     |
| 1 tablespoon vinegar            | ½ teaspoon salt           |
| ½ teaspoon prepared mustard     | 1 teaspoon poppy seeds    |

Put shredded cabbage in a bowl. Mix mayonnaise, vinegar, and other ingredients. Pour over shredded cabbage and toss lightly with a fork and spoon.

### Spiced Asparagus

- |                    |                            |
|--------------------|----------------------------|
| 1 can of asparagus | 1 tablespoon melted butter |
| ¼ teaspoon mace    | or margarine               |

Heat asparagus in a small amount of the liquid from the can. Add mace to melted butter and pour over the hot asparagus.

### Seasoned Broccoli

Cook frozen broccoli for 5 to 8 minutes in boiling salted water (begin counting time when water begins to boil after putting broccoli in). Drain—pour over it a sauce made of two tablespoons bacon drippings and one tablespoon of lemon juice.

### Speedy Potatoes

Peel and cut white potatoes in ¼ inch slices. Place in a pressure saucepan with 2 tablespoons bacon drippings, 2 tablespoons water, and 1 teaspoon salt. Cook 8 minutes at 15 pounds pressure. Reduce pressure at once.

## Take-It-Easy Desserts

Make every quick meal a good one even down through the dessert. This is the final touch to satisfy your family's appetite and make eating a happy occasion.

There are so many items you can keep on hand to make last minute glamorous desserts for family or company. An endless variety of desserts can be made from these: ice cream, fruit—fresh, canned or frozen—cookies, cakes, pies or puddings (home-made or “store bought”), stored in the pantry or freezer; mixes for making quick cakes, pies or puddings.

### Quick Orange Sauce

- |                                |                          |
|--------------------------------|--------------------------|
| 1 cup sugar                    | 1 tablespoon lemon juice |
| $\frac{3}{4}$ cup orange juice | 1 teaspoon orange rind   |

Mix and stir until sugar is dissolved. Serve over hot cake, doughnuts or puddings. Is better if allowed to stand 30 minutes or longer for flavors to blend well and sugar thoroughly dissolve.

### Doughnuts a'la Mode

Split doughnuts and spread with jelly or a sweet topping. Heat 10 minutes in a 400° F. oven. Serve hot with or without whipped cream or ice cream.

### Maple Nut Topping

Blend together 2 tablespoons butter, 1 tablespoon Maple syrup, and  $\frac{1}{4}$  cup finely chopped pecans. Spread over doughnuts.

### Lemon Coconut Topping

Combine  $\frac{1}{4}$  cup sugar, 1 teaspoon grated lemon rind and 1 tablespoon lemon juice. Spread over doughnuts and sprinkle with shredded coconut.





### Coffee Pecan Parfait

Dissolve 1 package of orange flavored gelatin in  $1\frac{1}{4}$  cups hot coffee. Cut 1 pint of coffee, vanilla, or buttered pecan ice cream into chunks. Add to the hot coffee and stir until melted. Chill until mixture begins to thicken (5 to 10 minutes in metal ice tray placed in freezing compartment of refrigerator.) Fold in  $\frac{1}{2}$  cup chopped pecans. Fill parfait glasses or dessert compotes with mixture and allow to chill until firm. (About 35 minutes in refrigerator or 20 minutes in home freezer). Top with whipped cream and chopped nuts.

### Chocolate Pudding Cake

- |                                  |                                     |
|----------------------------------|-------------------------------------|
| 1 medium (8 oz.) angel food cake | 1 package instant chocolate pudding |
| $\frac{1}{2}$ pint heavy cream   | $\frac{1}{2}$ cup toasted almonds   |
| 1 cup milk                       |                                     |

Slice cake into four equal rings. Whip the cream. Add the chocolate pudding to the milk and beat until smooth and thick. Fold one half of the whipped cream into the pudding mixture. Divide this mixture into two bowls. Use half as filling between the four layers of angel food cake. Add the remaining whipped cream to the other half of chocolate pudding mixture and use it on top and sides of cake. Sprinkle sliced almonds on top. Place in refrigerator until ready to serve.

### Hot Spiced Apple Sauce Sundae

To 2 cups of applesauce add 2 tablespoons sugar,  $\frac{1}{4}$  teaspoon cinnamon and a dash each of nutmeg, allspice, and cloves. Heat and spoon over individual servings of vanilla ice cream.

## Speedy Breads, Desserts and Sauces

Use mixes for breads, desserts and sauces to save about 75 per cent of the mixing time.

### Master Mix

8 cups sifted flour	1½ cups shortening that needs
1 tablespoon salt	no refrigeration
¼ cup baking powder	

Sift together the flour, salt and baking powder. Chop in the shortening with an electric mixer at low speed, two knives or pastry blender until it looks like coarse meal. Store in tightly covered container on cabinet shelf.

NOTE: To save time in measuring and sifting use a 2 pound bag (8 cups) of self-rising flour and omit the salt and baking powder.

### Use Master Mix to Make:

#### BREADS

**Biscuits:** To 1 cup of master mix add ⅓ of cup of milk for cut biscuits. Add 1 or 2 tablespoons more milk to make *drop biscuits*. Makes 9 to 12 biscuits.

**Griddle Cakes or Waffles:** Into 3 cups of master mix add 1½ cups of milk and 1 egg that have been beaten together. Bake on hot griddle or waffle iron.

**Muffins:** To 2 cups of master mix, add 2 tablespoons sugar, 1 cup of milk, and 1 well beaten egg. Stir just enough to dampen all of the flour. Bake in greased muffin rings.

**Coffee Cake:** Combine 3 cups of master mix with ½ cup sugar, ⅔ cup milk and 1 egg. Turn into a greased 9 inch layer cake pan. Sprinkle over the top a mixture of ¼ cup brown sugar, 1½ tablespoons butter, 1 tablespoon flour and ½ teaspoon of cinnamon blended together. Bake in 400° F. oven.





**Cornbread:** To 1 cup of master mix add 1 cup corn meal, 1 table-spoon sugar, 1 cup of milk blended with 1 well beaten egg. Stir just until blended. Bake in greased pan or muffin rings in a hot (400° F.) oven.

**Nut Bread:** 3 cups of master mix,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup chopped nuts and 1 cup of milk mixed until well blended. Bake in moderate oven (350° F.) in a greased 5" x 8" loaf pan for 1 hour.

### CAKES

Serve these cakes the same day they are baked with a moist filling or sauce. They tend to be harder and dry the second day.

**Plain Cake:** To 3 cups of master mix add  $1\frac{1}{4}$  cups of sugar and 1 cup milk. Beat two minutes by hand or at low speed with electric mixer. Add two unbeaten eggs and continue beating for 2 minutes. Bake in two 8-inch pans lined with waxed paper in a moderate oven (350° F.) Serve the same day.

**Orange Raisin Cake:** Add  $1\frac{1}{2}$  cups of sugar and  $\frac{2}{3}$  cup raisins to 3 cups of master mix. Combine with this the grated rind and juice of 1 orange to which has been added enough water to make 1 cup liquid. Beat two minutes. Add two unbeaten eggs and beat two more minutes. Bake in two 8-inch layer cake pans lined with wax paper in a moderate (375° F.) oven. Serve same day.



**Chocolate Cake:** Mix in this order: 3 cups master mix,  $\frac{1}{2}$  cup cocoa,  $1\frac{1}{4}$  cups sugar, 1 cup milk. Beat 2 minutes by hand or with electric mixer at low speed. Add two unbeaten eggs and vanilla, beat 2 more minutes. Bake in two 8-inch layer cake pans in moderate (350° F.) oven. Serve same day.

**Gingerbread:** To 2 cups of master mix add  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  teaspoon each of cinnamon and ginger and  $\frac{1}{4}$  teaspoon cloves. Combine  $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  cup water and 1 egg. Stir half of the liquid in dry ingredients and beat 2 minutes. Stir in the remaining liquid and beat 1 minute. Bake in a wax-paper-lined 8-inch square pan in a 350° F. oven for about 40 minutes.

### COOKIES

**Drop Cookies:** To 3 cups master mix add 1 cup sugar,  $\frac{1}{3}$  cup milk, 1 slightly beaten egg and 1 teaspoon vanilla. Drop by teaspoonsful onto a greased cookie sheet. Bake in 375° oven 10 to 12 minutes.

**Chocolate Drop Cookies:** Add 2 squares (ounces) melted chocolate to above drop cookies.

**Banana Peanut Cookies:** Mix together  $1\frac{1}{2}$  cups master mix,  $1\frac{3}{4}$  cups quick rolled oats (uncooked), 1 cup sugar,  $\frac{1}{2}$  teaspoon soda,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{2}$  cup chopped salted peanuts, 1 slightly beaten egg, 1 cup (about 2 large) mashed bananas and  $\frac{1}{2}$  cup melted or liquid shortening. Drop by teaspoonsfuls onto a greased cooky sheet. Bake in 400° F. over about 10 or 12 minutes. Makes about 3 dozen.

**Fruit Bar Quickies:** Add to  $1\frac{1}{2}$  cups master mix, 1 cup sugar, 1 cup chopped nuts,  $\frac{1}{2}$  cup chopped dates, 1 teaspoon grated orange rind, 3 slightly beaten eggs, 1 cup mincemeat. Turn into a greased shallow 8" x 11" pan and bake in a 350° F. oven 20 to 25 minutes or until browned. Cut in bars.

### Pastry Mix

6 cups sifted flour  
1 tablespoon salt

2 cups shortening

Sift together the flour and salt. Chop in the fat until the mixture is of consistency of coarse meal. Store in a tightly covered jar in the refrigerator.

### Use Pastry Mix to Make These:

**Pie Crust:** For one 9 inch pie crust: to  $1\frac{1}{4}$  cups of pastry mix add 2 to 3 tablespoons of cold water gradually. Press into a ball then roll out. For a *two crust pie* use 2 cups of mix and 3 to 4 tablespoons of water.

**Cheese Straws:** With your fingers blend together 2 cups of pastry mix, one jar of sharp cheese spread and 2 drops of tobasco sauce. Put in cookie press and shape into strips about 1 inch wide and 2 inches long, or other shapes. Bake in 400° F. oven until a very light brown or 10 to 12 minutes.

**Brownies:** To 1½ cups pastry mix add 1½ cups sugar, ½ teaspoon baking powder, ½ cup chopped nuts, 3 beaten eggs, 2 squares melted chocolate or ½ cup cocoa, and 1 teaspoon vanilla. Bake in a well greased 10" square pan in a 375° F. oven. Cut into squares while hot.

### White Sauce Mix

*(Basic for cream soups, vegetables & meats, also scalloped dishes and many casseroles)*

2 cups butter or margarine	1½ tablespoons salt
2 cups flour	1 lb. (4 cups) nonfat dry milk

Blend all ingredients together with a pastry blender or an electric mixer at medium speed for 5 minutes. Store in a tightly covered container in the refrigerator. *To make 1 cup of medium white sauce* use ½ cup of the mix with 1 cup of hot water and cook until it thickens.

**Cheese Sauce:** Add ½ to 1 cup of shredded cheese to 1 cup of hot white sauce. Stir until cheese melts.

### Pudding Mix

2 cups sifted flour	3 cups cocoa
3 cups dry milk	3 teaspoons salt
3 cups sugar	

Mix ingredients thoroughly by sifting together three times. Store in a tightly covered glass or metal container on pantry shelf.

**Chocolate Pudding:** For 4 servings add 2 cups hot water to 1½ cups pudding mix. Stir and cook over boiling water at low heat until mixture thickens. Add ½ teaspoon vanilla and 1 tablespoon of butter or margarine. Cool and serve.

**Chocolate Sauce:** To 1 cup of pudding mix add ¼ cup sugar and 2 cups of hot water. Stir and cook over boiling water or low heat until thick. Add 2 tablespoons butter or margarine and ½ teaspoon vanilla. Serve over cake or ice cream.

**Chocolate Pie:** Add 3 egg yolks to hot pudding and cook 2 minutes longer. Pour into baked 9 inch pie shell, top with meringue made from 3 egg whites and 6 tablespoons of sugar. Bake until lightly browned.

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## STRAWBERRY DELIGHTS

by

S. Virginia Wilson, Extension Nutritionist

"God could have made a better berry, but doubtless God never did", Dr. William Butler said of the strawberry in the seventeenth century. Many people today agree wholeheartedly with him. Strawberries served with cream or as short cake are hard to beat. There are, however, many delightful ways to serve this luscious fruit.

Eat strawberries as a fruit course or on cereal for breakfast. Serve them as an appetizer, or in salads and desserts for lunch or dinner. The flavor and bright color of the fresh berry has been captured in the freezing process to make them a year-round favorite.

Fresh or frozen, strawberries are a delicious way to get your quota of Vitamin C. One scant cup of whole fresh or  $\frac{3}{4}$  cup sliced, frozen strawberries will give you the amount of vitamin C needed daily. Most people think that oranges and other citrus fruits are the only source of this vitamin. Strawberries, cabbage, tomatoes, cantaloupe and many other North Carolina produced foods are good sources of this health protecting vitamin.

Vitamin C cannot be stored in the body. A fresh supply is needed daily to: aid in healing wounds, to keep gums healthy, strengthen walls of blood vessels and help to fight colds and other forms of infection in the body.

Strawberries lose quickly much of their vitamin C if capped and left exposed to air. If they are to be held a few days, keep the whole berries unwashed and spread out in a container in the refrigerator. This prevents mold. To save food value wash and cap berries just before using and thaw frozen strawberries in the package. If fresh strawberries must be prepared a few hours ahead, keep them in a tightly covered container in refrigerator.

## STRAWBERRY TARTS

1 package unflavored gelatin  
2 tablespoons sugar  
 $\frac{1}{2}$  cup boiling water

$\frac{1}{2}$  cups frozen, sweetened, sliced  
strawberries  
1 baked pie shell  
Whipped cream topping

Mix the gelatin and sugar. Add boiling water and stir until dissolved. Cool until lukewarm. Add partially thawed strawberries and mix thoroughly. Fill baked tart shells with the mixture. Put in the refrigerator until filling sets. Top with sweetened whipped cream just before serving.

## FRESH STRAWBERRY PIE

1 quart strawberries  
1 cup sugar

3 tablespoons cornstarch  
1 baked pastry shell

Wash and hull strawberries. Drain thoroughly. Cover the bottom of the cooked pastry shell with the choicest berries. Crush the remaining berries. Add enough water to make  $\frac{1}{2}$  cups. Mix sugar and cornstarch. Add the crushed strawberries and bring to a boil. Cook over moderate heat until mixture is thickened and clear. Cool slightly, then pour over the berries in the pastry shell. Chill. Just before serving top with sweetened whipped cream.

(Over)

### STRAWBERRY PARFAIT

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 1 pkge. strawberry gelatin dessert | 1 cup crushed strawberries      |
| 1/2 cup sugar                      | 1 cup whipping cream, <u>or</u> |
| 1/2 cup boiling water              | 1 cup evaporated milk           |

Mix the sugar with strawberry gelatin, which already has some sugar in it. Add boiling water and stir until dissolved. Chill until it begins to set. Whip the cream until it forms a soft peak. (If evaporated milk is used, chill it in the freezing unit until the crystals form - then whip). Fold into the chilled gelatin mixture the whipped cream and crushed strawberries. Fill parfait glasses or dessert dishes 3/4 full with mixture. Chill until it sets. Just before serving top with sweetened whipped cream and a strawberry.

### STRAWBERRY ICE BOX CAKE

Fold into the strawberry parfait (above) an 8 or 9 inch angel food cake torn in bite-size pieces. Mold in a loaf pan lined with wax paper. Chill until set. Serve in slices topped with whipped cream and a strawberry.

### STRAWBERRY-PINEAPPLE DESSERT SALAD

- |  |   |
|--|---|
| 1 cup sliced, sweetened strawberries<br>well drained (fresh or frozen) | 1/3 cup coarsely chopped almonds<br>or pecans |
| 1 can (9 oz.) or 1 cup pineapple<br>tidbits, drained                   | 1/2 cup mayonnaise                            |
| 1 envelope (1 T.) plain gelatin  | 1 cup heavy cream, whipped                    |
| 1 cup tiny marshmallows  |   |

Drain the juice from the strawberries and pineapple. Soak the gelatin for 5 minutes in 1/4 cup of the combined juice. Heat the remainder of the juice to the boiling point and dissolve the softened gelatin in it. Chill until it begins to thicken. Blend in the strawberries, pineapple, marshmallows and nuts. Fold in the mayonnaise and whipped cream. Fill paper baking cups in muffin tins with the mixture and freeze until firm. Remove from paper cups and serve on crisp salad greens. Makes 16 servings.

### STRAWBERRY ICE CREAM

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| 1 envelop (1 tablespoon) gelatin | 1 egg, beaten                        |
| 1/4 cup water                    | 1/4 teaspoon salt                    |
| 1 quart strawberries             | 2 tablespoons lemon juice            |
| 1 cup milk                       | 1 1/2 cups whipping cream, <u>or</u> |
| 1 cup sugar (more if needed)     | 1 1/2 cups thin cream                |

Soak gelatin in water. Put through a coarse sieve the red, ripe berries, which have been washed, drained and hulled. There should be about 1 1/2 cups of this puree. Heat milk to scalding with sugar, pour slowly over the egg, beating thoroughly. Add salt, lemon juice and softened gelatin, and stir until gelatin is entirely dissolved. Chill. Whip the cream until stiff, fold in strawberries mixture and freeze in the refrigerator or stir in thin cream and freeze in a hand-turned freezer. Makes 8 to 10 servings.

(Over)

### FORGOTTEN STRAWBERRY TORTE

- |                              |                                     |
|------------------------------|-------------------------------------|
| 3 egg whites                 | 1/2 teaspoon vanilla                |
| 1/8 teaspoon salt            | 1/8 teaspoon almond extract         |
| 1/4 teaspoon cream of tartar | 1/2 cup heavy cream                 |
| 3/4 cups sugar               | 2 cups fresh or frozen strawberries |

Beat together egg white (at room temperature), salt, and cream of tartar until mixture holds a soft peak. Add sugar 2 tablespoons at a time, beating well after each addition. Continue to beat until mixture is very stiff. Add vanilla and almond extract. Butter the bottom, but not the sides of a 9x5x3 inch loaf pan. Spread the meringue evenly in the pan. Place in a 450° F. hot oven. Turn off heat immediately and let meringue stand in oven several hours or overnight. Turn out torte on a serving plate. Refrigerate until well chilled. Frost with sweetened whipped cream and top with strawberries. Serves 4 to 5. (This torte is soft - of marshmallow consistency).

### STRAWBERRY CAKE PUDDING

- |                                   |   |
|-----------------------------------|---|
| 3 tablespoons butter or margarine | 1 cup milk  |
| 1/2 cup flour                     | 1 package thawed, sweetened strawberries, <u>or</u> |
| 1/2 cup sugar                     | 3 cups fresh strawberries and                       |
| 1 teaspoon baking powder          | 1/2 cup sugar                                       |
| 1/8 teaspoon salt                 |   |

Melt butter in 2½ quart casserole. Sift together the flour, 1/2 cup sugar, baking powder and salt. Add the milk and blend thoroughly. Pour into casserole with butter. Do not stir. Add the thawed, frozen strawberries. Do not stir. If fresh strawberries are used, mix with sugar and heat until sugar is melted. Cook in a 400° F. oven until cake pudding rises to top and sets and sauce forms on the bottom - or about 30 minutes. Serve with or without sweetened whipped cream or vanilla ice cream.

### QUICK STRAWBERRY CHEESE CAKE

- |                                 |   |
|---------------------------------|---|
| 8 oz. package cream cheese      | 1 package thawed frozen, sliced strawberries, <u>or</u> |
| 2 cups milk                     | 3 cups fresh strawberries, and                          |
| 1 package instant lemon pudding | 1/2 cup sugar   |
| 1 8-inch Graham Cracker crust   | 2 tablespoons minute tapioca                            |

Stir cream cheese until very soft, then blend in 1/2 cup of milk. Add instant pudding mix to the remaining 1½ cups milk and beat for about one minute. Do not overmix. Pour into the Graham cracker crust and chill. Mix the tapioca with the thawed frozen strawberries or the fresh strawberries and sugar. Boil gently for about 2 minutes. Allow to cool. Spread the chilled strawberry mixture on the cheese cake just before serving.

(Over)



### STRAWBERRY RIDDLE CAKE

1/2 cup butter or margarine  
3/4 cup sugar  
1 egg  
2 cups flour  
3 teaspoons baking powder  
1/2 teaspoon salt

3/4 cup milk  
1 cup crushed strawberries  
1/2 cup chopped nuts  
1/4 cup sugar  
1/8 teaspoon nutmeg

Cream together the butter and sugar. Add egg and beat thoroughly. Sift together 2 times the flour, baking powder and salt. Add alternately with the milk. Turn half of the batter in a greased 8x8x2 inch pan. Combine the crushed strawberries, nuts, 1/2 cup sugar and nutmeg. Pour half of strawberry mixture over the batter in pan. Top with remaining cake batter, then the remaining strawberry mixture. Bake in a moderate (375° F.) oven 40 to 45 minutes. Serve warm with or without whipped cream.

### STRAWBERRY-PINEAPPLE MARLOW

1 cup sliced, sweetened strawberries or (1 cup well-drained, thawed frozen berries)	1 cup tiny marshmallows 1/3 cup coarsely chopped almonds 1 cup heavy cream, whipped
1 cup pineapple tidbits, drained	

Mix the strawberries, pineapple, marshmallows and nuts. Fold in the whipped cream. Chill. Serve in dessert dishes topped with a strawberry.

### STRAWBERRY WHIP

1 egg white                      1 cup powdered sugar                      1½ cups crushed strawberries

Beat the egg whites until foamy. Add sugar gradually beating after each addition. When stiff enough to hold its shape, fold in the crushed strawberries. Chill. Pile lightly into dessert dishes. Serve with or without a soft custard sauce.

# DRY BEANS, PEAS, LENTILS

## ...modern cookery



U. S. Department of Agriculture

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# DRY BEANS, PEAS, LENTILS

## ... modern cookery

Most cooks are old friends with some particular kind of dry bean or pea, or with the lentil. They like to cook and season it some favorite way.

But in markets today you may find wide variety to choose from: Kidney beans . . . limas . . . Great Northerns . . . pintos . . . pea beans . . . split and whole peas . . . lentils . . . others perhaps.

So, if you want to know beans, have cooking and eating acquaintance with a number of kinds, and ways of seasoning and combining them with other foods in savory dishes.

Foods of the dry-bean family—as they are sometimes called, for short—were once extra-slow to prepare in home kitchens. But times change, and cooking does also. This booklet gives methods of soaking and cooking based on research by the Human Nutrition Research Division. You'll find more than one short cut that makes the handy-to-keep bean also handy to cook.

All recipes in this booklet have been developed or adapted by research methods, to arrive at up-to-date, dependable directions.

### **Bargains—for budget and nutrition**

Dry beans and their close cousins, the dry peas and lentils, are food bargains, budget-wise and nutritionwise.

When buying, you can figure that a pound of one of these dry foods will provide 7 to 9 three-fourths cup servings.

All are substantial foods, good for energy. They contain B vitamins, especially thiamine, and worthwhile amounts of the mineral calcium. They are real nuggets of mineral value for the iron they provide—a cupful of cooked beans contains about half of a day's needs for iron. And with all this, they provide protein, which the body requires to build and repair its organs and tissues.

You can get the most good from protein of these bean-family foods if you have in the same meal some meat, cheese, or other protein from an animal source.

The reason? Proteins in foods are made up of different combinations of amino acids. Some of these proteins are more useful than others for the body's needs. There is especially good protein in meat and other foods from animal sources, and even a little combined with bean protein makes a strong protein team.

This leaflet includes a number of such combination dishes . . . chili con carne, beans in cheese sauce, lima bean and sausage casserole, bean and meat stew, bean-egg salad, and others.

### **Some need soaking . . . some not**

Beans and whole peas should be soaked before cooking to take up part of the water lost in drying. For full natural flavor and to save vitamins and minerals, use the soaking water for cooking. Split peas and lentils may be boiled or pressure cooked without soaking.

### **How much water?**

The cooking table on page 6 shows how much water to use when boiling or pressure cooking for plain serving. In some of the recipes in this booklet, you will find less water called for, because other ingredients provide some cooking liquid.

## **Short cuts for soaking and boiling**

A quick and effective way to soak beans and whole peas is to start by boiling them with the water for 2 minutes. Remove from heat, soak 1 hour, and they are ready to cook.

Even if soaking overnight fits your plans better, it is still an advantage to start with the 2-minute boil because there will be fewer hard skins. If the beans or peas are to be soaked overnight in a warm room, the brief boil will keep them from souring.

For beans that take an hour or longer to boil, cooking time may be shortened appreciably by adding baking soda to the soaking water. How much soda to use will depend on the hardness of the water. With most tap waters, adding  $\frac{1}{8}$  teaspoon of soda to the water allowed for 1 cup of dry beans will shorten cooking time about one-fourth.

Measure soda carefully and add to the soaking water at the start. Too much soda will affect bean flavor and nutritive value.

## **If you cook with seasonings**

One teaspoon salt in the cooking water with 1 cup of beans, peas, or lentils is about right for average taste. You'll want less salt, of course, if ham or salt pork is used.

For special flavor, add onions, herbs, or meat.

If you add tomatoes, catsup, or vinegar when boiling beans or whole peas, wait until they are cooked almost tender, because acids added earlier would delay their softening.

## **Fat cuts down foam**

Some kinds of beans foam up high during cooking. You can keep down foam when cooking Great Northern, red kidney, pinto, or pea beans by adding 1 tablespoon of salt pork drippings or other fat to the cooking water

for each cup of beans. This is particularly helpful in pressure cooking.

Fat is not of much help in keeping large limas from foaming.

### To avoid breaking

Rapid boiling and frequent stirring cause bean skins to break. So—boil beans gently and stir very little.

### Pressure cooking

It takes about 30 minutes for the whole process of pressure cooking beans or whole peas. This allows for a slow rise and fall of pressure, which is important in cooking these foods evenly. Thus cooked, they do not break as they would if pressure were raised and lowered fast.

Take two precautions to keep beans within bounds and to prevent clogging the cooker vent tube:

1. Add a little fat (see page 4).
2. Fill the cooker no more than one-third full, including the water.

The amount of water to use, and cooking times for different varieties are given in the table on page 6.

Here is pressure cooking procedure in more detail:

After soaking beans or whole peas and putting them into the cooker with the water and seasonings, adjust the lid, and heat to boiling. Let steam escape for 1 minute.

Put on pressure control or indicator, and over low heat bring pressure up slowly to 15 pounds. Start counting cooking time. After the number of minutes given in the cooking table, set the cooker off the heat to let pressure drop gradually.

## COOKING DRY BEANS, PEAS, AND LENTILS

When you start with 1 cup of—	To boil—		To pressure cook at 15 pounds—	Yield will be at least—
	Soak <sup>1</sup> in water—	Add 1 teaspoon salt and boil gently—	Soak in 2 cups water, add 1 teaspoon salt, and cook—	
Black beans (turtle soup beans).	3 cups .....	About 2 hours...	5 minutes .....	2 cups.
Blackeye beans (blackeye peas, cowpeas).	2½ cups .....	½ hour .....	..... <sup>(2)</sup> .....	2½ cups.
Cranberry beans .....	3 cups .....	About 2 hours .....	5 minutes .....	2 cups.
Great Northern beans ....	2½ cups .....	1 to 1½ hours....	3 minutes .....	2½ cups.
Kidney beans .....	3 cups .....	About 2 hours....	3 minutes .....	2¾ cups.
Lentils .....	2½ cups (no soaking needed).	½ hour .....	..... <sup>(2)</sup> .....	2½ cups.

Lima beans, large .....	2½ cups .....	1 hour .....	3 minutes .....	2½ cups.
Lima beans, small .....	2½ cups .....	About 45 minutes..	..... <sup>(2)</sup> .....	2 cups.
Pea (navy) beans .....	3 cups .....	1½ to 2 hours....	5 to 10 minutes....	2½ cups.
Peas, split <sup>2</sup> .....				2½ cups.
Peas, whole .....	2½ cups .....	1 hour .....	3 minutes .....	2½ cups.
Pinto beans .....	3 cups .....	About 2 hours....	10 minutes .....	2½ cups.

<sup>1</sup> Add to the beans or peas the amount of water indicated in the table. Boil 2 minutes and soak 1 hour before cooking. Or soak overnight if preferred. For beans or peas that take an hour or longer to cook, cooking time may be shortened appreciably by adding soda to the soaking water. (See "Short cuts for soaking and boiling," p. 4.)

<sup>2</sup> Beans that cook quickly are not ordinarily pressure cooked.

<sup>3</sup> Baking is recommended for split peas, unless they are to be pureed, because they break up easily during cooking if other methods are used. For each cup of split peas add 1½ cups water. Boil 2 minutes, then soak ½ hour. Place in a baking dish, cover, and bake at 350° F. (moderate oven) 25 minutes.



## Simple trimmings for serving

You don't have to dress up plain cooked beans to enjoy them. But when you want an easy change from the usual, try one of these trimmings at serving time:

- To drained beans add finely sliced celery or chopped green pepper or pimiento. Season further with butter, margarine, or meat drippings.
- Make a quick spicy sauce by thinning cat-soup or chili sauce with an equal quantity of water or the bean liquid. Add finely chopped onion. Pour the drained beans into the sauce, heat until the sauce bubbles, and you have beans Western style.
- Thin a little meat or poultry gravy and add a pinch of a favorite seasoning, such as mustard, thyme, poppy seeds, or ground cloves. Pour in the drained cooked beans and heat.

These trimmings are also good with whole peas and lentils.

## Servings

Recipes in this booklet make 4 servings of  $\frac{3}{4}$  cup or more, unless otherwise stated. If you use one of the hearty main dishes as the greater part of a meal, or allow for second helpings, increase the recipe.

## Boston baked beans

A good old slow way . . . a quicker way almost as flavorful . . .

2 cups dry pea beans or Great Northern beans	¼ pound salt pork
1½ quarts water	4 tablespoons molasses
1 teaspoon salt	½ teaspoon mustard

Soak beans in the water (see p. 6). Add salt and boil gently 45 minutes.

Make cuts through the rind of the pork about ½ inch apart. Put half the pork in a bean pot or deep baking dish. Add beans and rest of pork, exposing only the scored rind.

Mix molasses and mustard with the cooking liquid from the beans. Pour over the beans. Cover baking dish.

Bake at 250° F. (very slow oven) 6 or 7 hours; add a little hot water from time to time, if beans seem dry. During the last hour of baking remove the lid to let the beans brown on top.

6 to 8 servings.

**For shorter baking.** Boil pork 45 minutes along with beans. Add molasses and mustard and bake at 300° F. (slow oven) 3 hours. Remove the lid the last 30 minutes to let the beans brown on top.

**For a different flavor.** Put peeled onion in the bottom of the pot or add ½ cup chopped onion. Use 1 tablespoon Worcestershire sauce, ½ teaspoon ginger, and pepper to taste for seasoning. Or add ¼ cup catsup to the molasses, salt, and mustard.

### *Suggestions for re-serving baked beans*

Once you've baked a good-sized pot of beans, you have a start toward several quick meals. The next four recipes are for easily-prepared main dishes made with baked beans.

## Broiled bean sandwiches

4 slices bread  
2 cups baked beans

4 large slices fresh tomato  
4 strips bacon

Toast one side of bread under broiler. Spread beans on untoasted side; top with tomato and bacon.

Return to broiler for a few minutes, until bacon is crisp and beans are heated through.

4 servings.

**For variety.** Omit bacon; top beans with a slice of cheese and lay slice of tomato on top. Broil until cheese melts and beans are heated through.

## Beans in pepper cases

4 medium-sized green  
peppers

Catsup  
3 cups baked beans

Cut out stem ends of peppers; remove seeds. Boil peppers 5 minutes in salted water; drain.

Fill peppers with beans and pour catsup over them. Place peppers in a half-inch of hot water in a baking dish or a muffin pan.

Bake at 350° F. (moderate oven) until the peppers are tender and the beans heated through—about 30 minutes.

4 servings.

## Bean-tomato bake

3 cups baked beans

1½ cups canned or cooked  
tomatoes

Put beans in a baking dish. Pour tomatoes over them and bake at 350° F. (moderate oven) about 30 minutes.

4 servings.

**To use fresh tomatoes.** Place beans in baking dish and cover with thick slices of fresh tomato. Sprinkle with bread crumbs and dot with table fat. Bake as above.

## Bean patties

2 cups baked beans  
1 egg, beaten  
fine dry bread crumbs

Bacon drippings or other fat  
for browning

Mash beans; mix with egg. Shape into patties (8 small or 4 large) and roll in crumbs.

Brown on both sides in a little hot fat.

## Frijoles

Beans Mexican style . . .

1 cup dry pinto beans  
3 cups water  
1 teaspoon salt  
3 slices bacon, diced

½ cup chopped onion  
2 teaspoons chili powder  
Pepper

Soak beans in the water (see p. 6). Add salt and boil gently until tender.

Brown bacon in fry pan. Add onion and cook about 5 minutes.

Add beans and cooking liquid. Mash or chop beans. Season with chili powder and pepper.

Continue cooking, stirring constantly, until mixture is thick.

Serve the beans with catsup or your favorite tomato sauce.

4 servings.

## Mexican casserole

Gay color, high seasoning . . .

3 cups cooked dry beans,  
peas, or lentils  
1 cup cooked or canned  
tomatoes  
2 tablespoons chopped  
green pepper

¾ cup chopped onion  
½ teaspoon salt  
1 teaspoon chili powder  
Garlic salt  
4 strips bacon

Combine all ingredients except bacon.

Turn into greased baking dish. Arrange bacon strips over top.

Bake at 350° F. (moderate oven) 1 hour.

4 servings.

## Chili con carne

2 tablespoons bacon  
drippings  
1/3 cup chopped onion  
1 clove garlic, sliced  
1/2 pound ground beef  
2 1/2 cups cooked dry kidney  
or pinto beans  
1/3 cup minced green pepper

2 to 2 1/2 cups cooked or  
canned tomatoes  
1 bay leaf, crushed  
2 teaspoons sugar  
2 to 4 teaspoons chili  
powder  
Salt and pepper

Brown onion and garlic in drippings.

Add meat and cook slowly a few minutes, stirring occasionally.

Add remaining ingredients, season, and simmer until meat is tender and flavors are blended—about 30 minutes.

4 servings.

## Chili-cheese bake

Place chili con carne mixture in baking dish and sprinkle with 3/4 cup grated cheese.

Bake uncovered at 350° F. (moderate oven) about 30 minutes.

## Beans in cheese sauce

Quick and easy, with beans already cooked . . .

1 tablespoon butter or  
margarine  
1 tablespoon flour  
1 cup milk  
1 teaspoon Worcestershire  
sauce

1/2 teaspoon salt  
1 cup grated cheese  
3 cups cooked dry beans  
Crumbs mixed with fat, if  
desired

Melt fat and blend in the flour to make a smooth mixture.

Add milk slowly and cook over very low heat, stirring constantly, until thickened. Add seasonings and cheese, and stir until cheese is melted. Add beans.

Heat thoroughly over low heat. Or turn into greased baking dish, top with crumbs, and bake at 350° F. (moderate oven) about 20 minutes. 4 servings.



## Lima bean and sausage casserole

With carrots for special flavor and color . . .

1 cup large dry lima  
beans

2½ cups water

1 teaspoon salt

3 medium-sized carrots,  
sliced

½ pound sausage

2 tablespoons chopped onion

Soak beans in the water (see p. 6). Add salt and boil gently for 30 minutes. Add carrots the last 5 minutes. Do not drain.

If bulk sausage is used blend onion with it, shape into small patties, and brown in fry pan. If link sausage is used, cut in ½-inch slices and brown with the onion.

Add the cooked sausage and 2 tablespoons of the drippings to the beans.

Bake at 350° F. (moderate oven) in a covered casserole until beans are tender, about 1 hour. If necessary, add extra water during baking.

4 servings.

## Bean and meat stew

Use any kind of beans, any kind of meat . . .

¾ cup dry beans  
cups water

¼ cup finely chopped salt  
pork

½ cup chopped onion

½ pound ground lean meat

2 cups cooked or canned  
tomatoes

Salt and pepper

Soak beans in the water and boil gently until almost done (see p. 6).

Meanwhile, fry salt pork crisp in a large fry pan and remove.

Brown onion lightly in the pork fat, add meat, and cook about 5 minutes. Add pork.

Add tomatoes and beans. Cook slowly 30 minutes. With the longer-cooking beans, you may need to add more water.

Season with salt and pepper to taste.

4 servings.

## Curried lima beans and pork chops

1 cup large dry lima beans  
2½ cups water  
1 teaspoon salt  
4 pork chops

Salt, pepper, flour, fat  
½ teaspoon curry powder  
¼ cup catsup

Soak beans in the water (see p. 6). Add salt and boil gently 30 minutes. Drain, saving the cooking water.

Sprinkle chops with salt, pepper, and flour; brown in a little fat in heavy fry pan.

Combine the beans with the curry powder and catsup in a baking dish and top with the browned chops. Rinse out drippings from fry pan with the cooking water from beans and pour this over the chops.

Bake, covered, at 350° F. (moderate oven) 45 to 60 minutes.

4 servings.

## Hopping John

A Southern favorite . . .

½ cup dry blackeye or pinto  
beans  
2¼ or 3 cups ham broth

½ cup chopped cooked ham  
½ cup rice  
Salt and pepper

Soak beans in ham broth by the short method (see p. 6), using 2¼ cups broth for the blackeye beans, 3 cups for pinto beans. Do not soak overnight in broth.

Boil beans gently in broth until they are almost done (see p. 6).

Add ham and rice and cook covered until rice is done—about 20 to 30 minutes, depending on kind of rice. The liquid should be almost cooked away by the time the rice is tender. If there is too much liquid as the mixture cooks, take off the cover the last 10 minutes and turn up the heat. If the mixture seems too dry, add more ham broth.

4 servings.

## Succotash

Modern cooks can find many ways to vary that old Indian invention—succotash. Try it this way, using dry limas, corn, and onion . . .

½ cup dry lima beans	¼ cup chopped onion
1½ cups water	1½ cups whole-kernel corn, canned or cooked
2 tablespoons butter, margarine, or drippings	Salt and pepper

Soak beans in the water (see p. 6). Boil gently until done.

Heat the fat in a heavy pan, brown the onion lightly in it, and add to the beans.

Add corn, season to taste with salt and pepper, and heat for a few minutes.

4 servings.

**For variety.** Add a little finely shredded green pepper—about ¼ cup—with the corn for extra color and flavor.

Raw corn, cut from the cob, or frozen whole-kernel corn may be used. Add it to the beans about 10 minutes before they are done.

## Beans with frizzled beef

An extra-good flavor team . . .

¼ cup butter or margarine	1½ cups milk
2 ounces dried beef, torn into medium-sized pieces (¾ cup loosely packed)	2 cups cooked dry beans
2 tablespoons flour	1 teaspoon Worcestershire sauce
	Pepper

Melt fat over low heat; add beef and cook until edges curl.

Add flour and stir until it is well blended with the fat. Pour in the milk slowly, stirring constantly.

Cook until smooth and thickened, stirring constantly.

Add beans and season with pepper; add salt if needed. Heat thoroughly.

4 servings.

## Bean or pea soup

1 cup dry beans or whole  
peas  
6 cups water

Meaty ham bone  
1 small onion, chopped  
Salt and pepper

Soak beans or peas in the water (p. 6). Add ham bone; boil gently 2 hours in a covered pan.

Add onion and continue cooking 30 minutes longer, or until beans are soft. Remove bone and cut off the meat.

Add meat to soup; season with salt and pepper. Reheat to boiling, stirring constantly.

4 servings.

**With left-over ham.** Instead of using a ham bone, cook  $\frac{1}{2}$  to 1 cup chopped ham with the beans or peas.

**With ham broth.** Use ham broth in place of ham bone and water. Soak beans or peas by short method; do not soak overnight in broth.

**For a thick, smooth soup.** Mash beans or peas, or put through a sieve, before adding the meat from the ham bone. Mix 2 teaspoons flour with a little water and stir into the soup. Boil 1 minute, stirring constantly.

## Black bean soup

Use black beans in the above recipe. Cook  $\frac{1}{2}$  cup chopped celery, a few whole cloves, 1 teaspoon lemon juice, and  $\frac{1}{2}$  teaspoon Worcestershire sauce with the beans. Garnish soup with lemon wedges and slices of hard-cooked egg.

## Split pea or lentil soup

1 cup dry split peas or  
lentils  
6 cups boiling water

Ham bone  
1 small onion, chopped  
Salt and pepper

Add peas or lentils to the water with ham bone and onion. Boil gently about 2 hours—until of consistency desired for soup.

Remove ham bone. If lentils are used, press soup through a coarse sieve to remove skins. Chop meat from bone and return it to the soup. Season and reheat. Makes 4 servings.

If there is little or no meat from the bone, garnish bowls of soup with thin slices of frankfurters or bologna, or add  $\frac{1}{2}$  cup ground peanuts before reheating the soup.

## Bean and cabbage soup

2 medium-sized carrots, sliced	2 cups cooked dry beans or lentils
$\frac{1}{4}$ cup chopped celery	1 cup finely chopped cabbage
1 small onion, chopped	
3 cups meat stock	Salt, pepper, garlic salt

Cook carrots, celery, and onion in stock until almost tender—about 15 minutes.

Add beans or lentils and cabbage and cook 5 minutes longer. Season.

4 servings.

For an Italian-style soup—cook  $\frac{1}{2}$  cup spaghetti broken in 1-inch lengths with carrots, celery, and onion. Sprinkle each serving with grated cheese.

## Bean chowder

$\frac{3}{4}$ cup dry beans	$1\frac{1}{2}$ teaspoons flour
2 cups water	$\frac{1}{3}$ cup shredded green pepper
$\frac{1}{2}$ teaspoons salt	1 to 2 tablespoons butter, margarine, or drippings
$\frac{3}{4}$ cup diced potato	$1\frac{1}{2}$ cups milk
1 small onion, chopped	
$\frac{3}{4}$ cup cooked or canned tomatoes	

Soak beans in the water, add salt, and cook until almost done (see p. 6). Add potato and onion; cook 30 minutes. With the longer-cooking beans you may need to add more water.

Mix flour with a little of the tomato and add to the beans with rest of tomato, the green pepper, and fat. Cook 10 minutes, stirring occasionally to prevent sticking.

Stir in the milk and reheat quickly.

4 servings.



## Hot bean salad

If you like hot salad, try the bean variety . . .

2 strips bacon, chopped, or  
3 tablespoons diced salt  
pork  
 $\frac{1}{2}$  cup chopped onion  
3 cups cooked dry beans

$\frac{1}{2}$  teaspoon mustard  
 $\frac{1}{4}$  cup vinegar  
 $\frac{1}{4}$  cup water  
Salt and pepper

Brown bacon or salt pork in a large fry pan, add onions, and cook until lightly browned.

Add beans, mustard, vinegar, and water. Simmer, stirring gently from time to time, until the beans have absorbed the liquid. Season to taste, and serve hot.

4 servings.

## Bean-peanut salad

2 cups cold cooked dry  
beans  
1 cup salted peanuts  
1 teaspoon grated onion

$\frac{1}{2}$  cup coarsely chopped  
celery  
Thick dressing to moisten  
Salt and pepper

Mix all ingredients together lightly. Chill. Serve on salad greens.

4 servings.

## Bean-egg salad

Use 1 cup coarsely chopped hard-cooked eggs instead of the peanuts in the recipe above; thin the dressing with vinegar or sweet pickle liquid. Garnish with pickle slices.

Red kidney beans are colorful in this salad.

## Bean-cheese salad

2 cups cold cooked dry  
beans  
 $\frac{2}{3}$  cup diced sharp cheese  
 $\frac{1}{4}$  cup pickle relish or sliced  
stuffed olives

1 cup chopped celery  
 $\frac{1}{3}$  cup tart french dressing  
Salt and pepper

Mix ingredients; serve on salad greens.

4 servings.

## Bean, carrot, and cabbage salad

2 cups cold cooked dry  
beans  
2 cup coarsely shredded  
carrots  
½ cup shredded cabbage

1 small onion, grated  
¼ cup pickle relish  
Salt  
⅓ cup french dressing

Combine ingredients and mix lightly.  
Serve very cold.

4 servings.

## Bean-stuffed tomato salad

2 cups cooked dry beans  
1 cup diced luncheon meat  
2 tablespoons finely chopped  
green pepper  
⅓ cup tart salad dressing

4 tomatoes  
Salad greens  
1 small onion, cut in thin  
rings

Mix beans, meat, and green pepper with  
the dressing.

Split tomatoes in quarters two-thirds of  
the way through. Spread open and fill center  
with mound of bean mixture.

Serve on salad greens and garnish with  
onion rings.

4 servings.

## Bean purees

Large lima beans and Great Northern  
beans are soft and mealy enough when well-  
cooked to puree easily. These two kinds of  
beans make light-colored, bland purees that  
come in handy for hurry-up meals.

Two cups of uncooked beans make about 4  
cups of puree. Ways to use it are given on  
pages 21 to 23.

Puree may be made by gentle boiling, or by  
pressure cooking if you have a 6-quart pres-  
sure saucepan. Soak the beans as usual (see  
p. 4) and cook in the soaking water. Amount  
of water and cooking time vary with the two  
kinds of beans and two cooking methods.

**To make puree by boiling.** For 2 cups of large lima beans, use 5 cups water for soaking. Add 2 teaspoons salt to the soaked beans and boil gently 1 hour in a tightly covered pan, stirring occasionally for even cooking.

For 2 cups of Great Northern beans, use 6 cups of water, and boil as for limas, cooking  $1\frac{1}{2}$  hours.

Put beans and cooking water through a sieve or food mill.

**To make puree by pressure cooking.** First of all, make sure your cooker is large enough to take the beans and soaking water without being more than one-third full. For 2 cups of beans you will need a 6-quart cooker.

For 2 cups of large lima beans, use  $4\frac{1}{2}$  cups of water for soaking. Put soaked beans and soaking water into the cooker. Add the salt and 2 tablespoons of fat, and adjust the lid. Bring to boiling and let steam escape for 1 minute, and bring the pressure to 15 pounds. Cook 20 minutes and remove the cooker from the heat. Let the pressure come down gradually.

For 2 cups of Great Northern beans, use 5 cups of water for soaking. Follow the directions for lima beans, cooking 20 minutes at 15 pounds pressure.

Put beans and cooking water through a sieve or food mill.

**Cooling and storing.** Cool puree quickly by setting the pan in cold water or crushed ice and stirring frequently. Store at once in the refrigerator. To keep the puree more than a few days, can or freeze it.

**To can puree.** Heat the puree thoroughly and pack it hot.

*In pint glass jars:* Leave  $\frac{1}{2}$ -inch head space. Adjust closures. Process immediately at 10 pounds steam pressure (240° F.) for 105 minutes. Complete seals if closures are not of self-sealing type.

*In No. 2 cans:* Leave  $\frac{1}{8}$ -inch head space. Exhaust cans 10 minutes. Seal and process immediately at 10 pounds steam pressure (240° F.) for 105 minutes.

To exhaust. Place the open, filled cans in a large kettle containing enough boiling water to come 2 inches below the tops of the cans. Cover kettle, bring water again to boiling, and boil 10 minutes.

You may omit exhausting if you find that the temperature of the puree in the center of the can is 170° or higher when you are ready to seal. Always exhaust if you do not have a thermometer to test the temperature, or if the temperature is below 170° F.

**To freeze puree.** Pack cold puree into clean containers (glass, plastic, or cellophane-bag-in-box). If you use containers with wide tops leave  $\frac{1}{2}$ -inch head space in pints, 1 inch in quarts. With narrow-top containers leave  $\frac{3}{4}$ -inch head space in pints,  $1\frac{1}{2}$  inch in quarts. Seal and freeze promptly.

### *Ways to use puree*

Bean puree makes a good base to use for sauces and soups, or as a meat stretcher. Here are a few recipes.

### **Mustard sauce**

2 tablespoons butter or  
margarine  
1 tablespoon flour  
1 cup bean puree

1 cup milk  
1 teaspoon dry mustard  
Salt

Melt fat and blend in the flour. Add milk and puree slowly and cook over very low heat, stirring constantly, until thickened.

Add mustard and salt. Cook 5 minutes longer, stirring occasionally.

Makes about 2 cups.

Serve the sauce with frankfurters, ham, or roast meat.

**For variety.** Substitute 1 teaspoon curry powder for mustard; serve sauce with fish.

## **"Hot" sauce**

1 tablespoon fat (bacon  
drippings)  
1 small onion, sliced  
1 cup bean puree  
1 clove garlic

½ cup fresh tomatoes cut  
in pieces, or cooked or  
canned tomatoes  
Salt and pepper  
½ teaspoon chili  
powder

Cook onions in fat a few minutes. Add remaining ingredients. Cook over low heat, stirring often, until thickened.

For a thicker sauce continue cooking 10 to 15 minutes, stirring occasionally. Remove clove of garlic. Serve over fried or broiled pork link sausage.

Makes 1¼ cups.

## **Cream of bean soup**

2 tablespoons butter or  
margarine  
2 tablespoons flour

2 cups bean puree  
2 cups milk  
Salt and pepper

Melt fat and blend in the flour. Add puree and milk slowly, and cook over low heat until thickened, stirring constantly. Cook 2 to 3 minutes longer, stirring occasionally. Season.

4 servings.

For variety. Add 2 teaspoons of onion juice or sprinkle with grated cheese or add 2 teaspoons Worcestershire sauce.

## **Bean and celery soup**

2 cups meat stock or  
bouillon  
½ cup chopped celery  
and leaves

1 small onion, sliced  
1 tablespoon flour  
2 cups bean puree  
Salt and pepper

Cook vegetables in the stock or bouillon until tender.

Blend flour with a little water and stir into puree. Combine with stock mixture. Cook until thickened. Cook 2 to 3 minutes longer, stirring occasionally. Season.

4 servings.



## Bean and bacon soup

2 strips bacon  
1 medium-sized onion,  
chopped (1/2 cup)  
1 tablespoon flour

2 cups bean puree  
2 cups milk or meat stock  
Salt and pepper

Fry bacon, remove from pan, and drain on paper. Cook onion in bacon drippings until golden color. Blend flour with onions and fat.

Add puree and milk or meat stock gradually, and cook over very low heat, stirring constantly until thickened. Cook 2 to 3 minutes longer, stirring occasionally. Season with salt and pepper.

Crumble bacon and sprinkle on top of soup.  
4 servings.

**For variety.** Use left-over bits of ham in place of bacon for garnish, or stir in bits of spiced cold meat, such as bologna, and garnish with croutons.

## Stuffed peppers

4 medium-sized green  
peppers  
1/2 cup chopped celery  
1 small onion, chopped  
2 tablespoons butter or  
margarine  
1 cup bean puree

1 cup diced luncheon meat  
or cooked ham  
1 cup bread crumbs  
1 egg, beaten  
Salt and pepper  
Crumbs mixed with melted  
fat

Cut out stem ends of peppers and remove seeds. Boil peppers 5 minutes in salted water; drain.

Cook celery and onion in fat until tender. Mix with the puree, meat, crumbs, eggs, salt, and pepper.

Fill peppers with puree mixture; top with crumbs mixed with melted fat. Place in a baking dish with 1/2 inch of hot water.

Bake at 350° F. (moderate oven) until peppers are tender and crumbs are browned—about 30 minutes.

4 servings.

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Institute of Home Economics

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# TOMATOES

*on your  
table*



Leaflet No. 278

UNITED STATES DEPARTMENT OF AGRICULTURE

# **TOMATO TIME IS ANY TIME**

Tomatoes, red, ripe, and fresh from summer vines . . . tomatoes green for pies and other good dishes after the first light frost of fall . . . tomatoes for winter and early spring "put up" plain or in juice, butter, marmalades. Around the calendar tomatoes add their special note of bright color, tempting flavor, and vitamin value.

## **Tomatoes Star for Vitamin C**

Tomatoes are among the most important sources of vitamin C. One medium-sized tomato (three to a pound) will give you nearly half your day's quota of vitamin C, as well as a generous amount of vitamin A.

To get most good from tomatoes, eat them raw and fresh. But remember they hold a large share of their vitamins even when cooked or canned.

## **Tomato Tips**

- Ripe tomatoes keep best in the refrigerator, where the cold stops the ripening process. (For ripening tomatoes, see below.)

- Make a practice of peeling and cutting tomatoes just before using. If you must prepare them early, keep them covered in refrigerator until time to cook or serve them.

- To peel tomatoes:

Stroke the skin with the dull edge of a knife blade until skin is loosened, or

Dip the tomato in boiling water for 1 minute, then cool at once in cold water, or

Run fork into tomato and rotate it over heat of cooking unit until the skin is tight and shiny. Cool at once in cold water.

## **Tomato Ripening**

Underripe tomatoes, even mature green ones about to turn color, will ripen indoors. Spread them out at cool room temperatures (at 60°

to 70° F.), in the cellar or woodshed, or on the porch if not too cold.

Light isn't needed to produce good red color after tomatoes are picked. Ripening on a sunny window sill in summer is a poor practice; too much sunlight prevents development of normal or even color.

Immature green tomatoes won't ripen and are likely to rot if kept too long. It's best to cook them soon after picking.

## **COOKED TOMATOES . . . RIPE OR GREEN**

### **Stewed Tomatoes**

Remove stem ends and quarter 6 medium-sized ripe or green tomatoes (peel ripe tomatoes, if preferred). Add 1 tablespoon minced onion for flavor, if desired. Cover and cook until tender—10 to 20 minutes for ripe tomatoes, 20 to 35 for green. Add a little water to green tomatoes, if needed.

Season with 1 teaspoon salt; a little pepper; sugar, if desired— $\frac{1}{2}$  teaspoon for ripe tomatoes, 1 tablespoon for green; and 1 tablespoon fat. For variety, add  $\frac{1}{2}$  cup soft bread crumbs before serving or top with toasted bread cubes. Six servings.

Season canned tomatoes in the same way as fresh ripe, and heat (if onion is added cook until onion is tender).

**With onions or celery.** Cook chopped ripe tomatoes with half as much sliced onion or chopped celery. Season as above. Cook covered until onion or celery is tender—about 20 minutes. This is an excellent way to use the outer stalks of celery that are less desirable for eating raw.

### **Fried Tomatoes**

Slice 6 medium-sized ripe or green tomatoes about  $\frac{1}{2}$  inch thick. Dip in mixture of  $\frac{1}{2}$  cup fine, dry bread crumbs or flour,  $\frac{1}{2}$  teaspoon salt, and a little pepper. Cook in a small amount



of fat until brown on both sides. If desired, dip tomatoes in beaten egg, then in flour or bread crumbs before cooking. Six servings.

### Broiled Tomatoes

Wash 6 medium-sized tomatoes, ripe or green, and remove stem ends. Cut tomatoes in two, and place cut side up in shallow pan or on broiling pan. Brush with melted fat and sprinkle with salt and pepper. Place under direct heat with top of tomatoes about 3 inches below the tip of flame or broiler unit. Broil until tender—10 to 15 minutes for ripe tomatoes, 15 to 25 for green. If desired, sprinkle with fine bread crumbs or grated cheese for the last few minutes of broiling. Six servings.

### Scalloped Tomatoes

3½ cups sliced fresh or canned (No. 2½ can) tomatoes	Pepper Sugar, if desired—½ teaspoon for ripe or canned tomatoes, 1 tablespoon for green
¼ cup minced onion	
2 tablespoons minced green pepper, if desired	2 cups soft bread crumbs
1 teaspoon salt	2 tablespoons fat

Combine tomatoes (ripe or green), onion, green pepper, salt, pepper, and sugar if used. Place in a baking dish alternate layers of tomato mixture and bread crumbs, ending with bread crumbs. (For a thinner mixture, omit 1 cup of the crumbs.) Dot with fat. Bake at 375° F. (moderate oven) 20 to 30 minutes for ripe tomatoes, about 45 for green.

If desired, sprinkle ½ cup grated cheese over the top for the last 10 to 15 minutes of baking. Six servings.

For variety, combine ripe tomatoes with other vegetables. Reduce tomatoes in above recipe to 2½ cups and add . . . 2½ cups cooked whole-kernel corn; or 3 cups shredded cabbage; or 1 medium-sized eggplant, pared and cut in ½-inch pieces; or 4 cups sliced crookneck squash; or 4 medium-sized onions, sliced or quartered, in place of the minced onion. Combine as for scalloped tomatoes. Cover and bake until vegetables are tender . . . with corn, 20 to

30 minutes; with onions, about 1 hour; with cabbage, eggplant, or squash, the scallop will need to bake 45 to 50 minutes. Remove the lid for the last 15 to 20 minutes to brown crumbs.

### **Baked Tomatoes**

Wash and remove stem ends of 6 medium-sized tomatoes, ripe or green. Place in a baking dish, brush with melted fat, and sprinkle with salt and pepper. Add just enough hot water to cover bottom of dish. Cover and bake at 375° F. (moderate oven) until tender—about 30 minutes for ripe tomatoes, about 45 for green. If desired, sprinkle with bread crumbs before baking.

**On the half shell.** Cut tomatoes in two, place cut side up in a baking dish, brush with melted fat, and season with salt and pepper. Cover and bake at 375° F. (moderate oven) until tender—about 30 minutes.

**Stuffed.** Scoop out center of six ripe tomatoes, leaving a shell about  $\frac{1}{4}$  inch thick. Chop pulp and mix with an equal amount of soft bread crumbs. Add 2 tablespoons minced onion cooked in 1 tablespoon fat until lightly browned. Season with salt and pepper. Stuff tomatoes, and place in a greased baking dish; add just enough hot water to cover bottom of dish. Cover and bake at 375° F. (moderate oven) until tender—25 to 30 minutes.

## **TOMATOES IN THE MAIN DISH**

### **Curry of Meat With Green Tomatoes**

1 onion, sliced	3 cups chopped, cooked
3 tablespoons meat drippings or other fat	meat
1 quart sliced green tomatoes	1 to 2 teaspoons curry powder
	Salt

Cook the onion in the fat. Add green tomatoes, cover, and cook until tender. Add meat and heat thoroughly. If the mixture is too thick, thin it slightly with meat broth, gravy, or water. Season to taste with curry powder and salt. Serve with flaky boiled rice or noodles. Six servings.

## Green Tomato Meat Stew

- |   |                                    |
|---|------------------------------------|
| 1 pound beef chuck,<br>cubed                | $\frac{1}{2}$ onion, chopped       |
| 1 teaspoon salt                             | $3\frac{1}{4}$ cups water          |
| Pepper                                      | 3 medium-sized green to-<br>matoes |
| 4 tablespoons flour                         | 2 cups cubed potatoes              |
| 2 tablespoons fat (beef<br>fat may be used) | $1\frac{1}{2}$ cups sliced carrots |

Roll meat in mixture of salt, pepper, and 2 tablespoons of the flour. Brown in the fat. Add onion; cook until lightly browned. Pour in 2 cups of the water, cover, and simmer about 1 hour or until meat is almost tender.

Wash, remove stem ends, and quarter the tomatoes; add with potatoes, carrots, and 1 cup water to the meat. Cover and cook until vegetables and meat are tender. Add more water as needed. Blend remaining 2 tablespoons flour with the  $\frac{1}{4}$  cup water; add to stew, and cook until slightly thickened. Six servings.

## Spanish Liver

- |   |   |
|---|---|
| 1 pound sliced beef,<br>lamb, or pork liver | $\frac{1}{2}$ cup sliced mushrooms,<br>if desired |
| $1\frac{1}{2}$ tablespoons flour            | $2\frac{1}{2}$ cups fresh or canned<br>tomatoes   |
| 2 tablespoons fat                           | $1\frac{1}{2}$ teaspoons salt                     |
| $\frac{1}{4}$ cup chopped onion             | Pepper  |
| $\frac{1}{4}$ cup chopped green<br>pepper   | 2 cups cooked noodles or<br>spaghetti             |
| $\frac{1}{2}$ garlic clove, chopped         | 1 cup soft bread crumbs                           |

Dip liver slices in flour and cut in cubes. Brown liver in the fat; add onion, green pepper, garlic clove, mushrooms, tomatoes, salt, and pepper. Cover and simmer for 10 minutes. Add cooked noodles or spaghetti and cook 10 minutes longer.

Or place noodles or spaghetti and liver mixture in alternate layers in a greased baking dish. Top with bread crumbs. Bake at  $375^{\circ}$  F. (moderate oven) 15 to 20 minutes or until mixture is heated through and crumbs are browned. Six servings.

## **Beef, Tomato, and Cabbage Scallop**

1 pound ground beef or other lean meat	2 teaspoons salt
2 tablespoons fat	Pepper
$\frac{1}{4}$ cup chopped onion	4 cups chopped or coarsely shredded cabbage
1 cup chopped celery	
$2\frac{1}{2}$ cups fresh or canned tomatoes	1 cup soft bread crumbs

Brown the meat in fat. Add onion and celery; cook 5 minutes. Add tomatoes, salt, and pepper; bring to boiling. Place alternate layers of cabbage and meat mixture in a baking dish. Top with bread crumbs. Bake at 375° F. (moderate oven) 40 to 45 minutes. Six servings.

## **Fish-Tomato Stew**

Cook 3 cups cubed potatoes in 3 tablespoons fat until lightly browned. Add  $\frac{1}{2}$  cup chopped onion,  $\frac{1}{4}$  cup chopped green pepper,  $3\frac{1}{2}$  cups fresh or canned (No. 2 $\frac{1}{2}$  can) tomatoes. Cover and cook until potatoes are tender. Add 1 pound cooked fish, cut in about 2-inch pieces. Season with 1 teaspoon salt, and pepper. Cook about 5 minutes longer. Six servings.

## **Chicken Creole**

4- to 5-pound chicken	$\frac{1}{2}$ cup chopped onion
$\frac{1}{4}$ cup flour	$\frac{1}{2}$ cup water
1 teaspoon salt	$\frac{1}{4}$ cup chopped green pepper
Pepper	
$\frac{1}{4}$ teaspoon paprika	$2\frac{1}{2}$ cups fresh or canned tomatoes
$\frac{1}{4}$ cup fat (chicken fat may be used)	

Cut chicken into serving pieces. Roll in mixture of the flour, salt, pepper, and paprika. Brown in melted fat. Add onion; cook 2 to 3 minutes. Add the water, cover, and simmer about 1 hour or until almost tender, adding more water if necessary. Stir occasionally to keep from sticking. Add green pepper and tomatoes. Simmer about 30 minutes longer. Serve on seasoned hot noodles or rice. Six servings.

## **Add Tomatoes to Meat Stand-bys**

• Add 1 cup fresh or canned tomatoes to 1½ pounds ground meat for a meat loaf with your favorite seasonings. Use about 1 cup of soft bread crumbs as a binder.

• For extra flavor and moistness in ground meat patties, add ¾ cup fresh or canned tomatoes to 1 pound ground beef. Add ½ cup uncooked, quick-cooking oats as the binder. Season. This combination has a "different" flavor and helps stretch the 1 pound of meat to serve 6.

• Pour 2½ cups fresh or canned tomatoes over a pot roast the last hour of cooking. It makes a delicious gravy, especially if a clove of garlic and a little thyme are cooked with the meat.

• Tomatoes are a "must" for Spanish steak. Pour 2½ cups fresh or canned tomatoes over the browned meat and add chopped onion and green pepper. Season with salt and pepper. Cook until tender.

## **LUNCHEON . . . SUPPER DISHES**

### **Tomato Rabbit**

½ cup finely chopped celery	2 tablespoons flour
¼ cup chopped green pepper	2½ cups fresh or canned tomatoes
¼ cup chopped onion	1 teaspoon salt
2 tablespoons fat	1 cup grated cheese
	2 eggs, beaten

Cook together celery, green pepper, and onion in the fat, 8 to 10 minutes, stirring frequently. Blend in the flour. Add tomatoes and salt. Cook slowly until mixture thickens, stirring often. Gradually add some of the tomato mixture to beaten eggs; mix well, then pour all back into the tomato mixture. Cook, stirring constantly until thickened and creamy (2 to 3 minutes). Remove from heat. Add cheese and stir until it is melted.

If desired, add a few dashes of tabasco sauce. Serve on toast or crackers. Six servings.



## **Savory Rice With Tomatoes**

Cook  $\frac{1}{4}$  pound diced bacon until crisp, remove from fat, and drain. Combine 2 tablespoons of the bacon drippings with  $3\frac{1}{2}$  cups fresh or canned (No. 2 $\frac{1}{2}$  can) tomatoes,  $\frac{1}{4}$  cup each of chopped green pepper and onion. Bring to boiling, add about 3 cups cooked rice, cook 10 to 20 minutes. Or add 1 cup uncooked rice and 2 cups water, and cook gently 20 to 25 minutes or until rice is tender. Add more water if mixture becomes dry. Season with salt and pepper. Add bacon. Six servings.

## **Chili Kidney Beans With Tomatoes**

2 cups dry kidney beans	$3\frac{1}{2}$ cups fresh or canned
1 large onion, sliced	(No. 2 $\frac{1}{2}$ can) tomatoes
1 large clove garlic, sliced	2 teaspoons salt
1 green pepper, minced	2 teaspoons chili powder
$\frac{1}{4}$ cup bacon drippings	

Boil beans 2 minutes in water to cover, and soak 1 hour in the hot water. Or, boil as above and soak overnight. Add onion, garlic, green pepper, bacon drippings, tomatoes, and salt; and simmer for 2 hours in the soaking water. Add more water if needed during cooking. Add the chili powder, stirring as little as possible to avoid mashing the beans. Place in a baking dish or bean pot, cover, and bake at 350° F. (moderate oven) for about 2 hours. Uncover during last part of the cooking if brown beans are desired. Six servings.

If preferred, use lima or navy beans in place of the kidney beans.

## **Lima Bean-Tomato Casserole**

Combine 5 to 6 cups cooked lima beans with 2 cups thin white sauce and 1 cup finely grated cheese. Pour into baking dish and place quartered tomatoes cut side down on bean mixture. Bake at 350° F. (moderate oven) 20 to 30 minutes or until tomatoes are tender. Six servings.

## **TOMATOES IN SALADS**

### **Tomato Flower Salad**

6 chilled tomatoes	2 hard-cooked eggs, chopped
Lettuce	2 tablespoons mayonnaise or cooked salad dress- ing
½ cup chopped celery	1 teaspoon salt
½ cup chopped cucum- ber	Pepper
1 tablespoon minced onion	
1 tablespoon chopped green pepper	

Cut stem ends from tomatoes. Cut tomatoes four times from the top almost through the bottom, to form eight attached "petals." Spread petals apart on the lettuce. Combine other ingredients, and put filling into centers of the "flowers." Chill. (One-half cup of cottage cheese may be used in place of the eggs.)

For a meat filling: Combine 1 cup diced cooked meat; 1 cup diced cooked potatoes; 1 tablespoon minced onion; and 2 tablespoons chopped green pepper. Add salt, pepper, and dressing as above.

### **Jellied Tomato Salad**

1 tablespoon unflavored gelatin	½ teaspoon sugar
¼ cup cold water	½ teaspoon salt
2½ cups fresh or canned tomatoes	Pepper
1 tablespoon minced onion	1 tablespoon lemon juice
½ small bay leaf	½ cup finely chopped cucumber
	½ cup finely chopped celery

Soften gelatin in the water. Cook tomatoes, onion, and bay leaf—about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve and measure 1¾ cups (if not enough, add boiling water). Add hot, sieved tomatoes to gelatin and stir until gelatin is dissolved. Season with sugar, salt, pepper, and lemon juice. Chill. When gelatin mixture begins to stiffen, add cucumber and celery. Mix well. Pour into a mold or pan rinsed in cold water. Chill until firm. Serve with salad dressing on lettuce or other salad greens. Six servings.

## Other Salad Suggestions

- Combine diced tomatoes, cooked kidney beans, chopped celery, chopped pickle or pickle relish; season with minced onion, salt, and pepper. Moisten with salad dressing.

- Arrange alternate slices of tomato and cucumber; or tomato, avocado, and grapefruit sections on lettuce or other salad greens. Serve with salad dressing.

- Combine diced tomatoes, diced, cooked potatoes, chopped onion, and french dressing.

- On a bed of coleslaw place a thick slice of tomato, top with several pieces of cooked asparagus. Serve with salad dressing.

- Combine diced tomatoes, sliced cucumber, and radishes with thick sour cream seasoned with grated onion, salt, and pepper. Or add sour cream to mayonnaise or salad dressing.

- Some favorite salad combinations are . . . sliced tomatoes and cucumber with cottage cheese; diced tomato, celery, radishes, cucumber, scallions or green onions, and lettuce; chopped tomato and shredded cabbage; diced tomato, raw spinach, onion, and grated carrots. Serve with your favorite salad dressing.

## TOMATO JUICE . . . SOUPS . . . SAUCES

### Tomato Juice Cocktail

3½ cups fresh or canned (No. 2½ can) tomatoes	1 tablespoon chopped onion
1 cup chopped celery	½ teaspoon salt
¼ cup chopped green pepper	1 teaspoon Worcester- shire sauce
½ bay leaf	½ teaspoon horseradish, if desired

Cook together the tomatoes, celery, green pepper, bay leaf, and onion—about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve. Add salt, Worcestershire sauce, and horseradish to sieved tomatoes. Chill. Mix well before serving. Makes 3 cups.

## Clear Tomato Soup

1½ quarts fresh or	1 tablespoon flour
canned tomatoes	1 teaspoon sugar, if de-
½ bay leaf	sired
¼ cup chopped onion	1 teaspoon salt
4 cloves	Pepper
1 tablespoon fat, melted	

Cook together the tomatoes, bay leaf, onion, and cloves—about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve. Blend the fat, flour, and sugar (if used); gradually add the sieved tomatoes. Cook over low heat, stirring constantly for about 5 minutes. Season with salt and pepper. If desired, sprinkle with finely chopped parsley and serve with toasted bread cubes. Six servings.

## Cream of Tomato Soup

3½ cups fresh or canned	3 tablespoons flour
(No. 2½ can) toma-	½ teaspoon sugar, if de-
toes	sired
¼ cup chopped onion	3 cups milk
2 tablespoons fat	1 teaspoon salt

Cook together the tomatoes and onion—about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve. Melt the fat; blend in flour and sugar (if used). Gradually add sieved tomatoes. Cook over low heat, stirring constantly, until thickened. Gradually add tomato mixture to milk, stirring constantly. Heat rapidly to serving temperature. Add salt. Serve at once. Six servings.

**Quick cream of tomato soup.** Combine 2 cups cooked or canned tomatoes with 3 cups milk. Heat rapidly to serving temperature. Add 1 teaspoon salt, a little pepper, and 1 tablespoon fat.

## Spanish Sauce

Cook 2 tablespoons chopped onion in 2 tablespoons fat until lightly browned. Blend in 1 tablespoon flour. Add 2½ cups fresh or canned tomatoes, ½ cup each of chopped celery and

green pepper, 1 tablespoon chopped parsley, 1 teaspoon salt, and a little pepper. Cook 15 to 20 minutes, stirring frequently. Serve over meat loaf, cooked spaghetti, fried or baked fish, cooked cabbage, or omelet.

## **Tomato Sauce**

2½ cups fresh or canned tomatoes	2 cloves
¼ cup chopped onion	Flour
½ teaspoon sugar, if desired	Fat
¼ bay leaf	½ teaspoon salt
	Pepper

Cook together the tomatoes, onion, sugar (if used), bay leaf, and cloves—about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve and measure. For each cup of sieved tomatoes, blend 1 tablespoon flour and 1 tablespoon melted fat; gradually add the cooled, sieved tomatoes. Cook over low heat, stirring constantly, about 5 minutes or until thickened. Season with salt and pepper. Serve over meat or vegetable loaf, croquettes, fish, cooked spaghetti, soufflé, or omelet.

*For variety*, brown lightly in the fat 1 cup sliced mushrooms before blending fat with the flour. Or for a main dish, add cooked meat balls to the sauce and serve over cooked spaghetti.

## **Tomato-Meat Sauce**

2½ cups fresh or canned tomatoes	2 tablespoons fat
½ garlic clove	2 tablespoons flour
1 bay leaf	1 teaspoon sugar, if desired
¾ pound ground beef	1 teaspoon salt
¼ cup chopped onion	Pepper
¼ cup minced green pepper	

Cook together the tomatoes, garlic, and bay leaf—about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve. Brown the beef, onion, and green pepper in the fat. Blend in the flour. Add sieved tomatoes, sugar (if used), salt, and pepper. Cook over low heat, stirring constantly, until thickened. Serve hot on cooked spaghetti, noodles, or rice.



## **MARMALADES . . . PRESERVES**

**Choose right jars and lids.** Marmalade, preserves, and tomato-apple butter may be packed in any sound, clean jar and sealed with paraffin. Or, if preferred, seal airtight in canning jars.

**Clean jars and lids well.** Wash in hot suds all equipment—jars, lids, metal screw bands, rubber rings. Rinse well. Before filling jars with hot food, place them in warm water and bring to boiling; then invert to drain out water before filling.

### **Ripe Tomato Marmalade**

3 quarts (about 18 to 20 medium-sized) sliced, peeled tomatoes	2 lemons 2 cups water 4 sticks cinnamon (about 2- to 3-inch pieces)
6 cups sugar	
1 teaspoon salt	2 teaspoons whole cloves
2 oranges	

Combine tomatoes, sugar, and salt. Peel oranges and lemons. Slice peel very thin, boil in the water 5 minutes, and drain. Slice orange and lemon pulp and remove seeds. Add with rind to tomato mixture. Put spices loosely in a thin, white cloth; tie top tightly; and add to tomato mixture. Heat slowly to boiling; then cook rapidly, stirring constantly, for 45 to 60 minutes or until thickened. Remove spice bag. Pour marmalade into hot, clean jars. Seal. Store in a cool, dry, dark place. Makes about 5 pints.

### **Green Tomato Marmalade**

3 quarts (18 to 20 medium-sized) sliced green tomatoes	1 teaspoon salt 6 lemons 1 cup water
6 cups sugar	

Combine tomatoes, sugar, and salt. Peel lemons. Slice peel very thin, boil in 1 cup water 5 minutes, and drain. Slice lemon pulp

and remove seeds. Add with rind to tomato mixture. Heat slowly to boiling; then cook rapidly, stirring constantly, for about 45 to 60 minutes or until thickened. Pour into hot, clean jars. Seal. Store in a cool, dry, dark place. Makes about 4 pints.

### **Tomato-Apple Butter**

2 quarts (about 12 to 14 medium-sized) sliced tomatoes	4 cups sugar $\frac{1}{4}$ teaspoon ground cloves
$1\frac{1}{2}$ quarts (about 6 medium-sized) sliced apples	$\frac{1}{4}$ teaspoon ground allspice $\frac{1}{2}$ teaspoon ground cinnamon
1 cup water	
$\frac{1}{4}$ cup lemon juice	

Cook tomatoes 20 to 30 minutes. Press through a sieve and measure out 4 cups. Cook apples in water until very tender. Press through a sieve and measure out 2 cups. Combine sieved tomatoes and apples, lemon juice, sugar, and spices. Cook mixture rapidly about 25 minutes, or until thickened and clear. Stir frequently to prevent sticking. Pour into hot, clean jars. Seal. Store in a cool, dry, dark place. Makes about 3 pints.

### **Yellow Tomato Preserves**

Wash firm, small, yellow tomatoes. Remove skins if desired. To each pound of tomatoes allow  $\frac{3}{4}$  cup water,  $\frac{3}{4}$  pound sugar,  $\frac{1}{4}$  lemon thinly sliced, and 1 piece of ginger root. Boil the lemon for 5 minutes in part of the water. Boil the remainder of the water with the sugar for 5 minutes to make a sirup. Add tomatoes, ginger root, lemon, and the liquid in which lemon was cooked. Boil until tomatoes are clear and the sirup somewhat thick. Remove scum, then pour preserves into hot, clean jars. Seal. Store in a cool, dry, dark place.

## FOR DESSERT . . .

### Green Tomato Pie

6 to 8 medium-sized tomatoes	$\frac{1}{4}$ teaspoon cinnamon
2 tablespoons lemon juice	$\frac{3}{4}$ cup sugar
1 teaspoon grated lemon or orange rind	2 tablespoons cornstarch
$\frac{1}{2}$ teaspoon salt	1 tablespoon table fat Pastry

Wash, remove stem ends, and slice the tomatoes. Combine with lemon juice, lemon or orange rind, salt, and cinnamon. Cook 15 minutes, stirring frequently. Mix sugar and cornstarch; add to tomato mixture and cook until clear, stirring constantly. Add fat. Cool slightly, then pour into a 9-inch pie plate lined with pastry. Cover with pastry and seal edges. Bake at 425° F. (hot oven) 40 to 50 minutes.

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Other publications containing directions for preserving tomatoes available from the U.S. Department of Agriculture:

Home Canning of Fruits and Vegetables.  
G-8.

Home Freezing of Fruits and Vegetables.  
G-10.

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*Prepared by*

Human Nutrition Research Division

Agricultural Research Service

U.S. DEPARTMENT OF AGRICULTURE

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Growth Through Agricultural Progress

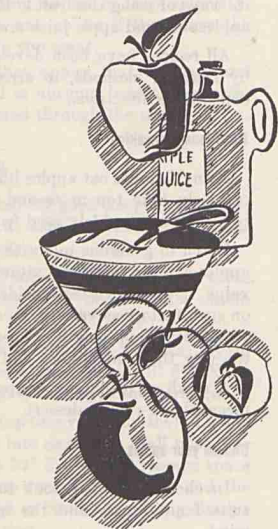
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# • APPLES

*in appealing ways*



*Leaflet No. 312*  
*U. S. Department of Agriculture*

# *APPLES in appealing ways*

Almost everyone enjoys apples. And there are so many ways to use apples that a family need never tire of them.

This leaflet is designed to supplement the better-known apple recipes given in many cook books. You will find here variations on favorite ways of using the fruit. Recipes calling for applesauce and apple juice are included.

All recipes have been developed or adjusted by research methods, to arrive at up-to-date, dependable directions.

## **Nutritionally speaking**

Many families eat apples liberally, for apples regularly take top or second rank among the country's most widely used fruits.

Eaten in generous quantities, especially raw, apples can provide some vitamin C. The food value, however, varies considerably, depending on such factors as variety, storage conditions—temperature and length of keeping—and finally the way the fruit is kept and served at home.

A small or medium-size apple makes a very pleasant low-calorie dessert.

## **Choose your apples**

In choosing apples, look for a variety that suits family taste and the uses you have in mind.

Many varieties are good for all purposes—general cooking, baking whole, eating raw. Tart, firm apples are generally best liked for cooking; sweeter apples, for eating raw. (See table on pages 4 and 5 for descriptions of 12 well-known varieties.)

*Most recipes in this leaflet provide four servings; a few provide more.*



Early summer apples are likely to be juicy, tart, and quick-cooking . . . especially good in applesauce and pies.

In some areas, windfalls and culls are sold at bargain rates. To make sure you have a real bargain, stop, look, and consider how you will use the fruit. Bruises and skin breaks mean waste, and apples damaged this way are poor risks for home canning. Best uses for them are in jelly, apple butter, or cider.

Before purchasing apples in large quantity, buy a few to try out, to see if they have the flavor and texture you want.

Don't forget that apples that are tart and firm when picked in autumn become less crisp and snappy if stored through the winter.

### **Store for good keeping**

Apples are noted for good keeping qualities, but it takes a little care to hold them at their best in home storage.

Before storing, sort apples to remove those with bruises and skin breaks. Use them promptly.

*Short storage* (a few days to 2 weeks): Keep firm apples in a cool place, 60° to 70° F. Keep apples ripe enough for eating in the refrigerator.

*Longer storage* (up to several months): Divide the sound apples into small lots (half bushel or less) and store at 32° F. A cold storage space where temperature remains the same and the air is rather moist is best. Avoid any danger of the fruit's freezing.

### **Applesauce in recipes**

Most varieties of apples make good applesauce, but thickness of various sauces differs slightly.

Applesauce used in the recipes that follow should be *unsweetened* or only *slightly sweetened*.

# KNOW YOUR APPLES: TWELVE OF THE WIDELY MARKETED VARIETIES

VARIETY	MARKET SEASON	SIZE AND DESCRIPTION	USE
<b>Baldwin</b> .....	November to May.....	Medium to large. Partially red to dull solid red. Juicy, moderately tart, firm, crisp.	Raw and general cooking.
<b>Delicious</b> .....	October to April.....	Medium to large. Deep red, five knobs on blossom end. Sweet, firm, tender, fragrant.	Raw.
<b>Golden Delicious</b> .....	October to March.....	Medium to large. Yellow. Sweet, firm, crisp, tender.....	Raw and general cooking.
<b>Grimes Golden</b> .....	October to February...	Small to medium. Yellow with small dark specks. Moderately juicy, slightly tart, firm, crisp, tender, fragrant.	Raw and general cooking.
<b>Jonathan</b> .....	October to February...	Small to medium. Deep red. Juicy, moderately tart, tender, crisp, fragrant.	Raw, baking whole, and general cooking.
<b>McIntosh</b> .....	October to March.....	Medium. Bright deep red striped with carmine. Juicy, moderately tart, tender, crisp, fragrant.	Raw and general cooking.
<b>Northern Spy</b> ...	October to March.....	Large. Bright striped red. Juicy, moderately tart, firm, crisp, tender, fragrant.	Raw and general cooking.
<b>Rome Beauty</b> ...	November to May.....	Large. Yellow mingled with red. Juicy, slightly tart, firm, rather crisp.	Raw, general cooking, baking whole.
<b>Stayman</b> .....	November to April.....	Medium to large. Dull striped red. Juicy, tart, firm, crisp.....	General cooking, baking whole.
<b>Winesap</b> .....	January to May.....	Small to medium. Deep bright red with small scattered white dots. Juicy, slightly tart, firm, crisp, fragrant.	Raw, general cooking, baking whole.
<b>Yellow Newtown</b> .....	February to June.....	Medium. Yellow. Juicy, moderately tart, firm, crisp.....	Raw and general cooking.
<b>York Imperial</b> ...	October to April.....	Medium to large. Light or purplish red over yellow. Lopsided shape, usually. Slightly tart, firm, crisp.	Raw and general cooking.

## APPLES IN THE MAIN COURSE

### Baked acorn squash with apples

To give a sharper flavor to the mild acorn . . .

2 small acorn squashes  
3 cups chopped apple  
1/2 teaspoon salt  
1/4 cup brown sugar

Nutmeg  
2 tablespoons butter or mar-  
garine

Cut squash in halves and scoop out seeds.

Place squash in a baking dish; fill centers with apple.

Pour a little water into the dish. Cover and bake at 350° F. (moderate oven) 30 minutes, or until partly done.

Sprinkle with salt, sugar, and nutmeg and dot with fat.

Bake uncovered about 45 minutes, or until the squash is soft.

Four servings.

### Apple fritters

Fritters are special, and especially good with any lean meat—cold sliced or hot . . .

1 cup sifted flour  
1/2 teaspoon salt  
1 1/2 teaspoons baking  
powder  
1 tablespoon sugar

1 egg, beaten  
1/2 cup milk  
1 tablespoon melted fat  
1 cup thinly sliced apples  
Fat for deep-fat frying

Sift together flour, salt, baking powder, and sugar.

Combine egg, milk, and fat. Add to the dry ingredients all at once, stirring only enough to moisten.

Stir in the apples.

Drop by spoonfuls into hot fat (350°–375°F.) and cook until browned.

Serve with sirup or sprinkle with confectioners' sugar.

Eight small fritters.

## Apple stuffing

One way to bring together the ever-popular pork and apple team . . .

- |                                     |                         |
|-------------------------------------|-------------------------|
| 1/4 cup diced salt pork             | 1/2 cup sugar           |
| 1/2 cup chopped onion               | 2 cups soft bread cubes |
| 1/4 cup chopped parsley             |                         |
| 5 medium-size tart apples,<br>diced |                         |

Cook salt pork in a fry pan until crisp, and remove from fat. Cook onion and parsley in the fat for a few minutes.

Place apples in the pan, sprinkle with sugar. Cover and cook until tender, then continue cooking uncovered a few minutes until apples are candied.

Add salt pork and bread cubes; heat through.

Yield: 3 cups stuffing.

### *Ways to use apple stuffing . . .*

Pile hot stuffing between two sections of spareribs, skewer them together, and bake. Or use to stuff a boned shoulder of fresh pork. One-half of this recipe will stuff four large pork chops, with enough left over to cook on top of the chops.

## Apple relish

Easy to make . . . no cooking . . .

- |  |   |
|--|---|
| 1 cup finely chopped<br>unpared apples | 1/3 cup sugar                           |
| 1 cup finely shredded<br>cabbage       | 3 tablespoons vinegar                   |
| 1/2 cup finely chopped<br>celery       | 1/2 teaspoon salt                       |
| 1 tablespoon chopped green<br>pepper   | 1/4 teaspoon ginger                     |
|  | 1/4 teaspoon mustard                    |
|  | Dash of cayenne pepper                  |
|  | 1 tablespoon chopped<br>canned pimiento |

Mix apples, cabbage, celery, and green pepper.

Combine sugar, vinegar, spices, and pimiento. Add to apples and vegetables and mix lightly but thoroughly.

Yield: 2 cups.

## APPLES IN SALAD AND DRESSING

When something firm and crisp is wanted in salad, along with fruity flavor, apples are just the thing. They make likable combinations with more salad foods than most people ever try. Salads in this section include meat, cheese, fruits, and vegetables—even the onion, for onion lovers.

Don't let apples darken. Raw apple when cut often darkens from exposure to air. Some nuts also make raw apple darken, especially if the fruit has come in contact with iron in a knife blade or chopper.

So, when cutting apples for salad, protect them from darkening by mixing the pieces with fruit juice—lemon, orange, grapefruit, or pineapple—before adding other ingredients. Or, mix with salad dressing at once, for a protective coating.

Some like it tart. To give a sharper tang to a salad, especially if apples are mild in flavor, use a tart oil dressing, lemon juice, or a sour cream dressing.

### Jellied Waldorf salad

Mix diced tart apples, chopped celery, and nuts. Fold into a partially thickened gelatin mixture. For 2 cups of the apple mixture, use 1 package of gelatin dessert powder and 2 cups of water. Chill until firm.

### Fruit salad with onion

Core unpared apples and slice in thin cross sections. Arrange on salad greens with orange slices and onion rings. Serve with a clear, tart oil dressing.

### Apple slaw

Moisten equal amounts of chopped apples and finely shredded cabbage with sour-cream dressing.



*Variations.* If desired, season the dressing with a little horseradish, or add coarsely ground peanut butter.

### Main dish salads with apple

Mix 1 cup diced or sliced raw apple with  $\frac{1}{2}$  cup celery and 1 cup of any of the following: Flaked tuna fish (7-oz. can); chopped cooked pork, ham, veal, chicken, turkey; diced cheese. Moisten with tart french dressing or mayonnaise and serve in lettuce cups. Four servings.

*For a jellied salad.* Fold the above ingredients—except the dressing—into a partially thickened gelatin mixture made from a package of lemon or lime gelatin dessert powder and 2 cups of water. Chill. Serve with the dressing. Jellied this way, the recipe makes 6 servings.

### Dessert salad

Sprinkle diced apples with lemon juice. Add chopped dates, raisins, or grapes. Mix with marshmallows or cream cheese cut in small cubes.

### Apple juice salad dressing

For fruit salads . . .

$\frac{1}{4}$ cup sugar	1 cup apple juice
2 tablespoons cornstarch	1 egg, well beaten
$\frac{1}{4}$ teaspoon salt	1 3-ounce package cream cheese
Juice 1 lemon	

Mix dry ingredients, add fruit juices, and blend. Cook over hot water 20 minutes, stirring frequently.

Slowly stir into egg. Return to heat and cook 5 minutes, stirring constantly. Cool slightly.

Mash cream cheese with fork; beat into cooked mixture. Chill.

**Yield:** 1 cup.

## APPLES IN BREADS

### Applesauce bran muffins

Softer than most bran muffins . . .

1 1/4 cups sifted flour	1 egg, beaten
3 teaspoons baking powder	1/3 cup milk
1/2 teaspoon salt	2/3 cup applesauce
2 tablespoons sugar	1/4 cup melted fat or oil
1 cup bran	

Sift together flour, baking powder, salt, and sugar. Mix in bran.

Combine egg, milk, applesauce, and fat. Add to the dry ingredients all at once, stirring only enough to moisten.

Fill greased muffin pans two-thirds full. Bake at 400° F. (hot oven) about 20 minutes. Makes about 12 medium-size muffins.

**Applesauce whole-wheat muffins.** Use same recipe, replacing bran with 1 cup whole-wheat flour and using 1 cup applesauce. Do not try to sift this flour.

**For a different flavor.** Add 1 teaspoon grated orange rind to the milk.

### Apple griddlecakes

Brighten any breakfast or supper . . .

1 1/2 cups sifted flour	1 egg, beaten
1 1/2 teaspoons baking powder	1 cup milk
3/4 teaspoon salt	2 tablespoons melted fat or oil
1 tablespoon sugar	2 cups very finely chopped apples

Sift dry ingredients together.

Combine the egg, milk, and fat. Add gradually to the dry ingredients; stir only until batter is smooth. Fold in apples.

Drop by spoonfuls onto a hot greased griddle. Cook slowly until the surface is covered with bubbles, turn, and cook until the bottom is well-browned.

Makes about 18 medium-size griddlecakes.

## APPLES IN COOKIES

A piece of cut apple in the cookie jar is a familiar device to keep cookies from drying out quickly. These applesauce cookies have the moisture and fruit flavor built in.

### Applesauce drop cookies

1/2 cup fat	1 teaspoon cinnamon
1 cup sugar	1/2 teaspoon cloves
1 egg	1/2 teaspoon nutmeg
1 3/4 cups sifted flour	1/2 cup seedless raisins
1/2 teaspoon baking powder	1 cup quick-cooking rolled oats
1 teaspoon soda	
1/2 teaspoon salt	1 cup applesauce

Cream together fat and sugar; stir in the egg.

Sift together flour, baking powder, soda, salt, cinnamon, cloves, nutmeg. Mix in raisins and rolled oats. Add to creamed mixture in three portions alternately with applesauce in two portions. Beat well.

Drop dough by teaspoonfuls onto greased baking sheets. Bake at 375° F. (moderate oven) about 15 minutes.

Makes about 3 dozen cookies.

### Applesauce refrigerator cookies

3/4 cup fat	1/4 teaspoon salt
1 cup sugar	1/2 teaspoon cinnamon
1 egg	1/4 teaspoon cloves
2 1/2 cups sifted flour	1/2 cup chopped nuts
1/2 teaspoon soda	1/2 cup applesauce

Cream together fat and sugar; stir in the egg.

Sift together flour, soda, salt, cinnamon, and cloves. Mix in nuts. Add to creamed mixture in three portions alternately with the applesauce in two portions.

Form into rolls; wrap in waxed paper and chill until hard in refrigerator.

Slice thinly. Bake on greased baking sheets at 375° F. (moderate oven) 10 to 15 minutes.

Makes about 5 dozen cookies.

## Chocolate applesauce bars

2 squares (2 ounces) unsweetened chocolate	1/2 teaspoon baking powder
1/2 cup fat	1/2 teaspoon soda
1 cup sugar	1/2 teaspoon salt
2 eggs, slightly beaten	1/4 teaspoon cloves
1 cup applesauce	1/4 teaspoon nutmeg
1 1/4 cups sifted flour	1/2 teaspoon cinnamon
	1/2 cup chopped nut meats

Melt chocolate and fat together over hot water. Cool slightly.

Blend in sugar, eggs, and applesauce.

Sift together the flour, baking powder, soda, salt, and spices. Add to first mixture.

Stir in the nut meats.

Spread the batter in two greased 8-inch square pans. Bake at 350° F. (moderate oven) 30 to 40 minutes.

Cool in pan; then cut into 3 dozen small bars.

## APPLES IN DESSERTS

When it comes to desserts, apples are in their glory, and the cook can always find a way to prepare them that fits right in with her plans. She can make desserts with apples raw or cooked, applesauce, juice, or canned slices. Apple desserts can be hot or cold . . . quick to fix, or time-consuming but well worth it.

Recipes given here provide examples of the many ways of topping off the meal with apples.

### Baked apples

Core apples without cutting through the blossom end. Pare apples one-third of the way down.

Place apples in a baking dish. Sprinkle holes lightly with salt. Add 1 tablespoon sugar to each apple. Top with butter or margarine and sprinkle sugar over pared portion of apples.

Pour enough water in bottom of dish to keep apples from sticking.

Bake uncovered at 400° F. (hot oven) about 1 hour, or until apples are tender.

#### *For variety*

1. Fill the apples with chopped fresh cranberries and bake.

2. Fill centers with crushed pineapple. After baking, top apples with marshmallows and return to oven for a few minutes.

3. Serve with a topping of cream cheese softened with cream and beaten until fluffy.

#### **Apple-cheese dessert**

5 cups apple slices (pared)	1/2 cup sifted flour
1 tablespoon lemon juice	1/4 teaspoon salt
3/4 cup sugar	1/4 cup butter or margarine
1/4 teaspoon cinnamon	2/3 cup grated cheese

Fill pie pan or shallow baking dish with apples; sprinkle with lemon juice and 1/4 cup of the sugar.

Mix cinnamon, flour, salt, and the other 1/2 cup sugar. Cut in fat until mixture is granular. Stir in cheese. Spread over apples.

Bake at 350° F. (moderate oven) until apples are tender—about 40 minutes.

Cool before cutting to serve.

Serve with plain cream or ice cream, if desired.

Six servings.

#### **Dessert apple slices**

Slice pared apple quarters. Put slices into pan and add enough water to half cover apples. Add a few grains of salt and 2 to 4 tablespoons of sugar for each apple used. Put the cover on and cook gently until apples are tender—20 to 30 minutes. Serve chilled, plain or with cream. Or, bake some of the drained slices in custard (p. 15).



## Apple pie

6 medium-size tart apples,  
quartered  
 $\frac{3}{4}$  to 1 cup sugar  
1 teaspoon cinnamon

1 teaspoon salt  
2 tablespoons butter or mar-  
garine  
Pastry for 9-inch pie

Pare, core, and slice the apples. Line a piepan with pastry. Place a layer of apples over the bottom; sprinkle with a mixture of the sugar, cinnamon, and salt. Dot with fat. Repeat until all ingredients are used.

Cover with pastry that has a few slits in the center so steam can escape; seal edges.

Bake at 425° F. (hot oven) 40 to 50 minutes, or until apples are tender and crust is well-browned.

**French apple pie.** Mix 1 cup seedless raisins with the apples and reduce the sugar to  $\frac{1}{2}$  cup. To frost, mix  $\frac{1}{2}$  cup confectioners' sugar with 2 teaspoons water and spread over top crust of cooled pie.

## Apple tapioca

2 medium-size apples  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{4}$  teaspoon salt  
2 cups water

2 tablespoons quick-cook-  
ing tapioca  
Nutmeg, if desired

Pare and slice apples.

Add sugar and salt to the water; put over heat and stir until sugar is dissolved.

Add apples and cover the pan. Cook slowly until apples are just tender—about 15 minutes.

Carefully stir in tapioca, and continue cooking a few minutes until tapioca is transparent.

Sprinkle with nutmeg and serve with plain or whipped cream.

**Red apple tapioca.** Add  $\frac{1}{4}$  cup red cinnamon candies to water and stir until dissolved before adding apples. Omit nutmeg.

Four servings.

## Apple custard

1 cup dessert apple slices  
(p. 13) or canned apple  
slices, drained  
3 tablespoons sugar

$\frac{1}{4}$  teaspoon salt  
2 eggs, beaten  
 $1\frac{1}{2}$  cups hot milk  
Nutmeg

Arrange apples in bottom of four custard cups. Combine sugar, salt, and eggs. Add milk slowly. Pour over apples, sprinkle with nutmeg. Set cups in a pan of hot water.

Bake at 325° F. (slow oven) until the custard is set—30 to 40 minutes.

Four servings.

## Applesauce puff

4 slices bread or plain  
cake  
2 tablespoons butter or  
margarine  
 $1\frac{1}{2}$  cups applesauce

1 teaspoon cinnamon  
 $\frac{1}{3}$  cup brown sugar  
1 egg  
1 cup milk  
 $\frac{1}{4}$  teaspoon salt

Spread bread or cake slices with butter or margarine, and arrange in the bottom of a greased baking dish.

Cover with applesauce; sprinkle with cinnamon and about half the sugar.

Beat together egg, milk, salt, and rest of sugar. Omit sugar in this mixture if cake is used. Pour over mixture in baking dish.

Set in pan of hot water and bake at 350° F. (moderate oven) about 40 minutes.

Four servings.

## Frozen applesauce cream

1 cup applesauce  
1 cup thin cream

$\frac{1}{3}$  cup sugar  
 $\frac{1}{4}$  cup lemon juice

Combine ingredients, stirring until sugar is dissolved.

Pour into freezing tray and freeze at the coldest refrigerator temperature until firm.

Turn into chilled bowl and beat smooth. Return quickly to tray; freeze.

Four servings.

## Applesauce Bavarian cream

1 tablespoon gelatin  
1/4 cup cold water  
3/4 cup applesauce  
2 tablespoons lemon juice  
1/2 teaspoon grated lemon  
rind  
1/4 cup sugar

1/4 teaspoon each cinnamon,  
ginger, nutmeg  
1/4 teaspoon salt  
1 egg white  
1/2 cup heavy cream,  
whipped  
1/2 cup crushed ginger snaps

Sprinkle gelatin on water and soak for a few minutes.

Heat applesauce, lemon juice, and lemon rind with half the sugar.

Dissolve gelatin in hot applesauce. Add spices. Chill until partly set.

Add salt to egg white and beat until stiff. Add rest of sugar slowly, beating until glossy.

Fold egg white mixture, cream, and half of the crumbs into gelatin mixture. Pour into mold.

Chill until firm.

Before serving, sprinkle with rest of the crumbs.

Four servings.

## Applesauce gelatin dessert

3 cups applesauce  
1/2 cup (1 box) gelatin  
dessert powder (any  
fruit flavor)

32 small vanilla wafers  
1/2 cup heavy cream  
1 tablespoon sugar

Heat applesauce slowly, stirring frequently. Stir dessert powder into hot applesauce; stir until dissolved. Chill until partly set.

Place a layer of wafers in bottom of 8-inch square pan.

Pour in applesauce mixture, and cover with another layer of wafers.

Chill until firm.

Top with sweetened whipped cream just before serving.

Nine servings.

## Applesauce chiffon pie

1 tablespoon gelatin  
1/4 cup cold water  
3 eggs, separated  
1 1/2 cups applesauce  
1/8 teaspoon ginger  
1/4 teaspoon cinnamon  
1/2 cup milk  
1 tablespoon lemon juice

1/2 teaspoon grated lemon  
rind  
1/2 cup sugar  
1/4 teaspoon salt  
9-inch baked pastry shell,  
or graham cracker shell  
Nutmeg if desired

Sprinkle gelatin on water; soak a few minutes.

Beat egg yolks slightly, and add the applesauce, ginger, cinnamon, milk, lemon juice and rind, and half the sugar.

Cook over boiling water, stirring constantly, 20 to 25 minutes.

Add gelatin to the hot mixture; stir until dissolved. Cool until thick but not set.

Add salt to egg whites and beat until stiff. Add rest of sugar slowly, beating constantly. Blend with the thickened gelatin mixture.

Pour into the shell and sprinkle with nutmeg, if desired. Chill until firm.

## Applesauce

Wash, quarter, and core apples.

Cook until soft with a small amount of water in a covered pan. Put apples through a sieve or food press. Add a few grains of salt, and sweeten to taste while still hot.

**Quick applesauce.** Pare quartered and cored apples. Cook as above. When apples are tender, crush pieces with a potato masher or stir until smooth. Add salt and sweeten as above.

**For variety.** Sweeten the sauce with brown sugar or honey. Or, cook a few whole cloves or a piece of stick cinnamon or a few raisins with the apples. Remove cinnamon before serving.

If the apples are very mild, cook 1 to 2 teaspoons of lemon juice with them.

## Apple juice cake

1/2 cup fat	1/2 teaspoon soda
1/2 teaspoon vanilla	1/2 teaspoon salt
1 cup sugar	1/2 teaspoon cinnamon
2 eggs	1/4 teaspoon cloves
2 cups sifted cake flour	1/2 teaspoon nutmeg
1 teaspoon baking powder	3/4 cup apple juice

Cream fat, vanilla, and sugar together until light and fluffy. Add the eggs one at a time, beating each one in well.

Sift together flour, baking powder, soda, salt, cinnamon, cloves, and nutmeg.

Add to creamed mixture in three portions alternately with apple juice in two portions.

Turn batter into two greased 8-inch round layer pans.

Bake at 375° F. (moderate oven) 25 to 30 minutes.

*Variation.* Add 1 cup of raisins to the batter.

## Fluffy apple juice frosting

1 cup sugar	1 tablespoon lemon juice
1/2 cup apple juice	2 egg whites, stiffly beaten
Pinch of salt	

Mix sugar, apple juice, salt, and lemon juice. Cook until the sirup forms a soft ball (234° to 240° F.) when a little of it is dropped into a cup of very cold water.

Pour very slowly over stiffly beaten egg whites, beating constantly. Continue beating until mixture stands in soft peaks.

Spread between layers and over top and sides of cake.

*Variations.* When frosting is ready to spread, stir in 1/2 cup chopped pecans or hazelnuts, or shredded almonds.

For a more festive cake, sprinkle 1/4 cup pink-tinted shredded coconut over the top after frosting is spread.



## APPLE SNACKS

As a snack, or a fruity appetizer for tea, use apple slices spread with a topping. Applewiches they are sometimes called, especially when a second apple slice is placed over the topping.

To prepare the slices, core the apple and cut thick rounds, leaving the colorful peel on. Toppings include—

Soft sharp cheese . . . cream cheese with strawberry jam or chopped nuts . . . peanut butter and mayonnaise . . . sliced ham, chicken, or turkey, or any of these meats ground and mixed with mayonnaise.

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# Root ●vegetables

in everyday meals ...



Home and Garden Bulletin No. 33

UNITED STATES DEPARTMENT OF AGRICULTURE

# ROOT VEGETABLES

## in everyday meals

Crimson beets . . . orange carrots . . . turnips and rutabagas, white and yellow . . . cream-colored parsnips . . . red radishes . . . green spring onions, dry winter onions, brown, red, and silver-skinned . . . these vegetables from the earth bring vitamins, minerals, starches, and sugars to help supply the body's needs.

Carrots rate special mention for vitamin A value. Turnips, especially if eaten raw, help to fill the daily vitamin C quota. And onions are the world's most popular seasoning.

Draw on root vegetables and onions (which, strictly speaking, are bulbs rather than roots) to add variety to your meals. Eating a variety of foods is good nutrition insurance—a way to get food values as yet undiscovered as well as those known.

### To get the good from vegetables

Eat some raw, some cooked. And prepare them in different ways.

Cook quickly; use all the juices.

Store properly to keep crisp and plump. Root vegetables like a cool, moist place best. One exception—winter onions—like it cool and dry.

### Cooking root vegetables

Pare vegetables, or leave skins on small or medium-sized ones if desired. If you pare, make the parings thin or scrape no more than skindeep. To keep whole beets from losing their bright red color during cooking, do not peel, and leave on an inch or two of stems and taproot.

To shorten cooking time, cut vegetables in pieces, or slice, dice, or shred coarsely.

**Boiled.**—Add vegetables to boiling water. For young, tender vegetables use only enough water to prevent sticking to pan; little or no water will be left at the end of cooking. For older vegetables—either whole or cut—have enough water to cover. For seasoning, add  $\frac{1}{2}$  teaspoon salt to the water for four servings of vegetables.

Quickly bring water back to boil after vegetables are put in, then turn heat low to cook gently.

Cover the kettle—to speed cooking, conserve vitamins, and save fuel.

Cook only until tender. See Guide to Boiling Time, below. Season and serve immediately.

Use the cooking liquid from cooking pared vegetables in soup, sauce, gravy, or vegetable cocktail.

## GUIDE TO BOILING TIME

<i>Vegetable prepared for cooking</i>	<i>Minutes</i>
<b>Beets:</b>	
Young, whole.....	30-45
Older, whole.....	45-90
Sliced or diced.....	15-25
<b>Carrots:</b>	
Young, whole.....	15-25
Older, whole.....	20-30
Sliced.....	10-20
<b>Onions.....</b>	<b>15-30</b>
<b>Parsnips:</b>	
Whole.....	20-40
Quartered.....	10-20
<b>Rutabagas, cut in pieces.....</b>	<b>20-30</b>
<b>Turnips:</b>	
Whole.....	20-30
Cut in pieces.....	10-20

**Pressure-cooked.**—Be especially careful not to overcook vegetables when using a pressure cooker. Even a few seconds' overcooking can lower eating quality and nutritive value. Follow the cooking times that come with your cooker. To prevent overcooking,



bring the pressure up quickly, time the cooking period exactly, then bring the pressure down as quickly as possible. Learn to adjust the time to suit the kind and quality of vegetables you use. For very fresh and tender vegetables you may be able to cut the cooking time.

### Season to taste

Easiest way to season a cooked vegetable is to add salt and pepper to taste and meat drippings or butter or margarine just before serving.

To give more "lift" now and then, drop in a little chopped onion, green onion tops, chives, green pepper, or parsley or other herbs.

A little vinegar or a squeeze or two of lemon juice adds a pleasantly tart note to seasoning for boiled carrots, beets, or turnips.

### Sauce for a change

White sauce blends well with cooked onions, carrots, parsnips, or turnips.

For a medium-thick sauce to serve over vegetables, blend 2 tablespoons of flour with 2 tablespoons of fat. Add 1 cup of milk (fresh or evaporated, or dry mixed with water). Cook 5 minutes, stirring constantly to make the sauce smooth. Season to taste with salt and pepper. This makes enough sauce to mix with 2 cups of vegetables.

Some like vegetables better with a thin white sauce, made with 1 tablespoon of fat and 1 of flour, for 1 cup of milk.

**Invent your own.**—To the white sauce add left-over bits of meat or fish, or hard-cooked egg, or grated cheese.

For a thrifty family-size scalloped dish, combine with a white sauce any left-overs of vegetables that are not enough to serve by themselves. Top with bread crumbs and bake until bubbling and brown.

## BEETS

### Harvard beets

1 tablespoon cornstarch	1/4 cup water
2 to 4 tablespoons sugar	2 tablespoons butter or margarine
1/2 teaspoon salt	
1/4 cup vinegar	2 cups cooked beets, sliced

Mix cornstarch, sugar, and salt. Add vinegar and water and boil gently until thick, stirring constantly. Add the butter or margarine and beets and reheat.

Four servings, 1/2 cup each.

### Beet soup

1 quart beef broth (made from a soupbone or bouillon cubes)	1 small onion, chopped
1 teaspoon salt	1 carrot, chopped
	1 1/2 cups finely chopped cooked beets

Heat broth and salt to boiling.

Add vegetables, cook until carrots and onions are tender.

If desired add a pinch of thyme or other herbs, and top with sour cream.

Four servings, 1 cup each.

### Pungent beets or carrots

4 slices bacon	2 cups chopped cooked beets or carrots, drained
2 tablespoons vinegar or lemon juice	Salt and pepper
2 tablespoons water	Pinch of ginger, if desired

Fry bacon until lightly browned. Drain on absorbent paper.

Combine vinegar or lemon juice and water. Add beets or carrots. Sprinkle with salt, pepper, and ginger.

Heat vegetable thoroughly, stirring frequently to blend flavors.

Crumble bacon and sprinkle over top of the hot vegetable.

Four servings, 1/2 cup each.

## Beets and greens or turnips and greens

Cook baby beets or young turnips in water until almost tender. Add greens and cook about 5 minutes, then drain, and chop. Season with butter, margarine, or bacon drippings, salt, and pepper.

## PARSNIPS

### Browned parsnips

4 large parsnips  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  cup flour

2 tablespoons butter, margarine, or drippings

Pare parsnips and slice lengthwise. Cook with salt in a small amount of water until parsnips are tender.

Strip out center core if woody. Dip the slices in flour, or mash the parsnips and make them into little cakes.

Fry in the fat until golden brown.

Four servings,  $\frac{1}{2}$  cup each.

### Scalloped parsnips or carrots

2 cups sliced cooked parsnips or carrots  
 $1\frac{1}{2}$  cups thin white sauce  
(see p. 4)

$\frac{1}{4}$  cup bread crumbs  
1 tablespoon melted butter or margarine

Place the parsnips or carrots in a baking dish. Pour white sauce over them.

Mix crumbs with butter or margarine. Sprinkle the crumbs on the top. If desired, sprinkle  $\frac{1}{4}$  cup grated cheese over the vegetable before adding the crumbs.

Bake at 400° F. (hot oven) 20 minutes or until brown.

Four servings,  $\frac{3}{4}$  cup each.

## CARROTS AND TURNIPS

### Panned carrots

Slice carrots thin. Place in a fry pan with a little melted fat, cover, cook slowly until tender. Season with salt and pepper.

If desired, cook panned carrots with sliced onions.

**With apples.**—Cut carrots in strips and cook until almost tender. Add cored apples sliced in rings with the skins on, sprinkle with salt and sugar, and brown well.

### Quick carrot or turnip soup

- |  |  |
|--|--|
| 2 tablespoons finely<br>chopped onion  | 1 quart hot milk                       |
| 2 tablespoons butter or mar-<br>garine | 1 cup grated raw carrots or<br>turnips |
| 2 tablespoons flour                    | Salt and pepper to taste               |

Cook the onion in the butter or margarine for a few minutes. Blend in the flour.

Add milk, carrots or turnips, and salt and pepper.

Cook, stirring frequently until the carrots or turnips are tender, about 10 minutes.

Four servings, 1 cup each.

### Carrots or turnips O'Brien

- |  |  |
|--|--|
| 2 tablespoons butter, mar-<br>garine, or drippings | 2 tablespoons chopped<br>green or sweet red pepper |
| 2 cups chopped cooked car-<br>rots or turnips      | $\frac{1}{2}$ teaspoon salt                        |
|  | Pepper if desired                                  |

Heat the butter, margarine, or drippings in a large fry pan. Combine the vegetables. Add salt and pepper.

Spread out the vegetables in the pan in a thin layer.

Heat slowly, about 10 minutes, without stirring.

Four servings,  $\frac{1}{2}$  cup each.

## ONIONS

### Onion soup

1½ cups finely chopped onion	1 quart hot meat broth (made from a soupbone or bouillon cubes)
2 tablespoons butter or margarine	Salt and pepper to taste
2 tablespoons flour	

Cook the onion in the butter or margarine until lightly browned. Blend in the flour.

Add the meat broth and stir until smooth. Add salt and pepper.

Simmer until the onions are tender and flavor well blended.

Serve with a square of toast in each bowl. For variety sprinkle a little dry grated cheese over the toast.

Four servings, 1 cup each.

### Spring onions on toast

Allow 6 or 7 finger-size spring onions to each serving. Cook, green tops and all, in lightly salted boiling water until tender, about 20 minutes if onions are young and fresh. Season with melted butter or margarine and serve on toast.

For variety, pour cheese sauce over onions on toast.

### Scalloped onions with nuts

2 cups sliced cooked onions	¼ cup fine dry bread crumbs
1 cup chopped nuts	1 tablespoon melted butter or margarine
1½ cups thin white sauce (see p. 4)	

Place onions in a baking dish; add nuts and sauce.

Mix crumbs with butter or margarine and sprinkle over the top.

Bake at 400° F. (hot oven) 20 minutes or until crumbs are brown.

Four servings, ¾ cup each.



## Stuffed Onions

4 large onions	1 1/3 cups fine dry bread crumbs
1 1/2 tablespoons chopped parsley	1/2 teaspoon salt
1/3 cup chopped celery	Pepper
2 tablespoons butter or margarine	

Peel onions and cut in half crosswise. Simmer in salted water until almost tender. Drain.

Remove centers of onions without disturbing the outer two layers. Chop centers fine.

Cook parsley, celery, and chopped onion in the butter or margarine until slightly softened. Add crumbs and seasonings, and heat thoroughly.

Stuff onion shells with hot mixture. Place in a baking pan; add water to cover the bottom of the pan. Cover the pan.

Bake at 350° F. (moderate oven) about 30 minutes or until onions are tender.

Brown under the broiler after baking if desired.

Four servings.

## Stewed onions and tomatoes

1/4 cup sliced onions	Pepper, if desired
1 1/2 cups cooked, canned, or chopped fresh tomatoes	1 tablespoon flour, or
1/2 teaspoon salt	2 slices dry bread, cubed
	1 tablespoon butter or margarine

Cook tomatoes and onions with salt and pepper slowly until the onions are tender.

Mix flour and a little of the hot tomato juice, then pour the mixture into the tomatoes and cook until thick.

Or add bread cubes to the tomato mixture and heat.

Add butter or margarine.

Four servings, 2/3 cup each.

## Browned onions and carrots

4 medium size onions  
4 medium size carrots

2 tablespoons meat drippings  
or other fat  
Salt and pepper

Peel onions and cut in  $\frac{1}{4}$ -inch slices. Scrape carrots and slice thin lengthwise.

Melt fat in fry pan. Add vegetables and salt and pepper. Cover the pan.

Cook slowly, stirring occasionally, until vegetables are tender and slightly browned.

Four servings,  $\frac{1}{2}$  cup each.

## MIX YOUR VEGETABLES

### Vegetable soup

Simmer a soupbone in water. To 3 cups of this meat broth allow—

1 small onion  
2 small carrots  
1 small turnip  
1 small potato

1 small green pepper  
1 stalk celery and leaves  
1 cup tomato juice and pulp

Cut all the vegetables about the same size and shape. Cook until tender in the salted meat broth.

Season well and serve hot.

Four servings, 1 cup each.

### Vegetable stew or pie

Use half as much meat broth and the same quantity of vegetables as for vegetable soup. Thicken with a tablespoon of flour mixed with a little cold water, and you have a delicious stew.

Or put the hot stew in a baking dish, cover with rounds of biscuit dough or with mashed potatoes, and bake at 400° F. (hot oven).

Four servings,  $\frac{2}{3}$  cup each.

## Vegetable chowder

- |                             |                           |
|-----------------------------|---------------------------|
| 1 small onion, chopped      | 1 stalk celery and leaves |
| 1 tablespoon meat drippings | 1 cup boiling water       |
| 2 small carrots             | 2 cups hot milk           |
| 1 small turnip              | 1/4 cup dry bread crumbs  |
| 1 small potato              | Salt and pepper           |
| 1 small green pepper        |                           |

Brown onion in meat drippings. Add other vegetables, which have been cut in small pieces, and the boiling water. Cook until vegetables are tender. Add hot milk and bread crumbs and cook over low heat until thickened. Season with salt and pepper.

Four servings, 3/4 cup each.

## ROOTS AND ROAST

Place root vegetables around a pot roast when the meat is nearly done. Make it any combination you like—onions, potatoes, turnips, carrots, whole or in halves. Cook covered; baste vegetables occasionally with the meat broth, and cook until tender. Serve on a hot platter with vegetables circling the meat.

## SOME RAW

*For a relish* to eat raw, serve spring onions, radishes, and young turnips and carrots cut in thin sticks.

*For a salad* to mix with dressing . . .

Shredded raw carrots or beets with shredded cabbage, sliced radishes, or diced apple.

Shredded carrots and cottage cheese balls.

Diced raw rutabaga, chopped green pepper, and salted peanuts.

*For a sandwich*, shredded raw carrot with chopped nuts or raisins, or sliced radishes, mixed with salad dressing.

## FRUITS TO TOP YOUR MEALS

by:

S. Virginia Wilson  
Extension Nutritionist

Use fruit desserts to "top" your meals. They satisfy the appetite, add color and flavor to a meal and are high in food value. Many desserts furnish little more than fuel for energy or calories. No so with fruits. They give you health protecting minerals and vitamins and have a laxative effect in the body.

Serve fresh, frozen, canned or dried fruits daily. Use them plain or "dressed up" to make a variety of tasty desserts. Eat one or more 1/2 cup servings of fruit to help meet your DAILY NEED OF FIVE SERVINGS OF FRUITS AND VEGETABLES. Be sure one of these is green or yellow in color; one rich in Vitamin C; and three more servings of any other fruit or vegetable.

Fruits that fall in each of these three classes are:

**GREEN OR YELLOW FRUITS:** Apricots, yellow peaches, prunes (or other yellow plums). These furnish you with Vitamin A--known as the Good Eyesight vitamin. You need it to help you see better in a dim light and to ward off infections such as colds. Children need it to grow properly.

**VITAMIN C RICH FRUITS:** Strawberries, oranges, lemons, grapefruit, cantaloupe. When you have too little Vitamin C wounds heal slowly, walls of blood vessels become weak, gums get soft and bleed easily, and your body cannot fight infection.

**OTHER FRUITS:** (Not in above groups) Apples, bananas, cherries, figs, grapes, berries (other than strawberries), pears, pineapple, white peaches and watermelon. Fruits in this class are not rich in any one mineral and vitamin, but have small amounts of many. They help support other groups in protecting health.

## RECIPES

### BAKED PEARS

1/4 cup brown sugar  
1/4 cup white sugar  
1 tablespoon cornstarch OR  
2 tablespoons flour  
1/8 teaspoon salt

2 tablespoons butter or margarine  
1 tablespoon grated orange rind  
1 cup orange juice  
1 teaspoon grated lemon rind  
2 tablespoons lemon juice  
4 ripe pears or 8 halves canned

Mix brown and white sugar, cornstarch or flour and salt. Add butter, orange and lemon juice and rind. Cook until mixture becomes clear and is thickened. (Cornstarch will make a clearer sauce than the flour). Cut peeled pears in half, then core. Place the fresh or canned pears in a shallow baking dish. Pour above mixture over them. Bake uncovered in a moderate oven (350° F.) for 15 minutes or until pears are tender. Baste every five minutes. Serve warm. Two pear halves and some of the sauce counts as one serving.

(Over)

### APRICOT FLUFF

1 cup boiling water  
1 package lemon flavored gelatin  
1 cup sieved apricots

1 cup whipped cream, sweetened with  
2 tablespoons sugar (if desired)

Pour boiling water over lemon gelatin. Dissolve. Chill until thick but not stiff. Beat until fluffy. Fold in sieved apricot and whipped cream. Pour into molds & chill until set. Serve plain or with cookies or cake as desired. Whipped evaporated or dried milk may be substituted for whipped cream.

### APPLE CHEESE CRISP

4 apples  
1/2 cup water  
1 teaspoon lemon juice  
3/4 cup sugar  
1/2 teaspoon cinnamon

1/2 cup flour  
1/4 cup shortening  
1/2 teaspoon salt  
3/4 cup cheese

Peel, slice in eighths and core apples. Place in a shallow buttered baking pan. Pour water and lemon juice over apples. Mix sugar, cinnamon, flour, shortening, salt and cheese. Sprinkle over the apples. Bake in a moderate oven (350° F.) until apples are tender and crust is crisp or about 30 minutes. Serve warm or cold with or without whipped cream.

### PEACH CUP UPSIDE PUDDING

6 peach halves  
2 eggs

3/4 cup sugar  
1/2 teaspoon cinnamon

2 cups soft bread crumbs  
2 tablespoons melted butter

Put fresh or canned peach halves, cut side up, in buttered custard cups. Beat eggs until light, add sugar and beat thoroughly. Add 1/2 teaspoon cinnamon, bread crumbs and melted butter. Pour mixture over the peach halves. Bake in a hot oven (400° F.) 25 minutes or until a toothpick comes out clean when stuck into the center. Turn out of cups and serve with fruit sauce.

FRUIT SAUCE: Mix 2 tablespoons cornstarch, 1/4 cup sugar and 1/4 teaspoon cinnamon. Add 1 cup peach syrup or juice and 2 tablespoons butter. Stir until blended. Heat to boiling and cook until mixture thickens.

### VELVA FRUIT

6 cups fruit juice and pulp  
1 1/2 to 2 cups sugar  
2 tablespoons lemon juice

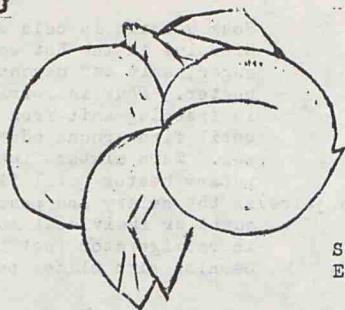
1/4 teaspoon salt  
2 tablespoons unflavored gelatin  
1/2 cup boiling water

Put fresh, frozen or canned fruits through a coarse sieve to get the 6 cups of fruit juice and pulp. Mix fruit, 1 cup sugar, lemon juice and salt. Mix gelatin with remaining 1/2 cup sugar. Dissolve in boiling water and cool to 70° F. Mix gelatin and fruit mixtures. Freeze in hand freezer or mechanical refrigerator.



# PEACHY

# DISHES



S. Virginia Wilson  
Extension Nutritionist

Eat peaches for breakfast, lunch or dinner. Use them as an appetizer, with the main course, in salads or as a dessert. Their delicate color, aroma, and flavor make them pleasing to look at, smell and taste. Fresh, frozen or canned they make choice eating the year round.

Choose peaches as one of the FIVE SERVINGS OF FRUITS AND VEGETABLES NEEDED DAILY. They will help to furnish minerals and vitamins for good health. Yellow peaches are richer in the good-eyesight vitamin A than the white flesh varieties

A favorite with most people is just plain peaches 'n cream -- but for variety they may be served many ways.

## BROILED PEACHES:

Place peach halves--either fresh or well drained canned ones--in a shallow pan. Dot each piece with butter or margarine. Run under broiler until heated through and "fringed" with brown. Serve hot with bacon for breakfast or with chicken or meat for dinner.

## PICKLED PEACH HALVES:

Drain the syrup from a can or jar of peaches. Add to it  $\frac{3}{4}$  cup brown sugar,  $\frac{1}{2}$  cup vinegar, 1 teaspoon of whole cloves, 1 teaspoon whole allspice and 2 three inch sticks of cinnamon. Boil five minutes. Add the peach halves and simmer for five minutes longer. Allow fruit to cool in the pickling syrup. Serve with meat or chicken.

## PEACH FRITTERS:

1 cup flour  
1 teaspoon baking powder  
1 tablespoon sugar  
 $\frac{1}{4}$  teaspoon salt  
1 egg  
1 cup milk  
1 tablespoon melted shortening  
Fresh or canned peach halves

Sift together the flour, baking powder, sugar and salt. Combine the well beaten egg, milk and melted shortening. Pour this into the flour mixture, beat until smooth. Dip the peach halves in the batter and fry in deep fat. Serve hot sprinkled with powdered sugar or with a hot fruit sauce or syrup. Use peach fritters either to accompany the main dish or as a dessert.

(OVER)

PEACH SOUFFLE SALAD:

1 tablespoon gelatin  
1/2 cup cold water  
1/2 cup hot water  
1/4 cup lemon juice  
1/2 cup sugar  
1/4 teaspoon salt  
1/2 cup mayonnaise  
1/2 cup chopped celery  
1 1/2 cup chopped peaches (no juice)

Soak gelatin in cold water for five minutes. Dissolve in the hot water; add lemon juice, sugar, salt and mayonnaise. Mix with rotary beater. Pour in refrigerator tray. Place in freezing unit from 15 to 20 minutes - or until firm around edges but soft in the center. Turn mixture into a bowl and beat with rotary beater until fluffy and smooth. Fold in the celery and peaches. Pour in a one-quart or individual molds. Chill until firm in refrigerator (not in freezing unit). Garnish with sliced peaches when serving.

PEACH KUCHEN:

2 cups flour  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
1/4 cup sugar  
1/2 cup butter or margarine  
12 peach halves (fresh, frozen or canned)  
1 teaspoon cinnamon  
3/4 cup sugar  
2 egg yolks  
1 cup heavy or sour cream

Sift together the flour, baking powder, salt and 1/4 cup sugar. Rub in the butter or margarine with finger tips or blender until mixture is like coarse meal. Pat this mixture evenly over the bottom and sides of an ungreased 8" square pan. Arrange peach halves, cut side up, over the top. Sprinkle over all the cinnamon and sugar which have been mixed together. Beat egg yolk, add the cream and pour over the top. Bake 30 minutes in a 400°F. oven. Serve warm to 6.

PEACH MOUSSE:

1 1/2 cups peach pulp & juice  
1 tablespoon lemon juice  
5 tablespoons sugar  
1 cup heavy cream whipped  
2 egg whites

Mix peach pulp, lemon juice and sugar. Fold in the whipped cream and finally the egg whites which have been beaten until stiff but not dry. Pour into a refrigerator tray (or mold) and freeze.

PEACH ICE CREAM:

3 cups fresh peaches  
1 cup sugar  
1 tablespoon lemon juice  
1/4 teaspoon salt  
2 cups thin cream

Cover the peaches with sugar, add lemon juice and let stand about 30 minutes. Press through a collander to form a pulp. Add cream and freeze in a hand-turned freezer.

PEACH MELBA:

Put a scoop of vanilla ice cream in a stemmed sherbet glass. Arrange a canned peach half on each side. Spoon raspberry sauce over all. Top with nuts.

# VEGETABLE CASSEROLES

by  
S. Virginia Wilson, Extension Nutritionist

Vegetables add zest to your meal. Serve them in different ways for interest. Fresh, canned, frozen or left-over vegetables may be combined in tasty, eye-catching casserole dishes.

Be sure you eat 5 servings of fruits and vegetables every day. Without them you are likely to come up missing with many minerals and vitamins needed to protect health. These 5 servings of fruits and vegetables should include:

1. GREEN or YELLOW FRUITS and VEGETABLES - one or more 1/2 cup servings of leafy greens, carrots, sweet potatoes, yellow peaches or others. These foods are especially rich in Vitamin A. This is called the good eyesight vitamin because it helps you to see better in dim light. It also helps to fight off colds by keeping the lining of the nose, mouth, throat and lungs in a healthy condition. Children need it for proper growth.
2. VITAMIN C RICH FRUITS or VEGETABLES - one or more 1/2 cup servings as tomatoes, strawberries, cantaloupe, raw cabbage, lettuce, oranges and grapefruit. Vitamin C aids in healing wounds, strengthens the walls of blood vessels, helps fight infection and keeps gums healthy.
3. OTHER FRUITS and VEGETABLES - 2 or more 1/2 cup servings of potatoes, onions, celery, turnips, beets, bananas, apples and others. Fruits and vegetables in this group have small amounts of many minerals and vitamins but are not rich in any one. They help out all other food groups to protect health.

Count as one serving each 1/2 cup you eat of any dish made of two or more vegetables such as the casserole dishes given below, tossed salad or succotash. It takes 1 cup of thick vegetable soup to count as a serving. Vegetables by themselves do not make a balanced meal. You need to add some meat, fish, poultry, eggs, cheese or a glass of milk.

## GREEN PEAS IN CASSEROLE

2 cups frozen or canned green peas	1½ teaspoons salt
1/4 cup onion, chopped fine	1 teaspoon Worcestershire sauce
2 tablespoons butter or bacon fat	1 cup tomatoes
1 lb. ground beef	3 tablespoons buttered bread crumbs

Drain cooked, frozen or canned peas. If frozen peas are used, cook in 1/2 cup of boiling, salted water. Put 1 cupful in a buttered baking dish. In a frying pan cook the onion in butter or bacon fat until tender but not brown. Add meat, stir and cook until it loses its red color. Add seasonings and tomatoes. Let simmer for 5 to 10 minutes. Stir to keep from sticking. Pour half of meat sauce over peas, top with sauce and buttered bread crumbs. Bake in a moderate oven (350° F.) for 15 to 20 minutes.

Baby lima or butter beans may be used in place of the peas. To complete meal serve parsley potatoes, bread, fresh or canned fruit and milk.



### CURRIED VEGETABLE CASSEROLE

2 tablespoons butter  
2 tablespoons flour  
1 cup milk  
1 teaspoon salt  
1 teaspoon curry powder

2 cups mixed vegetables (canned)  
1/4 cup buttered bread crumbs

Make white sauce of butter, flour and milk (1/2 milk and 1/2 vegetable cooking water may be used). Add salt and curry powder. Combine with mixed vegetables and turn into a buttered casserole. Top with buttered bread crumbs. Bake in a slow oven (325° F.) for 25 to 30 minutes.

Use a combination of 3 or more of these: green beans, carrots, corn, celery, cabbage, peas, broccoli or asparagus.

To complete meal, serve curried vegetable casserole on fluffy rice topped with a poached egg, bread, fruit cobbler or pie and milk or other beverage.

### BAKED VEGETABLE CASSEROLE

Fill a buttered casserole with layers of vegetables in the following order: raw potatoes, sliced thin; raw carrots, sliced thin; shredded cabbage; chopped onion; cooked or canned green beans or peas. Season each layer with salt. Add milk to almost cover. Dot with butter. Bake in a moderate oven (350° F.) about 45 minutes or until vegetables are tender.

### SUCCOTASH CASSEROLE

2 tablespoons butter or bacon fat  
1/4 cup chopped onion  
1½ cups cooked lima beans  
1½ cups whole kernel corn (fresh,  
frozen or canned)

Salt  
Pepper  
1/4 cup buttered bread crumbs

Cook onions in fat until tender, but not brown. Add the beans, corn and seasonings. Pour into a buttered casserole and top with buttered bread crumbs. Bake in a 400° F. oven until mixture is hot and crumbs are brown.

• Potatoes in

Popular

• Ways



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UNITED STATES DEPARTMENT OF AGRICULTURE



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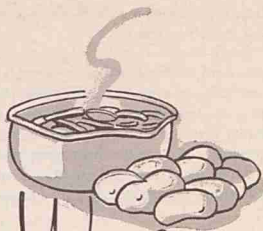
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# Potatoes in Popular Ways



Of all the vegetables our food markets offer, the potato has long been and still is the favorite. Food shoppers buy enough potatoes to supply 5 to 6 medium potatoes each week to every man, woman, and child in this country.

For the money spent on them, potatoes give a high return in food value. One medium-size potato can supply: As much as one-fifth of the ascorbic acid (vitamin C) recommended for inclusion in diets every day; and worthwhile amounts of thiamine and niacin (two important B-vitamins) and of the minerals iron, phosphorus, and potassium.

Persons who are reducing in weight sometimes shun potatoes because they believe them to be high in calories. Actually, potatoes are no higher in calories than many foods, but added fat or gravy can greatly increase the calories in the potatoes as served. For example, a potato of medium size—boiled, pressure cooked, or baked—provides only about 100 calories, approximately the same number as a large apple or orange or half of a large grapefruit. Fried potatoes may be two to four times as high in calories as the same weight of boiled, baked, or pressure-cooked potatoes.

## LATE-CROP AND EARLY-CROP POTATOES

Late-crop potatoes are on the retail market during the greater part of the year. Early-crop (or new) potatoes are available from early spring until fall.

*Late-crop.*—Late-crop potatoes are grown chiefly in the northern parts of the country. They are harvested in the fall after they have matured. Late-crop potatoes keep well; they may be stored

for months and brought out as needed to supply the market.

When cooked, some of the late-crop potatoes are mealy and others are waxy. The mealy potatoes, often referred to as bakers, are dry and fluffy when cooked; they are best for baking, mashing, and french frying. The waxy potatoes hold their shape well after cooking; they are not likely to break apart when you mix

them in salads or use them for creaming and hash browning.

*Early-crop.*—Early-crop potatoes are grown in sections of the country that have mild winters. Usually these potatoes are marketed directly from the fields, beginning in early spring when late-crop potatoes are becoming scarce and may be of doubtful quality. Early-crop potatoes are stored only for short

periods, if at all. Because they are harvested before they are mature, early-crop potatoes are highly perishable; they have very thin skins and are easily bruised.

Early-crop potatoes are firmer and less mealy when cooked than late-crop potatoes. Like the waxy late-crop potatoes, they are good for salads and for creaming and hash browning.

## POINTERS ON BUYING AND STORING POTATOES

### Buying

- Best quality potatoes are firm, smooth, and well shaped. They are free from cuts, blemishes, and decay.

- Look for potatoes that are reasonably clean; it's hard to judge the quality of potatoes covered with dirt. Washed potatoes may be found in some markets.

- Avoid potatoes that show green color on some part of the surface; the green portions have a bitter taste.

- For the least waste in paring select potatoes that are regular in shape and have shallow eyes.

- Before buying a large quantity of potatoes it's a good idea to buy a small sample first and try them to see if they have the cooking qualities you want. Usually it is impossible to predict cooking quality from the appearance of potatoes, and, except for potatoes labeled as bakers, cooking quality is seldom indicated on potato labels.

- Most homemakers like medium-size potatoes best for general use. It's easy to estimate portions with potatoes of this size, and there is less waste in paring than there is with small potatoes. Small potatoes are sometimes preferred for boiling whole, large potatoes for baking.

### Storing

Stored properly in the home, late-crop potatoes will keep for several months; early-crop potatoes will keep for several weeks.

Look the potatoes over before storing them. Set aside any that are bruised or cracked to use first.

Keep potatoes in a cool, dark place. For best keeping and cooking quality store at temperatures of 45° to 50° F. Higher temperatures are likely to cause sprouting and shriveling. Lower temperatures for even a week or two may cause potatoes to develop a sweet taste because some of the starch in the potatoes changes to sugar. Potatoes that have become excessively sweet in storage can be improved in flavor by keeping them at room temperature (70° to 80° F.) for a week or two before using them. Potatoes should be kept in the dark because light causes greening of the skin and the flesh under the skin. This greening lowers eating quality.

Because potatoes keep better if there is some circulation of air around them they should never be stored in an airtight container.

Don't place potatoes on a damp cellar floor. Put a board or some other kind of insulating material between potatoes and floor.

## COOKING POTATOES

No matter how potatoes are to be cooked, first remove sprouts and cut off green portions. If potatoes are pared, keep parings thin.

To get the most food value from potatoes, cook them whole in their jackets; boiling in as little water as possible saves the most vitamins.

Pared potatoes usually retain their whiteness better during boiling than potatoes cooked in their skins. If potatoes aren't cooked immediately after paring, cover them with water to prevent darkening.

For cooking whole, select potatoes of uniform size so that all will be done at the same time. The odd sizes can be used for potato salad or for scalloped potatoes or other dishes for which the potatoes are cut in pieces before cooking.

To speed cooking, cut potatoes in pieces and cook in as little water as possible in a tightly covered pan. Although the larger amount of exposed surface tends to increase loss of nutrients, this may be offset by the shorter cooking time. The smaller amount of water also causes less loss of nutrients.

Don't overcook potatoes. Potatoes cooked only until done are at their best in taste, food value, and appearance.

### Boiled Potatoes

Wash potatoes. Leave skins on or pare. Leave potatoes whole, or dice or quarter.

Put potatoes in a pan containing boiling, salted water. Use about 2 cups of water and  $\frac{1}{2}$  teaspoon of salt for 4 medium-size potatoes cooked whole. For quartered or diced potatoes reduce water to about  $1\frac{1}{2}$  cups. Cover and

boil gently; vigorous boiling may cause the potatoes to break up. Be sure water doesn't stop boiling during the cooking period.

Boil potatoes until they can be pierced easily with a fork. The time required varies with the size, shape, and type of potatoes.

Approximate cooking times for potatoes in various forms are:

Medium, whole----	25 to 40 minutes.
Quartered -----	20 to 25 minutes.
Diced -----	10 to 15 minutes.

Drain potatoes as soon as they are done, so they won't get waterlogged. Uncover to let the steam escape; if necessary, shake the potatoes in the pan over low heat to help dry them.

Remove skins of unpared potatoes, if desired.

### Baked Potatoes

Scrub potatoes well with a brush so that the skins may be eaten.

Bake in a hot oven (425° F.); potatoes of medium size will take from 50 to 60 minutes. Potatoes usually are done if they feel soft when pressed.

Or, if other foods are to be cooked in a moderate oven (350° to 375° F.), potatoes may be baked along with them. In a moderate oven, medium-size potatoes will take from 60 to 80 minutes.

Remove potatoes from the oven as soon as they are done. Slash an X in the top side of each potato. Force the soft inner portion up through the opening to let the steam escape; this keeps the potatoes dry and mealy.

If desired, sprinkle with salt and pepper and drop a pat of butter or margarine into the opening.



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Medium-size potatoes (3 to a pound) cut in different sizes for pressure cooking.

## Pressure-Cooked Potatoes

Wash potatoes. Leave skins on or pare. Leave potatoes whole, or, to shorten the cooking time, cut them in pieces. Some varieties that slough (or disintegrate) so badly during pressure cooking that they are not acceptable for serving whole make excellent mashed potatoes.

Put the potatoes on a rack in a pressure saucepan. Add 1 cup of water for a 3- or 4-quart pan,  $\frac{1}{2}$  cup for a smaller pan. Adjust cover.

Place the pan over high heat. When a steady flow of steam escapes, cover vent pipe with pressure indicator.

Keep heat high until cooking pressure is reached. Then regulate the heat to maintain pressure during cooking.

Approximate cooking times for potatoes in various forms are:

Medium, whole (about 3 to a pound) -----	15 to 20 minutes.
Small, whole (about 6 to a pound) -----	10 to 12 minutes.

Quarters -----	6 to 8 minutes.
Slices, $\frac{1}{2}$ -inch -----	4 to 7 minutes.
Cubes or strips, $\frac{1}{2}$ -inch -----	$1\frac{1}{2}$ to 2 minutes.

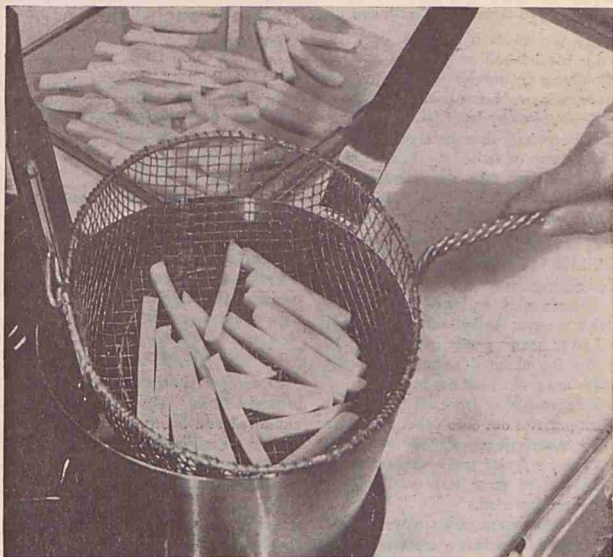
At the end of the cooking period cool the saucepan quickly according to method recommended for your cooker. Drain water from the potatoes. Place the pan over very low heat for a few seconds to evaporate excess moisture left on the potatoes.

## French-Fried Potatoes

Select medium to large potatoes. Pare and cut lengthwise into uniform strips about  $\frac{3}{8}$  inch thick. Rinse quickly in cold water to remove surface starch. Dry thoroughly with towels.

Fry by either the one-stage or the two-stage method given here. With the one-stage method, raw strips are cooked in oil or fat until golden brown and ready to eat in one frying operation. With the two-stage method, raw





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**Fry only a small quantity of raw potato strips at one time—a single layer covering the bottom of the basket.**

strips are fried first (parfried) until cooked but not browned, taken out of the oil or fat, and then lightly browned in a second frying. With this method, potatoes may be prepared and parfried several hours ahead of time, then finished quickly just before they are needed.

Never overload the frying basket with raw potato strips. They are high in moisture content; when too many are put into the hot fat at once the temperature of the fat drops excessively. As a result, cooking is slower and the strips absorb more fat. In the two-stage method, about twice as many strips may be fried in the second stage as in the

first because the strips have lost a considerable amount of moisture in the first cooking.

### **One-Stage Method**

Fill the fry kettle one-third full of fat or oil, and heat to 370°–385° F., keeping the fry basket in the fat.

Raise basket and add raw potato strips to cover the bottom of basket.

Lower basket gently into fat. If fat bubbles a great deal, lift the basket and lower it several times until the bubbling subsides; bubbling is caused by the moisture from the potatoes.

*(Continued, next page)*

### French-Fried Potatoes—Continued

Fry for about 5 minutes, or until strips are cooked and golden brown. If potatoes require longer cooking, too many strips are being fried at one time.

Remove basket from fat. Drain for a few seconds, then gently shake the basket once or twice.

Serve french fries immediately.

### Two-Stage Method

*First stage.*—Fill the fry kettle one-third full of fat or oil, and heat to 360° F., keeping the fry basket in the fat.

Raise basket and add raw potato strips to cover the bottom of basket.

Lower basket gently into fat.

Fry for about 4 minutes, or until strips are cooked but not brown.

Remove basket from fat and drain. Turn parfries out onto paper towels or other absorbent paper.

Continue frying small batches of raw strips in the same way until all the strips are parfried.

Parfried potato strips may be held for an hour or two at room temperature, or up to 24 hours in a covered container in the refrigerator. If you want to keep them longer, freeze them, following directions in next column for Frozen French-Fried Potatoes.

*Second stage.*—Heat fat to 375° F., keeping the fry basket in the fat.

Lift basket out of fat. Put about two layers of parfries into basket.

Fry for about 1 minute, or until potatoes are golden brown.

Remove basket from fat. Drain for a few seconds. Gently shake basket once or twice.

Serve french fries immediately.

### Frozen French-Fried Potatoes

#### To Freeze

Prepare potato strips according to directions for French-Fried Potatoes, page 4. Parfry according to directions for first stage of two-stage method.

Cool parfried strips to room temperature. Pack cooled strips in cartons or other containers of moisture-vapor-resistant materials. Seal.

Freeze and store at 0° F. Frozen parfried potato strips will maintain their quality for 3 or 4 months.

#### To Brown for Serving

Frozen parfries may be thawed, then browned in fat. Or they may be left unthawed and browned in an oven or broiler. Parfries browned in the oven or broiler are less tender and less oily than those that are browned in fat.

*To brown in fat.*—Leave frozen strips in package to thaw. Thaw at room temperature for 2 to 3 hours.

Remove strips from container. Pat them lightly with towels to remove condensed moisture. Be sure all strips are at room temperature before they are put into hot fat. Otherwise they will cause the temperature of the fat to drop too low for quick browning.

Brown as directed for second stage of two-stage method of french frying.

*To brown in oven.*—Brown unthawed parfries for 10 minutes in an extremely hot oven (500° F.), turning strips as needed, or for 5 minutes in an oven at 500° F. followed by 3 minutes in a broiler.

## POTATO FAVORITES

### Mashed Potatoes

**4 medium-size potatoes**

**1/3 to 1/2 cup hot milk**

**Salt, pepper**

**3 tablespoons butter or margarine**

Pare, boil, and drain the potatoes. Mash quickly until potatoes are free from lumps.

Add hot milk, a little at a time, and beat until potatoes are white and fluffy. The amount of milk needed will depend on how mealy the potatoes are.

Season with salt and pepper and beat in the butter or margarine.

4 servings.

### Scalloped Potatoes

**2 cups thinly sliced raw potatoes**

**1 tablespoon flour**

**1 teaspoon salt**

**Pepper**

**1 cup milk**

**1 tablespoon butter or margarine**

Put a layer of potatoes in a greased baking dish and sprinkle with some of the flour, salt, and pepper. Repeat until all the potatoes are used.

Pour milk over potatoes and dot with butter or margarine. The milk may be heated to speed the cooking.

Cover and bake in a moderate oven (350° F.) for 30 minutes. Remove cover and continue baking until potatoes are tender—about 30 minutes. If the potatoes are not brown enough on top, place the uncovered dish under the broiler for 3 to 5 minutes.

4 servings.

*Variation:* If desired, add a little chopped onion. Or add cooked meat, diced or thinly sliced, in alternate layers with the potatoes. Or top with grated cheese.

### Fried Potatoes, Country Style

Pare and slice raw potatoes. Heat a little cooking fat or oil or meat drippings in a fry pan and add the potatoes. Use about 2 tablespoons fat to 3 cups sliced potatoes. Season with salt and pepper. Cover closely and cook over medium heat for 10 to 15 minutes, or until the potatoes are brown on one side. Turn potatoes and brown on other side. If desired add a little chopped onion to the fat with the potatoes.

### Stuffed Baked Potatoes

Cut large baked potatoes in half lengthwise as soon as they are taken from the oven. Scoop out inner portion and mash. Season with a little butter or margarine, salt, and pepper. Stir in enough hot milk to moisten.

Beat the mixture until it is smooth and fluffy and stuff it back into the potato shells. Brush with melted butter or margarine and brown lightly in a hot oven (425° F.).

For variety, add diced cooked meat, flaked salmon, or grated cheese to the mashed potato.

### Parsley Potatoes

**1/4 cup butter or margarine**

**4 medium-size cooked potatoes**

**2 tablespoons finely cut parsley**

Melt the butter or margarine and pour over hot potatoes. Sprinkle with parsley.

4 servings.

## **Creamed Potatoes**

**2 cups diced raw potatoes**  
**1 ½ tablespoons butter or margarine**  
**1 ½ tablespoons flour**  
**1 teaspoon salt**  
**Pepper**  
**1 cup milk**

Cook potatoes in a small amount of boiling salted water until tender. Drain.

Melt the butter or margarine in a saucepan and blend in the flour, salt, and pepper. Gradually stir in the milk and cook over low heat until thickened, stirring constantly.

Add the hot diced potatoes to the sauce. Reheat if necessary before serving.

4 servings.

## **Quick Scalloped Potatoes**

**2 cups thinly sliced raw potatoes**  
**1 ½ cups milk**  
**1 tablespoon flour**  
**1 teaspoon salt**  
**Pepper**  
**1 tablespoon butter or margarine**

Combine potatoes and milk and cook in a saucepan over low heat on top of the range for 15 to 20 minutes, taking care not to let the milk scorch.

Place a layer of potatoes in a greased baking dish, sprinkle with flour, salt, and pepper. Repeat until all the potatoes are used.

Pour the milk left in the saucepan over the potatoes and dot with butter or margarine.

Cover and bake in a moderate oven (350° F.) for 10 minutes, or until potatoes are tender. Remove cover and bake 10 minutes longer. If the potatoes are not brown enough on top, place the uncovered dish under the broiler for 3 or 4 minutes.

4 servings.

## **Potato Strips With Cheese**

**3 cups raw potato strips**  
**(cut as for french fries)**  
**½ cup milk**  
**1 tablespoon butter or margarine**  
**1 teaspoon salt**  
**Pepper**  
**½ cup thinly shaved process cheese**  
**1 tablespoon finely cut parsley**

Put the strips into a greased baking dish and pour the milk over them. Dot with butter or margarine and sprinkle with salt and pepper.

Cover and bake in a hot oven (425° F.) for 40 minutes, or until the potatoes are tender.

Sprinkle with cheese and parsley and bake, covered, for 5 minutes more.

4 servings, ⅔ cup each.

## **Fried Sweet-Sour Potatoes**

**4 slices bacon**  
**2 ½ to 3 cups diced raw potatoes**  
**¼ cup finely chopped onion**  
**1 tablespoon sugar**  
**¾ teaspoon salt**  
**½ cup water**  
**¼ cup vinegar**

Cook bacon in a fry pan until crisp, remove from pan, and chop.

Using 2 tablespoons of the bacon fat, cook the potatoes over medium heat, without turning, for 15 to 20 minutes, or until they are brown on the bottom.

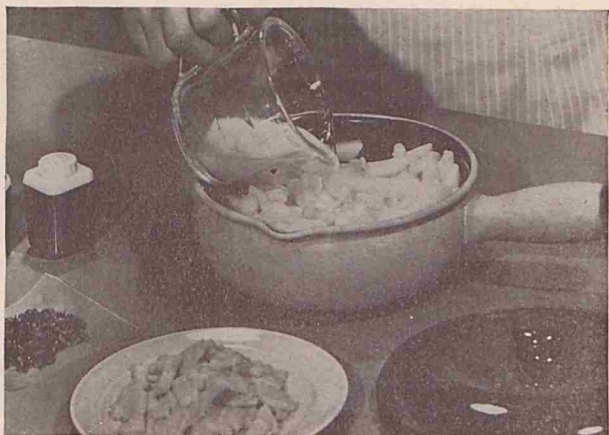
Turn the potatoes with a wide spatula. Add onion and cook for 5 minutes more.

Add sugar, salt, and water. Cover and simmer for 15 minutes, or until potatoes are tender.

Remove from heat and pour vinegar over potatoes. Cover and let stand for 15 minutes.

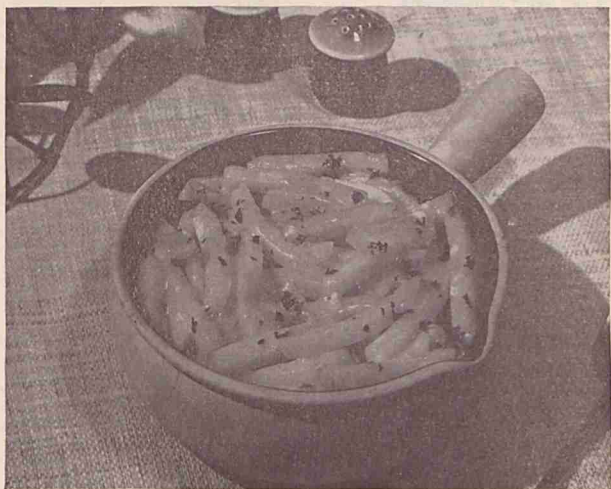
Add chopped bacon, and reheat.

4 or 5 servings, about ½ cup each.



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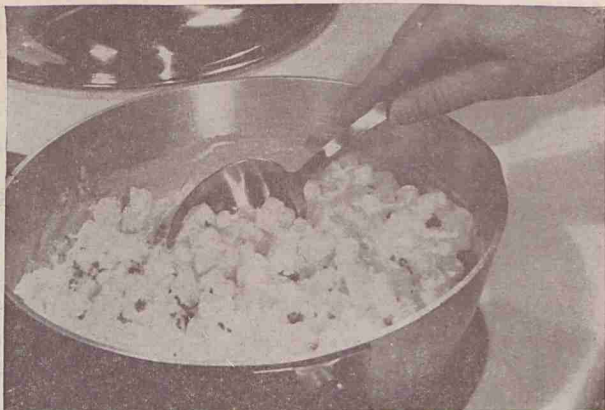
Adding milk to the potatoes—one of the simple steps in making Potato Strips with Cheese.



9939-D

The finished product—a new combination of favorite foods.





9940-D

Quick creamy potatoes—from raw to finished product in one pan.

## Potatoes With Savory Butter

- $\frac{1}{2}$  cup butter or margarine
- 1 clove garlic, peeled
- $\frac{1}{4}$  teaspoon thyme
- $\frac{1}{4}$  teaspoon rosemary
- Pinch of tarragon
- $\frac{1}{16}$  teaspoon powdered dry mustard
- $\frac{1}{2}$  tablespoon finely cut parsley
- Pepper
- 1 teaspoon lemon juice
- 4 medium-size cooked potatoes

Melt butter or margarine in a container set in hot water.

Cut the garlic clove, add to the butter or margarine, let stand for 5 or 10 minutes, and remove.

Crush the thyme, rosemary, and tarragon and put through a fine sieve. Measure  $\frac{1}{4}$  teaspoon of the mixture and add to the butter or margarine.

Add the mustard, parsley, pepper, and lemon juice. Let stand for at least  $\frac{1}{2}$  hour. Stir well and serve on hot potatoes.

4 servings.

This savory butter sauce is good also on baked potatoes and on cooked green vegetables.

## Quick Creamy Potatoes

- $2\frac{1}{2}$  cups diced raw potatoes
- 1 cup milk
- 2 tablespoons finely chopped onion
- 1 teaspoon salt
- Pepper
- 1 tablespoon finely cut parsley

Combine the potatoes with the milk, onion, salt, and pepper in a heavy fry pan.

Cover and cook slowly, stirring frequently, for 20 to 30 minutes, or until the potatoes are tender and most of the milk is absorbed. If the potatoes are very mealy, more milk may be needed.

Sprinkle with the parsley before serving.

4 servings, about  $\frac{1}{2}$  cup each.

## Potato Pancakes

- 2 eggs, beaten
- ¼ cup milk
- 2 cups grated, ground, or shredded raw potato
- 1 tablespoon grated onion
- 3 tablespoons flour
- 1 teaspoon salt
- Pepper

Combine beaten eggs and milk in mixing bowl. Grate, grind, or shred potatoes and add to egg-milk mixture as soon as each cupful is prepared. Use only the pulp of the potato, not the liquid.

Add onion, flour, salt, and pepper. Mix well.

Drop the mixture by tablespoonfuls onto a hot lightly greased griddle or

fry pan. Stir the mixture before dropping each pancake.

Cook the cakes slowly until they are well browned and crisp on the bottom. Turn and brown the other side. If cooked too fast the pancakes will scorch before they are cooked through.

Serve immediately as a meat accompaniment or with applesauce or apple butter.

1½ dozen pancakes, about 3 inches in diameter.

## Roast Potatoes

Pare medium-size potatoes and place them around meat in roasting pan 1 to 1½ hours before the meat is done. Turn the potatoes occasionally and baste them with meat drippings.

## USING COOKED POTATOES

### Potato Griddle Scones

- 1½ cups sifted flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- 2 tablespoons shortening
- ¾ cup cold seasoned mashed potatoes
- 1 egg, beaten
- 2 to 4 tablespoons milk

Sift together the flour, salt, and baking powder.

Cut in the shortening until the mixture is granular. Blend in the potatoes.

Combine egg and 2 tablespoons milk, and add to the flour-and-potato mixture. Mix slightly. Add more milk if needed to make the dough hold together.

Turn onto a lightly floured board and roll out to about ¾ inch in thickness. Cut into 2-inch squares.

Place on a hot, very lightly greased griddle or fry pan and cook slowly,

7 or 8 minutes on each side. Turn only once.

May be served with creamed tuna, creamed chipped beef, or other creamed fish or meat.

8 to 10 scones.

### Cottage-Fried Potatoes

- 2 or 3 tablespoons cooking fat or oil
- 2 cups sliced cooked potatoes
- Salt
- Pepper

Heat fat or oil in a fry pan and add the potatoes. Season with salt and pepper.

Fry until potatoes are brown, turning them as they cook.

4 servings.

*Variation:* Chop a small onion fine and add when the potatoes are browned on one side.

## Potato Puff

- 2 cups hot or cold seasoned mashed potatoes
  - 3 tablespoons hot milk
  - 1 egg, separated
  - 2 tablespoons butter or margarine, melted
  - 1 teaspoon grated onion
  - 2 tablespoons cut parsley
  - 1 teaspoon salt
- Pepper**

To the potato add the hot milk, beaten egg yolk, butter or margarine, onion, parsley, salt, and pepper. Mix well.

Beat egg white until stiff and fold into the potato mixture. Pile lightly into a greased baking dish.

Bake in a moderate oven (375° F.) for about 35 minutes, or until brown. For a deeper brown, put the dish under the broiler for 3 or 4 minutes.

4 servings.

## Hash-Browned Potatoes

- 2 cups diced cooked potatoes
  - 2 tablespoons finely chopped onion
  - 4 teaspoons flour
  - 1½ teaspoons salt
- Pepper**
- 2 tablespoons milk
  - 2 tablespoons cooking fat or oil

Combine potatoes and onion.

Mix flour, salt, and pepper, and slowly blend in the milk.

Combine with the potato-and-onion mixture.

Heat fat or oil in a heavy fry pan.

Spread potato mixture evenly in the pan, making one large cake that does not touch the sides.

Cook over medium heat until the underside is brown. Cut into four equal portions and turn each piece to brown the other side.

4 servings.

## Potato Nests With Eggs

- 1½ cups cold mashed potatoes
  - 1 tablespoon butter or margarine
  - 5 eggs
- Salt and pepper**

Mix potatoes with one of the eggs. Shape mixture into four balls.

Place potato balls on a greased baking dish. Press centers of balls to make cups. Brush cups with the melted butter or margarine.

Heat potato cups in a moderate oven (375° F.) for 20 minutes.

Remove cups from the oven. Break an egg into each cup and season with salt and pepper.

Return cups to moderate oven (375° F.), and heat for 12 to 15 minutes.

4 servings.

## Potato Cakes

Shape cold mashed potatoes into small cakes and dip both sides in flour. Brown on both sides in a little cooking fat or oil.

For variety, mix the mashed potatoes with slightly beaten egg, chopped cooked meat or fish, or grated cheese.

## Egg-Cheese-Potato Casserole

- 1 cup thin white sauce
  - 1 tablespoon minced parsley
  - 2 cups sliced cooked potatoes
  - 1 cup shredded cheese
  - 4 hard-cooked eggs, sliced
- Soft breadcrumbs**  
**Salt, pepper**

Combine white sauce and parsley.

Place alternate layers of potatoes, cheese, and eggs in a greased baking dish; sprinkle with salt and pepper. Pour the white sauce over the top. Sprinkle with breadcrumbs.

Bake in a moderate oven (375° F.) 15 to 20 minutes.

4 servings.

## Potato-Cheese Surprise

- 2 cups seasoned mashed potatoes
- 1 egg, well beaten
- ½ teaspoon finely chopped onion
- ½ cup shredded cheese
- 4 tomato slices
- ¼ cup dry breadcrumbs
- 2 tablespoons melted butter or margarine
- ½ teaspoon salt

Combine potatoes, egg, salt, and onion. Mix well.

Shape into 4 patties and place on a greased baking pan. Make a depression in each patty and fill with cheese. Cover with a slice of tomato.

Mix breadcrumbs with the fat and salt and sprinkle over tomato. Bake in a moderate oven (350° F.) 30 minutes.

4 servings.

## Mexican Potato Balls

- 1 ½ cups hot mashed potatoes
- 2 eggs, beaten
- ¼ teaspoon chili powder
- ½ teaspoon salt
- ⅓ teaspoon powdered dry mustard
- 1 teaspoon grated onion
- 1 teaspoon milk
- ½ cup shredded cheese
- ½ cup dry breadcrumbs

Combine potatoes, eggs, seasonings, and milk. Blend cheese and breadcrumbs. Add one-half to the potato mixture.

Shape into balls and roll in remaining cheese and breadcrumbs. Fry in deep fat at 380° F. until golden brown. Drain.

4 servings.

## POTATOES IN MAIN DISHES

### Potato-and-Meat Scallop

- ¾ pound ground beef
- 1 teaspoon finely chopped onion
- 1 ½ teaspoons salt
- 1 tablespoon butter or margarine
- 1 tablespoon flour
- 1 ½ cups milk
- 2 cups thinly sliced raw potatoes

Brown the beef and onion. Add salt.

Melt the fat and blend in flour. Add the milk and cook until thickened, stirring constantly.

Place alternate layers of sliced potatoes, beef, and sauce in a greased baking dish.

Cover and bake in a moderate oven (350° F.) for 50 to 60 minutes. If desired, remove cover and brown under broiler about 5 minutes.

4 servings.

*Variation.* Use 2 cups diced raw ham in place of the beef. Reduce salt to ½ teaspoon. It is not necessary to brown the ham.

### Browned Hash

- 1 ½ cups diced cooked meat
- 2 cups diced cooked potatoes
- 1 finely chopped onion
- Cooking fat or oil
- Broth or milk
- Seasoning to taste

The meat, potatoes, and onion may be chopped by hand or put through the food chopper, depending on the texture desired.

Heat fat or oil in fry pan and add onion. Cook onion until golden brown.

Mix meat, potatoes, and onion thoroughly. Moisten with a little broth or milk, and season to taste.

Spread mixture in an even layer in a lightly greased fry pan. Cook slowly until browned on the bottom. If desired, turn and brown on the other side.

Turn hash out on a platter and garnish with parsley.

4 servings.

## **New England Boiled Dinner**

- 2 pounds corned beef**
- 2 carrots**
- 4 small whole potatoes**
- 2 small turnips**
- 4 small whole onions**
- 1 small cabbage**
- 3 small beets**

Wash beef in cold water to remove outside brine. Cover with cold water, bring slowly to a boil and cook about 5 minutes.

Remove scum, cover, and simmer about 3 hours or until meat is almost tender.

Prepare the vegetables; cut carrots and turnips in halves and cabbage in quarters. Boil whole beets separately until tender 30 to 45 minutes.

One-half hour before serving, skim excess fat off liquid and add the prepared vegetables except cabbage and beets.

Add cabbage for last 15 minutes of cooking.

Place the hot meat in the center of a large platter and surround it with vegetables including quartered and buttered beets.

4 servings.

## **Scalloped Potatoes With Pork Chops**

- 2 cups thinly sliced raw potatoes**
- 1 small onion, sliced**
- 1 teaspoon salt**
- Pepper**
- 4 loin or rib pork chops**  
**(½ to ¾ inch thick)**
- 4 tablespoons flour**
- 1 cup milk**

Arrange potatoes and onion in layers in a greased baking dish, seasoning each layer with salt and pepper.

Trim fat from pork chops and save it for later use. Lightly season each

chop with salt and pepper and coat well with 3 tablespoons of the flour. Brown chops on both sides in some of the pork fat in a fry pan. When chops are well browned, remove them from pan.

Set aside all except 1 tablespoon fat from fry pan. Mix the remaining 1 tablespoon flour with the fat in the pan. Avoid scraping off any browned flour from pan. Add milk, blend lightly until smooth, and cook to the consistency of thin white sauce.

Pour sauce over potatoes in baking dish. Top with browned chops. Cover the baking dish.

Bake in a moderate oven (350° F.) for 50 to 60 minutes until potatoes are soft and meat is tender.

4 servings.

## **Potato-and-Egg Scramble**

- 2 slices bacon**
- 2 cups thinly sliced raw potatoes**
- 1 teaspoon salt**
- 4 eggs, beaten**
- ¼ cup milk**
- Pepper**

Cook bacon slices in a fry pan until crisp. Remove from pan.

Fry the potatoes in bacon fat until they are well browned, sprinkling with salt when they start to brown.

Cover pan closely and cook over low heat until potatoes are tender.

Combine eggs, milk, and pepper. Pour over potatoes in the pan and cook slowly, stirring occasionally, until eggs are set.

Crumble the bacon and add it just before taking the pan from the heat. Serve at once.

If desired, sliced boiled potatoes may be used instead of raw potatoes.

4 servings.



## Scalloped Potatoes and Ham

- 2 cups thinly sliced raw potatoes
- 1 tablespoon grated onion
- 1 ½ cups hot milk
- ½ pound thinly sliced ham, cut in serving pieces

**Pepper**

**Salt**

Put half of the potatoes into a greased baking dish. Sprinkle with half the onion, pepper, and a little salt; use the salt sparingly.

Add ham. Cover with rest of potatoes, seasonings, and onion.

Add milk until it barely shows between the potato slices on top. Save the rest of the milk to add during cooking if needed.

Cover dish. Bake in a moderate oven (350° F.) about 1 hour.

Remove the cover the last 15 or 20 minutes to allow potatoes to brown on top.

4 servings.

## Potato Meatburgers

- ¾ cup ground or coarsely grated raw potato
- ¾ pound ground beef
- ¼ cup grated or finely chopped onion
- 2 tablespoons chopped green pepper
- 1 teaspoon salt
- 1 egg, beaten
- Cooking fat or oil
- 1 cup tomato juice
- 1 tablespoon flour
- ¼ cup water

Add potato, beef, onion, green pepper, and salt to the beaten egg. Shape the mixture into flat cakes.

Heat a little cooking fat or oil in a fry pan and brown the cakes on both sides.

Add tomato juice and simmer until the meat is done—about 20 minutes. Remove cakes from the pan and keep them hot.

Mix flour and water and add gradually to the liquid in the pan. Cook slowly, stirring constantly until thickened, and pour over the cakes.

4 servings.

## Potatoes and Ham With Cheese Sauce

- 1 tablespoon butter or margarine
- 2 tablespoons flour
- 1 teaspoon salt
- Pepper**
- 1 cup milk
- ½ cup thinly shaved process cheese
- 2 cups diced cooked potatoes
- 1 cup diced ham

Melt butter or margarine and blend in flour and seasonings.

Add milk slowly and cook over low heat until thickened, stirring constantly.

Remove from heat and add cheese.

Put alternate layers of potatoes and ham in a greased baking dish. Pour cheese sauce over the top.

Cover, and bake in a moderate oven (375° F.) for 30 minutes. Remove cover and bake 10 minutes longer.

4 servings, ⅔ cup each.

## Mashed Potato-Meat Pie

Put hot meat stew in a baking dish. Top with hot or cold mashed potatoes. If cold mashed potatoes are used, moisten potatoes first with hot milk and beat until fluffy.

Bake uncovered in a hot oven (400° F.) until potatoes are lightly browned and heated through.

## Salmon-and-Potato Puff

- 1 cup salmon (7 ¼ -ounce can)
- 2 tablespoons butter or margarine
- 2 tablespoons finely cut celery
- 2 tablespoons finely cut parsley
- 1 tablespoon finely chopped onion
- 1 ½ cups hot or cold seasoned mashed potatoes
- 1 ½ tablespoons lemon juice
- 3 drops tabasco sauce
- 2 eggs, separated

Drain the fish, and flake it with a fork.

Heat the butter or margarine and cook the celery, parsley, and onion in it until the onion is golden brown.

Combine with the salmon, mashed potatoes, and seasonings.

Beat egg yolks well and add to the mixture.

Beat egg whites until stiff and fold in. Pile lightly in a greased baking dish.

Bake in a moderate oven (350° F.) for 1 hour or until firm in the center and lightly browned.

4 or 5 servings.

## Potato-Liver Loaf

- 1 ½ pounds liver
- 2 tablespoons fat or meat drippings
- ¼ cup finely chopped onion
- ¼ cup finely cut celery
- ¼ pound pork sausage
- 1 teaspoon salt
- 1 cup mashed potatoes
- 1 egg, beaten
- About ⅔ cup milk or canned tomatoes

Brown the liver lightly in the fat. Chop liver, onion, and celery by hand or put through a food chopper, depending on the texture desired.

Brown the onion and celery in the fat and add to the liver.

Add the rest of the ingredients, using

just enough milk or tomatoes to moisten the mixture well.

Pack firmly into a loaf pan to shape.

Bake in the pan or turn out on a rack in a shallow pan for baking. Bake in a moderate oven (350° F.) 1 ½ to 2 hours.

Serve the loaf with Spanish sauce (see recipe below).

4 servings.

## Spanish Sauce

- 2 tablespoons chopped onion
- 2 tablespoons fat or meat drippings
- 1 tablespoon flour
- 2 cups cooked tomatoes
- ½ cup finely cut celery
- ½ cup chopped green pepper
- Salt
- Pepper

Brown the onion in the fat and blend in the flour.

Add the other ingredients and cook about 20 minutes, or until rather thick.

## Codfish Balls

- 1 ½ cups flaked codfish (canned or cooked) or 1 cup dry salted codfish
- 1 ½ cups mashed potatoes
- 1 egg
- Pepper
- Flour
- Cooking fat or oil

If salt codfish is used, soak in lukewarm water about an hour. Simmer in water 15 to 20 minutes, drain, and flake.

Combine fish, mashed potatoes, egg, and pepper. Mix well.

Shape mixture into balls and roll in flour.

Fry in shallow or deep fat, or bake in an extremely hot oven (500° F.) for 10 minutes.

4 servings.



9936-D

**Mashed Potatoes with Frankfurters—a speedy oven dish.**

## **Potato-and-Frankfurter Casserole**

- 2 tablespoons bacon drippings
- $\frac{1}{4}$  cup chopped onion
- 2 teaspoons flour
- 1 teaspoon salt
- Pepper
- 1 tablespoon sugar
- 1 teaspoon powdered dry mustard
- $\frac{1}{2}$  teaspoon celery seed
- $\frac{3}{4}$  cup water
- $\frac{1}{2}$  pound frankfurters
- 2 cups thinly sliced raw potatoes
- 2 tablespoons vinegar

Heat bacon fat and cook onion in it until golden brown.

Mix flour and seasonings and blend into the bacon fat-and-onion mixture. Stir in the water and bring to a boil.

Split frankfurters lengthwise and cut twice crosswise.

Put alternate layers of potatoes and frankfurters in a greased casserole. Pour the sauce over the top.

Cover and bake in a moderate oven (375° F.) for 45 to 50 minutes. Remove from oven and pour vinegar over the potatoes and frankfurters. Cover and return to oven for 5 minutes.

4 servings.

## **Mashed Potatoes With Frankfurters**

- 8 frankfurters
- 2 cups hot or cold seasoned mashed potatoes
- $\frac{1}{2}$  to  $\frac{3}{4}$  cup grated cheese
- Paprika

Slit frankfurters lengthwise almost through, spread open, and place cut side up on a greased baking sheet.

Heap mashed potatoes on the frankfurters, using  $\frac{1}{4}$  cup for each one. Sprinkle with grated cheese and paprika.

Heat in a hot oven (400° F.) for about 15 minutes.

4 servings.

## POTATO SALADS

### Potato-Cheese Salad

- 2 cups diced cooked potatoes
- 2 hard-cooked eggs, coarsely chopped
- 1 teaspoon salt
- $\frac{1}{2}$  cup celery, coarsely chopped
- 2 tablespoons chopped onion
- $1\frac{1}{2}$  cups diced cheese
- $\frac{1}{2}$  cup mayonnaise
- $\frac{1}{4}$  cup sweet pickle juice

Thin mayonnaise with pickle juice. Combine with remaining ingredients.

Chill salad thoroughly to blend flavor.

Serve on crisp salad greens. If desired, garnish with sliced pickle.

4 servings.

### Potato Salad-Salmon Plate

- 3 cups potato salad
- (see recipe on page 19)

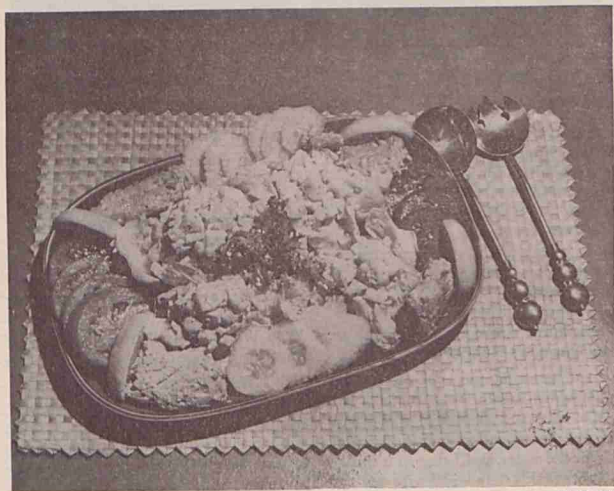
Lettuce

- 1-pound can chilled salmon
- 2 tomatoes, sliced
- $\frac{1}{2}$  cucumber, sliced
- 4 lemon wedges
- Parsley

Mold potato salad into four mounds. Place each on a lettuce leaf in center of platter.

Drain salmon and break into large chunks. Surround potato salad with salmon and with tomato and cucumber slices. Decorate with lemon wedges and parsley.

4 servings.



N-10179

Potato salad combines well with chilled salmon in this attractive Potato Salad-Salmon Plate.

## Potato Salad

- 4 medium-size potatoes
- $\frac{3}{4}$  cup hot cooked salad dressing  
(see recipe below)
- 1 to 2 tablespoons finely chopped  
scallions or onions
- 1 teaspoon salt
- 2 tablespoons chopped green  
pepper
- $\frac{1}{2}$  cup finely cut celery
- $\frac{1}{4}$  cup diced cucumber
- 2 hard-cooked eggs, chopped

Cook potatoes whole in the skins, peel, and dice. Or pare, dice, and cook them in a small amount of boiling salted water until tender. Drain.

Pour hot dressing over hot potatoes. Add scallions or onion and salt and mix carefully. Let cool for 10 to 15 minutes.

Mix in the rest of the ingredients.

Chill for 3 or 4 hours before serving.

Makes about 1 quart.

*Variation:* Cold salad dressings may be used instead of the  $\frac{3}{4}$  cup hot cooked dressing. Use  $\frac{1}{2}$  cup mayonnaise or thick salad dressing and blend in  $\frac{1}{2}$  teaspoon prepared mustard. Or use  $\frac{1}{4}$  cup mayonnaise or other thick dressing and  $\frac{1}{4}$  cup french dressing. A quarter of a cup of chopped pickle makes a good addition to this salad.

## Cooked Salad Dressing

- 2 tablespoons flour
- 1 tablespoon sugar
- 1 teaspoon powdered dry mustard
- 1 teaspoon salt
- Dash of cayenne
- 1 cup milk
- 1 egg, slightly beaten
- $\frac{1}{2}$  cup vinegar or lemon juice
- 1 tablespoon butter or margarine

Mix flour, sugar, mustard, salt, and cayenne in the top of a double boiler. Gradually stir in the milk.

Cook over boiling water, stirring constantly, until the mixture starts to thicken. Cover and cook for 10 minutes, stirring occasionally.

Stir a little of the hot mixture into the egg, add to the rest of the mixture, and cook over boiling water for 3 minutes, stirring constantly. Add the butter or margarine.

Remove from heat and slowly blend in the vinegar or lemon juice.

Makes about  $1\frac{1}{2}$  cups.

NOTE.—If salad dressing is not used when hot, cover and store in refrigerator.

## Hot Potato Salad

- 3 cups diced raw potatoes
- 4 slices bacon
- $\frac{1}{4}$  cup finely chopped onion
- 1 tablespoon flour
- 1 teaspoon powdered dry mustard
- 1 teaspoon salt
- 1 tablespoon sugar
- $\frac{1}{2}$  cup water
- 1 egg, beaten
- $\frac{1}{4}$  cup vinegar

Cook potatoes in a small amount of boiling salted water until tender. Drain.

Cook bacon in a fry pan until crisp. Remove from pan and chop.

Using 2 tablespoons of the bacon fat, cook onions until golden brown.

Blend flour, mustard, salt, and sugar into the fat. Stir in the water and boil for 2 minutes.

Add about 2 tablespoons of the hot mixture to the beaten egg, then stir this into the rest of the mixture. Add vinegar and reheat.

Pour the hot dressing over the hot diced potatoes. Mix in the chopped bacon. Serve hot.

5 or 6 servings, about  $\frac{1}{2}$  cup each.



## POTATO SOUPS

### Quick Potato Soup

**2 cups thinly sliced raw potatoes**  
**¼ cup finely chopped onion**  
**1 ¼ cups boiling water**  
**1 ½ cups milk**  
**1 tablespoon butter or margarine**  
**¼ teaspoon worcestershire sauce**  
**1 teaspoon salt**  
**Pepper**

Add potatoes and onion to the boiling water. Cover, and cook for 15 to 20 minutes, or until potatoes are tender. Mash the potatoes slightly with a fork to thicken the soup a little if desired.

Add milk, butter or margarine, and seasonings. Heat.

For a touch of color, garnish each serving with chopped parsley, grated cheese, croutons, diced crisp bacon, or finely cut watercress or chives.

4 servings, 1 cup each.

*Variation:* Cut 2 frankfurters into ¼-inch slices and add them to the soup with the milk.

### Potato-and-Fish Chowder

**½ pound fillets of cod, haddock, or other white fish, cut in small pieces**  
**1 cup diced raw potato**  
**¾ cup diced raw carrots**  
**2 cups water**  
**2 ounces salt pork, diced**  
**¼ cup chopped onion**  
**1 ½ tablespoons flour**  
**1 cup milk**  
**1 ¼ teaspoons salt**  
**¼ teaspoon worcestershire sauce**  
**Pepper**

Cook fish, potatoes, and carrots in the water for about 15 minutes. Do not drain.

Cook the salt pork in a fry pan until crisp; remove from pan.

Add the onion to the fat and cook for a few minutes. Blend in the flour and add the milk.

Combine with the fish and vegetables and add seasonings. Simmer for 10 minutes, stirring frequently.

Garnish with the salt pork crumbled very fine.

4 servings, 1 cup each.

### Potato and Ham Chowder

**¼ cup finely chopped onion**  
**1 tablespoon butter or margarine**  
**1 cup diced raw potato**  
**½ cup coarsely chopped cooked smoked ham**  
**1 teaspoon salt**  
**1 teaspoon worcestershire sauce**  
**Thyme**  
**Few grains paprika**  
**⅛ teaspoon celery salt**  
**1 ½ cups boiling water**  
**2 cups hot milk**  
**1 tablespoon flour**  
**2 tablespoons water**  
**⅓ cup cooked peas**

Cook onion in butter or margarine until it is golden brown.

Combine onion, potato, ham, seasonings, and boiling water and cook 15 minutes.

Add hot milk.

Blend water with flour, stirring until smooth. Stir into the vegetable-and-meat mixture.

Cook gently until slightly thickened. Add peas, and heat.

If desired, sprinkle with chopped parsley.

4 servings, 1 cup each.

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## OTHER PUBLICATIONS ON VEGETABLES

Other publications on the preparation and use of vegetables issued by the Institute of Home Economics are listed below. They can be obtained from the Office of Information, U. S. Department of Agriculture, Washington 25, D. C.

Dry Beans, Peas, Lentils . . . Modern Cookery, Leaflet No. 326

Green Vegetables for Good Eating, Home and Garden Bulletin No. 41

Home Canning of Fruits and Vegetables, Home and Garden Bulletin No. 8

Home Freezing of Fruits and Vegetables, Home and Garden Bulletin No. 10

Pickle and Relish Recipes, Leaflet No. 269

Root Vegetables in Everyday Meals, Home and Garden Bulletin No. 33

Tomatoes on Your Table, Leaflet No. 278

**DRINK  
AND EAT**



**FOR YOUR  
HEALTH**

Milk makes you healthier. It adds variety to your meals—adds goodness, appetite appeal and charm. Milk is one of our best health foods and an economical investment in good health.

### Everyone Needs Milk

All people of all ages need a constant supply of minerals. There are special demands for the baby, the growing boy and girl, the expectant mother and for grandparents.

Milk is rich in calcium and phosphorus, the minerals you need to build and maintain strong teeth and bones, to help regulate the heart beat, and to assist in clotting of blood. Most calcium has to come from milk and milk products because no other food contains as much of it.

For *calcium* equal to that in a glass of milk you need one of the following:



1 inch cube cheddar cheese



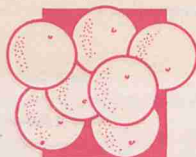
2 servings of ice cream— $\frac{2}{3}$  cup each



3 servings cottage cheese— $\frac{3}{4}$  cup each



10 eggs



7 oranges

Milk has good quality Protein to build and keep our muscles strong. It is in a form that is easy to digest and costs less than other foods.

If you failed to get your daily quart of milk and tried to get an equal amount of protein from other muscle building foods, you would have to eat about:



5 eggs, or



5 oz. cheese, or



5 oz. chicken, or



7 oz. pork chops

If you tried to get this same amount of protein from vegetable sources, you would not get as good quality, but you could get the same amount from one of these:



13 oz. of bread



5 oz. dried beans  
(before cooking)



8 oz. oatmeal (after cooking)



There is less water in a pint of milk than in a pound of cabbage or carrots or turnip greens or tomatoes.

An average quart of milk contains as much fat as 3 tablespoons of butter or 6 tablespoons of whipping cream.

At least six of the *Vitamins* are contained in whole milk. These vitamins are needed for growth and to maintain health and vigor.

*Riboflavin* of the B family is the "keep young" vitamin. It also promotes a good appetite, calm nervous system, and clear skin. One quart of milk will give 84.4% of the riboflavin that a girl needs daily and 120% for the average woman.

Milk also contains small amounts of thiamine and niacin, other members of the B Vitamin family.

*Vitamin A* helps to keep eyes in good condition and builds resistance to infection. Small amounts of *Vitamins C* and *D* help in the use of calcium and phosphorus.

So you can see that milk is a food—not just a beverage.



### Are You Counting Calories?

If so, then drink skim milk or buttermilk. It has only about one-half the calories as whole milk, but contains all of the calcium and vitamins except *Vitamin A* which is found in butterfat. Be sure you get plenty of green and yellow vegetables every day for added vitamins if you drink skimmed milk. One cup of skimmed milk yields 85 calories. One cup of whole milk has 165 calories.

### Forms of Milk

*Whole*—Milk with its original content as it comes from the cow.

*Skimmed*—Milk with cream removed.

*Homogenized*—Pasteurized milk that has been put through a machine so that the fat is broken up into fine particles. Because of this, cream does not rise to the top of the bottle, but remains mixed through the milk.

*Pasteurized*—Milk which has been heated to at least 143° F. for not less than 30 minutes and rapidly cooled to 50° F. or lower, or to 161° F. for 15 seconds and then quickly chilled. (The high temperature—short time method is easy to do at

home.) Milk is safest when pasteurized and it will keep longer.

*Vitamin D*—Milk to which *Vitamin D* concentrate "the sunshine vitamin" has been added, usually 400 I. U. per quart. (*Vitamin D* helps our bodies use calcium and phosphorus.)

*Dry Whole Milk and Non-Fat Dry Milk*—Milk from which water has been removed. Dry skim milk or non-fat milk can be stored in an airtight container on the cabinet shelf. The place should be cool and dry. Dry, whole milk requires refrigeration after package is opened. You can use milk in its dry form along with liquid milk in custards, mashed potatoes, quick breads and meat loaves to make a product even richer.

*Evaporated Milk*—A product resulting from the evaporation of a considerable portion of the water from milk. This product is sterilized and sealed.

*Condensed Milk*—Evaporated milk to which cane sugar is usually added as a preservative. It is not sterilized.

### Care of Milk

Don't let milk stand in the light, because this reduces its riboflavin content. Keeping milk cold limits bacterial and acid action, close covering prevents it from absorbing off-flavors. Bottled pasteurized milk, properly kept, has good flavor up to 3 or 4 days after delivery, but changes rapidly to poor flavor after 5 or 6 days. When using milk, pour out the amount you plan to use at any one time and return the rest to the refrigerator.

Evaporated and sweetened condensed milk require refrigeration after the original container has been opened. Both of these forms of milk may be left in the can, but should be used within a few days. Dry milk needs protection from moisture in the air to keep it from lumping. If the original container cannot be tightly fitted back into place after opening, put the dry milk in a jar having a tight fitting cover. It keeps well in a cool, dark place without refrigeration.

Remember the three C's in milk storage:

Keep it Cold

Keep it Covered

Keep it Clean

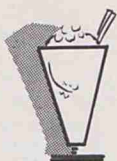




## Milk in Drinks

### PURPLE COW (serves 1)

¼ cup chilled grape juice  
2 tablespoons sugar  
¼ cup milk  
Vanilla ice cream  
Chilled gingerale



1. Put grape juice, sugar and milk into a shaker or fruit jar
2. Shake well
3. Add ½ cup of chilled gingerale and one large serving ice cream
4. Stir with spoon until blended
5. Pour into a large cold glass
6. Add extra gingerale if necessary to fill glass ¾ full
7. Top with another serving of ice cream

### A MEDLEY OF MILK DRINKS

To one cup of cold milk, stir in one of the following:

1. 1 mashed ripe banana and a drop of vanilla
2. ¼ cup canned crushed pineapple
3. ¼ sweetened crushed raspberries or strawberries
4. 2/3 tablespoon maple flavored syrup
5. 2/3 tablespoon strawberry, raspberry, or cherry preserves or jam
6. 2/3 tablespoon thawed frozen grape, orange or pineapple concentrate
7. 1 cup orange juice, 1 drop almond flavoring and ½ teaspoon sugar

Top with a dash of whipped cream, marshmallow cream or spoonful of ice cream.

## Milk in Sauces

### PEANUT BUTTER SAUCE

1 tablespoon butter or margarine  
¼ cup peanut butter  
2 teaspoons flour  
½ teaspoon salt  
Pepper  
1 cup milk

1. Melt butter or margarine in a pan over boiling water
2. Blend in the peanut butter
3. Add flour and seasoning and stir until smooth
4. Stir in the milk slowly

5. Cook over boiling water until thickened, stirring constantly
6. Serve on cooked vegetables

## Milk in Vegetables

### FIVE-MINUTE CABBAGE

(6 servings: ½ cup milk per serving)

3 cups milk  
2 quarts shredded cabbage  
3 tablespoons flour  
3 tablespoons melted butter or margarine  
Salt and pepper to taste

1. Heat milk
2. Add shredded cabbage and simmer for about 2 minutes
3. Mix flour with melted fat
4. Add to this blended fat a little of the hot milk in which the cabbage is cooking
5. Stir flour mixture into the cabbage and cook 3 or 4 minutes stirring all the while
6. Season to taste with salt and pepper
7. Serve at once

### BAKED CABBAGE AND CHEESE

1 cup thick strained tomatoes  
1-½ cups soft bread crumbs  
1-½ cups grated cheese  
Salt and pepper  
2 cups chopped, cooked cabbage, drained

1. Mix tomatoes with 1 cup of crumbs, 1 cup of grated cheese and seasonings
2. Place alternate layers of cabbage and tomatoes in a casserole
3. Sprinkle the top with remaining cheese and crumbs
4. Bake in moderate oven (350° F.) 20-30 minutes

### QUICK SCALLOPED POTATOES

2 tablespoons butter or margarine  
1 tablespoon flour\*  
1 teaspoon salt  
½ teaspoon pepper  
1 tall can evaporated milk (1-2/3 cups)  
5 peeled cooked medium size potatoes  
3 tablespoons coarse bread crumbs  
1 tablespoon melted butter or margarine

1. Melt butter or margarine in medium size sauce pan; blend in flour, salt and pepper; stir in evaporated milk; cook over medium heat, stirring constantly, until sauce thickens and boils for 1 minute

2. Add coarsely chopped potatoes to sauce; heat until piping hot, stirring often to avoid scorching
3. Pour mixture into baking pan 8 x 8 x 2 or into a shallow metal serving dish that will take broiler heat
4. Blend bread crumbs with melted butter or margarine in a small sauce pan; sprinkle over potatoes
5. Broil with top of potato 3 inches from heat about 3 minutes—or brown in the oven until golden-brown on top
6. Recipe makes 4 to 6 servings

\* Fluid milk may be substituted for the evaporated milk if you increase the flour to 2 tablespoons.

### Milk in Main Dishes

#### THRIFT SPECIAL

- 3 cups well-seasoned mashed potatoes
  - 2 cups medium white sauce
  - 2/3 cup grated American cheese
  - 1 cup cubed cooked ham
  - 1 cup cubed carrots (cooked or canned)
  - 1 cup peas (cooked or canned)
1. Shape potatoes in 4 inch nests
  2. Brown in hot oven (450° F.)
  3. Combine other ingredients and heat
  4. Fill potato nest
  5. Serves 4

### Milk in Salads

#### STRAWBERRY CHEESE SALAD

- 1/2 cup top milk or heavy whipping cream
  - 12 ounces cream or cottage cheese
  - 1 pint sliced strawberries
1. Combine cheese with partially thawed mashed berries
  2. Add the cream which has been whipped
  3. Place the salad in the ice tray of the refrigerator to freeze
  4. Serve on a lettuce leaf with a garnish of mayonnaise

Prepared by

Jo Earp

S. Virginia Wilson

Extension

Nutritionists

Published by The North Carolina Agricultural Extension Service

### Milk in Bread

#### PEANUT-CORNMEAL GRIDDLE CAKES

- 1 cup cornmeal
  - 1 cup sifted flour
  - 2 teaspoons baking powder
  - 1 tablespoon sugar, if desired
  - 1 teaspoon salt
  - 2 tablespoons peanut butter
  - 1 egg, beaten
  - 1-3/4 cups milk
1. Sift dry ingredients together
  2. Combine peanut butter, egg and milk and add to dry mixture
  3. Stir only enough to moisten flour
  4. Drop by spoonfuls onto greased griddle
  5. Cook slowly until surface is covered with bubbles
  6. Turn and cook until bottom side is brown

### Milk in Desserts

#### ORANGE CREAM CUSTARD

- 2 egg yolks, beaten
  - 1/3 cup sugar
  - 3 tablespoons cornstarch
  - 1 teaspoon grated orange peel
  - 1/8 teaspoon salt
  - 1 cup orange juice
  - 1 cup fresh or canned milk
1. Mix thoroughly
  2. Cook in double boiler, stirring frequently until it coats spoon
  3. Chill
  4. Pour over 1-1/2 cups orange sections
  5. Cover with meringue made by beating until stiff (2 egg whites, beaten frothy and 1/4 cup sugar)

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North Carolina State College of Agriculture and Engineering of the University of North Carolina and the U. S. Department of Agriculture, Cooperating. N. C. Agricultural Extension Service, D. S. Weaver, Director, State College Station, Raleigh. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

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## DOLLAR-STRETCHING MILK DISH RECIPES

S. Virginia Wilson, Extension Nutritionist  
North Carolina State College

No other food dollar you spend buys as much health protection as the one you spend for a quart of milk.

White sauce made with milk when added to meats or vegetables stretches the use of these more expensive foods. Also, it gives added food value.

When you must s t r e t c h your food dollar, consider using part non-fat dry milk or evaporated milk to meet your day's quota of one quart a day needed for everyone under 25 years of age and at least a pint (two glasses) for all those over 25. Evaporated and dry milk contain less water and more milk solids than fresh, fluid milk. They can be used undiluted to give added food value to many dishes. They have the same amount of protein, calcium, and riboflavin (Vitamin B<sub>2</sub>) as fresh, fluid milk. The cream, containing fat and Vitamin A, and water have been removed from dry milk. Evaporated milk has only one-half of the water removed and contains all of the cream and Vitamin A of whole milk.

### Fish Chowder

2 tablespoons butter or margarine	1 quart milk
1/2 cup coarsely chopped onion	2 tablespoons flour
1/2 cup coarsely chopped celery	1 teaspoon salt
1 cup flaked fish	dash pepper

Melt butter in large saucepan. Lightly brown the onion and celery in it. Add the flour and salt and mix thoroughly. Remove from heat. Add the flaked fish and milk. Mix well. Cook over low heat until hot, but do not let it boil.

### Upside-Down Chicken Pie

2 hard cooked eggs, sliced	1/2 teaspoon salt
2 cups cubed chicken (or other meat)	1/8 teaspoon pepper
2 tablespoons chopped pimiento	1 cup milk
3 tablespoons butter or margarine	1 1/2 cups biscuit mix
2 tablespoons flour	2/3 cup milk

Arrange sliced eggs in bottom of greased 8-inch baking dish. Sprinkle chicken and pimiento over the eggs. Make a white sauce by melting butter in a saucepan, add flour and seasonings. Gradually blend in the milk. Cook until thick as heavy cream. Pour white sauce over the chicken and heat in a 450° F. oven while preparing the biscuit dough. BISCUIT TOPPING: Add milk to the biscuit mix, making a soft dough. Spread it over the hot chicken mixture and bake in a 450° F. oven 15 to 20 minutes. Remove from oven and let stand 2 or 3 minutes. Turn onto a serving dish and let stand 5 minutes before removing the baking dish. Extra white sauce or chicken gravy may be served with the chicken.

### Velvety Cheese Sauce

Heat over boiling water 1 small can evaporated milk and 1 cup grated cheese. Cook and stir until well blended. Use as a sauce over broccoli, asparagus, or other vegetables.



### Pineapple Cheese Salad

1/2 cup chilled evaporated milk	1/8 teaspoon salt
1 tablespoon (1 envelope) unflavored gelatin	2 cups undrained, crushed pine- apple
1/4 cup cold water	1 cup grated cheese or cottage cheese
3 tablespoons lemon juice or vinegar	

Chill milk in ice cube tray of refrigerator until it becomes icy around edges. Sprinkle the gelatin into the cold water and allow to soften about 5 minutes. Heat lemon juice or vinegar to boiling point and dissolve gelatin in it. Add salt. Beat ice cold milk until stiff, using a chilled bowl and beater. Fold pineapple and cheese and dissolved gelatin into the whipped milk. Put into molds and chill until firm.

### Sour "Cream" Salad Dressing

2/3 cup evaporated milk	1 teaspoon prepared mustard
1/3 cup vinegar or lemon juice	1 teaspoon Worcestershire sauce
1 teaspoon salt	

Mix ingredients in order given and blend thoroughly. Will keep in refrigerator for several weeks. Use with any vegetable salad.

### Hot Tomato Cheese Sandwich

Place a slice of raw or broiled tomato on a piece of toast. Sprinkle with salt. Pour cheese sauce over tomatoes. Top each serving with 1 or 2 slices of crisp bacon.

### Fruit Whip

1 1/2 cups apple sauce or other fruit pulp	2/3 cup evaporated milk (ice cold)
1/2 cup sugar	2 tablespoons lemon juice

Combine fruit pulp and sugar and let stand in refrigerator until sugar is dissolved. Stir occasionally. Place the ice cold milk in a chilled bowl and whip until stiff. Add lemon juice and continue to whip until it holds a peak. Fold in the cold, sweetened fruit pulp. Keep cold until ready to serve. This mixture may be frozen in freezing tray of automatic refrigerator.

Note: Substitute nonfat dry milk in this recipe for the evaporated milk, as follows: Sprinkle 1/3 cup nonfat dry milk powder on top of 1/3 cup of cold water and lemon juice in a chilled bowl and beat until it holds a peak.

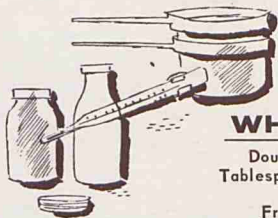
### Cornflake Crunches

Melt over boiling water one 6-oz. package of semi-sweet <sup>chocolate</sup> pieces. Stir in 1/3 cup nonfat dry milk. Add 1 cup cornflakes or rice crispies. Drop by teaspoonful onto waxed paper. Let stand at room temperature until firm. Makes two dozen.

**HOW TO  
MAKE  
AND USE**



*Good  
Buttermilk*



**WHAT YOU NEED !**

- Double boiler or Home pasteurizer
- Tablespoon, quart milk bottle or fruit jar
- Dairy thermometer
- Fresh whole milk or skim milk
- Plenty of *boiling* water for scalding utensils
- Good, fresh buttermilk to use as starter



## HOW YOU DO IT !

1. Select 1 quart of good flavored fresh whole milk or skim milk.

2. Use a clean, double boiler that has been scalded with boiling water. Put milk in top of boiler, water in bottom and heat until milk reaches 180-185°F. Cover boiler and let the milk stay at this temperature for 30 minutes. (Stir the milk at intervals as it is heating, using a clean spoon that has been rinsed in boiling water.) Home pasteurizers are also used for pasteurizing milk. They can be purchased from any store that sells home appliances.

3. After the milk has heated, cool it to 70°F. using tap water or ice water in the lower section of boiler. Cool no lower than 68°F.

4. At this point, transfer the milk to a clean, scalded quart bottle, or

leave it in the double boiler. To this 70° milk, add 2 tablespoons of fresh buttermilk and mix thoroughly with a clean spoon. (This spoon should have been rinsed in boiling water and allowed to air dry.) Cover boiler or bottle and allow to set from 12-16 hours (overnight) undisturbed, at about 70°F. or room temperature. In this length of time the milk should have coagulated or formed "clabber."

5. After the milk has coagulated or formed "clabber," use a clean spoon to break the curd or clabber and cool to 40 or 50°F. with ice water. (This is your buttermilk.)

Note: This procedure shows you how to make lactic buttermilk. For instructions on "old fashioned" churned buttermilk, see Butter-making Leaflet.

## SOME FURTHER SUGGESTIONS !

1. If you like the taste of the buttermilk you have just made, save some to make more. **Do not use** the buttermilk for this after it is more than 3 days old.

2. Use 2 tablespoons of buttermilk for each quart of milk used when making more than one quart.

3. To make whole lactic buttermilk, use whole milk instead of skim milk.

4. Sanitation is of great importance. Clean utensils that have been scalded in boiling water and air dried help prevent off-flavors in buttermilk.

## HOW TO USE IT !

Drink a glass of buttermilk along with your meals or as a between meal pick-up. It is just the drink for those who want to reduce. It has half the calories as whole milk and no more than a soft drink. Buttermilk is rich in calcium and Vitamin B<sub>2</sub> or Riboflavin which

help to make and keep you young looking and acting. The lactic acid fermentation, which gives buttermilk its flavor, also helps tone up digestion. Buttermilk is a refreshing drink. It can also be used in a variety of ways.

## APPETIZERS

### Buttermilk-Tomato Juice Pick-Up

- 2/3 cup ice cold buttermilk
- 1/3 cup ice cold tomato juice

Add the tomato juice to the buttermilk and mix thoroughly. Salt and



other seasoning may be added to taste. Serve as a cocktail, cold soup or between meal snack.

## BREAD

### Buttermilk Biscuits

- 2 cups flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- \*1/2 teaspoon soda
- 2 to 4 tablespoons shortening
- 2/3 to 1 cup buttermilk



Sift together the flour, salt, baking powder and soda. Chop in the shortening. Add enough buttermilk to make a soft dough.

\*Note: Soda may be omitted unless buttermilk is too sour. All baking powder has some soda in it to react with buttermilk.

### Buttermilk Spoon Bread

- 3 cups buttermilk
- 1 cup enriched cornmeal
- 1 teaspoon salt
- 2 tablespoons butter or margarine
- 3 eggs



Cook buttermilk, cornmeal and salt in top part of double boiler until mixture forms a thin mush. Add the butter. Cool slightly, then add the

beaten egg yolks and fold in the stiffly beaten whites. Pour into a well-greased 1-1/2 quart baking dish. Bake in a 400°F. oven until brown.

### Nut Bread

- 1/2 cup sugar
- 1 egg
- 2 cups buttermilk
- 1 cup chopped nuts
- 4 teaspoons baking powder
- 1 teaspoon salt
- 4 cups flour



Beat egg; add sugar, buttermilk and nuts; mix well. Then add the dry ingredients through a sifter. Blend thoroughly. Turn into 2

greased loaf pans. Bake for 1 hour in a moderate oven (350°F.) Place paper over the tops during the first half of baking time. Dates or raisins may be substituted for nuts.

## MAIN DISHES

### Savory Pork Chops

- 6 lean pork chops
- 1 teaspoon salt
- pepper
- 1 1/2 cups buttermilk
- 1/2 bay leaf
- 2 tablespoons flour
- 1/4 cup water



Brown pork chops on both sides in a heavy skillet; add seasonings, bay leaf and buttermilk. Simmer gently until pork chops are tender

(about 1 hour). Blend flour with water to make a thin paste. Add the paste to the liquid in pan and stir until this gravy is thickened.

## Buttermilk Meat Loaf

- 6 slices bread
- 3 eggs
- 1 1/2 cups buttermilk
- 1 1/2 pounds ground beef
- 1/2 pound ground pork or sausage
- 1 can tomato paste
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1 medium onion, minced
- 2 teaspoons prepared horseradish

Soak bread in buttermilk for 30 minutes. Add all of the other ingredients and mix well. Pack in a loaf pan and bake in a moderate oven (350°F.) for 1 hour.

## SALAD DRESSINGS (Low Calorie)

### Buttermilk Salad Dressing I

- 1/2 cup buttermilk
- 1/3 cup cottage cheese
- 1/4 cup lemon juice
- 1/2 teaspoon paprika
- 1 teaspoon garlic or plain salt
- 2 hard cooked egg yolks mashed fine

Blend all ingredients together in a mixing bowl or jar. Use on any vegetable salad. Makes about 1-1/2 cups. One tablespoon has about 10 calories.

### Buttermilk Salad Dressing II

- 4 tablespoons flour
- 1 1/2 teaspoons dry mustard
- 2 teaspoons salt
- 1/4 teaspoon paprika
- 2 tablespoons sugar
- 2 eggs well beaten
- 1 1/2 cups buttermilk
- 1/2 cup vinegar

In the top part of a double boiler combine flour, mustard, salt, paprika and sugar. Add the eggs, then blend in the milk. Slowly add

## DESSERTS

### Buttermilk Sherbet

- 2 cups buttermilk
- 2/3 cup sugar
- 1 cup crushed pineapple
- 1 teaspoon vanilla
- Dash of salt
- 1 egg white

Mix buttermilk with all other ingredients except egg white. Freeze quickly to a mush, stir, add beaten egg white and complete freezing.

### Buttermilk Pie

- 3 eggs, separated
- 1 cup sugar
- 3 tablespoons flour
- 1/2 teaspoon salt
- 2 cups buttermilk
- 4 tablespoons melted butter
- 1 uncooked pastry shell

Beat the egg yolks and add to them in this order—flour, salt, buttermilk and melted butter. Fold in the stiffly beaten egg whites. Pour into a 9-inch unbaked pastry shell. Bake in a moderate oven (375°F.) for 45 minutes or until a silver knife inserted in center comes out clean.



the vinegar, mix well. Cook over hot water until mixture thickens. Remove from heat and cool. Makes about 2 cups. One tablespoon yields 15 calories.

## PREPARED BY

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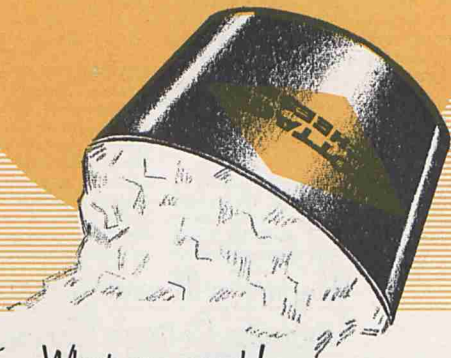
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# ● How to make and use

## **COTTAGE CHEESE**



### What you need!

Double boiler or Home pasteurizer  
Dairy thermometer  
Tablespoon

Knife, wire egg beater or butter cutter  
Cloth bag, cheese cloth or colander  
Salt and cream

Junket Rennet tablet

Good, fresh commercial buttermilk to use as starter  
Boiling water for scalding utensils

### How you do it!

1. Select 1 gallon of fresh, clean flavored pasteurized skim milk. This amount should make about 1½ pounds of cottage cheese. (Raw milk may be pasteurized by heating to 143° F. and holding for 30 minutes). Cool milk quickly to

40° F. if you are not using it immediately, or to 72-75° F. if soon to be made into cheese. A double boiler works very satisfactorily or a home pasteurizer can be used. (They can be purchased from home appliance stores.)

2. Add  $\frac{1}{3}$  to  $\frac{2}{3}$  cup of good, clean flavored sour milk (cultured buttermilk) to the 1 gallon of skim milk that has been tempered to  $72-75^{\circ}$  F. Mix with a clean spoon that has been placed in boiling water, then air dried. Next dissolve  $\frac{1}{4}$  junket rennet tablet in 2 tablespoons of cold water; add 1 tablespoon of this solution (discard remainder) to each gallon of milk used. Stir while adding. Cover the milk and let it set undisturbed for 12-16 hours (overnight) at  $72-75^{\circ}$  F. It should coagulate into a firm, livery curd. (Look for whey or breaking away of curd at edges of container.)

3. Cut the firm curd into squares of about 1-inch. Use a clean, long-bladed knife, egg beater or butter cutter.

4. Heat the cut curd very slowly to  $100-115^{\circ}$  F. It should take about 30 minutes. (A quart of lukewarm water  $100-110^{\circ}$  F. may be added to help raise the temperature at

first.) Stir curd very gently about every 5 minutes. Over heating makes a tough dry curd.

5. Pour the curd into a clean colander, cheese cloth bag or any type of clean bag that allows the whey to drain. Place the container where it can drain freely. The whey should almost stop flowing in about 15 to 20 minutes.

6. Wash the drained curd in two successive waters about  $50^{\circ}$  F. Allow to drain for several minutes or according to your own taste. For dry cheese let it drain longer.

7. Sprinkle salt over curd according to taste—about 1 to 2 teaspoons per gallon of milk used (or pound of cheese made). Work it with a clean spoon. About  $\frac{1}{3}$  cup of fresh pasteurized cream may be added for flavor and increased food value. Cottage cheese spoils easily. The using of pasteurized milk and cream in making it, slows up spoilage.

## Why you will want to make and use Cottage Cheese

1. It is a good food, not just a fancy "extra."

2. It is a muscle-building food of the highest quality.

3. It contains calcium for building and keeping bones, teeth, muscles and nerves healthy and strong.

4. It contains riboflavin—known as the "keep young" vitamin of the B family.

5. It can be used in many ways to add variety and interest to good eating.

## How to use it!

### **APPETIZERS (or Sandwich Spreads)**

Mix cottage cheese with any of the following and serve on bread, crackers or potato chips:

- Grated onion, chopped parsley, crisp bacon and mayonnaise
- Chili sauce and curry powder
- Ground dried beef, grated onion and mayonnaise
- Mashed sardines, lemon juice and chopped pickles or olives

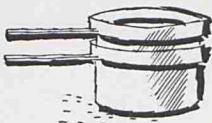




## MAIN DISHES

### Top of Stove Cottage Cheese Souffle

- 1 cup cottage cheese
- 4 eggs, slightly beaten
- 1/4 cup milk
- 3/4 teaspoon salt
- Pepper
- 1 cup tomato sauce



Combine cheese, eggs, milk, salt and pepper in the top part of a double boiler. Place over boiling water and beat for 3 minutes with

a rotary egg beater. Cover and let cook without stirring for 15–20 minutes. Serve immediately on plates and top with heated tomato sauce. Serves 4.

### Cottage Cheese Rabbit

- 2–1/2 tablespoons butter
- 3 tablespoons flour
- 1/4 teaspoon dry mustard
- Salt and Pepper
- 3/4 cup milk
- 2 eggs, slightly beaten
- 1–1/2 cups cottage cheese
- Toast or crackers



Melt the butter in a double boiler, add flour and mustard, mix well. Add the milk gradually. Cook and stir until thickened. Add cottage cheese to the eggs and mix well. (if cottage cheese is in large curds,

mash with a fork.) Add egg and cheese mixture to the white sauce in double boiler. Cook and stir until thoroughly heated. Season with salt and pepper. Serve on toast or crackers. Serves 6.

## SALADS

### Macaroni and Cheese Salad

- 2 cups cooked, cold macaroni
- 1/4 cup French dressing
- 2 cups cottage cheese
- 1/4 cup chopped pimento
- 1/4 cup chipped sweet pickle
- 2 tablespoons minced onion



Mix cooked macaroni with French dressing and allow to stand for a few minutes. Add other ingredients and toss lightly until thoroughly

mixed. Press mixture into a 9-inch ring mold. Chill for several hours. Unmold on bed of salad greens and garnish with olives and radishes.

### Frozen Cranberry Cheese Salad

- 1 cup fine grain cottage cheese
- 1/2 cup cranberry sauce
- 2 tablespoons lemon juice
- 1 cup of cream, whipped



Mix thoroughly the ingredients in order given. Fold in whipped cream

at last. Pour in refrigerator tray and freeze. Cut in squares and serve on lettuce.

## DESSERTS

### Spiced Cheese Pudding

- 2 slices stale bread
- 2 eggs, separated
- 1 cup milk
- 1 cup cottage cheese
- 1/2 cup sugar
- 3/4 cup raisins
- 1/2 teaspoon allspice
- 1/4 teaspoon each of cloves and mace



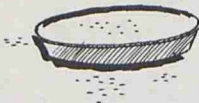
Cut bread in 1-inch cubes and put into a greased baking dish. Beat the egg yolks and add to them the milk, sugar, spices, raisins and cottage cheese. Fold in the stiffly beaten egg whites. Pour mixture over bread cubes and bake in a

moderate oven (325°F.) like a custard.

Note: 2 tablespoons of sugar may be beaten into the egg whites to make a meringue and then placed on top of the pudding instead of folding into the mixture.

### Cheese Cake

- 2 cups fine, toasted bread crumbs or 1 six-ounce pkg. zwieback or Graham crackers
- 1/2 cup butter or margarine
- 1-1/2 cups sugar
- 3 cups cottage cheese
- 4 eggs
- 1/2 cup cream
- 1/2 teaspoon salt
- 4 tablespoons flour
- 2 tablespoons lemon juice
- 1-1/2 teaspoons grated lemon rind



If zwieback or Graham crackers are used, roll them into fine crumbs. Mix the bread or crackers with the 1/2 cup of sugar and the melted butter or margarine. Pack all but 1/2 cup of this mixture on the bottom and sides of a well-greased 9-inch pan. (A spring form pan is easier to use.) Press the cottage cheese through a fine sieve. Combine the eggs and the remaining 1 cup of sugar and beat until light.

Add the cream, salt, flour, lemon juice, lemon rind and cottage cheese and mix well. Pour into crumb lined pan and sprinkle lightly with the remaining 1/2 cup crumbs. Bake in a moderate oven (350°F.) for 1 hour or until center is "set." Turn off the heat and leave in the oven for 1 hour. Remove from oven and allow to cool. Serves 10.

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## ICE CREAM DESSERTS

Sundaes are favorites for family desserts, parties or for mid-afternoon refreshments at home or at a soda fountain. Parfaits are easy to make, too. Just alternate layers of ice cream and topping in a tall glass and top with whipped cream or fruit. Contrasting colors are especially attractive for parfaits. Fresh, frozen or canned fruits are always good for sundaes or parfaits. Here are some easy-to-make toppings:

ORANGE PINEAPPLE: Combine 1 can frozen orange juice concentrate with 1/4 cup of drained, crushed pineapple. Garnish with whipped cream and mint leaves.

CHOCOLATE CRUNCH: Combine 3/4 cup chocolate syrup with 1/4 cup coarsely ground peanut butter. If too thick, add small amount of corn syrup or honey.

RAISIN NUT: Add raisins, nuts and a dash of lemon juice to just enough corn syrup to hold mixture together.

HONEY NUT: Pour honey over ice cream and sprinkle with nuts. This is especially good on chocolate ice cream.

CRANBERRY: Spoon whole cranberry sauce over vanilla ice cream.

PINEAPPLE MINT: Heat small amount mint jelly until melted. Add drained, crushed pineapple. Serve on vanilla ice cream.

COFFEE: Sprinkle instant coffee over vanilla or chocolate ice cream.

FROZEN FRUIT JUICE: Pour slightly thawed frozen pineapple, grape juice, or orange concentrate over vanilla ice cream.

CANDY BAR: Spoon crushed candy bars or melted caramels thinned with milk over the vanilla, nut or chocolate ice cream.

CHOCOLATE PEPPERMINT: Melt chocolate peppermint patties - thin with a little water if necessary. Serve over vanilla or chocolate ice cream.

MAKE-YOUR-OWN-SUNDAES: Put scoops of ice cream in large bowl. Surround with small bowls of different toppings such as fresh or frozen strawberries, peaches, blueberries, chocolate sauce, nuts or others. Each person then chooses his favorite topping. This is especially nice for buffet meals or outdoor meals.

## OTHER SUGGESTIONS FOR USING ICE CREAM

COCONUT BALLS: Roll balls of ice cream in coconut. Serve immediately or make them ahead of time and keep in freezer or freezing compartment of refrigerator. Use vanilla ice cream rolled in coconut for Christmas Snowballs. Use strawberry ice cream rolled in pale pink coconut, or lime sherbet with pale green coconut for bridal parties.

CANTALOUPE A LA MODE: Place a scoop of vanilla ice cream on cantaloupe or honey dew melon. Might be topped with fresh or frozen strawberries or raspberries.

(OVER)

BAKED ALASKA: Cut a one-inch layer of sponge or angel food cake about one-half of an inch longer than a quart brick of ice cream (or 2 pints may be used). Put the cake on heavy brown paper on a baking sheet. Add 1/8 teaspoon salt and 1/8 teaspoon cream of tartar to 5 egg whites. Whip until egg whites form a soft foam, then add 3/4 cup sugar, 1 tablespoon at a time, beating after each addition. Continue to beat until mixture stands in stiff peaks. Remove ice cream from carton, place on top of cake and frost quickly with meringue. Be sure ice cream and cake are completely covered. Bake in hot oven (450° F.) for 4 or 5 minutes or until lightly browned. Slip from the baking sheet and paper onto a platter or tray and serve at once. Makes 6 servings.

STRAWBERRY MERINGUE: Beat 3 egg whites until frothy, add 1/4 teaspoon salt and continue beating until mixture will stand in soft peaks. Add 1-1/4 cups sugar, one tablespoon at a time, alternately with 1-1/2 teaspoons vinegar, beating thoroughly after each addition. Continue beating until mixture is very stiff and dry. Add 1/2 teaspoon vanilla and blend. Put on lightly greased baking sheet in 6 or 8 piles, making an indentation in top of each. Bake at 275° F. for 1 to 1-1/4 hours or until crisp crusted, but not brown. Remove from baking sheet and cool. Pile strawberry or vanilla ice cream in center of cooled meringues and top with frozen or crushed, sweetened, fresh strawberries. (Variation: Make meringue in one large pile about the size of a pie. Fill center with ice cream and serve in wedge shaped slices).

ICE CREAM CLOWNS: Put ball of ice cream on large plain or chocolate cookie. Make eyes with semi-sweet chocolate drops and nose and mouth with strips of cherry.

#### ICE CREAM COOLERS

MILK SHAKES: Whip together a generous spoonful of any flavor ice cream and milk. If desired, top with more ice cream or whipped cream.

LONDON SMOKE: Fill tall glass half full of vanilla ice cream. Add cold ginger ale. (Note: Provide iced teaspoons so you can eat the ice cream as well as drink it.)

TEEN-AGE SPECIAL: Place a generous scoop of vanilla or chocolate ice cream in a tall glass. Add chocolate syrup and fill glass with carbonated water.

FRUIT DELIGHT: Add a spoonful of sherbet to fruit juice. An especially good combination is lime sherbet with orange juice.

Prepared by:

Rita Dubois

Extension Specialist in Milk Utilization  
North Carolina State College of Agriculture and Engineering





***Eat...***

**to control your weight**





August, 1958

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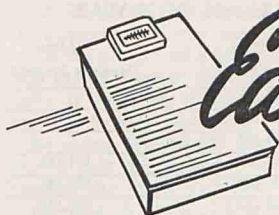
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## ...TO CONTROL YOUR WEIGHT

*S. VIRGINIA WILSON*

Extension Nutritionist

Everybody needs food to give energy for work and play. But you neither work nor play your best when you eat too much or too little. When you eat more than needed, the body "lays by" the extra as fat. If you don't eat enough, it uses the stored supply.

Underweight in the late teens and early 20's indicates poor physical condition. The body's defense against certain diseases as tuberculosis is lowered. After 30 the healthy body has built up resistance to such diseases. Overweight then becomes a problem. It increases the burden on the heart, kidneys and other organs of the body. Your chances for health and long life are decreased.

### GOOD REASONS FOR NORMAL WEIGHT

#### ***For the Too Plump***

Look better

Tire less easily

Be lighter on your feet and less likely to suffer from weak ankles and other structural faults.

Better chance of avoiding diabetes, diseases of the kidneys and blood vessels.

Live a longer, more active life.

#### ***For the Too Skinny***

Look better

Tire less easily

Have better support for the stomach and internal organs

Better protection against changes in weather, shocks and bruises

Guard against TB and other diseases.

Not too plump, nor too skinny, but like the Little Bear's soup—your weight should be "just right." Don't let fashion dictate what is "just right" for you. The weight you feel and look best for your height is right. Weight tables are a useful guide. They are based on records collected by insurance companies showing the weights that have produced the best health and longer life for people of given heights. Normal weight at the age of 25 is considered the best to keep throughout life.

## WEIGHTS FOR HEIGHTS AT AGE OF 25 YEARS

Height	Women (Medium Frame)*	Men (Medium Frame)*
4 ft. 11 in.	110-118	
5 ft. 0 in.	112-120	
5 ft. 1 in.	114-122	
5 ft. 2 in.	117-125	124-133
5 ft. 3 in.	120-128	127-136
5 ft. 4 in.	124-132	130-140
5 ft. 5 in.	127-135	134-144
5 ft. 6 in.	130-140	137-147
5 ft. 7 in.	134-144	141-151
5 ft. 8 in.	137-147	145-156
5 ft. 9 in.	141-151	149-160
5 ft. 10 in.	145-155	153-164
5 ft. 11 in.	148-158	157-168
6 ft. 0 in.		161-173
6 ft. 1 in.		166-178
6 ft. 2 in.		171-184
6 ft. 3 in.		176-189

\*For those of small frame the weight should be 10 per cent below these figures; larger frames 12½ per cent above.

### HOW MUCH TO EAT

The best way to know how much to eat is to learn to count calories. Don't let the word "calorie" scare you. There is nothing mysterious about it. Just as your weight is measured in pounds, the foods you eat are measured in units of energy value—or "calories." All foods supply some calories. *No one food is fattening*, but some are higher in calories than others. *It is the total amount of food you eat in a day that affects your weight.* You gain weight when you eat more calories in a day than your body uses up in energy. If you eat less than the body needs, some of your stored up fat is used. So learn to count calories. Use the calorie chart on pages 8 to 11 of this pamphlet.

### Calories Needed

Here is an easy way to figure about how many calories you need daily: Use a height-weight table to determine how much you should weigh. Multiply this by 15 if you are moderately active, or

by 20 if you do hard manual labor. This will give you roughly the number of calories needed to keep your present weight.

To lose one pound a week, cut your total calories 500 each day. You should lose two pounds a week by eating 1,000 less calories daily. It is not safe to lose more than two pounds a week except under a doctor's directions.

By eating 500 calories more than you "spend" each day you should gain one pound a week. That is, of course, if there is nothing else wrong with you.

Example: A woman 5 ft. 5 inches tall of medium frame should not weigh over 135 pounds— $135 \times 15 = 2,025$  calories. If she weighs more and wants to reduce subtract 500 calories a day to lose one pound a week, leaving 1,525 calories. Subtract 1,000 calories to reduce two pounds a week. It is hard to get the minerals and vitamins needed daily on less than 1,200 calories.

As you grow older, body processes slow down and fewer calories are needed to keep alive. Reduce the calories needed 5 per cent for each 10 years after you reach the age of 40.

## GUIDE TO REDUCING

You didn't gain those extra pounds in one day, so don't expect to lose them over night. Two pounds a week is fast enough to reduce without losing your pep and lowering resistance.

Exercise alone will not reduce weight. It will strengthen muscles but usually increases the appetite. The only way to reduce is to eat less. Even those with gland trouble must overeat to gain weight. If you are very much overweight, it would be wise to see your doctor before starting to reduce.

Many people have ruined their health by going on "fad" diets. You neither look nor feel better if you lose your health while reducing. The only difference between a sane reducing diet and a normal one is in its energy or calorie value. Your need for the health protecting foods—protein, minerals and vitamins—remains the same.

**Plump, skinny or just right in weight eat these foods daily—**

**MILK**—1 pint—Use skimmed milk or buttermilk to cut calories.

**FRUITS AND VEGETABLES**—5 servings

1 green or yellow

1 Vitamin C food as tomatoes, oranges or raw cabbage

Any 3 others—potatoes may be one of these

Fill up on vegetables of low calories—but go slow on fat for seasoning and cream sauces.

Eat fresh fruits straight—without sugar and cream. Sugar adds calories and no protective value.

**MEAT, FISH OR POULTRY**—1 serving

Use only lean meat free from fat. Do not add fat in cooking or serve with sauces or gravy.

**EGGS**—one—cooked any way but fried

**BUTTER OR VITAMIN A MARGARINE**—3 teaspoons

Use it where you enjoy it most—on bread or vegetables.

Even on a reducing diet, three meals a day are essential. Going without breakfast or other meals results in faintness, fatigue and lower efficiency. Most overweight people usually make up for the skipped meal by eating more at the next one.

Don't be a nibbler! To reduce, you must exact will power and "won't power." Stick to your diet and watch yourself grow thin.

Don't bore your friends to death talking about your diet. Eat with other people and enjoy normal meals without over-eating.

Follow these four simple rules for sane reducing:

- (1) Eat only the foods you need.
- (2) Choose foods low in calories and high in minerals and vitamins.
- (3) Avoid eating between meals.
- (4) Eat three meals a day.

## GAINING WEIGHT

Are you a "worry wart?" Take a lesson from your pleasingly plump sister. When you sit down to worry—just relax. If there is nothing physically wrong with you (which only your doctor can tell), gaining weight is often a matter of resting as well as eating. Other causes of "raw bone" figures may be: (1) eating too little or the wrong kind of foods over a long period; (2) fatigue or too much exercise; (3) worry or mental strain.

If you want to gain weight, follow a definite plan—

*First*—Have a doctor examine you for a disease or infection that may be causing underweight.

*Second*—Save energy by getting plenty of rest at night and during the day. Learn to do things the easy way such as ride instead of walking—sit more and stand less. Don't be so intense on everything you do—take it easy.

*Third*—Choose food wisely. Eat three to five times a day at regular times. Select those foods high in calories. Be sure to eat plenty of the health-protecting foods—milk, meats, eggs, fruits and vegetables. Stretch your stomach by eating a little bit more than you want at each meal.



## Meal Patterns for the Skinny, Normal and Plump

### Too Skinny

#### *Breakfast:*

Fruit  
1 egg with breakfast meat  
2 slices toast  
2 tablespoons butter  
Jam or jelly  
Milk with cream added

#### *Lunch or Supper:*

Main dish or soup  
Fruit or vegetable salad with 1½ to 2 tablespoons dressing  
3 crackers  
2 slices bread  
2 tablespoons butter  
Milk with cream added  
Cake or cookies

#### *Dinner:*

Large serving — meat, fish or poultry  
1 large baked potato  
1 tablespoon butter  
1 green or yellow vegetable  
Another vegetable or salad  
1 slice bread  
1 tablespoon butter  
Fruit cup with whipped cream—2 cookies  
Milk

### Normal

#### *Breakfast:*

Fruit  
1 egg with breakfast meat  
2 slices toast  
1 tablespoon butter  
Coffee and/or milk

#### *Lunch or Supper:*

Main dish or soup  
Fruit or vegetable salad with 1 tablespoon of dressing  
2 crackers  
1 slice bread  
1 tablespoon butter  
Whole milk  
Cake or cookies

#### *Dinner:*

Moderate serving—meat, fish or poultry  
1 medium baked potato  
½ tablespoon butter  
1 green or yellow vegetable  
Another vegetable or salad  
1 slice bread  
1 tablespoon butter  
Fruit cup—2 cookies  
Milk

### Too Plump

#### *Breakfast:*

Fruit  
1 egg or glass of skim milk  
½ slice toast  
½ tablespoon butter  
Coffee (no cream or sugar)

#### *Lunch or Supper:*

Main dish or soup  
Fruit or vegetable salad with lemon juice or vinegar  
2 crackers  
Skimmed milk or buttermilk

#### *Dinner:*

Small serving — meat, fish or poultry (no fat)  
1 small baked potato  
1 teaspoon butter  
1 green or yellow vegetable  
Raw vegetable salad with lemon juice or vinegar  
Fruit cup  
Skimmed milk

# Calorie Chart

## for some everyday foods

Eat one or more foods from each of the Basic 7 food groups every day. Choose those of low calorie value if you want to reduce your weight, the higher ones if you want to gain.

<i>Group 1—Leafy, Green, and Yellow Vegetables</i>	<i>Calories</i>
Asparagus—6 stalks, 5 inches long .....	25
Beans, lima— $\frac{1}{2}$ cup .....	130
Beans, snap— $\frac{3}{4}$ cup, 1-inch pieces .....	40
Broccoli—2 stalks, 5 inches long, or $\frac{1}{2}$ cup cooked .....	40
Cabbage, green— $\frac{3}{4}$ cup cooked .....	30
Carrots—2 carrots, 4 inches long .....	45
Greens, all types (turnip, collards etc.)— $\frac{1}{2}$ cup cooked .....	25-50
Lettuce— $\frac{1}{8}$ of 10-ounce head .....	15
Lettuce—1 large green leaf .....	2
Okra—5 to 10 pods or $\frac{1}{2}$ cup sliced .....	40
Peas, field or cowpeas (immature seeds— $\frac{3}{4}$ cup) .....	135
Peas, green— $\frac{3}{4}$ cup shelled .....	100
Pumpkin; winter squash— $\frac{1}{2}$ cup cooked, mashed .....	40
Rutabagas— $\frac{3}{4}$ cup cubed .....	40
Sweet potatoes—1 medium, 6 ounces .....	215

<i>Group 2—Citrus Fruits, Tomatoes, Raw Cabbage, Other High Vitamin C Foods</i>	<i>Calories</i>
Grapefruit— $\frac{1}{2}$ medium .....	45
Grapefruit juice, sweetened— $\frac{1}{2}$ cup .....	80
Grapefruit juice, unsweetened— $\frac{1}{2}$ cup .....	40
Oranges—1 medium .....	50
Orange juice, fresh— $\frac{1}{2}$ cup .....	40
Tangerine—1 small .....	25
Tomatoes—1 tomato, 3 inches in diameter .....	25
Tomato juice—4 ounces ( $\frac{1}{2}$ cup) .....	25
Pineapple juice, canned—( $\frac{1}{2}$ cup) .....	80
Cantaloupes or muskmelons— $\frac{1}{4}$ melon, 5 inches in diameter .....	25
Pineapple, raw—1 slice, or $\frac{3}{4}$ cup .....	60
Strawberries, raw— $\frac{3}{4}$ cup or 10 large .....	40

\* Adapted from "Calories from Some Everyday Foods," USDA. Bureau of Human Nutrition and Home Economics.

Cabbage, raw— $\frac{1}{2}$ cup chopped .....	10
Endive; chicory, raw— $\frac{1}{2}$ cup chopped .....	10
Peppers, green, raw—1 pepper, $3\frac{1}{2}$ inches long .....	20
<b>Group 3—Potatoes, Other Vegetables and Fruits</b> .....	<b>Calories</b>
Beets—2 beets, 2 inches in diameter, or $\frac{3}{4}$ cup cubed .....	45
Cauliflower— $\frac{1}{8}$ head, $4\frac{1}{2}$ inches in diameter .....	30
Celery— $\frac{1}{2}$ cup diced or 3 medium stalks .....	15
Corn, sweet—one 8-inch ear or $\frac{1}{2}$ cup .....	110
Cucumbers—5 to 10 slices .....	10
Eggplant, 1 slice, $\frac{3}{4}$ x 4 inches .....	30
Onions, mature—2 medium .....	50
Parsnips—1 small .....	85
Potatoes, Irish, baked or boiled—1 medium (4 oz.) .....	100
Potato chips—8-10 pieces .....	100
Potatoes, French fried—8 pieces, 2 inches long .....	100
Potatoes, mashed— $\frac{1}{2}$ cup .....	100
Potato salad— $\frac{1}{2}$ cup .....	200
Potatoes, scalloped— $\frac{1}{2}$ cup .....	80
Radishes, button—5 radishes .....	10
Salsify or oysterplant— $\frac{3}{4}$ cup cooked .....	85
Squash, summer— $\frac{3}{4}$ cup cubed .....	20
Turnips— $\frac{3}{4}$ cup cubed .....	40
Vegetable soup, homemade— $\frac{3}{4}$ cup .....	75
Apples, raw—1 medium, $2\frac{3}{4}$ inches in diameter .....	80
Apples, canned, sweetened— $\frac{1}{2}$ cup .....	100
Apricots, raw—2 medium .....	40
Apricots, canned in syrup—3 to 4 halves and 2 tablespoons juice .....	110
Avocados— $\frac{1}{2}$ avocado, 4 inches in diameter .....	265
Bananas—1 medium .....	100
Berries: blackberries, blueberries, raspberries— $\frac{3}{4}$ cup .....	70
Cherries— $\frac{3}{4}$ cup .....	70
Cranberry sauce, sweetened— $\frac{1}{4}$ cup .....	100
Dates—4 to 6 .....	95
Figs, fresh—2 to 3 large .....	90
Grapes, 1 bunch of 20 to 25 .....	75
Peaches, raw—1 medium .....	50
Peaches, canned in syrup—2 halves and 2 tablespoons juice .....	95
Pears, raw—1 medium .....	70
Pears, canned in syrup—2 halves and 2 tablespoons juice .....	75
Pineapple, canned in syrup—1 slice and 1 tablespoon juice .....	75
Plums—2 to 3 medium .....	55
Prunes, dried—4 medium .....	100
Raisins— $\frac{1}{4}$ cup .....	85
Rhubarb sauce, sweetened— $\frac{1}{2}$ cup .....	100
Watermelon—1 slice, 6 x 3 x 1 inch .....	30
<b>Group 4—Milk, Cheese, Ice Cream</b> .....	<b>Calories</b>
Milk, whole fluid—1 cup .....	165
Milk, skim, buttermilk, fluid—1 cup .....	85
Milk, condensed, sweetened— $\frac{1}{2}$ cup .....	525

Milk, evaporated, unsweetened— $\frac{1}{2}$ cup .....	180
Cream, 20 per cent fat—1 tablespoon .....	30
Cream soups— $\frac{3}{4}$ cup .....	150-175
Cheese, cottage— $\frac{1}{4}$ cup .....	50
Cheese, cream—1 ounce or 2 tablespoons .....	110
Cheese sauce— $\frac{1}{4}$ cup .....	100
Cheese: American and all other cheddar types—1 ounce .....	120
Custard, baked— $\frac{5}{8}$ cup .....	185
Ice cream, plain— $\frac{1}{2}$ cup .....	210
Ice cream, chocolate— $\frac{1}{2}$ cup .....	280

### Group 5—Meat, Poultry, Fish, Eggs, Dried Beans and Peas, Nuts

#### Calories

(Meats from medium-fat carcass)

Beef roast, lean—4 x 4 x $\frac{1}{4}$ inch ( $2\frac{1}{2}$ oz.) .....	175-225
Beef steak—3 x 3 x $\frac{1}{2}$ inch ( $3\frac{1}{2}$ oz.) .....	200-300
Ham, baked—4 x 4 x $\frac{1}{4}$ inch ( $3\frac{1}{2}$ oz.) .....	200-300
Lamb roast—4 x 4 x $\frac{1}{4}$ inch ( $2\frac{1}{2}$ oz.) .....	200-250
Liver; heart—3 x 3 x $\frac{1}{2}$ inch ( $3\frac{1}{2}$ oz.) .....	150-200
Pork chop, loin—3 x 5 x $\frac{3}{4}$ inch ( $2\frac{1}{2}$ oz.) .....	200-300
Sausage—2 ounces .....	180
Veal cutlet—3 x 3 x $\frac{1}{2}$ inch (4 oz.) .....	150-200
Luncheon meat—2 ounces .....	125-150
Chicken, creamed— $\frac{1}{2}$ cup .....	200
Chicken, roasted—2 slices, 4 x 2 x $\frac{1}{4}$ inch ( $3\frac{1}{2}$ oz.) .....	175-200
Chicken salad— $\frac{1}{2}$ cup .....	250
Fish, broiled—3 x 3 x $\frac{1}{2}$ inch ( $3\frac{1}{2}$ oz.) .....	100-125
Shellfish— $\frac{1}{2}$ cup .....	75-100
Salmon, canned—3 ounces or $\frac{1}{2}$ cup .....	145
Sardines, canned— $1\frac{1}{2}$ ounces or 4 sardines, 3 inches long .....	90
Tuna fish, canned—3 ounces or $\frac{1}{2}$ cup .....	185
Eggs—1 large egg .....	75
Dried beans and peas, all kinds—1 ounce dry ( $\frac{1}{2}$ cup cooked) .....	100
Nuts, chopped, or peanut butter—1 tablespoon .....	100

### Group 6—Bread, Flour, Cereals\*

#### Calories

Bread, all kinds—1 slice .....	50-65
Biscuits—1 biscuit, 2 x 2 inches .....	135
Muffins, corn meal or wheat—1 muffin, $2\frac{3}{4}$ inches in diameter .....	135
Rolls, plain—1 roll, 3 inches long .....	100
Rolls, sweet—1 roll, 3 inches in diameter .....	170
Crackers, assorted—1 cracker .....	20
Cereals: Corn, oats, rice, wheat—1 ounce dry (about $\frac{3}{4}$ cup cooked) .....	90-100
Macaroni, noodles—1 ounce dry (about $\frac{3}{4}$ cup cooked) .....	110
Rice, puffed— $\frac{1}{2}$ ounce or 1 cup .....	55
Corn flakes— $\frac{3}{4}$ ounce or 1 cup .....	75

\* Refined or unenriched foods are included for convenient reference in these groups here, but do not count on the Basic 7 Good Group.

Wheat flakes— $\frac{3}{4}$ ounce or $\frac{1}{2}$ cup .....	80
Shredded wheat—1 ounce or 1 biscuit .....	100

### Group 7—Butter and Fortified Margarine Calories

Butter; margarine— $\frac{1}{2}$ ounce or 1 pat .....	100
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### Other Foods Besides Those in the Basic 7 Groups Calories

Sugar, syrup, honey—1 tablespoon .....	60
Jams, marmalades, jellies—1 tablespoon .....	95
Cake, angel—2 x 3 x 3 (1.3 oz.) .....	100
Cake, chocolate layer with icing—2 inch sector (3.5 oz.) .....	400
Cake with icing—1 cupcake, $2\frac{3}{4}$ inch in diameter .....	200
Candy, chocolate— $1\frac{1}{2}$ ounces .....	120
Candy, caramel nut—2 ounces .....	275
Candy caramels, plain—1 medium .....	45
Candy, fudge— $1\frac{1}{2}$ inch square .....	100
Cookies, assorted—1 ounce or 2 cookies, 2 inches in diameter .....	135
Pie, apple— $\frac{1}{6}$ of medium pie .....	300
Pie, chocolate— $\frac{1}{6}$ of medium pie .....	340
Bacon, broiled—2 slices, 5 inches long .....	75
Other fats; oils—1 tablespoon .....	125
Mayonnaise—1 tablespoon .....	100
Other salad dressings—1 tablespoon .....	55
Gelatin dessert— $\frac{1}{2}$ cup .....	100
Carbonated beverages, 6 ounces, kola type .....	85
Gingerale—8 ounces .....	85

## LOW CALORIE SALAD DRESSING

(15 calories per tablespoonful)

2 tablespoons flour	1 teaspoon salt	$\frac{1}{2}$ teaspoon paprika
1 cup cold water	1 teaspoon sugar	1 teaspoon bottled horseradish
3 tablespoons salad oil	$\frac{1}{4}$ cup catsup	$1\frac{1}{2}$ teaspoons prepared mustard
$\frac{1}{4}$ cup vinegar		$\frac{1}{2}$ teaspoon Worcestershire sauce

Mix flour and water in a saucepan. Place over low heat, stirring constantly until thick and clear (about 5 minutes). Add all of the remaining ingredients. Beat with rotary beater until smooth and well blended. Store in tightly covered jar in a cool place. Shake well each time before using.



## E A T      T O      K E E P      Y O U N G

By: S. Virginia Wilson, Extension Nutritionist

Are you eating your way to an early age? It isn't always the number of birth-days that count. The way you look and feel makes you "young" or "old". Scientists today agree that what you eat as a child and during middle age has more to do with this than any other one thing. In fact, they say signs of aging, such as loss of appetite, stomach pains, general weakness, forgetfulness, and not being able to sleep may be actually symptoms of poor food habits of long standing.

Food plays its part in deciding your health even before you are born. The food you eat during childhood and adolescence helps decide whether you will be a young "40" or one who has "broken a lot" in looks and action. Dr. Edward J. Stieglitz is an authority on the science of aging. He says that what you eat between the ages of 40 and 60 helps decide your health in later years. Many of the "old age" diseases of the heart, arteries, kidneys and joints actually begin during middle age. The right foods in the right amounts throughout life are important aids in slowing up these old age symptoms. Whether you are ten years old or a hundred, you should eat the following every day:

5 servings of fruits and vegetables to include:

- 1 green or yellow
- 1 Vitamin C food (tomatoes, oranges, raw cabbage, etc.)
- Any 3 others (potatoes may be one)
- 1 pint to 1 quart of milk
- 2 servings of protein food--meat, fish, poultry, eggs, cheese or dried beans and peas
- Enriched or whole grain breads and cereals
- Vitamin A table fat (butter or margarine)

As you grow older, follow these rules in choosing foods:

1. After 40, the body processes slow down. You will use less energy--need fewer calories. Plan diets to keep down your weight. Overweight puts a burden on the heart, is a danger to health and tends to shorten life.
2. You always need the full amount of minerals and vita mins. Don't ever cut down the protective foods--milk, fruits, vegetables, eggs and meat.
3. Digestive juices are lessened which slows down digestion. Hearty meals are hard to digest. Choose foods easy to eat and digest. Avoid rich fat mixtures. If you have trouble chewing, select finely chopped meats and vegetables.
4. Do not drop good wholesome foods from your list because you are afraid they won't "agree" with you. Sour stomach, acid mouth and nausea are often signs that you need better food habits--more varied foods-- not less.

(OVER)

### Suggestions for Foods to Serve

1. MILK: 2 or 3 cups a day--as a beverage or in soups or custards. It is rich in calcium that keeps bones from becoming brittle and easy to break. It also furnishes the "keep young" Vitamin B<sub>2</sub> called riboflavin.
2. RAW FRUITS AND VEGETABLES: One serving or more a day. Tomatoes, oranges grapefruit, raw green cabbage or raw salad greens. These are good for Vitamin C. They may be chopped or juiced. Some people find it more comfortable to drink fruit juices at the end of the meal or sip along with other foods.
3. LEAFY, GREEN OR YELLOW VEGETABLES: One serving or more a day. Needed for good eyesight--Vitamin A. Easier to eat if cooked. May be chopped fine or put through a sieve. Go slow on the fat added to vegetables.
4. EGGS: One a day, if possible, at least 3 or 4 a week. Give blood building iron, muscle building proteins and health protecting vitamins.
5. LEAN MEAT, POULTRY, FISH: Furnish protein to keep muscles strong and active. Finely chopped meats, poultry and fish are easier to eat. Too much fat on meat or cooked with it slows up digestion.
6. CEREALS AND BREAD: One or two servings of whole grain or enriched cereal products or bread. Good for energy, nerve soothing Vitamin B<sub>1</sub> and iron.

### SUGGESTED MEAL PATTERNS FOR A DAY

#### Breakfast

Fruit or Juice  
Cereal with milk  
and/or  
Egg

Bread or toast and butter  
Tea, coffee or milk\*

#### Dinner

Main dish of meat, fish, poultry  
egg or cheese  
Potatoes  
Vegetables--cooked or raw

Bread and butter  
Simple dessert as fruit, custard,  
pudding or frozen dessert  
Beverage\*

#### Lunch or Supper

Main dish of egg, meat substitute,  
scalloped or creamed vegetables  
or cream soup

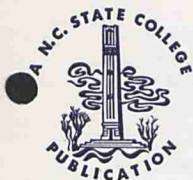
Bread and butter  
Simple dessert  
Beverage\*

\* 2 cups of milk or milk drinks should be included each day.

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# Guideposts

## To Good Meals

by:

*S. Virginia Wilson*—Extension Nutritionist



You eat foods for pleasure and to satisfy hunger, but once food gets inside the body it does one of three things:

- Builds cells that make up the muscle, bones, blood and other parts of the body. While you are growing and as long as there is life in your body new cells are being built. Every minute cells wear out that must be replaced.
- Keeps the body warm and gives energy for work and play. Your body uses up energy every second you are alive whether you are awake or sleeping. Heat is given off in the process. You have a "built-in" air conditioning system that keeps your body the same temperature in hot or cold weather.
- Protects your health and regulates the body processes upon which life itself depends such as: breathing, digestion, beating of the heart and getting rid of waste products.



Eat a wide variety of foods to make sure your body has the right materials to do these three important jobs. You can be practically sure of getting the 60 known essential food elements—and those yet to be discovered—by using one of the

many recommended daily food plans. Each plan includes the same foods, but groups them differently. Some of the well known ones are: The Basic Seven Food Groups, A Guide to Good Eating and the Wheel of Good Eating. A more recent daily food plan published by the Agricultural Research Services of the U. S. D. A., has four food groups. These are the types of foods and amounts it suggests to be eaten daily:



# A Daily Food Plan

**MILK GROUP**—Milk, Cheese, Ice Cream. Some milk each day. (Cheese and ice cream can replace part of the milk):

- 3 to 4 cups for children
- 4 or more cups for teen-agers
- 2 or more cups for adults
- 4 or more cups for pregnant women
- 6 or more cups for nursing mothers.

**MEAT GROUP**—2 or more servings of these: Beef, veal, pork, lamb, poultry, eggs, fish with dried beans and peas or nuts used occasionally as alternates.

**VEGETABLE-FRUIT GROUP**—4 or more servings including:

One dark green or deep yellow in color, important for Vitamin A (or at least every other day).

One rich in Vitamin C, as tomatoes, raw cabbage, oranges and other citrus fruits.

Other fruits and vegetables as potatoes, apples, snap beans, onions, butterbeans and pears.

**BREADS-CEREAL GROUP**—4 or more servings of whole grain, enriched or restored breads, cereals, rice, grits, spaghetti or macaroni. Cakes and other baked goods are also included if made with enriched or whole grain flour. One serving is one piece of bread,  $\frac{1}{2}$  to  $\frac{3}{4}$  cup cooked cereal or 1 cup ready-to-eat cereal. If you cut down on foods from this group, eat an extra serving of meat and vegetables.

In using this food plan you will need to remember:

The smallest number of servings in each group will furnish most, but not all, of the proteins, minerals and vitamins needed by an average adult. Only  $\frac{1}{2}$  to  $\frac{2}{3}$  of the calorie (energy) requirements will be met.

You can make up for these differences by eating more of some foods and adding others not included in the four groups. Butter, margarine, fats, oils, sugars and unenriched grain products have not been included. They are usually combined with other dishes and in that way become a part of the food plan.



The time to plan good meals is when you are hungry. Get a pencil, some paper, a daily food plan and patterns for planning a good breakfast, lunch or supper and dinner, then get down to business. Keep these things in mind:

1. Plan 3 meals for a day as a unit. You will be more likely to include all of the foods needed for best of health. It takes 3 good meals each day—one or two won't do the job.
2. Plan meals for 3 days to a week in advance. The wise homemaker does this to help save 15 or 20 per cent on her grocery bill. It will also save time in shopping and preparing meals. You will find it helps prevent that nervous strain of having to decide at the last minute what you will have to eat. "But, I don't know what I'll want to eat three days from now" is the usual excuse. It is only a plan, not a binding contract. Go ahead and change at the last minute if it will help you—and the meal.

3. **The amount of Money to be Spent for food**—The lower the food budget, the more time you need to spend on careful planning and preparation of meals. Time spent on making tasty, attractive dishes from low cost food means saving money and pleasing the family's appetite. Cost is no indication of food value.
4. **The age and activity of family members**—This will determine the kind and amount of foods to plan. Appetites, tastes and tolerance for certain food is different for the child, adult and older members of the family. Teenagers and physically active adults need more food than small children or men and women who sit most of the day. One meal can be planned for all by varying the method of preparing some foods and increasing the size of servings. Of course, those on diets prescribed by doctors need special consideration.
5. **Family likes and dislikes**—The smart meal planner will introduce a new and different food occasionally, as well as serve family favorites. Prejudice against certain foods can often be overcome by dressing them up in different ways. Liking a wide variety of foods is a social asset. It may be hard to change food habits of grown-ups, but it is worth trying every scheme in the book to get children to eat a wide variety of foods.
6. **Variety adds interest to meals**—A meal is rated as good if it has variety in:

**Food Value**—Some meal planners go overboard in planning meats, eggs and cheese dishes in the same meal, all high in protein. Others will have too many starchy foods as dressing for poultry, lima beans or green peas, potatoes and bread. Keep your meals well balanced.

**Flavor**—There are too many good foods to use the same one twice in a menu. Bring out contrasts in foods by using a strong flavor with a mild one—a sweet with a sour.

**Color**—A rosy-red slice of tomato, a sprig of dark green parsley or any bright colored food on a plate makes a whole meal look and taste better.

**Texture**—A combination of smooth, crisp and chewy foods give a variety in texture to a meal.

**Shape**—Add interest to the way food looks on a plate by having some served in mounds, others in round slices or strips.

**Temperature**—Even on a hot day one hot dish served along with cold foods makes the meal more satisfying. The same is true of a cold food with a hot meal.

7. **Buying ready-to-use foods vs homemade**—Every homemaker must decide for herself whether she will do all of the food preparation at home or buy the ready-to-use or partially prepared foods. The time and money available as well as the skill of the cook must be considered. The homemaker who works outside the home has to decide whether the time and energy saved in buying ready-to-use foods is worth the cost.

The skill of the homemaker will also determine whether to buy or make at home a certain food. Most of us will admit there is no cake as good as a high quality homemade one, but not everybody can make a good cake. A bakery cake or one made from a packaged mix might be far superior to one made by some cooks. This is also true of pies, breads, casseroles dishes and many other foods in the up-to-date market. Any food the family fails to eat is expensive, no matter how small the purchase price.



With these meals serve milk all three meals to children—for adults twice a day and coffee or tea as desired

#### Breakfast

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tomato Juice Toast Poached Egg Bacon	Strawberries Cornflakes with milk Cheese Toast Jelly	Orange Juice Toast Soft Cooked Egg in Shell	Fried Apples Biscuits Sausage	Prunes Scrambled Eggs Toast	Grapefruit *Corn Puff Pan Cakes With Syrup Bacon	Tomato Juice Poached Egg Toast Honey

#### Lunch or Supper

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Tomato Rarebit Fruit Salad Toast	*Potato-Cottage Cheese Casserole Tomato Salad Rolls Prune whip with Custard Sauce	Chicken Sandwich *Congealed Cranberry Salad	*Quick Veg. Soup Sweet Potato Custard Milk	Roastbeef Hash on Rice Apple-Carrot Salad	Creamed Eggs Greenbeans Toast Cookies	Fish Short Cake Pineapple Salad Cornbread

#### Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celery & Olives Baked Chicken Dressing Asparagus *Onion Puff Peach Pickle Rolls Ice Cream	Roast Beef Greenbeans Oven-baked Potatoes Carrot sticks Biscuits Fruit Cup	Ham Turnip Greens Baked Sweet Potato Chow Chow Biscuits *Lemon-ring Applesauce	Tomato Juice Liver & Onions Mashed Potatoes Baked Squash Rolls *Macaroon Peach Dessert	*Ham-Sweet Potato Croquettes Spinach Celery Sticks Biscuits Baked Apple	Broiled Fish *Herb Tomatoes Steamed Cabbage Carrot Sticks Hush Puppies Lemon Chiffon Pie	Steak Baked Potato Tossed Salad Rolls *Chocolate Crunch Pudding

\* Recipes given in this leaflet.

Menu patterns are super-highways to good eating and good living. Follow these patterns for planning a good breakfast, lunch or supper and dinner.

### Breakfast

Fruit or Juice—Fresh, frozen or canned.

Cereal and/or bread—Whole grain, enriched or restored.  $\frac{1}{2}$  to 1 cup or 1 piece of bread is a serving.

Egg, Lean Meat or Cheese—A protein rich food for breakfast helps you think and act quicker all day.

Beverage—Milk for children, also, for adults if no other protein rich food is included. Coffee or tea for adults as desired.

### Lunch or Supper

Main dish—Lean Meat, eggs, cheese, fish, dried beans or peas or soups made with milk.

Vegetable or Salad—Fresh, frozen, canned or dried vegetables or fruits.

Breads—Whole grain, enriched or restored.

Simple dessert or fruit salad—light and simple.

Beverage—Milk for children and at least twice a day for adults. Whole, skimmed or buttermilk.

### Dinner

Appetizer or Soup—If desired.

Main Dish—Lean Meat, poultry or fish.

Vegetable—One dark green or deep yellow in color.

Vegetable—Have only one of these starchy vegetables in a meal: potatoes, rice, corn, macaroni, green peas or lima beans.

Relish or Salad—As pickles, vegetable or fruit salad.

Bread—Whole grain, enriched or restored. May omit if poultry dressing, potatoes or other starchy vegetable is on menu.

Dessert—If desired.

Beverage—Milk for children. Coffee or tea as desired for adults.

## Recipes

### Quick Vegetable Soup

$\frac{1}{2}$  pound ground beef

1 medium onion chopped

1 potato, cubed

2 cups canned tomatoes

$\frac{1}{2}$  cup canned baby lima beans

$\frac{1}{2}$  cup canned corn

1 quart water

2 teaspoons salt

Cook beef and onions together until beef has lost its color and onions are soft. Add other ingredients and cook at 15 pounds pressure for 15 minutes, or cook 35 minutes in a covered pot.

### Corn Puff Griddle Cakes

1 cup canned cream style corn

2 tablespoons flour

$\frac{1}{2}$  teaspoon salt

4 eggs, separated

Mix the corn, flour, salt and well beaten egg yolks. Fold in the stiffly beaten egg whites. Bake on a hot griddle.

### **Potato-Cottage Cheese Casserole**

6 medium potatoes, sliced thin  
3 tablespoons shortening  
2 cups cottage cheese

$\frac{1}{4}$  cup milk  
2 eggs, well beaten  
1 teaspoon salt

Sauté potatoes in shortening until tender; turn into a buttered baking dish. Top with the cheese, milk and salt. Bake in a slow oven 300° F. for 10 minutes or until cheese is set.

### **Tomato Cheese Rarebit**

1 can condensed tomato soup  
2 cups shredded cheese

1 teaspoon prepared mustard  
1 egg slightly beaten

Heat undiluted tomato soup, cheese and mustard over boiling water, until cheese is melted. Stir occasionally. Add egg and cook for one minute. Serve on toast or crackers.

### **Ham and Sweet Potato Croquettes**

2 cups ground cooked ham  
1 cup cooked mashed sweet potato  
1 egg, beaten

1 tablespoon water  
Fine dry bread crumbs  
Fat for frying

Combine ham and sweet potatoes. Shape in croquettes. Add water to beaten egg. Dip croquette in eggs and roll in crumbs. Fry in shallow or deep fat or bake in a hot oven. (400° F.)

### **Onion Puff**

4 large onions, sliced thin  
1 cup shredded processed cheese  
 $\frac{1}{2}$  cup flour

1 teaspoon salt  
 $2\frac{1}{2}$  cups milk  
3 well beaten eggs

Cook sliced onion rings in boiling water for 5 minutes. Remove onions from water and place in alternate layers with cheese in a buttered baking dish. Combine flour, salt and milk and beat with a rotary beater until smooth. Blend in the well beaten eggs. Pour this mixture over the onions and cheese. Bake in a moderate oven 40 minutes.

### **Herb Tomatoes**

1 No. 2 can solid packed tomatoes  
1 teaspoon sugar  
1 tablespoon butter or margarine

$\frac{1}{4}$  teaspoon basil  
 $\frac{1}{4}$  teaspoon celery salt  
1 teaspoon chopped parsley

Heat all ingredients thoroughly in a saucepan. Serve in sauce dish. Makes 4 servings.

### **Congeaed Cranberry Salad**

1 package cherry flavored gelatin  
1 cup boiling water  
1 can (1 lb.) jellied cranberry sauce

1 small can crushed pineapple  
1 cup diced apples  
 $\frac{1}{2}$  cup chopped nuts

Dissolve cherry gelatin in the boiling water. Put cranberry sauce through sieve and add to the hot mixture. Place mixture over ice water until it begins to thicken. Add the pineapple, apple and nuts. Pour in individual or one big mold and place in refrigerator until congealed.

### **Lemon-ring Apple Sauce**

2 cups apple sauce  
Grated rind of one lemon

4 tablespoons brown sugar

Heat apple sauce in a shallow baking dish. Sprinkle brown sugar and lemon rind in a ring on top of the hot apple sauce. Place under broiling unit until sugar melts. Serve warm.

### **Chocolate Crunch Pudding**

Prepare a package of instant chocolate pudding according to directions on package. Fold in  $\frac{1}{3}$  cup chopped peanuts and 1 cup of cubed plain cake.

### **Macaroon-Peach Dessert**

Fill canned peach halves with macaroon crumbs moistened with peach syrup. Sprinkle with brown sugar; dot with butter than heat under broiling unit. Serve warm with whipped cream.

## Foundations For A Good Diet

These foods form the foundation for a good diet. Add any others you want to satisfy the appetite and round out meals.

### Milk Group for Calcium Points

	Points		Points
Milk (whole, skim, buttermilk)—1 cup	10	American Cheese—1 oz.	7
Dry Milk—3 to 4 tablespoons (powdered)	10	Ice cream— $\frac{1}{2}$ cup	3
Evaporated Milk— $\frac{1}{2}$ cup (undiluted)	10	Brick Ice Cream—1 slice	3
Cream Cheese— $\frac{1}{4}$ cup	1	Milk Sherbet— $\frac{1}{2}$ cup	2
Cottage Cheese— $\frac{1}{2}$ cup	4	Light Cream— $\frac{1}{2}$ cup	4

(One calcium point is equivalent to about 30 milligrams of calcium)

### Meat Group for Protein Points

Beef, veal, lamb, pork, fish or poultry, lean, cooked, no bone—2 oz.	10	Frankfurter—2 oz.	6
Dry beans and peas, cooked— $\frac{1}{2}$ cup	6	Luncheon Meat—2 oz.	6
Eggs—average size, each	4	Peanut Butter—2 Tablespoons	6
		Bacon—2 slices—2 oz.	3

(One protein point is equivalent to about 1.5 grams of protein)

### Vegetable and Fruit for Vitamin A Points

(These measures are for raw fruits and cooked vegetables)

Beet greens— $\frac{1}{2}$ cup	45	Pumpkin— $\frac{1}{2}$ cup	30
Broccoli— $\frac{1}{2}$ cup	20	Spinach— $\frac{1}{2}$ cup	75
Carrots, diced— $\frac{1}{2}$ cup	70	Squash, winter, yellow— $\frac{1}{2}$ cup	50
Chard leaves— $\frac{1}{2}$ cup	70	Sweet Potatoes, Yellow— $\frac{1}{2}$ cup	40
Collards— $\frac{1}{2}$ cup	60	Tomatoes, cooked or juice— $\frac{1}{2}$ cup	10
Cress, garden— $\frac{1}{2}$ cup	25	Tomatoes, raw—1 medium	15
Dandelion greens— $\frac{1}{2}$ cup	110	Turnip greens— $\frac{1}{2}$ cup	60
Kale— $\frac{1}{2}$ cup	35	Apricots, raw or cooked—5 halves	20
Mustard greens— $\frac{1}{2}$ cup	40	Cantaloup— $\frac{1}{2}$ medium	50
Peppers, sweet, red, raw, $\frac{1}{2}$ med.	15		

(One Vitamin A Point is equivalent to about 125 I. U. of Vitamin A)

### Vegetables and Fruits for Vitamin C (Ascorbic Acid)

Grapefruit— $\frac{1}{2}$ medium size	30	Brussel Sprouts— $\frac{1}{2}$ cup	12
Grapefruit Juice— $\frac{1}{2}$ cup	17	Cabbage, raw, shredded— $\frac{1}{2}$ cup	10
Orange—1 medium	31	Greens: mustard, turnip, collards, garden cress, kale— $\frac{1}{2}$ cup	10
Orange Juice— $\frac{1}{2}$ cup	19	Spinach— $\frac{1}{2}$ cup	9
Tangerine—1 medium	10	Peppers, green, raw or cooked—1 small	17
Tangerine Juice— $\frac{1}{2}$ cup	13	Peppers, sweet, red, raw— $\frac{1}{2}$ medium	31
Cantaloupe— $\frac{1}{2}$ medium	24	Potato, cooked in jacket—1 medium	8
Honeydew Melon—1 wedge 2 x 7"	14	Sweet Potato—1 medium	10
Pineapple, fresh, diced— $\frac{1}{2}$ cup	6	Tomatoes, cooked or juice— $\frac{1}{2}$ cup	8
Strawberries— $\frac{1}{2}$ cup	18	Tomato, raw—1 medium	14
Broccoli— $\frac{1}{2}$ cup	22		

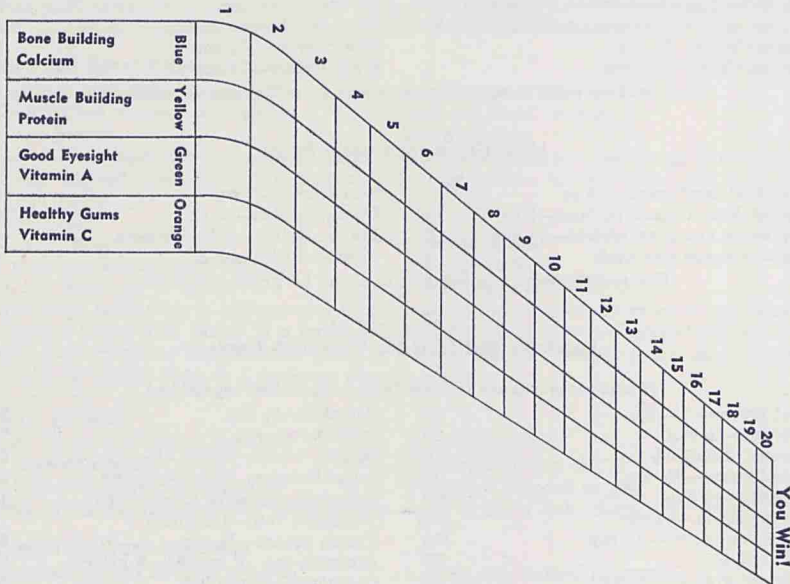
(One Vitamin C point is equivalent to about 2 or 3 milligrams of ascorbic acid)



# Super Highway To Health Map

Can You Make The Last Mile?

See Foods listed on page 7 for points to score yourself—one mile for one pint, and use the colors as indicated.



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# M I L K D E S S E R T S

S. Virginia Wilson, Extension Nutritionist

For the best of health everybody needs milk--from the cradle to the grave. It is almost impossible for adults or children to get the calcium needed each day without getting some milk. Boys and girls need calcium for building strong bones and teeth. Both children and adults use calcium in the body to help coagulate blood and also to assist the heart, nerves and muscles to function right. Bones that break easily are often caused by not getting enough calcium over long periods of time.

Milk is also a rich source of the "keep young" Vitamin B<sub>2</sub> or riboflavin. To reap the benefits, you must drink milk all through life and not wait until old age creeps up on you.

Growing boys and girls need at least one quart of milk each day; adults need at least one pint. It's hard to get this much milk without drinking it, but you can use some of the day's quota in cooked dishes.

Two of the family's favorite desserts use enough milk to count toward the day's total: Ice cream and Custard. There are many other desserts that use a good amount of milk or cream.

## SOFT CUSTARD

2 cups milk  
1/4 cup sugar  
2 eggs

1/2 teaspoon vanilla  
Few grains salt

Heat milk over boiling water. Beat eggs, add sugar and salt. Stir and slowly add the hot milk to the egg mixture. Cook over hot (not boiling) water until mixture coats a spoon, stirring all the time. Remove from hot water at once. Cook and add flavoring.

Serve plain, over cubes or slice of plain cake, over fresh, frozen or canned fruits.

Floating Island: Make a meringue using 2 egg whites and 1/4 cup sugar. Add 1/8 teaspoon of salt and 1/2 teaspoon vanilla. Drop meringue by spoonfuls into a shallow baking pan containing water 1/4 inch deep. Bake in moderate oven (325° F.) 15 to 20 minutes or until light brown. Or, drop into pan containing hot water on top of stove. Cover the pan or turn the meringues once. Cook 5 to 10 minutes until firm. Place meringues on top of soft custard.

## BAKED CUSTARD

2 cups milk  
3 eggs  
1/3 cup sugar

Few grains salt  
1/2 teaspoon vanilla

Heat milk over boiling water. Beat eggs, add sugar and salt. Stir and slowly add the hot milk to the egg mixture. Add the flavoring. Pour into a buttered baking dish or individual custard cups. Set in a pan of hot water and bake in a moderate oven (350° F.) until set (when the point of a knife comes out clean) about 25 to 35 minutes. Serve hot or cold.

Custard may be garnished with whipped cream or jelly or add two or three peach slices or shredded coconut to each custard cup before baking.

(OVER)

Caramel Custard: Pour 1 to 2 tablespoons caramelized sugar into individual custard cups. (To caramelize sugar melt  $\frac{3}{4}$  cup granulated sugar in heavy pan over low heat; stir constantly.) Pour custard mixture on top carefully and bake. Let cool thoroughly if custard is to be unmolded onto serving plates.

#### VANILLA ICE CREAM

2 quarts milk  
2 cups sugar  
4 eggs

$\frac{1}{4}$  teaspoon salt  
1 pint rich cream  
1 tablespoon vanilla

Heat one quart of milk to scalding in top of double boiler. Add sugar and stir until dissolved. Beat eggs until light, add the scalded milk slowly, and mix well. Return to top of double boiler and cook over boiling water for two or three minutes, stirring constantly. Add the remainder of the milk and the salt. Cool, then add cream and vanilla. Pour into freezing can and freeze, using eight parts of ice to one of coarse salt.

To freeze in refrigerator: Pour custard into freezing trays and set the unit for freezing. Stir well at least three times during the freezing period.

#### Variations:

Chocolate: Melt 3 squares of chocolate in top of double boiler with 3 tablespoons sugar. Add to the custard and freeze.

Fresh Fruit: When the vanilla ice cream is frozen to a mush, add 4 cups of fresh fruit that has been pressed through a coarse sieve and sweetened to taste. Peaches, strawberries, raspberries or other fruit may be used.

#### LEMON MILK SHERBET

1  $\frac{1}{2}$  cups sugar  
 $\frac{1}{4}$  cup water  
Grated rind of 2 lemons

$\frac{1}{2}$  cup lemon juice  
4 cups whole milk  
 $\frac{1}{8}$  teaspoon salt

Make a syrup by heating sugar and water together, then cool. Grate rind of lemons. Extract and strain juice of lemons. Mix together all ingredients and freeze. If frozen in refrigerator, stir three or four times while freezing.

#### SPANISH CREAM

1 tablespoon gelatin  
 $\frac{1}{4}$  cup cold milk or water  
 $\frac{1}{3}$  cup sugar  
 $\frac{1}{4}$  teaspoon salt

2 cups scalded milk  
3 eggs, separated  
1 teaspoon vanilla

Add gelatin to cold milk and let soften. Add sugar, salt and softened gelatin to scalded milk in top of double boiler and stir until dissolved. Beat egg yolks slightly. Add hot milk mixture to egg yolks slowly, stirring constantly. Return to top of double boiler and cook over hot water until slightly thickened. Cool. When mixture begins to thicken, add vanilla and fold in stiffly beaten egg whites. Turn into one large mold or into individual molds and chill until firm.

Serve with chocolate sauce or fresh, frozen or canned fruits.

3 -

### LEMON CHIFFON PIE

- |                         |                       |
|-------------------------|-----------------------|
| 1 1/2 teaspoons gelatin | 1 egg slightly beaten |
| 1/4 cup cold water      | 1 teaspoon lemon rind |
| 1/2 cup sugar           | 1/4 cup dry milk      |
| 1/3 cup lemon juice     | 1/3 cup cold water    |
| 1/4 teaspoon salt       |                       |

Sprinkle gelatin on cold water and let soak for five minutes. Combine sugar, lemon juice, salt and egg in double boiler, stirring constantly until slightly thickened, about ten minutes. Add softened gelatin and lemon rind and stir until gelatin is dissolved. Chill until of jelly like consistency, then beat until fluffy. Add nonfat dry milk solids to 1/3 cup ice cold water and beat until it is stiff enough to hold in peaks. Combine the two mixtures and turn into pie shell. Chill until firm. (Makes one 8-inch pie.)

### PINEAPPLE ICE CREAM

- |                           |                            |
|---------------------------|----------------------------|
| 1/4 cup sugar             | 1 cup water                |
| 1 cup dry milk            | 1 egg, beaten              |
| 1/8 teaspoon salt         | 2 tablespoons lemon juice  |
| 3/4 cup crushed pineapple | 1 cup heavy cream, whipped |

Add sugar, milk powder and salt to the water. Beat until smooth. Cook over low heat or boiling water until thickened; stir constantly to prevent lumping. Pour part of the mixture into the beaten egg, stirring constantly. Then pour all back into the pan and cook 2 minutes longer. Chill and fold in the pineapple, lemon juice and whipped cream. Freeze. Makes 8 servings.

### APPLE CRUMBLE

- |                      |                             |
|----------------------|-----------------------------|
| 1/2 cup sifted flour | 1 teaspoon cinnamon         |
| 3/4 cup dry milk     | 1/3 cup butter or fortified |
| 3 tablespoons sugar  | margarine                   |
| 1/4 teaspoon nutmeg  | 3 cups sliced apples        |
| 1/4 teaspoon salt    |                             |

Mix flour, nonfat dry milk, sugar, nutmeg, salt and cinnamon. Cut shortening in with pastry blender or 2 knives until mixture is crumbly. Arrange apples in shallow well-greased baking dish. Sprinkle apples with flour mixture. Bake in moderate oven (350° F.) about 25 minutes or until apples are tender. Remove cover and bake 10 minutes longer or until crumbs are brown. Makes 6 servings. (If apples are very sour, sprinkle sugar over them first.)



MILK IN MAIN DISHES THAT SATISFY

S. Virginia Wilson, Extension Nutritionist

Do you want to keep yourself mentally and physically alert? Or, do you enjoy getting that "let down" feeling while there is still work to be done? The foods you eat may decide for you which it will be. Meals are usually built around a main dish. One that satisfies you will be appetizing and "stay by" you for a long period of time. Meals that contain some animal protein as milk, cheese, eggs, poultry, meat or fish will do both. These are protein foods of the highest quality. Growing children need them for building strong bodies. Grown-ups need them to repair worn out muscles and to keep the body fit.

Nuts, grains, dried beans, peas and other legumes contain protein, too. We call them our vegetable protein foods. They must be combined with some animal protein food to be used as a muscle-building or repairing food in the body. Use them to stretch the animal proteins.

Milk is our most nearly perfect food. It not only furnishes protein of the highest quality, but it is our best source of the mineral calcium and the vitamin riboflavin. It also provides food energy, Vitamin A and thiamine (Vitamin B<sub>1</sub>).

It is almost impossible for your body to get the calcium and riboflavin needed daily without some milk. Calcium is needed throughout life. Children need it to build strong bones and teeth. Adults need it to keep bones from becoming brittle and easy to break. Riboflavin (sometimes known as Vitamin B<sub>2</sub>) is called the "keep young vitamin". It promotes general good health and helps make you look and act young over a long period of time.

Use milk in any form--fresh, canned or dried--or cheese, another dairy product, to give you that well fed feeling.

R E C I P E S

POTATO SOUP

2 cups cubed potatoes	1 tablespoon flour
2 tablespoons chopped onion	1 1/2 teaspoons salt
2 tablespoons butter or bacon fat	4 cups milk

Cook potatoes and onion in salted water until tender. Press through sieve. Melt butter or bacon fat, blend in the flour and salt. Add enough milk to make a thin paste. Mix the mashed potatoes, paste and remainder of milk. Cook over low heat or boiling water until hot. Stir to keep from lumping. Serve hot--garnished with chopped tender green onion tops, parsley or bits of crisp bacon.

DRIED BEANS with CHEESE SAUCE

1 cup cheese cut fine (1/4 lb.)	1/2 teaspoon salt
1 cup evaporated milk	3 cups cooked dried beans

Melt cheese in milk over boiling water. Add salt, cooked beans and continue cooking until heated thoroughly.

NOTE: Fresh milk or reliquified dry milk may be used by making a white sauce and adding cheese to it. To make white sauce--melt 1 tablespoon butter, blend in 1 1/2 tablespoons flour, add 1 cup milk and cheese. Stir until mixture is as thick as heavy cream.

(More)

### CHEESE STRATA

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 8 slices bread                  | 1/4 teaspoon mustard            |
| 4 slices cheese (size of bread) | 1 teaspoon salt                 |
| 3 eggs                          | 1 teaspoon Worcestershire sauce |
| 2 cups milk                     | (may be omitted)                |

Trim crusts from bread. Place 4 slices in bottom of well-greased baking dish. Cover with cheese, then 4 additional slices of bread. Beat eggs, add milk and seasonings. Pour over the bread and allow to stand for 1 hour. Bake in a slow oven (325° F.) for 1 hour. Serve with or without tomato sauce. Serves 4.

### OYSTER CASSEROLE

- |                              |                                  |
|------------------------------|----------------------------------|
| 1 pint oysters               | 1 tablespoon chopped onion       |
| 1 cup milk                   | 1 teaspoon salt                  |
| 1 cup cracker crumbs         | Dash of pepper                   |
| 1-2 chopped hard cooked eggs | 1 tablespoon butter or margarine |
| 2 tablespoons chopped celery | 1/2 cup grated cheese            |

Mix celery, onion, salt, pepper and chopped egg. Put one-half of oysters in buttered baking dish. Add one-half of mixed seasonings, one-half of cheese and one-half of crumbs. Add remaining oysters. Pour milk over this. Add cheese and cover with remaining crumbs. Dot with butter. Bake in moderate oven (350° F.) for 25 minutes. Serve hot.

### MEAT LOAF

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 1/2-1 cup dry skim milk           | 1 egg, slightly beaten        |
| 1 cup bread crumbs                | 1 teaspoon salt               |
| 1 1/2 pounds ground beef          | Pepper to taste               |
| 1/2 lb. ground pork or sausage    | 1/2 cup tomato juice or water |
| 1 tablespoon finely chopped onion |                               |

Mix dry skim milk with bread crumbs. Add ground meats, chopped onion, salt, pepper and water or tomato juice. Mix thoroughly. Shape into loaf. Bake in a moderate oven (350° F.) until done, or about 1 hour. Serves 6 to 8.

### HAM LOAF

Use one pound of ground ham (cooked or uncooked) and one lb. of ground beef or veal in the above recipe. Leave out the 1/2 lb. of sausage and the salt.  
NOTE: The meat or ham loaf mixture may be made into patties and baked.

### FISH TURNOVERS

- |                                    |                           |
|------------------------------------|---------------------------|
| 2 tablespoons finely chopped onion | 1 cup flaked cooked fish  |
| 2 tablespoons fat                  | 1 teaspoon salt           |
| 3 tablespoons flour                | 2 cups flour              |
| 1/2 teaspoon salt                  | 2 teaspoons baking powder |
| 1 cup milk                         | 4 tablespoons shortening  |
| 1/3 cup grated cheese              | 2/3 cup milk              |

Cook onion in the fat until soft but not brown. Blend in the flour and salt. Add milk gradually while stirring. Cook until thickened. Add grated cheese and flaked fish. Make biscuit dough of flour, baking powder, salt, shortening and milk. Roll out to 1/4" thick in a rectangle about 9x12". Cut dough into 9 squares. Place 2 tablespoons of fish mixture in center of EACH square. Roll each one over and place with cut side down on an ungreased baking sheet. Bake in a hot oven (450° F.) until brown. Serve with cream of mushroom, celery or cheese sauce.



# IT'S SMART TO BE WELL FED

(Revised)

S. Virginia Wilson, Extension Nutritionist

It's smart to be well fed, if you want to look and feel your best. Foods supply the body needs for health and vigor. Every food has some value in the body. Those you need most can be classed into FOUR or SEVEN GROUPS. Sometimes they are called the FOODS FOR FITNESS. No one food will meet all the body needs. There is a good health reason why you should eat every day one or more servings from each of the following FOOD GROUPS in the recommended amounts:

How Much to Eat of Each Food Group	Food's in This Group	Good Health Reasons for Eating These Foods
<p><b>VEGETABLE-FRUIT GROUP</b></p> <p>Eat 4 or more 1/2 cup servings daily to include:</p> <p>1 Serving deep YELLOW or dark GREEN in color</p>	<p>Apricots, broccoli, cantaloupe, carrots, chard, collards, cress, kale, mango, persimmon, pumpkin, spinach, sweet potatoes, turnip greens and other dark green leaves, winter squash</p>	<p>Green and yellow vegetables and fruits furnish the body with many minerals and vitamins - especially Vitamin A. Some are good sources of blood building iron (discussed under MEAT GROUP).</p>
<p>1 Serving of a Good source of VITAMIN C</p>	<p>Good sources -- Grapefruit; oranges; cantaloupe; guava; mango; papaya; frozen or raw strawberries, broccoli; raw, green or red sweet peppers.</p>	<p>YOU NEED VITAMIN A to:</p> <ol style="list-style-type: none"> <li>1. Provide growth and give pep.</li> <li>2. See better in a dim light.</li> <li>3. Keep the lining of mouth nose, throat and lungs healthy to fight off colds and sore throat.</li> <li>4. Keep skin moist and smooth.</li> <li>5. Help build strong bones and teeth.</li> </ol> <p>These foods are especially rich in Vitamin C, but also contain many other vitamins and minerals.</p>
<p>2 Servings of a Fair source of VITAMIN C</p>	<p>Fair sources -- Asparagus tips; brussels sprouts; raw cabbage; collards; garden cress; kale; kohlrabi; mustard greens; potatoes and sweet potatoes cooked in the jacket; spinach, tomatoes; turnip greens; honeydew melon; tangerine; watermelon.</p>	<p>YOU NEED VITAMIN C to:</p> <ol style="list-style-type: none"> <li>1. Provide the cement that holds together all cells of the body - muscles, blood vessels, glands, bone and teeth.</li> <li>2. Aid in healing wounds.</li> <li>3. Strengthen walls of blood vessels.</li> <li>4. Help resist infection.</li> <li>5. Help keep gums healthy.</li> </ol>

OTHER FRUITS and  
VEGETABLES includ-  
ing potatoes

Apples, bananas, berries,  
beets, butterbeans, cauli-  
flower, celery, cherries,  
corn, figs, grapes, green  
beans and peas, lima beans,  
okra, onions, white pota-  
toes, peaches, pears, pine-  
apple, summer squash,  
turnips, egg plant, radish,  
rhubarb.

Fruits and vegetables in  
this group have small  
amounts of many minerals  
and vitamins, but not rich  
in any one. They support  
or help out other food  
groups.

MILK GROUP

Some milk for every-  
one

Cups

Children - 3 to 4

Teen-agers - 4 or

more

Adults - 2 or

more

Pregnant women - 4

or more

Nursing mothers - 6

or more

Milk - fluid whole, evapo-  
rated, skim, dry,  
buttermilk.

Cheese - cottage; cream;  
cheddar-type ---  
natural or  
processed.

Ice cream or ice milk.

Milk equivalents in  
calcium are:

1-inch cube cheddar-type  
cheese =  $\frac{2}{3}$  cup milk

$\frac{1}{2}$  cup cottage cheese =  
 $\frac{1}{3}$  cup milk

2 tablespoons cream cheese  
= 1 tablespoon milk

$\frac{1}{2}$  cup ice cream or ice  
milk =  $\frac{1}{4}$  cup milk

Milk furnishes the body  
with minerals, vitamins  
and protein. It is one of  
our best sources of the  
mineral calcium and the  
vitamin B<sub>2</sub> or riboflavin.  
In fact, <sup>2</sup>it is almost  
impossible to meet the  
body's needs without get-  
ting some milk daily.

CALCIUM IS USED IN THE  
BODY TO:

1. Build strong teeth and  
bones and keep them in  
good repair.
2. Keep nerves, muscle and  
heart in good working  
order.
3. Help the blood clot.
4. Help overcome fatigue.

RIBOFLAVIN HELPS TO:

1. Keep skin healthy.
2. Prolong active span of  
life.
3. Help the cells to use  
food to produce energy.

MEAT GROUP

2 or more servings

A serving = 2 to 3  
ounces cooked lean  
meat; 2 eggs; 1 cup  
cooked dry beans or  
peas; 4 tablespoons  
peanut butter

Beef; veal; lamb, pork;  
variety meats, such as  
liver, heart, kidney.

Poultry and eggs.

Fish and shellfish.

As alternates -- dry  
beans, dry peas, lentils,  
nuts, peanuts, peanut  
butter.

You need foods from this  
group for protein, iron,  
and the B vitamins.

YOUR BODY USES PROTEIN TO:

1. Make muscle, blood,  
heart, and other body  
tissues.
2. Form an important part  
of all body fluids and  
materials upon which  
life depends.
3. Make germ fighting sub-  
stances in the body.

IRON -- helps to build good  
red blood. Hemoglobin cells  
contain iron and make the  
blood red. These cells act  
as boats to take oxygen to  
every cell of the body.  
People with thin, pale  
blood have anemia. They  
tire easily and think  
slowly.

B VITAMINS - See BREAD  
GROUP

BREAD - CEREAL GROUP  
WHOLE GRAIN  
ENRICHED  
or  
RESTORED

4 or more servings  
daily

1 serving = 1 piece  
bread, 1/2 cup cook-  
ed cereal, 1 cup ready  
prepared cereal

Biscuits, yeast breads  
and rolls; cooked cereals,  
ready to eat cereals;  
corn meal; crackers;  
flour; grits; macaroni  
and spaghetti; noodles;  
rice; other quick breads,  
cakes and baked goods if  
made with whole grain or  
enriched flour.

We need food from this  
group, especially for the B  
vitamins. These foods also  
furnish iron for red blood  
and calories to give energy  
for work and play.

VITAMIN B or THIAMINE is  
used in the body to:

1. Keep the nerves in good  
condition and minds  
alert.
2. Help the body to use  
starch and sugar to fur-  
nish energy.
3. Promote a good appetite.
4. Help overcome fatigue.
5. Aid in normal growth.

NIACIN is another one of the  
B vitamins found in enriched  
and whole grain breads and  
cereals. It helps to:

1. Prevent pellagra.
2. Aid in digestion.

---

OTHER FOODS

Butter, margarine;  
other fats and oils;  
bacon and fat meat;  
sugars and sweets;  
pickles; unenriched  
refined grain products.

1. To satisfy appetite.
2. Meet energy or calorie  
needs.
3. Round out meals.

---

PLAN THREE MEALS EVERY DAY TO INCLUDE ALL OF THE ABOVE RECOMMENDED FOODS.

Use these patterns as a guide:

Breakfast -- Fruit or juice, cereal with milk, and/or one egg, bread,  
butter, and beverage.\*

Lunch or Supper - Main dish from Meat Group; 1 vegetable and/or salad  
from Vegetable-Fruit Group; simple dessert; bread,  
butter and beverage.\*

Dinner - Main dish from Meat Group; 2 or more servings from Vegetable-  
Fruit Group, one may be a salad or dessert; bread, butter,  
and beverage.\*

\* Have milk for children to drink at every meal and for adults at least once  
a day.



FOR BETTER MEALS:

1. Plan meals a week, or at least 3 days in advance. Be sure to include recommended amounts of foods. Studies show North Carolina families do not eat enough of these foods for best of health.
2. Stretch the food dollar by producing as much food at home as possible. It takes about \$300.00 per person each year to buy all the foods needed. Studies show families eat better when they produce foods at home than when they depend on buying them.
3. Can, freeze, and store food for fall and winter use. This is the time of year when meals often contain too few fruits, vegetables and milk.
4. Get more food value for the money you spend. Buy first the recommended amounts of milk, vegetables and fruits. Then spend the rest of your food money for meat, breads, fats, sweets, and other foods.

FOOD DOES MAKE A DIFFERENCE -- EAT RIGHT TO

Build a sound healthy body.

Keep it in good working order.

Resist diseases and get well quicker.

Keep mentally and physically smart.

Keep young looking and acting longer.

Develop steady nerves that stand up under strain.

Enjoy life more.

## MEALS FROM FROZEN FOODS

S. Virginia Wilson, Extension Nutritionist

Use frozen foods for any meal of the day--breakfast, lunch or supper, and dinner. They may form a part or all of the meal. A menu made up of frozen foods should meet the test of any good meal. Be sure the combination you choose has contrast in flavor, color, texture and food value. Check your meals for the day by a Basic Food Chart. See that you have included some food from each group. Prepare frozen foods so as to save all the food value.

### Vegetables

Frozen vegetables cook in about half the time of fresh ones. You don't have to thaw most vegetables to cook them. Corn on the cob is one that is better if thawed. It keeps the cob from staying frozen while the kernel may overcook. Broccoli, asparagus and other stalk vegetables are best if you thaw them enough to break pieces apart. Leave food to be thawed in their original package.

Guide for Cooking Frozen Vegetables  
(for approximately 2 cups)

Vegetables	Cups of Water	Minutes to Cook
Asparagus, spears	1/4 to 1	5 to 10
cut pieces	1/4 to 1/2	3 to 5
Beans, lima - small	1 to 2	8 to 12
lima - large	1 to 2	15 to 20
Beans, snap	1/4 to 1	10 to 15
Broccoli	1/4 to 1	4 to 10
Cauliflower	1/2 to 1	3 to 6
Corn, cut	1/4 to 1/2	5 to 6
on the cob	enough to cover	3 to 8
Greens, collard, kale, turnip	1/4 to 1	10 to 20
Peas	1/4 to 3/4	5 to 8
Spinach	1/4 to 3/4	4 to 8

### Observe These Rules in Cooking Vegetables

- .Cook only the amount needed for one meal. Vegetables lose flavor, color and food value when rewarmed or kept hot.
- .Use a pan with a tight fitting cover.
- .When cooking two or more packages of the same vegetables, use a large enough pan so that one package is not placed on another.
- .Use only enough water to keep vegetables from burning.
- .Salt water and bring to a boil.
- .Add the unfrozen vegetable and bring quickly back to the boiling point.
- .Stir with a fork to separate frozen pieces.
- .Count cooking time when all frozen lumps are broken apart and water begins to boil again.

### Fruits

Frozen fruits need little preparation before serving. Most of them have sugar added when prepared for freezing. You may like to only partly thaw them as they are apt to be flabby and juicy when completely thawed. Peaches, apricots and apples take longer to thaw than berries. Thaw in the refrigerator or at room temperature, but keep in the package while thawing.

(Over)



## Meats

Frozen meats may be cooked thawed or unthawed. It takes longer to cook hard frozen meat than when defrosted. Also, you will need to use a lower temperature. The only sure way to tell when meat is done (fresh or frozen) is to use a meat thermometer. Hard frozen roasts have to be partly cooked before the thermometer will stick into the meat.

You may prefer to partly or completely thaw meat before cooking it. Many people do. Then you can follow your favorite recipes for cooking fresh meats.

### To Thaw Meat Requires:

At room temperature ...about 2 hours per pound  
In front of a fan .....about 45 minutes per pound  
In refrigerator .....about 5 hours per pound  
Chope  $\frac{3}{4}$  inch thick ..about 24 hours in refrigerator  
Ground meat patties ...about 2 hours

Broiling - Tender steaks or chops of beef or lamb. (Use other ways of cooking pork and veal as they need longer cooking time.) Turn switch on to the broil position. Place steak or chops on broiler pan and set 2 or 3 inches from broiler unit. Steaks or chops of  $\frac{3}{4}$  to 1 inch thick are placed 2 inches from source of heat; 1-1/2 to 2 inch steaks--3 inches away. (Steaks or chops thinner than  $\frac{3}{4}$  inch are jucier if pan broiled.) When meat is brown on one side, salt and turn. Broil until second side is brown. Season that side and serve on a hot dish.

Pan Broiling - Place meat in a hot, heavy frying pan or on a griddle. Do not add fat or water. Brown meat on both sides as above. Pour off extra fat that collects in pan while broiling meat.

Roasting - (For tender cuts of meat about 5 or more inches thick.) Place meat with fat side up on a rack in a shallow pan. Do not cover. Do not add water. Do not baste. Insert a meat thermometer in the center of the thickest part of the roast without it resting on any fat or bone. Beef, veal, lamb and smoked pork are cooked in a slow oven (300° F.), fresh pork in a moderate oven (350°).

	<u>Minutes per pound</u>				<u>Meat</u>
	<u>Meat with bone</u>		<u>Meat without bone</u>		<u>Thermometer</u>
	<u>Thawed</u>	<u>Frozen</u>	<u>Thawed</u>	<u>Frozen</u>	<u>Reading</u>
Beef - rare	18	43	28	40	140°
medium	22	47	32	56	160°
well done	30	55	40	65	180°
Pork-fresh, well done	35	60	45	70	185°
smoked	25	50	35	60	170°
tenderized	20	50	30	55	160°
Lamb	30	55	40	65	180°
Veal	30	55	40	65	170°

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# Oven Meals

By:  
S. Virginia Wilson  
Extension Nutritionist

Oven meals give "time off" to do other things while the food is cooking. There may not be much time saved in preparing them, but everything is done ahead with little to do at the last minute. Oven foods "keep well", and are a good choice for entertaining or when exact meal time is not known. Like any other meal they must have variety in food value, flavor, color and texture to rate as good.

Select foods for oven meals that cook at the same temperature. Use utensils that fit into the oven without touching each other, or the sides of the oven. When several foods are being cooked and two racks must be used, arrange dishes so they are not directly over each other.

Foods to be put in an automatic oven ahead of time must be selected with care. There is danger of food poisoning from dishes containing meat, fish, poultry, eggs and milk that are left at room temperature for several hours.

Choose the meat or main dish for your oven meal first, as it determines the temperature of oven and cooking time. Any cut of meat suitable for roasting, braising or cooking in water may be used, also meat in combination with other foods. Tender cuts of meats are cooked in an uncovered pan. Less tender cuts need a covered pan and some moisture.

Oven cooked fruits and vegetables require longer cooking time, and more liquid than surface cooking. Covered vessels are used for steaming fruits, vegetables and some desserts.

Since some steam escapes from foods in cooking oven meals, select puddings or other desserts that are not harmed by the extra moisture.

## OVEN MENUS AND RECIPES

Time—30 minutes

Oven Temperature—350° F.

### MENU 1

#### Individual Meat Loaves

Potato Puff                      Tomato and Corn Casserole  
Brown and Serve Rolls or Biscuits  
Spice Cake with Bake-on Frosting

#### Individual Meat Loaves

2 cups ground beef	$\frac{1}{2}$ cup bread crumbs
$\frac{1}{2}$ cup finely chopped onion	1 cup tomato juice or milk
1 tablespoon fat	1 egg slightly beaten
1 teaspoon salt	

Cook meat and onion in fat until meat has lost its color and onions are soft. Combine with other ingredients. Fill muffin tins or custard cups with mixture. Bake at 350° F. for 30 minutes.

#### Tomato and Corn Scallop

2 cups drained canned tomatoes, (or 4 medium size fresh tomatoes)	1 cup whole kernel drained canned corn
1 teaspoon salt	Buttered bread crumbs

Place half of the drained, canned tomatoes or thickly sliced fresh tomatoes in a buttered baking dish. Add the corn and sprinkle with salt. Top with a second layer of tomatoes. Sprinkle with salt then buttered crumbs. Cook uncovered with oven meal.

#### Potato Puff

3 cups cooked mashed potatoes (hot or cold)	2 tablespoons melted butter
$\frac{1}{3}$ cup milk	1 teaspoon salt
	1 egg, separated

Add the milk, butter, salt and egg yolk to the mashed potatoes. Mix thoroughly. Fold in the stiffly beaten egg white. Pour in a buttered casserole and bake in a moderate (350° F.) oven until puffed and brown. (About 30 minutes).

## Spice Cake with Bake-On Frosting

1 $\frac{1}{4}$ cups flour	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ teaspoon baking powder	$\frac{1}{2}$ cup brown sugar
$\frac{1}{2}$ teaspoon soda	$\frac{1}{4}$ cup shortening
$\frac{1}{4}$ teaspoon each cloves & nutmeg	6 tablespoons sour milk
$\frac{1}{2}$ teaspoon cinnamon	1 egg yolk

Sift together flour and the dry ingredients. Add the shortening and sour milk and beat 2 minutes on low speed with electric mixer or beat vigorously by hand. Add egg yolk and beat one minute longer. Pour into a well greased 8 inch square pan. Top with Bake-On Frosting.

*Frosting:* Beat one egg white until stiff. Beat in  $\frac{1}{2}$  cup brown sugar and  $\frac{1}{4}$  teaspoon salt. Spread on uncooked cake batter. Sprinkle with  $\frac{1}{4}$  cup chopped nuts. Bake in 350° F. oven.

Note: Pop biscuits or Brown 'N Serve Rolls in the oven to cook while other dishes are being arranged on table.

### MENU 2

Time—35 minutes

Oven Temperature—350° F.

#### Baked Fish Filets

Sweet-Sour Beets

Broccoli

Hush Puppies or Fried Corn Cakes

Lemon Fluff Pudding

#### Baked Fish Filets

3 medium size onions, sliced thin	1 cup thin cream
1 tablespoon butter or margarine	Paprika
	Salt
1 lb. fish filets (fresh or frozen)	
4 tablespoons flour	

Cook onions in butter until soft and lightly browned. Place in a baking dish. Roll fresh or unthawed frozen filets in flour and arrange on top of onions. Pour cream over fish. Sprinkle with paprika and salt. Bake in 350° F. oven.

## Sweet-Sour Beets

$\frac{1}{3}$  cup beet juice or water  
 $\frac{1}{3}$  cup vinegar

$\frac{1}{2}$  teaspoon salt  
 $1\frac{1}{2}$  tablespoons sugar  
2 cups cooked or canned beets

Mix ingredients and pour over beets in a casserole. Cover and cook.

## Broccoli

1 package frozen broccoli  
1 teaspoon salt

1 tablespoon butter  
2 tablespoons water

Thaw broccoli until spears can be separated. Place in baking dish. Sprinkle with salt, add butter and water. Cover and cook in oven.

## Lemon Fluff Pudding

1 cup sugar  
5 tablespoons flour  
3 eggs, separated

1 cup milk  
1 teaspoon grated lemon rind  
 $\frac{1}{4}$  cup lemon juice  
2 tablespoons melted butter

Sift together the sugar, flour and salt. Beat egg yolks thoroughly; blend in the milk and lemon rind. Pour this into the flour mixture and beat vigorously. Add the lemon juice and melted butter, then mix well. Fold in the stiffly beaten egg whites. Pour into a greased  $1\frac{1}{2}$  quart baking dish. Place in a pan of water  $\frac{1}{2}$  inch deep. Bake in moderate oven ( $350^{\circ}$  F.). Cool. Serve with or without whipped cream.

Cook corn bread on top of the stove or in the oven along with the meal.

## MENU 3

Time—one hour

Oven Temperature— $350^{\circ}$  F.

Baked Sausage and Apples

Greenbean Casserole

Corn Bread

Cherry Cobbler

## Baked Sausage and Apples

2 lbs. sausage meat

6 apples—peeled, sliced  
and cored

Shape sausage in thin patties. Alternate layers of sausage and apples in a casserole, having a sausage layer on top. Cover and cook 45 minutes. Remove cover and cook 15 minutes to brown sausage.



## Greenbean Casserole

- |                                       |                                   |
|---------------------------------------|-----------------------------------|
| 2 cups canned or frozen<br>greenbeans | 1 cup medium white sauce          |
| $\frac{1}{2}$ teaspoon salt           | $\frac{1}{2}$ cup shredded cheese |

Place drained canned beans or unthawed frozen beans in a casserole and sprinkle with salt. Mix cheese with the white sauce and pour over the beans. Bake, uncovered, for 1 hour in 350° F. oven.

## Corn Bread

- |                             |                                |
|-----------------------------|--------------------------------|
| 2 cups corn meal            | 1 egg, beaten well             |
| 1 teaspoon baking powder    | $1\frac{1}{4}$ cups buttermilk |
| $\frac{1}{2}$ teaspoon soda | 2 tablespoons melted           |
| 1 teaspoon salt             | shortening                     |

Sift together the corn meal, baking powder, soda and salt. Add the well beaten egg and melted fat. Pour in well greased hot pan and bake.

## Cherry Cobbler

- |   |                         |
|---|-------------------------|
| 1 No. 2 can pitted sour cherries          | 2 tablespoons butter or |
| $\frac{1}{2}$ cup sugar                   | margarine               |
| 2 tablespoons cornstarch                  | 1 cup biscuit mix       |
| $\frac{1}{4}$ teaspoon nutmeg or cinnamon | $\frac{1}{3}$ cup sugar |
| 1 tablespoon lemon juice                  | $\frac{1}{3}$ cup milk  |

Drain the juice from a can of cherries, mix  $\frac{1}{2}$  cup sugar, cornstarch and spice in a saucepan. Stir in the cherry and lemon juice. Add butter and bring to boil while stirring. Place drained cherries in a buttered 6 x 10 inch baking dish. Blend biscuit mix and sugar; add milk to make a drop biscuit dough. Drop by tablespoonsful on top of cherries. Pour hot cherry sauce over biscuits and bake 30 minutes or until browned.

## MENU 4

Time—1 $\frac{1}{2}$  hours      Oven Temperature—350° F.

Chicken and Vegetable Casserole

Baked Rice

Cabbage and Carrot Salad

Baked Fruit Pudding

## Chicken and Vegetable Casserole

- |                       |                                     |
|-----------------------|-------------------------------------|
| 3 to 4 pound chicken  | $\frac{1}{4}$ cup chopped onion     |
| Salt and pepper       | $\frac{1}{2}$ cup chopped celery    |
| Flour                 | $\frac{1}{2}$ cup cut green beans   |
| $\frac{1}{4}$ cup fat | $1\frac{1}{2}$ cups canned tomatoes |

Cut chicken in serving pieces. Sprinkle with salt and pepper, then roll in flour. Heat fat in a heavy pan and brown chicken in it. Place browned chicken and vegetables in a casserole. Pour over it the tomatoes. Cover and cook until chicken is tender.

## Baked Rice

Place 1 cup rice, 1 teaspoon salt and 2 cups water in a pan. Bake covered.

## Baked Fruit Pudding

- |                                     |  |
|-------------------------------------|--|
| 1 cup fresh, frozen or canned fruit | 1 cup flour                              |
| 1 cup sugar                         | 1 teaspoon baking powder                 |
| 1 tablespoon lemon juice            | $\frac{1}{4}$ teaspoon salt              |
| $\frac{1}{4}$ teaspoon nutmeg       | $\frac{1}{2}$ cup milk                   |
| 4 tablespoons butter                | $\frac{1}{2}$ teaspoon vanilla flavoring |
| 1 egg                               |  |

Place drained fruit in a buttered pudding pan. Sprinkle with  $\frac{1}{2}$  cup sugar, lemon juice and nutmeg. Cream butter with remaining  $\frac{1}{2}$  cup sugar. Add egg and beat vigorously. Sift dry ingredients and add alternately with milk. Add flavoring. Pour over the fruit and bake.

Note: Any quick bread may be cooked after the meal is removed from the oven.



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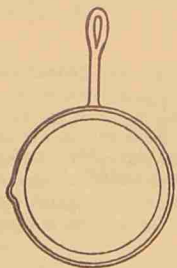
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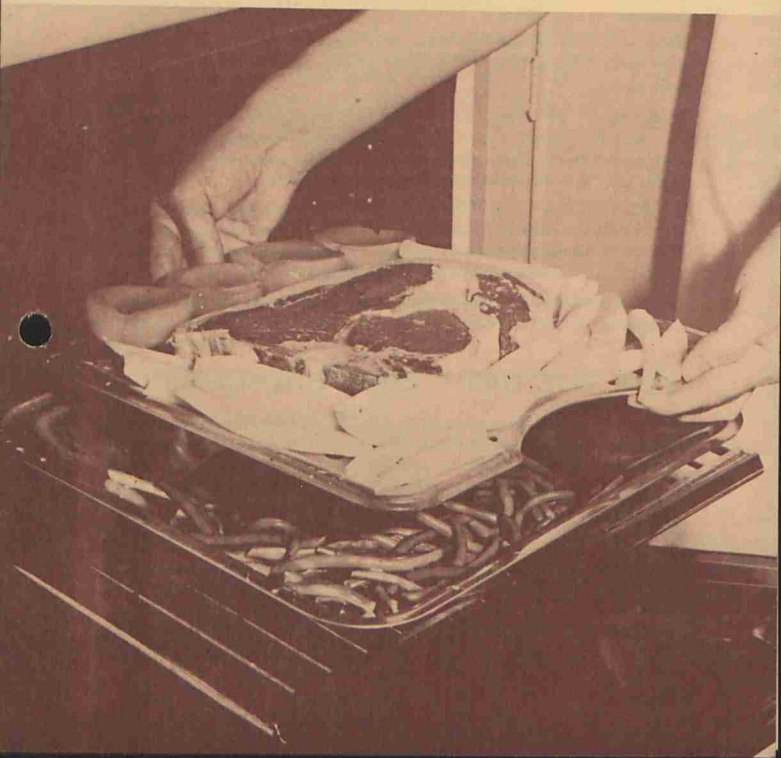
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May, 1957

Misc. Pamphlet 169



OUT OF THE  
FRYING PAN  
INTO THE BROILER



Make use of your broiler and give your frying pan a rest. To broil means to cook by direct heat, under gas or electric heat, over coals, or between two hot surfaces, as an electric grill. It is just as quick and easy as frying and uses less fat. That is good news to those who need to watch their weight or who are on low fat diets for other reasons. Broiler meals are quick, easy, and delicious. One food or whole meals may be cooked in a single pan. This saves dishwashing, time and fuel. Broiler meals, like any other, must have variety in food value, flavor, color and texture to measure up as a *good* meal.

## SELECT THE RIGHT FOODS

Any tender meat, vegetable or fruit may be broiled.

**MEATS:** Tender meat that has some fat on it is best for broiling. Steaks, chops, cured pork, fish, chopped meats, liver, weiners and young chicken are good broiling meats.

Since veal does not have much fat, it is better cooked other ways. *Fresh pork should not be broiled.* It needs longer, more thorough cooking for safe eating.

Select steaks and chops to be broiled that are at least one inch thick if you want juicy meat. You will get better results to pan-broil those less than 1 inch thick. Thin cuts of meat become dry when over-broiled because they get over-cooked before browning.

**VEGETABLES AND FRUITS:** Any quick cooking, tender vegetables and fruit can be broiled right along with the meat to complete your meals. Left-over or canned vegetables can be heated in the bottom of the broiler pan while the meat broils on the rack.

**SANDWICHES:** Several sandwiches or slices of toast may be toasted at once by using your oven broiler.

## USE THE RIGHT SIZE BROILER PAN

Most electric and gas stoves come equipped with a broiler pan that has a rack to fit in it. This is fine to use for broiling large amounts of food, You don't have to use this big pan every time you want to broil 2 chops or a few slices of bacon. Any rack in a small pie or cake pan will do the job. It will be easier to handle and wash. The rack in the pan is important. It holds the meat up, allowing the drippings to fall in the bottom of the pan. This keeps the meat from steaming and cooking in the juice or fat. It also gives drippings of better color and flavor for making gravy.

Here are some suggestions for broiler meals with directions for cooking them:

## BROILED CHICKEN

(broiling time 35-50 minutes)

Sweet potatoes Pear halves with crushed pineapple

1. Preheat broiler. Split lengthwise 1½ to 2 pound young chicken. Place chicken with skin side down on a rack in the broiler pan.
2. Melt ½ cup butter, add to it 1 teaspoon of salt. (2 tablespoons of lemon juice may also be added.) Brush the chicken thoroughly with this mixture.
3. Place the broiling pan in the oven so that the top of chicken is about 6 inches from the source of heat. Broil slowly so that the chicken is slightly brown at the end of 10 to 15 minutes.
4. Turn chicken and brush with butter mixture about every ten minutes. Broil until tender and evenly brown. Count on 35 to 50 minutes (depending on weight of chicken) for complete cooking time.
5. During the last six minutes, place the potatoes and pear halves on the broiling pan with the chicken. Use cooked sweet potatoes cut in halves lengthwise or in thick slices. Brush each piece of sweet potato with melted butter and roll in brown sugar. Fill canned pear halves with well-drained crushed pineapple.

## BROILED FISH

(broiling time 10-15 minutes)

Tomato halves au gratin

Candied bananas

1. Any fish that is good fried can be broiled. Split fish lengthwise. Dry thoroughly and place skin side down on a well-greased broiling rack.
2. Melt ¼ cup butter or margarine in a saucepan and add to it 2 tablespoons of lemon juice. Half of this is to be used on the fish and the other half on the bananas.
3. Brush each piece of fish with some of the lemon butter, then sprinkle with salt.
4. Peel and cut each banana in half crosswise; brush with the remaining half of the above lemon butter, then roll it in brown sugar. Place bananas on rack so they don't touch the fish.
5. Cut unpeeled tomatoes in half crosswise; sprinkle with salt, pepper, fine bread crumbs and grated cheese; dot with butter or margarine. Place on the broiling rack.
6. Preheat broiler. Place broiler rack with the surface of food 4 to 6 inches from the heat. Leave oven door ajar 3 or 4 inches while broiling. Broil 8 minutes or until fish is flakey. Do not turn the fish while broiling, but brush once or twice with the lemon butter. Turn bananas once during the cooking time.



## BROILED STEAK

(broiling time 15-20 minutes)

Potatoes Green beans

Broiled peach halves

1. Put well-drained cooked or canned green beans in the bottom of broiling pan.
2. Use for broiling only tender cuts from good grade beef, as T-bone, Porterhouse, Club, rib, or sirloin steak cut one inch or more thick. Cut through the fat on outer edge to keep steak from curling up while cooking. Put the steak on the rack of the broiler pan and place over the green beans.
3. Cut cooked white potatoes in lengthwise strips and brush with melted fat. Arrange on the broiling rack beside the steak.
4. Place the broiler pan so that the surface of steak is 2 or 3 inches from the direct heat of the gas or electric unit. The thicker the steak and the more well done you like meat, the farther it should be placed from heat.
5. Leave oven door partly open while broiling. Broil until top side of steak and potatoes are brown. Season with salt.
6. Turn steak and potatoes. Place well-drained peach halves on the rack beside the steak. Dot peaches with butter and sprinkle with brown sugar. When the second side of the steak is brown, season it. If the steak browns before it is as well done as you like it, turn off the broiler unit, leaving steak in the oven (with door still left ajar) for a few minutes.

Prepared By

S. VIGIRINIA WILSON, Extension Nutritionist

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APRIL, 1955

EXTENSION MISC. PAMPHLET NO. 156

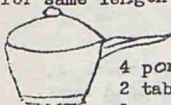
## R E C I P E S

### BUDGET STEAK

- 1-1/2 pounds ground beef
- 1/2 cup dried bread crumbs
- 3 tablespoons chopped onion
- 1/8 teaspoon pepper
- 1 teaspoon salt
- 1/2 cup milk



Mix ingredients thoroughly. Shape to look like a 1-1/2 inch thick porterhouse steak. Place on greased broiler and broil 10 to 15 minutes on one side. Turn and broil for same length of time on other side.



### PORK CHOPS WITH RICE

- |                     |                        |
|---------------------|------------------------|
| 4 pork chops        | 2 cups canned tomatoes |
| 2 tablespoons fat   | 1 medium onion         |
| 1 cup uncooked rice | 2 teaspoons salt       |
|                     | 1/4 teaspoon pepper    |

Brown pork chops with fat in pressure saucepan.\* Remove chops from pan. Add tomatoes, chopped onion, salt, pepper and rice. Lay pork chops over the top. Cover and bring to 15 pounds pressure. Cook 15 minutes. A covered frying pan can be used instead of a pressure saucepan by adding 1-1/2 cups of water and increasing cooking time to 35 minutes.

Follow directions of manufacturer for using pressure saucepan.

### HOT MAIN DISH SANDWICHES

- 1 cup chopped cooked meat
- chicken or fish
- 1/2 cup minced celery

- Bread
- 1 cup milk
- 1 egg



Mix first three ingredients and spread between slices of unbuttered bread. Beat egg, add milk and dip sandwich into mixture and fry in butter.

# QUICK & EASY MEALS

by

S. Virginia Wilson, Extension Nutritionist

Are your quick meals good meals? Even when prepared in a hurry, a meal should have variety in food value, flavor, color and texture. Each meal is important - breakfast, lunch or supper and dinner. Slight any one of these three and you let time rob your family of the foods needed for energy, muscle-building and repair, or health protection. Don't save time at the expense of health.

Be sure to include in your three meals each day:

5 servings of fruit and vegetables

1 green or yellow

1 high in Vitamin C (tomatoes, oranges, raw cabbage, etc.)

Any three others (potatoes may be one of these).

1 pint to 1 quart of milk

2 servings of protein food - meat, fish, poultry, eggs, cheese, or dried beans or peas.

Enriched or whole grain breads and cereals  
Vitamin A table fat (butter or margarine)

Invest time in meal planning. Follow meal patterns for a good breakfast, lunch or supper, and dinner.

Breakfast - Fruit or juice, cereal and/or main dish, bread, butter, beverage.

Lunch or supper - Main dish, 1 vegetable and/or salad, bread, butter, simple dessert, beverage.

Dinner - Main dish, 1 starchy vegetable, 1 green or yellow vegetable, bread, butter, salad and/or dessert, beverage.

### Time-Saving Tips in Meal Preparation:

- Plan meals ahead - collect supplies from garden store or storage unit.
- Keep service simple. When possible, cook in the same utensil that can be brought to the table.
- Let others help. Have family conference and decide who will do what. You get things ready for next meal while others wash up.
- Check equipment for arrangement and efficiency. Will re-arrangement or the addition of some small piece of equipment (as sharp knife, glass casserole, or vegetable peeler) save time and steps?
- Prepare some food in advance -- even one dish helps.
- Cook enough for two meals or more - Use:

Potatoes boiled in jacket keep. Use them fried, creamed, hash brown, or in soups, salads or stews.

Navy beans - boiled, baked or in soup.

Macaroni and noodles - keep well in refrigerator for quick use.

Meats - roast beef, baked ham or chicken can be served best as cold sliced or in gravy. Cut in pieces for creamed dishes, hash, croquettes, meat loaves or sandwiches.

Desserts - Gelatine - with or without fruit. Gingerbread - served plain, with whipped cream, lemon or chocolate sauce or topped with fruit. Puddings - chocolate, butterscotch or other flavors. Ice cream or frozen desserts.

### Choose foods that take little or no cooking time:

Vegetables - taste better and are higher in food value if cooked in a little water for a short time. Some can be prepared quicker than others. For time savers use:

Beets, carrots or turnips - diced or shredded - 15-to 20 minutes.  
Cabbage, chopped - 5 to 8 minutes.  
Potatoes, quartered - 15 to 20 minutes.  
Spinach - 10 to 15 minutes.  
Serve raw - sliced tomatoes, carrots, slaw or other salad greens.

### Main Dishes

Beef ---- ground, use as hamburgers or hash, minute steaks.  
Pork ---- Fried ham, sausage.  
Liver --- any kind.  
Fish ---- fried or broiled.  
Eggs ---- scrambled, hard, cooked and creamed, omelet with or without chopped meat.  
Cheese -- on macarone or broiled tomatoes or as Welsh rabbit served on crackers or toast.

### Desserts

Fruits - fresh, frozen or canned served plain, over cake, ice cream or in a fruit whip.  
Custard - soft boiled served plain over cake or fruit.

Use Pressure Cooker - Cuts cooking time in half. Meats and vegetables that need long, slow cooking can be done in a matter of minutes. The smaller the cooker, the quicker it heats up.

Use Frozen Foods - Many foods can be pre-cooked before freezing and need only reheating. Frozen vegetables cook quickly because they have been partially cooked when blanched. Fruits need only to be thawed before using.

Out

It's smart to  
be helped  
Replaces this



## BETTER MEALS FOR YOUR MONEY

by:

S. Virginia Wilson, Extension Nutritionist

SAVE MONEY - PROTECT HEALTH - SERVE BETTER MEALS - You can do this if you:  
(1) Plan carefully, (2) Spend wisely, (3) Waste no food and (4) Make foods look and taste good.

The smart homemaker plans her meals with one eye on the health of her family, the other on her budget. She can do both by using the simple daily check list called the Basic Seven. There are high and low cost foods, and a wide variety to suit all tastes in each group. Cost is no indication of food value. Choose daily the recommended servings of foods from each group that best suit your family's taste and pocketbook.

### HOW TO SAVE IN BUYING THE BASIC SEVEN FOODS

#### GROUP 1

1 serving of  
GREEN & YELLOW  
VEGETABLES

Compare the cost per serving of green and yellow vegetables--fresh, frozen, canned or dried--to decide which is the best buy. Fresh ones are cheapest when they are in season and are plentiful. Shriveled, wilted or decayed vegetables and fruits have lost food value and are not a good buy at any price.

#### GROUP 2

1 serving of  
VITAMIN C FOODS  
(Tomatoes, Raw  
Cabbage, Citrus  
Fruits)

Raw cabbage, fresh tomatoes in season or canned tomatoes may be a cheaper source of Vitamin C than oranges or grapefruit. (Remember, it takes 1-1/2 cups of tomatoes and 1 cup of shredded cabbage to equal 1/2 cup of orange juice in Vitamin C value). Canned or frozen fruit juices often cost less than fresh fruits out of season. Strawberries and cantaloupe in season are also a good source of Vitamin C.

#### GROUP 3

3 servings of  
POTATOES &  
OTHER FRUITS &  
VEGETABLES (Not  
in Groups 1 & 2)

Potatoes are often cheaper than other vegetables. They may be used once or twice a day--sweet or white potatoes. You may count sweet potatoes in Group 1 or 3, but you cannot count one serving in both places. Dried fruits are high in food value, low in cost. Learn to read labels for canned and packaged foods for weight and quality. Cheaper grades of canned products are as rich in food values as higher ones.

#### GROUP 4

MILK  
1 qt. (children)  
1 pt. (adults)

Skim milk, buttermilk, canned evaporated milk and non-fat dry milk are less expensive than fresh whole milk. The fat and Vitamin A have been removed from the skim milk, buttermilk and non-fat dry milk. If used, eat more of other foods high in Vitamin A value, as green and yellow vegetables.

(Over)



#### GROUP 5

2 servings of  
MEAT, FISH,  
POULTRY, EGGS,  
DRY BEANS, PEAS  
OR NUTS

Meats: Meats are the most expensive items on the food list. A real savings can be made by learning more about the grades and cuts of meat. Buy cuts that suit the method of cooking you plan of use. Buy Choice Grades of meat for broiling and roasting. Good and Commercial Grades are cheaper and better buys for pot roasts, stews and ground meat dishes.

Figure the cost per serving when comparing the cost of meats. Cheaper cuts with a lot of bone and fat may prove more expensive than lean, boneless cuts at a higher price.

The variety meats (kidney; tongue; heart; beef; pork or lamb liver) costs less per serving than other meats and are very high in food value.

Fish: Buy fresh, canned or frozen fish--they are usually cheaper than meat. Fresh fish in season is usually the cheapest kind to buy and provides good protein. Know the season of year when each kind is plentiful in your market.

Poultry: Large, well-fleshed birds have more meat in proportion to bone than smaller ones. Chickens cooked with dumplings, rice or in a pie go farther and cost less per serving than fried, broiled or roast chicken.

Dried Beans and Peas: Main dish meals from dried beans and peas may be served two or three times a week. Be sure to include milk or eggs in some form at the same meal.

#### GROUP 6

Some each day of  
ENRICHED OR  
WHOLE GRAIN  
BREAD & CEREALS

Eat enriched or whole grain breads and cereals to give you extra vitamins and iron.

Ready-to-eat cereals and bread cost more than those cooked at home. You will throw away less bread if you keep it well-wrapped and stored in the refrigerator.

Prepared mixes may or may not cost more than homemade products. It depends on the cost of ingredients, also the time and skill of the homemaker.

#### GROUP 7

2 Tablespoons  
VITAMIN A  
TABLE FAT

Margarine cost less per pound than some other table fats. It can be used in cooking or as a spread for bread.

Tub butter is cheaper than butter in 1/4 lb. sticks.

Use fat drippings and trimmings in cooking and seasoning to save on butter.

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## THE ECONOMICAL BEEF CUTS

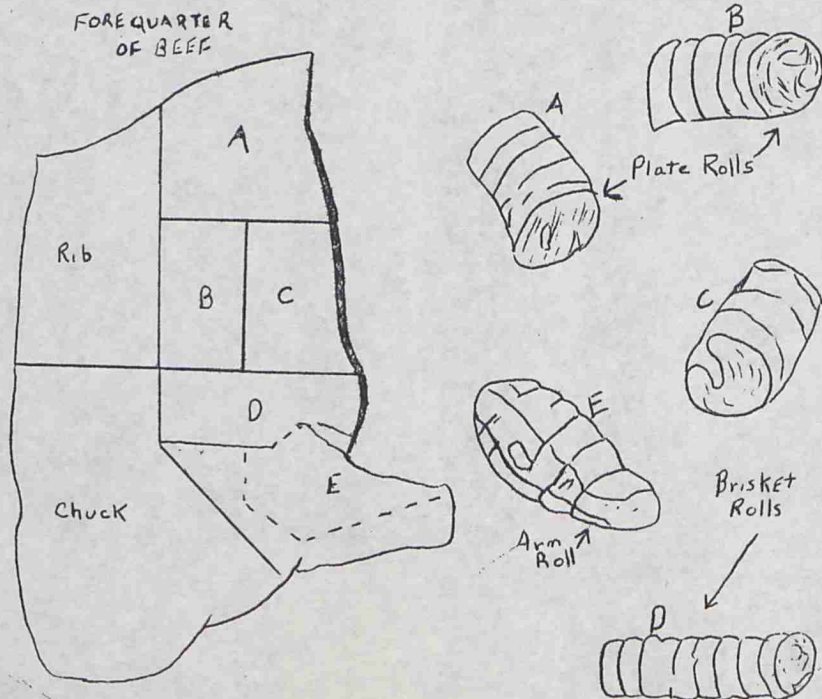
by

E. N. Blumer, S. Virginia Wilson, Guy Gassell

The most economical cuts of beef come from the forequarter. Savings on these cuts obtained from the forequarter vs the hindquarter cuts amount to at least ten to fifteen cents per pound. Because a large number of consumers demand steaks and roasts from the hindquarter, the forequarter cuts are lower priced.

The beef rib, the most popular cut in the forequarter, sells at a higher price than other forequarter cuts. Next in demand are the chuck roasts, intermediate in cost, but still very economical buys. Remaining are the thinner cuts such as the plate, brisket and arm section, just as flavorful and nutritious, but much lower in price. These cuts when boned and rolled should be browned in hot fat and then cooked in a pan with a tight fitting lid until tender, about forty to forty-five minutes per pound.

For economical, tasty, and easy-to-carve pot roasts these less sought-after cuts will add variety to you meals.



## COOKING THE ECONOMICAL BEEF CUTS

### POT ROAST OF BEEF (Braising)

#### Cuts to Choose

Select: English cut, blade or arm bone chuck roasts, or boned and rolled roasts from the arm section, plate or brisket weighing 3 to 5 lbs.

#### Method

1. Sprinkle meat with salt, pepper, and flour.
2. Brown roast slowly in heavy pot with 2 tablespoons of fat.
3. Slip a rack under the meat to keep it from sticking. Add 1/2 cup water and 1 cup sliced onions, cover tightly and cook over low heat until tender --- about 2 or 3 hours.
4. During the last hour of cooking add whole white raw, peeled potatoes and carrots; sprinkle with salt; cook until tender.
5. Remove to a platter. Thicken gravy by adding a paste made from 1 to 2 tablespoons flour and 2 tablespoons cold water.

### Pressure Cooker Roast

1. Put the browned roast, water and onion in a pressure saucepan.
2. Cook at 15 pounds pressure for 35 minutes.
3. Reduce pressure to zero. Add vegetables; cook 10 minutes at 15 lbs. pressure.

#### Oven Pot Roast

1. Place meat seasoned with salt and pepper on a rack in a roasting pan.
2. Lay strips of suet, salt pork, or bacon fat on top of meat.
3. Cover with close-fitting lid or aluminum foil to hold in steam.
4. Cook until tender in a moderate oven (375° F.) about 2 to 3 hours. (40 minutes per pound).

5. Add whole peeled raw carrots and potatoes the last hour cooking. Turn vegetables in drippings, sprinkle with salt, cover and cook until meat and vegetables are tender.
6. Remove cover and allow them to brown.
7. Thicken gravy if desired.

### SWISS STEAK (Braising)

#### Cuts to Choose

Have steaks cut 1 to 2 inches thick from the chuck, arm, flank or bottom round of all grades of beef, or T-bone, sirloin, and Porterhouse steaks from U. S. Commercial or Utility grades of beef.

#### Method

(For a 2 lb. steak, cut 1 to 2 inches thick.)

1. Spread over both sides of steak a mixture of 1/4 cup flour, 1-1/2 teaspoons salt, and 1/8 teaspoon pepper.
2. Pound mixture into the meat with the edge of a saucer.
3. Melt three tablespoons fat in a heavy frying pan.
4. Place meat in pan and brown slowly on both sides.
5. Add 1 cup water or tomato juice and one sliced onion.
6. Cover tightly and simmer (do not boil) over low heat until meat is very tender, about 1-1/2 hours, or 25 minutes in a pressure saucepan at 15 pounds pressure.

### Country Fried Steak

Cook as Swiss steak except meat is cut 1/2 inch thick and into individual portions.



### Beef Birds

Same as Swiss steak except meat is cut 1/2 inch thick, then into strips 3 by 4 inches. After flour and seasonings have been pounded into meat, put 2 tablespoons of bread stuffing on each strip, roll it up, then tie skewer in place. Brown each roll on all sides and continue cooking as for Swiss steak.

### BROWN BEEF STEW

#### Cuts to Choose

One to 1-1/2 inch cubes of meat cut from the neck, plate, brisket, flank or shank of all grades of beef.

#### Method

1. Sprinkle meat with salt, pepper, and flour. Brown on all sides in 2 tablespoons of fat.
2. Add water to cover and 1 sliced onion.
3. Cook slowly until meat is tender--about 2 to 3 hours (25 minutes in pressure saucepan at 15 pounds pressure).
4. Add 4 carrots cut in slices and 3 potatoes quartered the last 30 minutes of cooking. (For pressure cooker: reduce pressure to zero, add vegetables, then cook 5 minutes at 15 lbs. pressure).
5. To thicken stew, add a paste made of 1 to 2 tablespoons of flour and 2 tablespoons cold water.

### Meat Pies

Put cooked meat stew in baking dish, top with "lid" made from biscuit dough or pastry. Thin biscuits or mashed potatoes may be used to top pie.

### USE BEEF FOREQUARTER CUTS

#### Cut to Buy

Short ribs

Rib steaks

Standing rib  
roast

Top rib roll

Country style  
steak

Boneless plate  
roll

English cut

Blade chuck  
steak

Arm steak

Arm pot roast

Brisket roll

Cross cut shanks

#### How to Cook

Braise (fry, add  
water, cover) or  
stew.

Broil, pan-broil  
Oven roast

Oven roast

Braise

Pot roast (brown,  
add water, cover)

Braise

Braise

Braise

Pot roast

Pot roast

Stew or braise

For ground meat: select chuck,  
plate, flank, neck or heel of round.

Use ground meat for: meat loaves,  
hamburger, mock steak, Salisbury  
steak, creamed beef, hash, meat balls,  
or meat sauce for spaghetti.

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### MORE WAYS TO SERVE MEAT

All lean meats furnish body-building proteins, iron and some of the vitamins needed for growth and health. The liver and other organs are even richer in iron and vitamins than lean meat.

If you must use the same kind of meat often, vary the seasonings and ways of cooking to make it taste and look different.

When it comes to cooking meat, remember two rules: (1) Cook at slow to moderate temperature only until done. High heat and too long cooking makes meat dry and hard. (2) Cook according to the cut. Use dry heat for tender cuts as broiling, pan broiling, roasting (or baking) and frying. Less tender cuts of meat need long, slow cooking in a covered pan with added liquid as stews and pot roasts.

#### How to Roast Beef, Pork, Veal, or Lamb

1. Wipe meat clean with a damp cloth. Meat washed in water loses some of its flavor and food value.
2. Season with salt and pepper. (Flouring is not necessary.)
3. Place meat with the fat side up in an open roasting pan. This eliminates basting. Do not add water. Do not cover. (If you have a meat thermometer, insert it into the center of the thickest part of the roast without touching a bone or fat.)
4. Roast in a slow oven - 300° F. (350° F. for fresh pork.)

<u>Roasting Timetable</u>	<u>Meat Thermometer Reading</u>	<u>Minutes Per Pound</u>
Beef - Rare . . . . .	140 degrees F . . . . .	18 to 20
Medium . . . . .	160 degrees F . . . . .	22 to 25
Well done . . . . .	170 degrees F . . . . .	27 to 30
Pork - Fresh . . . . .	185 degrees F . . . . .	30 to 35
(Always well done)		
Smoked . . . . .	170 degrees F . . . . .	25 to 30
Lamb . . . . .	180 degrees F . . . . .	30 to 35
Veal . . . . .	170 degrees F . . . . .	25 to 30

#### How to Broil

Tender beef steaks, lamb or mutton chops, or ground beef or lamb.

1. Set regulator on range at "broiling" temperature. Slash the fat edge of steak or chop in several places to keep it from curling. Place meat on broiler rack. (One inch steak or chop should be placed 2 inches from top heating unit. Two inch steak or chop should be placed 3 inches from top heating unit.)
2. Broil until top side is nearly browned. Season the browned side with salt and pepper.
3. Turn and broil until second side is browned. (This side will take less time.) Season second side and serve on a hot platter.

Broiling time depends upon thickness of meat and how done you want it. The approximate time for broiling is:



Steak . . . . .	1 inch thick . . . . .	12 to 15 minutes
Steak . . . . .	2 inches thick . . . . .	30 to 35 minutes
Lamb chops . . . . .	3/4 inch thick . . . . .	10 to 12 minutes
Cured ham slice . . . . .	1 inch thick . . . . .	20 to 25 minutes

Note: Because fresh pork and veal should always be cooked well done, they are seldom broiled. Fresh pork is juicier and more tasty if cooked correctly. Broiling makes it dry and hard. The large amount of connective tissue in veal requires long, slow cooking to soften it. It is better when cooked by other methods.

#### How to Pan Broil

(Same tender cuts for broiling may be pan broiled)

1. Place meat in a heavy frying pan or on a griddle. Do not add fat or water. Do not cover.
2. Brown meat on both sides. Turn meat occasionally so that it will cook evenly. Browning or searing quickly at the beginning is not necessary to hold juices. Gradual browning is better. Pour off fat as it accumulates in pan, or you are frying not broiling.
3. Do not overcook. Season and serve at once.

#### How to Braise

(Pork chops or veal chops, less tender cuts of beef - steaks, roasts)

Braising is simply a method of browning meat quickly, adding a little liquid and cooking slowly in a tightly covered pan. Several other terms are used to express this one type of cooking - such as: a pot roast; a fricassee; swiss, country fried or smothered steak.

1. Season meat with salt and pepper. May dredge with flour if desired.
2. Brown meat slowly on all sides in hot fat. (The fat may be that which melts out of meat not dredged in flour.) Browning develops flavor and color.
3. Add as small an amount of liquid as possible. (Water, vegetable juice, sour cream, milk or any liquid may be used.) The color and looks of the meat and gravy are much better when less water is used.
4. Cover tightly and cook slowly at simmering temperature. Add more liquid if necessary while cooking.

Note: When braising tender cuts of meat often no liquid is added. By covering the pan, enough juice is drawn from the meat to create steam to tenderize it.

#### How to Make a Stew (Beef, Lamb, or Veal)

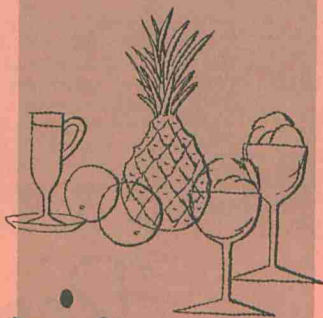
1. Cut meat into small pieces and roll in flour.
2. Brown meat on all sides in a small amount of fat.
3. Add enough water or vegetable juice to cover the meat. The liquid may be hot or cold, but it starts cooking quicker when hot is used.
4. Season well with salt and pepper and herbs or spices, if desired. Wise use of spices, herbs or flavorful vegetables make something special out of everyday stews. Bay leaf, thyme, marjoram, green pepper, garlic, onion, celery, onion tops, cloves, peppercorns, allspice, tomatoes and ketchup are some of the seasonings that make stews different.
5. Cover kettle closely and simmer until meat is tender. Do not boil. It takes one to three hours to cook a fork tender stew.
6. Add vegetables just before meat is tender to get done but not overcooked.
7. If gravy needs thickening, add a paste of flour and cold water. Serve hot gravy over meat and vegetables or in a separate dish.

#### How to Cook Large Cuts in Water

(Beef and cured pork, as hams, tongue, brisket, etc.)

1. Cover meat completely with water.
2. Add seasoning, spices, herbs or flavorful vegetables if any are to be used.
3. Cover and simmer gently until done.  
Ham - 20 to 30 minutes per pound; tenderized ham - 15 to 25 minutes per pound.  
Corn Beef - 40 to 50 minutes per pound. The larger the piece of meat, the more time per pound is required for cooking. Simmer, do not boil meat.

# Low Calorie Desserts



Desserts may be included in low calorie diets if chosen with care. A weight watcher cannot afford to eat any food that furnishes only calories. Every food eaten must contribute its share of minerals and vitamins to meet the body's needs. On a reducing diet you *cut down on calories only*. Make sure you get the same amount of minerals and vitamins needed daily.

A look at any calorie chart will show you that foods containing fat are high in calories. Fats furnish  $2\frac{1}{4}$  times as many calories as the same amount of starch or sugar and proteins. Desserts for weight watchers should be low in fat, but contain good amounts of milk, eggs or fruit. These are rich in body-building and health-protecting elements. Make them a planned part of the meal, not just something tacked on.

If well chosen, low calorie desserts can top off a meal to give you that satisfied feeling. Desserts have a morale building factor for many people.

Here are several ways to cut calories in dessert recipes:

1. Use part of all *non-calorie sweeteners* for sugar. Special recipes can be obtained from companies making these products.
2. Use *skim milk* when recipes call for whole milk.
3. Substitute *whipped evaporated milk* or *whipped non-fat dry milk* for whipped cream.
4. Make and serve custard, cream and fruit pies in individual pie pans *without a crust*. This reduces the calories in 1/6 of a pie as much as 150 or 200 calories.
5. Omit *butter* or *margarine* from cream, custard or fruit pie filling.

# Recipes

## Chocolate Souffle

1061 calories  
6 servings of 177 calories each

2 oz. chocolate  
1/3 cup sugar  
2 tablespoons hot water  
1 cup milk  
1/3 cup flour  
1/4 teaspoon salt  
4 eggs, separated  
1 teaspoon vanilla

1. Melt chocolate in the top part of a double boiler. Blend in the sugar, then the hot water and half of the milk.
2. Stir the rest of milk into the flour and salt, then add this mixture to the chocolate. Cook and stir until very thick.
3. Remove from heat, beat until smooth. Add egg yolks one at a time, beating in each one thoroughly before the next one is added.
4. Fold in the stiffly beaten egg whites and vanilla.
5. Pour in a 1½ quart casserole. Bake in a moderate (350° F.) oven 30 to 40 minutes or until a silver

knife inserted in the center comes out clean. Serve with Low Calorie Topping.

## Low Calorie Topping

39½ calories—20 servings  
(2 tbsp.) 20 calories each

1/2 cup ice water  
1 tablespoon lemon juice  
1 teaspoon vanilla flavoring  
or instant coffee  
1/2 cup non-fat dry milk  
1/3 cup sugar

In a chilled bowl place the ice water, lemon juice and flavoring. Sprinkle non-fat dry milk on top. Beat until mixture is stiff enough to hold a peak. Add sugar and continue beating until stiff. Use in place of whipped cream on or in desserts. Makes 2½ cups or 20 servings of 2 tablespoons each as a topping.

## Ginger Topping

Substitute ice cold gingerale for water in low calorie topping. This would increase the calories 75 to a total of 469, making 24 calories per serving of 2 tablespoonsful.

### Frozen Lemon Custard

504 calories—6 servings

84 calories each

- 1 egg, separated
- 1/3 cup sugar
- Salt, few grains
- 1/2 teaspoon lemon rind
- 3 tablespoons lemon juice
- 1/3 cup water
- 1/3 cup non-fat dry milk

1. In a small bowl mix the egg yolk, sugar, salt, lemon rind and juice.
2. Into another quart size mixing bowl put the water and sprinkle on top of it the non-fat dry milk. Beat with a hand or electric beater at high speed until mixture will hold a peak. (About 10 minutes).
3. Beat in gradually the lemon juice and rind.
4. Pour into a quart freezing tray and freeze until firm without stirring.

### Pineapple Chiffon Cake

1140 calories—10 servings

114 calories each

- 1 tablespoon (pkg) unflavored gelatin
- 1/4 cup sugar
- 1/4 teaspoon salt
- 3 eggs, separated
- 1 cup (small can) crushed pineapple and syrup
- 1 tablespoon lemon juice
- 1/2 cup ice water
- 1/2 cup non-fat dry milk
- 9 thin chocolate 3" cookies

1. Mix the gelatin, sugar and salt together in the top part of a double boiler.
2. Beat slightly the 3 egg yolks, and add to the crushed pineapple and syrup. Add this to the gelatin mixture and cook over hot water for about 8 to 10 minutes or until gelatin is dissolved.
3. Remove from the heat, add the lemon juice and chill until mixture begins to thicken.
4. Fold in the stiffly beaten egg whites.

5. Beat the ice water and non-fat dry milk solids together at high speed with electric mixer or rotary beater until mixture will hold a peak. (Takes about 10 minutes).

6. Line the long sides and bottom of a 9" x 5" loaf pan with wax paper; spoon 1/4 of the mixture into it; top with 3 chocolate cookies; repeat twice, ending with chiffon mixture on top. Chill until firm.

7. Slice and serve with or without low calorie topping. Add 20 calories to each serving if used, making 134 calories per serving.

### Cream No-Crust Pie

Makes 6 individual pies

224 calories each

- 2/3 cup sugar
- 6 tablespoons flour
- 2 cups skim milk
- 3 eggs, separated
- 1 teaspoon vanilla
- 1/3 cup sugar

1. Mix the sugar and flour well together. Blend in the milk and cook while stirring over hot water or very low heat until the mixture thickens.

2. Beat egg yolks slightly, add about 1/2 cup of the hot sauce to them. Return this mixture to the rest of the sauce and continue to cook and stir for about 2 minutes.

3. Cool, add the vanilla and pour into six individual pie pans. Top with a meringue made from the 3 egg whites and 1/3 cup sugar. Cook in a moderate (350° F.) oven for 15 minutes.

### Lemon Cream Pie

Add 1/2 teaspoon grated lemon rind to sugar and flour and substitute 1/4 cup lemon juice for vanilla in the above cream pie recipe. Add lemon juice at same time egg yolks are added.



### Chocolate Cream Pie

Add 4 tablespoons of cocoa to the sugar and flour. This increases the calories 25 per individual pie.

*Note:* This cream pie served in an 8 inch baked pastry shell would add 150 calories per 1/6 of a pie to make 374 calories per serving.

### Ambrosia Whip

624 calories—6 servings  
104 calories each

- 1 1/2 cups seedless grapes
- 1 1/2 cups orange sections
- 1/4 cup flaked coconut
- 1/4 cup ice water
- 1/4 cup non-fat dry milk
- 1 tablespoon lemon juice
- 1/4 cup sugar

Mix and chill the grapes, orange sections and coconut. Put the ice water, then the non-fat dry milk in a chilled bowl and beat at high speed until it is foamy. Add the lemon juice and beat until stiff. Add sugar and beat until it holds a peak. Fold in the fruit. Chill for not more than 30 minutes before serving.

### Baked Peach Custard

670 calories—4 servings  
168 calories each

- 2 eggs
- 4 tablespoons sugar
- Few grains salt
- 1 1/2 cups skim milk, scalded
- 4 peach halves, drained
- Nutmeg

1. Beat eggs slightly, add the sugar and salt. Stir in gradually the scalded milk.
2. Place a peach half in a custard cup and fill with custard mixture to about 3/4 full. Sprinkle top with nutmeg.
3. Set in a flat pan containing an inch of hot water. Bake 50 minutes in a moderate (350° F.) oven or until knife inserted near edge comes out clean.

### Orange Almond Custard

Omit peaches in above baked custard recipe, and add 1/2 teaspoon of orange rind and 1/4 teaspoon almond extract.



Prepared by  
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## NORTH CAROLINA AGRICULTURAL EXTENSION SERVICE

N. C. State College of Agric. & Engr.  
U. S. Dept. of Agric. Cooperating

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### BUFFET MEALS

#### HOW TO GIVE A PARTY AND ENJOY IT YOURSELF

A buffet meal is an easy way to serve a larger number of people than can be seated at an ordinary table. It is a meal that is served from the dining room table, or from the table and buffet or side table, if in a home. If it is a large meal, as at a community dinner, several long tables may be used from which guests serve themselves. Whether at home or in a community center of some kind, the buffet meal is considered easier to serve than the usual type. The buffet meal may be either breakfast, luncheon or dinner and may be very informal or may be formal.

Anyway, make it fun. It can be -- for guests and hostess. This buffet meal that you plan is going to be one that is so well-planned that the hostess as well as the guests enjoy it. With careful planning and working of the plan, the effort will be reduced to a minimum, the food will be good and pretty, and everyone will be glad that they came.

Sure, there must be some effort to serving any type of meal, but plan so as to eliminate all the unnecessary effort and worry. Care in planning and organization of efforts will insure a feeling of poise on the part of the hostess. Uneasiness can be removed and the time spent in entertaining can be really genuine on the part of the hostess and guests. Guests should never sense that the hostess is worried or tense, or overworked from preparing for the meal. They should never feel sorry for the hostess because "she has gone to so much trouble for them." She seems to have put forth no effort at all.

### THE PLAN

So, if you plan to entertain friends and have decided on a buffet meal (same principles will apply to a large group, Church party, etc.), get a note book, pencil and draw up an easy chair -- you may even turn on your favorite radio program unless you have a one-tract mind and cannot listen and concentrate, too. But at least, relax and imagine what fun you are going to have with your friends together to share the fun -- not with a feeling of "I must do this and get it over with". You will, of course, make the plan several days in advance NOW--WHERE TO START? A few magazines that you have saved with special ideas, your favorite cook book and some recipes will help you.

1. When will you have the party and for what purpose is it? To honor someone, or is it to be built around some holiday? Someone's birthday?
2. Now that you have decided this, who will be invited? How many can you serve? Will you hold to this number or will you borrow facilities for serving more?
3. How will guests be invited? By telephone, personal notes, etc.
4. Make a list and decide how far in advance to invite them.
5. What decoration theme or motif shall I use? What colors, etc.
6. List tasks to be done beforehand--as polishing silver, washing china and glassware, pressing linens, borrowing, etc., in addition to shopping for groceries.
7. How many people will you need to help? Whom shall you ask? (Adapt this to community meals or to home meals). Plan with hostess if meal is to be in someone else's home. You will need a committee to help you if the meal is to be for a large number of people. Different duties should be assigned to different people. Make a list and check carefully. Check place meal is to be served to see what equipment is there and what will be needed.

(Over)

8. Menu. What menus will fit into the decorative scheme -- what can you afford to serve? What will your guests enjoy? Plan foods that can be prepared ahead of time, if possible, and won't be spoiled if they must wait to be served. Choose easy to eat dishes so you can skip the knife! The menu should be simple and nourishing. The main course usually consists of a main dish, one or two other foods, a salad and drink. The second course is usually dessert. The main dish may be hot or cold. A salad is sometimes the main dish if it is a substantial one. Relishes, olives and pickles add interest and are easily served and eaten. All of the food should be attractive and tasty.

Suggested Foods for a buffet meal:

Cold Main Dishes: Sliced baked chicken or turkey, Baked ham, any cold sliced meats that are tender enough to cut with a fork. Meat or cheese salads, substantial protein sandwiches may serve as the main dish and the bread.

Hot Main Dishes: Meat pie, spaghetti with meat, chicken or cheese; your favorite casserole, baked or broiled fish, croquettes.

Vegetables: Baked potato (slit and buttered before serving), corn pudding and any vegetable that is easily eaten with a fork, not too juicy, and can stand "waiting" to be served.

Salads: Chopped mixture of fruits or vegetables, individually molded salads (not gelatin if weather is warm or if in very warm room), potato salad, (individual servings of salads in lettuce cups makes serving easier.) A fruit salad may serve as a dessert.

Breads: Any type breads. If hot breads are used, they are buttered first and placed on table at last minute or kept covered to insure being hot. The bread may be in form of sandwiches.

Beverages: Fruit juices, hot or cold punch, coffee, hot or cold tea, milk or cocoa.

Desserts: Fresh fruit, frozen desserts, pies, puddings, cakes, gelatin desserts, any that are easy to serve.

Nice to Serve: Pickles, relishes, olives, mints, jellies.

Suggested Menu:

1. Tuna and noodle casserole, Harvard Beets, Fresh Fruit Salad, Apple Sauce, Cup Cakes with Orange Frosting, Coffee.
2. Meat Loaf, Potato Salad, Buttered Asparagus, Spiced Peaches, Hot Buttered Rolls, Baked Apples with Cream, Coffee.
3. Baked Chicken, Corn Pudding, Chopped Vegetable Salad, Celery Tidbits, Hot Muffins, Lemon Chiffon Pie, Coffee, Mints.

PREPARING THE TABLE FOR A BUFFET MEAL

THE SERVICE

"As pretty as a picture, and simple enough so as not to give the impression of too much effort, and good to the taste" might be a good motto to follow. However, food that is pretty tastes better than food that is not attractive. A few suggestions that may be helpful are:

(Over)



1. Arrange food, china and silver convenient for use.
2. Arrange for guests to serve themselves with a minimum of effort. Hostess thinks through this when setting the table. Service may be so that guests serve themselves entirely or someone may serve the main dish or salad and have guests serve other items.
3. Tables where guests may be seated are convenient--or if no tables, and guests are to be seated, trays may be used for holding the plate, glass, etc. If tables are used, they may be set with necessary silver, water glass, and napkin; coffee may be served to guests after they are seated.
4. Guests may stand if there is a large number.
5. Guests may return for second helpings or food may be passed.
6. After main course is served, the table may be cleared and dessert placed so guests may return for it or it may be passed to them at small tables. Plans must be made in advance by the hostess for a place to put soiled dishes or for someone to remove them and for extra silver to be washed and re-used if more is not available for dessert. Also for coffee, if to be served at main course and with dessert.

#### LINENS

1. Full cover cloth, or place mats may be used.
2. Linens should be immaculately clean and well pressed. For large crowds paper napkins and plates may be used, but should be of plain, good design or white. Cloth napkins are preferred in homes, but others may be used.
3. Linens should harmonize with color scheme and with china or dishes.

#### SILVER, CHINA, GLASSWARE

1. Kind and amount depend on menu.
2. They should match or harmonize and be well polished and sparkling. Tall goblets and tall stemmed sherbets are hard to manage.
3. Saucers are not needed if a hot beverage is to be served on the plate.
4. Place things for convenience and order in using or serving. One plan may be in this order: (1) Plates (2) Main dish with serving pieces, (3) Vegetable and serving silver, (4) Salad and serving pieces, (5) Bread or sandwiches, (Hot rolls, biscuits or muffins should be buttered), (6) Relishes, (7) Trays, if used, (8) Individual silver, (9) Cups (or glasses filled with cold drink, if that is used), (10) Coffee service (or tea) cream and sugar spoon next to this, (11) napkins, (12) Water glasses may be on a tray on another table to be passed later or placed on small tables if they are used.

#### BEFORE THE DAY OF THE PARTY -- THINGS TO DO

1. Now take a look at your plan and see what needs to be done before the day of the party, in addition to buying the groceries. Do everything possible beforehand so as to be calm and relaxed for the fun you are to share with your friends.
2. Get ready the silver, linens, glassware and china.
3. Prepare dishes that will keep overnight.
4. Prepare decorations, if they need to be prepared ahead of time.

#### THE DAY OF THE PARTY

1. Check list of groceries, decorations and equipment needed.
2. Prepare all dishes early that can stand until time to be served. Leave only those until the last minute that require last minute preparations to be at their best. If casserole dishes are used, they may be mixed ahead of time and placed in refrigerator and baked at the last minute. Rolls and biscuits or muffin mix may be prepared in advance.

(Over)

3. Set table ahead of time. Check off each task as completed--this gives a good feeling.
4. Get out all serving pieces and place them on table. It is easier to get them to place food on than to wait until needed to get out of cabinets and off the shelves. This also lets you see how they will be placed on table.
5. Time preparations so as to be ready exactly on time. Food should be just right. Guests should be on time--not ahead or late.
6. Have those who are to help come ahead of time and understand their duties.
7. Make a final check, take a leisurely bath, relax a few minutes, groom yourself in your prettiest manner, put on a pretty apron so as to protect your frock in making the last minute preparations, then remove the apron, and when the first guest rings the door bell, there you are, all pretty, calm and truly glad to see your friends, because you have planned well, and have worked with your plan.

#### AND NOW ON BEING A CHARMING HOSTESS

"She is a charming hostess", is a compliment that is coveted by every woman, and justly so. For what is lovelier than to have people like to visit you and to feel honored to be invited to your party. Here is a little quotation that expresses real sociability. It is called "The Charm of Tea", but could be applied to the charm of any entertaining.

#### The Charm of Tea

The query of time came to me--Where lies the charm of a cup of tea?  
I puzzled my brain,  
But naught did gain.  
Then suddenly it came to me.  
Here lies the charm of a cup of tea,  
It warms the heart--it loosens the tongue  
And deepens the smile of old and young  
'Tis not in the cup, 'Tis not in the bowl,  
But lies in the sociable flow of the soul.

The warmth of heart and a genuine welcome are more important than fine food and a pretentious home. We see fine furnishings, but feel genuine hospitality. The hostess will learn the few simple rules of etiquette for the occasion and follow them carefully and naturally. This makes for self-assurance. The hostess sees to all guests and makes them feel at ease and comfortable--not too solicitous, but just enough. Guests will remember not to monopolize the hostess in long conversations as she has a duty to all guests. The hostess never complains of being tired, overworked, or of going in circles. The guests will feel guilty for having caused her to overwork. Plan so as to be with guests and not have to spend too much time in serving. Friends will be happy to assist in the serving and leave the hostess free to be with guests. The hostess should specify the time the meal will be served. Guests should come on time and then leave when it is time to go.

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North Carolina State College of Agriculture and Engineering of the University of North Carolina and the U. S. Department of Agriculture, Cooperating. State College Station, Raleigh, N. C., D. S. Weaver, Director. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

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# OUTDOOR MEALS

S. Virginia Wilson, Extension Nutritionist

Can't mutton be dull,  
And potatoes be dull,  
And pudding be dull,  
    And slices of bread  
With four walls all around  
And a floor for the ground,  
And a ceiling all sound  
    And safe overhead?

And can't bread be sweet  
And slices of meat,  
And pudding to eat  
    What beautiful fare  
With trees all around  
And grass on the ground  
And the sky full of sound  
    Of birds in the air!  
    (Author - unknown)

Do you ever wish you could invite more people to a meal than you have room for in your dining room? An "al fresco" meal may be the answer.

According to the dictionary "al fresco" means in the open air. An "al fresco" supper is a supper served outdoors.

Food is prepared and cooked in your own kitchen. Then at the last minute, you take it out and arrange it on a table. You will want to set up your table ahead of time. Select a nice shady spot, not too far from the house. A large table might be taken from the house or one can be made from wooden planks. Cover it with a gaily colored cloth, not your best white linen. A big bowl of wild flowers might be the centerpiece.

Place food on the table buffet style. You have already arranged the food on large serving dishes, garnishing it attractively. Plates are stacked at one end of the table next to the main dish. Other foods are placed around the table so they can be easily reached. Each guest goes up to the table, takes a plate, and serves himself to the different foods. Silver and napkins are arranged so each person takes his after he has served himself to the food. The beverage may be on the table or can be served later. Dessert is passed or arranged on the table when everyone has finished eating the first part of the meal. Guests go back to the table to be served after all the other dishes are removed.

Small tables with chairs may be provided. In that case silver, napkins and beverage could be arranged on those. If the food is easy to manage, chairs and benches are sufficient. Chairs are not pulled up to the large table. The serving dishes remain there for guests to go back for second helpings.

## Food to Serve:

Keep the Basic Food Groups in mind as you plan your "al fresco" menu. You will want to have a meat or other main dish, raw or cooked vegetables, fruit, bread, beverage, and dessert. Have a good balance between the foods -- not all from one or two groups. With outdoor meals as well as those served indoors, you will want to have foods contrasting in flavor, texture, and color.

Casseroles of hot food can be carried directly from the oven to the table. Avoid foods that will not be appetizing if they cool slightly. As with any other meal, cold foods should be crisp and cold, and hot foods, piping hot.



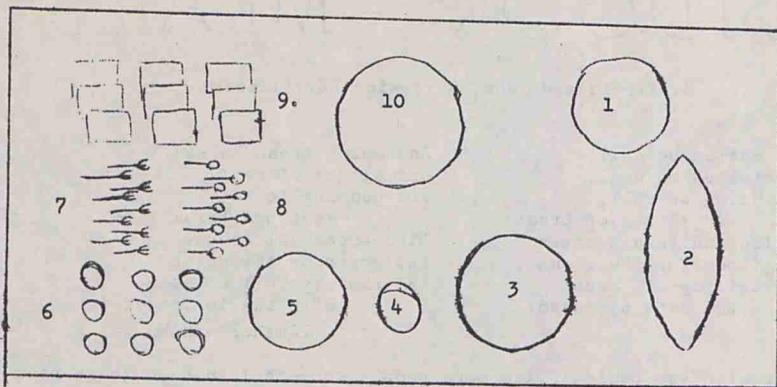


Table set for al fresco supper: (menu given on page 3)

- |                     |                 |
|---------------------|-----------------|
| 1. Plates           | 6. Beverage     |
| 2. Main dish        | 7. Spoons       |
| 3. Relishes, salad, | 8. Forks        |
| 4. preserves, etc.  | 9. Napkins      |
| 5. Bread            | 10. Centerpiece |

### Picnics:

What kind of picnic do you like best -- broiling hamburgers or barbecuing chicken over glowing coals? Or would you rather take a big basket full of fried chicken and potato salad?

Most people like to cook out of doors. Food has a flavor that is delicious and different. On the other hand, cooking outdoors may require special equipment. And too, with a large group it is often hard to cook enough for everyone at the same time. You may find it easier to carry cooked foods, especially meats.

It is just as important to have foods from each of the Basic Food Groups on picnic days as on other days. If you are not careful, it is easy to include too much meat, bread, and sweets. Be sure foods will keep as long as necessary. Raw meats must be kept cold, sandwiches must not become soggy, raw vegetables must stay crisp for a fairly long time. Taking spreads in a jar does away with the problem of soggy sandwiches. Avoid foods that are hard to keep -- creamed dishes, chicken salad and puddings. Congealed salads and desserts are likely to melt. Cakes with sticky icing are not only hard to carry but hard to eat at a picnic.

Have simple foods and just a few of them. It is more important to have large quantities of a few good foods than an elaborate menu.

A sturdy basket with handles is easier to carry than a box. You can buy fitted picnic baskets but they often do not have as much room as you need. If you picnic often, keep knives, salt and pepper shakers, etc., in the basket so there will be no danger of forgetting them.

Take along a bright colored tablecloth, paper or cotton, as well as plenty of paper napkins, paper plates and cups. These are inexpensive, easy and light to carry, and can be burned when the picnic is over.

### Barbecue Sauce

2 tablespoons brown sugar	1/2 cup catchup
2 tablespoons vinegar	2 teaspoons dry or prepared mustard
2 teaspoons Worcestershire sauce	1/2 teaspoon salt
	Speck of pepper

Prepare sauce in advance by combining all ingredients in saucepan and simmering over low heat 15 minutes. Reheat on back of grill while hamburgers cook. Serve over grilled hamburgers. Makes 6 servings.

### Kabobs

For each person allow 1/4 pound round steak, 1/2 of a good-sized onion and a few slices of bacon. Cut the meat into one-inch squares. Cut the onion lengthwise, that is, from top to bottom and separate the leaves. Cut the slices of bacon in thirds. Sharpen and peel a stick, then place the beef, onion and bacon alternately on this stick; broil over the coals until done. It is best to allow a strip of daylight between the slices. Have a buttered roll and a pickle ready to eat with the kabob.

### Sandwich Suggestions

Vegetables and Cottage Cheese, as shredded carrot and a little scraped onion, thinly sliced cucumber. Spread one slice of bread with cheese, the other salad dressing, put vegetables between.

Applesauce with Minced Bacon.

Chopped Apples and Nuts with Fruit Salad Dressing.

Cottage Cheese with chili sauce, green pepper, pickle, chopped nuts, onion, bacon, carrot or cucumber.

### Finger Salad

Arrange pieces of raw vegetables on lettuce leaves. Carrot sticks, cucumber sticks, tomato quarters, green pepper slices, cauliflower sections, turnip sticks, paper-thin beet slices, etc. Provide several salt shakers so everyone can salt to his own taste as he eats.

### Camp Coffee

Measure out a heaping tablespoon of coffee for each cup and one for the pot. The coffee may be mixed with a crushed egg or two and tied loosely in a bag made of cheese cloth. Or put the coffee directly into the pot and add one cup of cold water for each cup of coffee. Bring to a boil. Take from the fire and stir down. Then boil up again, add about one-half cup of cold water to "settle" the grounds and let it stand two or three minutes.

### Roast Corn

Peel back the corn husks, remove the silks and clean the ears of corn. Sprinkle lightly with salt and close the husks tightly over the corn. Immerse ears in cold water. Then bury them in a good bed of coals, cover them with hot coals until well done (about 45 minutes to 1 hour).

(Over)

A picnic lunch is usually made up of:

1. Meat, poultry, fish, eggs, cheese used alone or in sandwiches -- fried chicken, cold baked chicken, baked or fried ham, meat loaf, cold roast beef, barbecue, deviled eggs, weiners, hamburgers or kabobs.
2. Bread -- white, whole wheat, raisin or nut -- made into bread and butter sandwiches or sandwiches with other fillings.
3. Vegetables -- in salads, fillings for sandwiches, or raw pieces to be eaten with salt (carrot sticks, tomatoes cut in halves or quarters, cucumbers, lettuce).
4. Relishes - pickles.
5. A sweet -- fruit, cookies, cup cakes, tarts.
6. Beverage -- fruit drink, iced tea, coffee, milk.

Menus for Outdoor Meals

Baked Ham

Tomato Quarters                      Raw Carrot Sticks  
Bread and Butter Sandwiches  
Sandwiches of  
Whole Wheat Bread, Cottage Cheese and Strawberry Jam  
Watermelon  
Iced Tea

\*\*\*\*\*

Fried Chicken

Potato Salad              Mixed Raw Vegetables  
Deviled Eggs              Pickles  
Buttered Rolls  
Ice Cream with Assorted Toppings  
Iced Tea

\*\*\*\*\*

Meat Loaf

Egg Salad Sandwiches              Chopped Carrot & Raisin Sandwiches  
Pickles                      Whole small tomatoes  
Individual Fruit Tarts  
Coffee

\*\*\*\*\*

Chicken Salad with Tomato Quarters

Deviled Eggs              Pickles  
Hot Buttered Rolls              Preserves  
Homemade Ice Cream              Chocolate Cup Cakes  
Iced Tea

\*\*\*\*\*

Grilled Hamburgers with Barbecue Sauce

Roasted Corn              Raw Vegetable Salad  
Pickles  
Apples                      Cookies  
Coffee              Lemonade

\*\*\*\*\*

Kabobs

Finger Salad  
Fresh Fruit              Toasted Doughnuts  
Coco

\*\*\*\*\*



## CAMPFIRE RECIPES

FROM: N. C. State College Agricultural Extension Service

### Stuffed Picnic Rolls

1 lb. ground beef	1 teaspoon salt
1/4 cup chopped onion	Prepared mustard
1/3 cup tomato catsup	8 - 12 finger hot dog rolls
1/4 lb. cheese, shredded	

Cook beef and onion in a skillet until meat has lost its red color and onions are soft. Remove from heat and add the catsup, shredded cheese and salt. Stir until well blended. Split finger rolls and spread one side with mustard. Fill with meat mixture. Serve while hot, or wrap in aluminum foil and reheat on a grill over coals at the picnic spot.

### Banana Boats

Put one narrow strip from the inside curve of a banana, but leave the peeling attached at the end. Cut a pocket in the banana and stuff with marshmallows, chocolate bits and raisins. Replace the strip, wrap banana in aluminum foil. Bake on the grill over a medium hot fire, for about 20 minutes or until the marshmallows and chocolate have melted.

### "Some Mores"

Between two graham crackers put a piece of a milk chocolate bar and a hot toasted marshmallow. This is a "yummy" simple dessert that tastes like some more.

## N. C. AGRICULTURAL EXTENSION SERVICE

N. C. State College of Agric. and Engr.

S. Virginia Wilson

U. S. Dept. of Agriculture, Cooperating

Extension Nutritionist

### S E R V I N G      P A R T Y      R E F R E S H M E N T S

Refreshments are an important part of any party. They should be light, tasty, and served in party dress. Refreshments often carry out the theme of a party. (For example: cherry tarts on Washington's Birthday).

Ways to Serve: There are four main ways to serve refreshments: plate, tray, buffet or table. Think about the number of guests, the kind of refreshments and the amount of room you have in deciding which to use.

1. Plate Service: Plate service is usually the easiest way to serve. If refreshments are very light, guests may remain standing. Everyone is usually much more comfortable, though, if they can sit down.

Napkins are usually passed first. Plates are served in the kitchen, then passed to each person. Any necessary silver and the cup or glass is on the plate. The beverage may be passed on trays after each guest has been served a plate. If so, be sure to leave room on the plate for cup or glass.

It is important to plan to serve foods that will look attractive on the plates. Choose foods that will not run together or be difficult to manage. Serve foods that can be easily eaten with the fingers or a spoon or fork.

2. Tray Service: This is like plate service except the plate, silver and napkin are put on a tray which is handed to each person. If there is room on the tray, cups and saucers may be used. If not, the cut is put on the plate. Lightweight metal trays that are just large enough to hold these are best to use. Trays that are not attractive looking should be covered. A paper doily may be used. You do not have to do as much passing when tray service is used.
2. Buffet Service: Food is arranged on large trays or dishes which are placed around the dining room table. Each guest goes up to the table, takes a plate, and helps herself to food, the necessary silver and a napkin. Sometimes the hostess asks a friend to serve the salad, beverage or other food. She puts a portion on everyone's plate as they move around the table.

The buffet table should be as "pretty as a picture." The centerpiece might be flowers or some decoration suitable for the date or occasion. Such things as a Jack-O-Lantern at Halloween or a red, white and blue decoration for the Fourth of July add interest. Lighted candles may be used at night or late afternoon if the room is almost dark. When candles are used, have at least four on the table.

Plates of food can be attractively arranged with pretty garnishes. Don't make food look too fancy, however.

After each person has served herself, she goes back into the living room and sits down. Sometimes small tables are set up in the dining room or the living room.

(Over)



Table Service: Small tables may be covered with cloths and a tiny centerpiece put on each one. If the party is small, everyone might gather around the dining table. This, too, would have an appropriate centerpiece or decoration. Places are set for each person with napkins, glass of water, and silver that will be needed. The hostess might ask a friend to help bring in the plates of food. The plate for each person is brought in already arranged.

What to Serve: Party refreshments are not supposed to take the place of a meal. If outdoor games have been played, you will want to plan for fairly heavy refreshments. A party for women and girls would have daintier food than if there were men or boys present too. Whatever you plan to serve, the food should look as attractive as possible and taste as good as it looks.

Most party refreshments follow one of these patterns:

- | <u>Light</u>                          | <u>Medium</u>         |
|---------------------------------------|-----------------------|
| 1. Fresh fruit in season              | 1. Salad              |
| 2. Sandwiches or cookies              | Sandwiches, crackers, |
| Beverage                              | or bread              |
| 3. Dessert (Ice cream, fruit gelatin, | Beverage              |
| etc.)                                 | Candies or Cookies    |
| Beverage (water or other)             | 2. Frozen Dessert     |
| 4. Beverage                           | Cake or Cookies       |
| Sandwich, and                         | Beverage              |
| Cookies or Candy                      | Nuts                  |

As a last reminder, (1) Be sure to make small servings of those foods you serve with the beverage of your choice; (2) Dress up your refreshments attractively by using your prettiest linens, china, glassware, and other serving equipment; (3) serve foods that fit the time, energy and money you have to prepare them. The large quantity of hospitality you offer your guests is more important than an elaborate outlay of food. You can't be very gracious when you have worked yourself to a "frazzle" preparing refreshments.

K. P. Parties: Everyone loves a party when he can pitch in and help fix the refreshments. Taffy Pulls have been popular for a long time. Another favorite is a corn popping party. These are especially fun on cold winter nights.

If there is much cooking to do, give the guests aprons to wear. You can make attractive ones out of crepe paper. Plan carefully ahead just what food supplies you'll need to have on hand. There are sure to be healthy appetites so plan to have plenty. It's usually best to have plenty of just a few foods.

This kind of party is more fun with just a small crowd. Be sure to tell your guests when you invite them what kind of party it is to be. Then they will know not to wear their best clothes.

## TABLE SETTING AND SERVICE

by

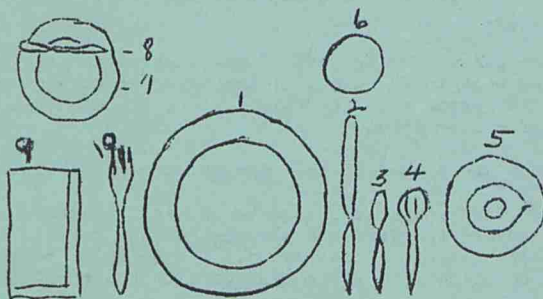
S. Virginia Wilson, Extension Nutritionist

Simple every day meals is the time for all members of your family to learn and practice good table manners and table service. It will help you to be self-confident and at ease wherever you go - in the homes of friends, in a hotel, or at a social gathering. Good manners, especially at the table, will help you to develop an attractive personality.

When families get together at meal time it should be a happy occasion. Forget worries and enjoy each other as well as the food. Avoid loud talking and disagreeable or unpleasant topics of conversation. Eating in pleasant surroundings aids your digestion, as well as to the enjoyment of the meal. A carefully set table and a few simple, common sense table courtesies will help to make meal time an enjoyable occasion for everyone.

### HOW TO SET THE TABLE

Make the table the right size for the number to be seated. Allow 20 to 24 inches for each cover. The plate, knife, fork, spoon, glass, and napkin arranged on the table for one person is called a "cover."



A cover for one person

1. Plate; 2. Knife; 3. Coffee spoon; 4. Soup spoon; 5. Coffee cup;
6. Water glass; 7. Bread and butter plate; 8. Butter spreader; 9. Napkin;
10. Fork.

Either mats or a tablecloth may be used for informal meals for family or when there are guests.

When a tablecloth is used, the table should be covered first with a pad or a silence cloth. This will deaden the noise from silver and dishes, and also protect the table from hot dishes. The tablecloth is placed over the silence cloth with the center fold up and in the exact center of the table, allowing the same amount to extend over the two ends. The cloth should be clean, free of wrinkles, and hang a few inches over the edge of the table.

(Over)

Table Decoration. Keep the central arrangement low so that all may see and talk easily across the table. It should be pretty to look at from all sides. Low flowers, a small plant, fruits or vegetables make good table decorations. Keep it less than  $\frac{1}{3}$  the length and width of the table.

Candles placed on the table should be lighted. Have them tall enough to come above the eye level so their light is not annoying. The modern trend is to use at least four, if any are used, except on very small tables.

Plates. Plates are placed right-side-up about one inch from the edge of the table, and in the center of the space allotted for each cover; or they may be stacked at the host's place for serving.

Knives, Forks, Spoons. The silver is placed in the order used, beginning from the outside and using in toward the plate. Silver is not placed according to size. All the silver for a cover should be placed the same distance apart, with the ends of the handles about an inch from the edge of the table. The modern trend is not to place dessert silver on table when laying the cover, but is placed as the dessert is served.

The knife is placed to the right of the plate, with the sharp edge turned toward the plate.

Forks are placed to the left of the plate with prongs up. The salad fork is placed next to the plate if the salad is served as a separate course. If the salad is served with the main part of the meal, the fork may go on either side of dinner fork.

The spoons are placed to the right of the knife with bowls up.

Napkin. The napkin is placed to the left of the fork, usually with the open corners toward the fork and the edge of the table. Some people prefer the open corners placed in other ways. The thing to remember when setting the table is to place all of the napkins with the corners opening the same way.

Glasses. The glass for water is placed near the tip of the knife; the glass of milk or iced tea to the right of the water glass and a little nearer the edge of the table. To the right of the spoons is space for the cup and saucer, if coffee or hot tea is served.

Other plates. The bread and butter plate or the salad plate is placed a little to the left of the tip of the fork. If both bread and butter and salad plates are used, the salad plate is placed to the left of the bread and butter plate, and slightly toward the edge of the table.

Salt and pepper shakers are placed between each two persons and in line with the upper edge of the bread and butter plates. If only two sets are used, place a set on opposite ends of the table.

The chair is placed in front of each cover with the front edge of the seat in line with the edge of the tablecloth.

Table coverings, napkins, china and silverware need not be expensive in order to set an attractive table. They must, however, be spotless, free from cracks, and "go well" together.



### FAMILY STYLE SERVICE

Service rules are not made to confuse and cause work, but to simplify and bring order. Convenience, order, and thoughtfulness of others are at the basis of all necessary rules for serving meals.

Family style serving is used to serve meals at home to the family alone or to the family and a few guests. One method is where the host and hostess serve everyone at the table, and the other is where each person serves himself. Regardless of which method is used, food always should be placed on the table in such a way as to make an attractive, well-balanced picture.

When host and hostess serve. The main dish is placed directly in front of the host, the starchy vegetable and gravy to the right and a little nearer to him, and the second vegetable to his left. Serving silver for these dishes may be placed in either of three ways: (1) parallel to the silver at the host's cover; (2) in front of the host and parallel to the end of the table; (3) beside the serving dishes and parallel to the side of the table.

Other dishes containing food are placed to give a balanced effect to the table, and where they will be most convenient for serving and passing. The silver needed for serving is placed beside each dish. It is placed in the dish only when you begin to serve.

The host serves the plates which are stacked in front of him, one for each person at the table. The beverage is served by the hostess, who is seated opposite the host. When only the family is present, the first plate served is passed down the table to the hostess. The second place served goes to the person on her right, and so on until all on that side are served. The same order is followed on the other side. When food is served by the hostess, the host is served first and she serves herself last. If guests are present, they are usually served first, then the members of the family are served in the order given above.

When the beverage is served at the table by the hostess, the tea or coffee pot is placed to the right of her cover, and the cream pitcher and sugar bowl to the left. The cups and saucers are placed in front and toward her right. When the beverage is served from the kitchen, place it to the right of each cover with the handle of the cup turned toward the right so that the cup may be picked up easily.

No one should begin to eat until all are served, and the hostess begins eating. Before a plate is passed for a second helping, or when through eating place the knife and fork close together across the center of the plate. When all have finished the main course, the hostess or one of the children clear the table before the dessert is brought in.

In clearing the table, remove the dishes in the following order: (1) serving dishes, salt, pepper, butter, bread, and (2) starting with the hostess soiled plates and silver, leaving only water glasses and cups and saucers for beverage, if desired.

The dessert may be served by the hostess at the table or served in individual portions from the kitchen. When guests are present dessert dishes are left on the table until everyone leaves the dining room.

(Over)

When each person serves himself. The table is set with the plate at each cover. The arrangement of the food on the table is the same whether the host does the serving or each person serves himself. Food is on the table when the family is seated. Each person serves himself the food and passes it to the next person. The hostess may start each dish around, first serving herself, and then passing it to the right; or she may ask the one nearest a certain dish to help himself and pass it to the right. Although this method lacks the charm and dignity of the first, it is a timesaver with a large family.

In serving family meals, it should not be necessary for anyone to wait upon the table, but there are occasions when someone needs to serve. There are a few simple rules to follow for these company occasions.

The guest, if a man, is seated to the right of the hostess; if a woman, to the right of the host.

The modern trend is to place and remove all dishes from the left of a cover, except the beverage, which is placed and removed from the right. However, some prefer to follow the old rules of placing dishes from the right and removing them from the left. Dishes from which a person is to serve himself are passed by the waitress to the left of the person served.

Fill water glasses three-fourths full of water just before the meal is served. Refill as needed from the right.

#### SOME GENERAL TABLE ETIQUETTE RULES

Seat the lady of the house, as a rule, at a place near the kitchen. This saves steps when she must wait on the table herself, and should bring her opposite the man of the house, who occupies the head of the table.

Seat yourself from the left side of the chair and rise from the same side to avoid bumping into others.

Sit erect at the table. Do not rest your arms on the table or crowd the one next to you. Keep arms close to your body to avoid knocking the person beside you. Be especially careful when cutting food.

Take small bites and eat slowly and quietly. Do not attempt to talk with food in the mouth.

Jellies to be spread on bread, pickles and other relishes to be eaten with the fingers are placed on the bread and butter plate. Jellies or relishes to be eaten with a fork along with the meat course are placed on the dinner plate.

Used silver is placed and left on the dish with which it was used.

Do not cool food by blowing on it. Never pour hot beverages into the saucer to cool, nor drink from the saucer.

Accept a second helping if it is desired.

Ask to be excused if you must leave the table before the others.

Ask to have an article passed rather than reach in front of a person to get it.

(Over)



Toothpicks are to use in private, never at the table.

Avoid touching the hair and using a handkerchief at meal time. Come to the table with clothing and hair neat and tidy.

Place the napkin upon the knees. If it is large, unfold halfway; if small you may unfold it entirely. Use the napkin to wipe the mouth and fingers as necessary.

Fold the napkin at the end of the meal, placing it neatly in the place provided for it. A guest for just one meal lays his napkin loosely folded (not in a wad) by the side of his plate.

When in use, hold the handle of the knife lightly in the right hand, without touching the blade. The knife is used only for cutting the food.

Use the fork in preference to the knife or spoon whenever possible. Hold the fork, tines up, lightly in the right hand, between the thumb and first finger. Rest the fork on the side of the third finger, except when using in cutting, then hold it in the left hand, tines down. Avoid an upright position of the fork when cutting.

Do not hold food on the fork or spoon while talking, nor wave your silverware in the air or point with it.

A bit of bread or cracker may be used if necessary to help push food upon the fork, but avoid the appearance of shoveling.

Dip the spoon away from you when using, sipping liquid from the side and solids from the tip. Do not take more on the spoon than you can get into your mouth comfortably at one time.

Do not leave the spoon standing in a cup, or dessert dish, but place it on the saucer or plate underneath the cup or dish. Iced teaspoons may be placed on table beside glass if no coaster or small plate is provided for this purpose.

Use fingers to remove bread from the serving plate. Spearing bread is no longer considered good taste.

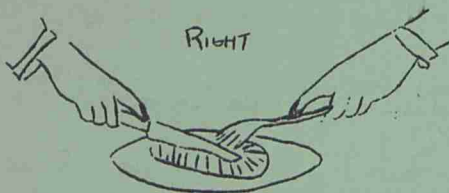
Break the bread into small pieces and spread with butter as needed.

Fingers, not forks, are used to eat such foods as crackers, olives, pickles, radishes and potato chips.

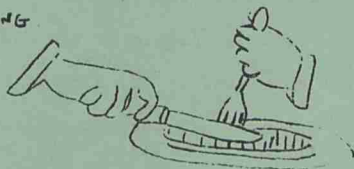
When in doubt about whether to use a fork or spoon follow the general rule. Foods served in a cupped dish are usually eaten with spoon, those on a flat dish with a fork. There are exceptions to this as there are for all other rules. For example - oyster and shrimp cocktails are eaten with a fork.

Just remember, good manners are always based on being considerate of others.

# Know the Rules



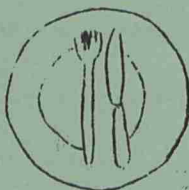
WRONG



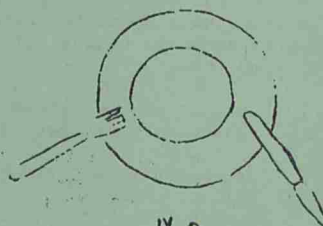
NEVER



ALWAYS



YES



NO

NORTH CAROLINA AGRICULTURAL EXTENSION SERVICE

N. C. State College of Agric. & Eng.  
U. S. Dept. of Agric. Cooperating

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COMMUNITY OR HOME MEALS FOR A CROWD

Do you ever have to feed a crowd? Most homemakers do. It may be a church supper, family clan gatherine, harvest day, or some such occasion when twenty five (more or less) have to be fed. Then comes your problem of what to give them to eat, how much it will take, and how to serve it.

PLANNING THE MEAL

Whether you are serving a crowd or a small family, you'll want it to be a good meal. Choose a combination of foods that look and taste good together. A meal of well-cooked, simple foods with contrast in color, texture, flavor and food value is sure to please. Meals for a crowd must, in addition, consist of foods that "wait" well.

Here are some tips to consider when planning a meal for a crowd:

Who you are feeding: A menu for "women only" will be quite different from one for a mixed group. Men like heavier food and more of it than a group of women.

Food available: Fresh, frozen, canned and stored foods offer a wide variety any season of the year. Of those you have, select the ones that are liked by most people. Avoid strange and strong flavored foods unless you know your guests' tastes. Choose the foods that can be prepared and served easily in large quantities. Be sure to plan foods that can be prepared ahead or will not spoil by standing awhile. Don't try to have too many different foods. It is easier on you and your guests to have plenty of a few really good things to eat. A simple two course meal-main course and dessert-of delicious foods is a wise choice. You'll want to be certain that down to the last person -- hot foods will be served hot and cold ones cold.

Equipment on Hand: The cooking utensils, stove space, china, silver, and glassware you have will help determine your menu. Do you have pots and pans big enough to do the job or will several smaller ones have to be used? It takes a longer time to cook large quantities of food in one pot than several smaller ones--but less stove space. Don't plan more than you can cook on the surface units and oven space you have available.

Use long flat pans for cooking escalloped dishes, meat and fruit pies or similar foods. This will make it easier for you to mark off and lift out individual portions. Cooking and serving in the same dish keeps food hotter and saves dish washing.

Time and Help you'll Have to Prepare Food: How long you have to prepare the meal will be a big factor in deciding your menu. For quick meals, select precooked foods or those that take little or no cooking time. The use of a pressure saucepan brings almost any food into the quick cooking class. When you have several days notice, dishes that take longer cooking time may be chosen. Do select, however, those that can be prepared ahead of time and need only a few last minute fixings. Use all of the help you can get to prepare the food, set the table and serve the meal. Your menu can be more elaborate than when you have to go it alone. If you are "chief cook, waitress and bottle washer", do make the meal simple.

(OVER)



How the Meal Will Be Served: Few homes have room to seat twenty-five people at the table at one time. A buffet meal is the easiest way to serve a large crowd without setting up the table a second and third time. How you serve the meal will help determine your menu. Foods for a buffet meal should be easy to handle, and need no cutting. Plan only two courses--a main course and a dessert. The main course usually consists of a meat, one or two vegetables or a salad, bread, relishes, and a drink. The dessert is the second course. Most people like at least one hot food in every meal.

To serve a meal buffet style, arrange the food, plates, silver and napkins in an orderly and attractive way on the table. The drink (with glasses or cups needed) to be served may be set up on the same or a separate table. Each person serves himself and takes his filled plate to a convenient spot to eat. Extra tables may be set about the house.

How much Food Will it Take To Serve The Crowd? How much you plan to serve each person will determine how much of each dish you need to prepare. Will each serving consist of one half a cup, one cup, two pieces of chicken, four ounces of meat--or how much? Multiply the amount to be served one person by the total number you expect to feed. Example: One half cup per person would require twelve and one-half cups (or about three and one-half quarts) to feed twenty-five. Make allowances for second servings--if they are to be offered. One usually figures on about one-half of the people taking second servings.

Use quantity recipes instead of multiplying family size ones. They are more reliable and economical because less liquid and other ingredients are often used. Recipes for 25, 50, or 100 can be successfully doubled or divided as needed.

CAUTION: Keep cooked foods hot or cold until they are served. When foods are kept "warm" (between 50° and 125° F.) harmful bacterial toxins may develop. This is the cause of what is commonly known as "food poisoning". Mixtures containing milk, eggs, seafoods, poultry, and low acid vegetables (beans, peas and corn) are most likely to develop this type spoilage.

#### Suggested Menus

Meat Pie (with carrots, potatoes, onions)	Chicken Salad
Sliced beets	Potato Chips Sliced Tomatoes
Biscuits	Pickles, Radish roses, carrot sticks
Fudge Pudding with whipped cream	Pimento Cheese Sandwiches
Coffee or Iced Tea	Strawberry Short Cake
	Iced Tea
Brunswick or Chicken Stew	Baked Ham
Green Peas	Candied Sweetpotatoes Turnip Greens
Mixed Vegetable Salad	Rolls Butter
Sweet Potato or Pumpkin Pie	Fruit Cobbler
Coffee or Iced Tea	Coffee or Iced Tea
Roast Chicken or Turkey	
Dressing	Dranberry Sauce
Corn Pudding	Green Beans
Apple and Carrot Salad	
Rolls	Butter
Mincemeat Pie	
Coffee	

## SUGGESTED COMMITTEES FOR COMMUNITY MEALS

(The number of members of each committee depends on menu and number of people to be served).

### 1. Menu and Supply Committee

Number of members - 2 or 3

Duties

Plan menu

Solicit and collect supplies for menu to be prepared

Receive supplies and deliver to place to be used

### 2. Kitchen Committee

Number of Members - depends on menu: suggest as follows

Meat Pie - 2 cabbage and apple salad - 2 Buttered Beets - 1 if  
canned beets are used and 2 if fresh, Rolls and butter - 1 or 2,  
Coffee - 1 or 2, Fudge Pudding - 2.

Duties

Prepare and serve on plates all food

Wash up preparation equipment used

### 3. Dining Room Committee

Collect linen (cloths or mats if used and napkins), china (plate, cup  
and saucer, salad or bread and butter plate for pudding), silver  
(knife, fork, spoon)

Table decorations

Tables and chairs needed

Get dining room ready for serving (setting table, etc.)

Serve guests

Clear tables and leave dining room clean

Number of members - will vary with work involved collecting equipment  
and number of guests to be served: Suggest as follows:

2 or more to collect linen, silver, glassware, table and chair

2 or more to collect and arrange flowers for tables and other  
decorations in dining room

1 person for serving each 10 guests (may be the same ones who set  
tables, arrange flowers, etc., or additional ones -- depending  
on size of organization responsible for meal. It may be better  
to use many people and let each have limited duties --  
unless occasion is repeated often.

### 4. Cleaning-Up Committee

Arrange for hot water, soap, towels, garbage disposal and taking care of  
left-overs.

Wash all dishes

Count and return linen, dishes, silver, etc.

Leave kitchen in good order.



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SANITARY FOOD HANDLING FOR COMMUNITY MEALS

1. Wear washable dress, apron or smock and a hairnet, headband or hair controlled in some way.
2. Wash hands carefully before starting food preparation, after each trip to bathroom, after touching hair and using handkerchief.
3. Cover mouth and nose with handkerchief or cleansing tissue when coughing or sneezing.
4. Have a taste testing spoon and dip foods from container into it with another spoon or utensil.
5. Keep work surfaces, sink and stove clean.
6. Keep floor uncluttered, clear and dry to avoid accidents.
7. Take care of left-over food quickly and in a sanitary manner.
8. Leave kitchen in good order.

Large quantity recipes may be obtained from:

Cooking Meat in Quantities

- National Livestock & Meat Board  
407 S. Dearborn Street  
Chicago 5, Illinois

Canned Foods Recipes for Fifty

- National Cannery Association  
Home Economics Division  
1133 20th Street, N. W.  
Washington 6, D. C.

Quantity Recipes

- Evaporated Milk Association  
307 N. Michigan Avenue  
Chicago 1, Illinois

Fish Cookery for 100

- Fish and Wildlife Service  
U. S. Dept. of Interior  
Washington 25, D. C.

The Heinz Book of Quantity  
Recipes and Menus

- H. J. Heinz Co.  
Pittsburgh, Pa.

Food for Fifty - book by Fowler and West, Published by John Wiley & Sons, Inc  
440 4th Ave., New York 16 - Price \$6.00

Quantity Recipes from "Meals for Many" by Marion A Wood and Katherine Harris  
Published by New York State College of Home Economics, Cornell University  
Ithaca, New York. Price 1.00

AMOUNTS OF FOODS NEEDED TO SERVE 25 PEOPLE

<u>FRUITS</u>	EQUIVALENT WEIGHTS AND MEASURES	TO SERVE
Apples	2-3 medium per lb.	8 to 10 lbs. for sauce or pies
Bananas	3-4 medium per lb.	8 lbs. (1 per person)
Berries		
Lemons	4 to 5 medium lemons give 1 cup juice	
Peaches	3 to 5 per pound	5 - 6 lbs. for slicing 1 lb. gives 2 cups sliced 1 bushel equals 48 lbs. 5 quarts served fresh 3 to 4 qts. for shortcake
Strawberries	1 qt. yields 3 cups hulled, or 1 pt. hulled and mashed 1 lb. seedless raisins - 3 cups 1 lb. seeded raisins - 2½ cups	
<u>VEGETABLES</u>		
Beans, snap	1 bushel weighs 30 lbs. 1 lb. gives 3 cups cut up	1/2 peck or 7 lbs.
dried lima	1 lb. gives 6 to 7 cups cooked	2 to 3 lbs.
Beets, fresh	4 medium per pound 1 lb. raw yields 1-1/2-2 cups cooked 1 bu. equals 52 lbs.	1/2 peck
Cabbage, slaw	1 lb. shredded measures 2 qts.	4 lbs.
cooked	4 servings per lb.	6 lbs.
Carrots	4 medium carrots per lb. 4 to 6 medium carrots per bunch 1 lb. gives 3½ cups sliced raw or 2 cups cooked	7 lbs.
Lettuce - head		4 to 5 heads for garnish 6 to 8 heads as a salad
Onions	4 medium equal 1 cup yields 2½ - 3 cups chopped	
Peas, Fresh	1 lb. yields 1 cup shelled 1 bushel unshelled weighs 30 lbs.	1½ pecks unshelled 3 qts, shelled or canned
Potatoes-white	3 med. per pound 1 bushel equals 60 lbs.	7½ lbs. (1/2 peck) diced or mashed
sweet	3 med. per pound 1 lb. yields 1½ cups mashed	9 - 10 lbs.
Spinach or		
Turnip greens	18 lbs. per bushel	1/2 - 3/4 peck
Tomatoes - fresh	3 to 4 med. per lb. 1 lug equals 31 lbs.	5 lbs. for slicing
canned	1 No. 2 can has 2½ cups	5 No. 3 cans or quarts

(Over)

# MEATS

Beef, uncooked ground  
Cooked ground  
Diced cooked  
Round Steak  
Chicken for frying

## Roasting

For salad or creamed chicken

Fish, fresh

Salmon, canned for salad or omelettes

Pork Chops

Bacon

Ham - fresh or smoked

Roast--veal, lamb or beef for roasting

Sausage - cakes

links

Weiners

# EQUIVALENT WEIGHTS & MEASURES

1 lb. equals 2 cups  
1 lb. equals 3 cups  
1 lb. equals 4 cups  
1 chicken serves 4 or 5

2 or 3 hens

# TO SERVE 25

Meat cakes - 6 lbs.  
Meat loaf - 5 lbs.  
lbs.  
For country fried 7-8  
5 chickens - 1½-2 lbs.  
dressed  
3 or 4 hens 5 lbs.  
dressed  
5 lbs. dressed  
10-15 lbs. dressed  
4 one-lb. cans  
7-8 lbs.  
2½ to 3 lbs.  
10 - 12 lbs.  
8-10 lbs.  
4 - 5 lbs.  
3 - 6 lbs.  
4 - 5 lbs.

# MISCELLANEOUS

Bread, sliced

rolls

Beverages-milk, fruit

drink tea or coffee

Coffee

Cream for coffee

for whipping

Cornmeal

Cheese

Crackers

Grits

Ice Cream

Potato Chips

Rice

Salad Dressing

Tea

Sandwich filling

16 slices per lb. loaf  
26 slices per pullman loaf  
3 per person  
1 glass or cup per person  
1 lb. equals 4½-5 cups  
1 lb. equals 3 cups  
1 lb. chopped equals 3 cups  
1 lb. equals 100-120 crackers  
1 qt. brick cuts 6-8 slices  
1 gal. bulk - 25-30 servings  
1 lb. -- quarts  
1 lb. -- 2-1/8 cups uncooked  
1 lb. measures 6 cups

3 to 5 loaves  
2 to 4 loaves  
4-1/2 dozen  
1-1/2 gallons  
1/2 lb. coffee 4½ qts. water  
1 quart  
1 to 1½ quarts  
1½ lbs. for Welsh  
rabbit or sandwiches  
1-1/2 lbs.  
1/2 lb. package  
7 - 9 qts.  
1 gal. (2/3 cup ea.)  
1 lb.  
1-1/2 to 2 lbs.  
1-2 cups for mixing  
with salad  
For iced tea - 1/2 cu;  
tea  
5 qts. water  
1 to 2 quarts



RECIPES FOR 25

Meat Pie

6 lb. beef cut in cubes  
1-1/4 cups flour  
4 tablespoons fat or meat drippings  
2 pts. boiling water  
1/2 lb. onions sliced

2 lb. (8 or 9) carrots cut in 1  
inch thick slices  
3 lbs. (9-12) potatoes quartered  
4 tablespoons salt  
1/2 teaspoon pepper

Dredge meat in flour. Brown in hot fat. Sprinkle remaining flour over mixture, then add boiling water. Cover and cook slowly until tender - about 1 hour (25 minutes in pressure saucepan). Add vegetables, salt and pepper and cook until tender. (10 minutes in pressure saucepan).

Place cooked stew in baking pan. Cover with biscuit dough or pie crust and bake in hot oven (450° F.) until brown, or just before serving you may top with hot biscuits.

NOTE: Chicken, veal, or other meats may be used in place of beef.

Chicken Loaf or Squares

2 chickens (4 to 5 lbs.)  
4 cups soft bread crumbs  
2 cups cooked rice  
2 teaspoons salt  
1 teaspoon paprika

1/2 cup chopped pimiento (optional)  
8 well beaten eggs  
1/2 cup butter or chicken fat  
5 cups chicken broth

Cook chicken, cool, and dice. Mix all above ingredients together. Bake in slow oven (325° F.) in two 9x13x2" pans or 7x11" loaf pans for one hour. Cut in squares or slices and serve with chicken gravy or mushroom sauce.

Mushroom Sauce

1 lb. or 2 No. 2 cans Mushrooms  
1/2 cup butter or chicken fat  
1/2 cup flour  
1 ct. chicken broth  
4 egg yolks

Salt to taste  
1/2 cup cream or milk  
1 teaspoon lemon juice  
1 teaspoon parsley

Brown mushrooms in butter or chicken fat about 5 minutes. Blend in the flour. Add chicken broth. Stir and cook until thick as cream. Beat egg yolks and add to them some of the hot sauce. Pour egg mixture into remaining sauce and cook for 2 minutes. Add salt to taste, cream, lemon juice and parsley a few minutes before serving sauce.

Corn Pudding

9 eggs  
1 1/2 quarts milk  
1/2 cup melted butter

1 tablespoon sugar  
1 1/2 teaspoons salt  
1 1/2 qts. (6 cups) corn (canned or fresh)

Beat eggs, add milk, melted butter, sugar, salt and corn. Pour into a buttered baking dish. Set in pan of hot water and bake in moderate oven (350° F.) until custard is set.

(Over)

### Mashed Potatoes

7 lbs. (1/2 peck) boiled potatoes	2 tablespoons salt
1 cup butter	1 quart hot milk

Mash hot boiled potatoes, add butter, salt and hot milk. Beat until free of lumps.

### Cabbage and Apple Salad

12 cups diced red apples (leave on peelings)	1 cup salad dressing
1 gallon raw shredded cabbage	1 cup peanut butter
	1/4 cup lemon juice
	2 tablespoons sugar

Mix apples and cabbage. Blend together the salad dressing, peanut butter, lemon juice and sugar. Pour this mixture over the cabbage and apples and toss until thoroughly blended.

### Raw Cranberry Salad

4 small pkgs. lemon gelatin dessert	2 cups chopped apples
6 cups cranberries	2 cups sugar
2 small oranges	1/2 teaspoon salt
1 quart boiling water	2 cups cold water

Dissolve gelatin dessert powder in the boiling water and add cold water. Grind cranberries and whole orange. Add sugar to them. Add chopped apples. Combine all ingredients and mold.

### Fudge Pudding

2½ cups flour	1 cup milk
2½ teaspoons baking powder	5 tablespoons melted butter or margarine
1-3/4 cups sugar	1-3/4 cups chopped nuts (optional)
1/2 teaspoon salt	2½ cups brown sugar (firmly packed)
1/4 cup cocoa	2/3 cup cocoa
	1 quart hot water

Sift together in a bowl the first 5 ingredients. Add the milk and melted butter and mix until smooth. Blend in the chopped nuts. Spread batter 3/4 to 1 inch thick in well greased pan. Sprinkle the top with the mixture of brown sugar and cocoa. Pour over the batter 1 quart of hot water. Bake in moderate oven (350°F.) for 45 minutes. The cake mixture will rise to the top during the baking and chocolate sauce settles to the bottom. Dip sauce from pan over each portion of pudding served. Serve warm or cold with whipped cream.

### Foundation Cake

1-1/4 cups butter or margarine	6 teaspoons double-acting baking powder
4 cups sugar	1 teaspoon salt
8 eggs	2 cups milk
6 cups flour	2 teaspoons vanilla

Cream butter and sugar. Add unbeaten eggs one at a time and beat thoroughl. Sift flour, baking powder and salt together, add alternately with milk. Add vanilla. Pour into well greased 12x20" pan, or four 8" square pans. Bake 30-35 minutes in moderate oven. (350° F.).



# CAKES & FROSTINGS

by

S. Virginia Wilson, Extension Nutritionist

Success in cake making depends upon, (1) a well-proportioned recipe, (2) the use of fresh and well-flavored ingredients, (3) accurate measurements, (4) proper methods of mixing, (5) using the right size pan for baking the cake, (6) correct oven temperature, and (7) careful handling during and after baking.

## Plain Cake

2½ cups sifted flour	1½ cups sugar
2½ teaspoons baking powder	3 eggs, unbeaten
¾ teaspoon salt	2/3 cup milk
2/3 cup shortening	1 teaspoon vanilla

1. Sift flour once, measure, add baking powder and salt, and sift together 3 times.
2. Cream shortening, add sugar gradually and cream together until light and fluffy.
3. Add eggs, one at a time, beating thoroughly after each.
4. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth.
5. Add vanilla.
6. Turn into two round 9-inch layer pans, 1½ inches deep, which have been lined on bottoms with paper, then greased.
7. Bake in moderate oven (375° F.) for 20 minutes, or until done.

Note: This cake may also be baked in two 8x8x2 inch square pans.

## Devil's Food Cake

2 cups sifted flour	2 eggs, unbeaten
1 teaspoon soda	3 squares unsweetened chocolate,
¾ teaspoon salt	melted
1/2 cup shortening	1 cup milk
1-1/3 cups granulated sugar <u>or</u>	1 teaspoon vanilla
1½ cups brown sugar	

1. Sift flour once, measure, add soda and salt, and sift together 3 times.
2. Cream shortening, add sugar gradually, cream together until light and fluffy.
3. Add eggs, one at a time, beating well after each.
4. Add chocolate and blend.
5. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth.
6. Add vanilla.
7. Turn into two round 9 inch or two square 8 inch layer pans, 1½ inches deep, which have been lined on bottoms with paper, then greased.
8. Bake in moderate oven (350° F.) for 30 minutes, or until done. Cool.

Note: This cake may also be baked in 13x9x2 inch pan in moderate oven (350°F.) for 40 minutes, or until done. Or bake in greased muffin pans in moderate oven (375° F.) for 20 minutes, or until done. Fill pans only 1/2 full. Makes 20 large or 36 small cupcakes.

(OVER)

### Seven-Minute or Double Boiler Frosting

1-3/4 cups sugar  
6 tablespoons cold water  
2 egg whites, unbeaten

1/4 teaspoon salt  
1/2 teaspoon cream of tartar  
1 teaspoon vanilla

1. Put all ingredients except flavoring in top of double boiler.
2. Cook, beating constantly with a rotary beater, over boiling water, until mixture will hold its shape.
3. Remove and beat lightly.
4. Add flavoring and continue beating lightly until the icing is cool and ready to spread.

### Boiled Frosting

2-1/4 cups sugar  
1/2 teaspoon light corn syrup  
1/4 teaspoon salt  
1/2 cup water

2 egg whites  
1 teaspoon vanilla  
Color (if desired)

1. Cook sugar, corn byrup and water together until temperature 248° F. is reached, or to the firm ball stage.
2. Pour the hot syrup slowly into well-beaten egg whites while beating constantly.
3. Add vanilla and continue beating until the frosting will hold its shape when tossed over the back of a spoon.

Note: This frosting can be heaped up and swirled or it can be put on the cake with a pastry tube. Should it become too stiff to spread easily, a small amount of hot water may be added. If not stiff enough, it can be cooked in double boiler, beating until stiff enough to hold its shape.

### Chocolate Fudge Frosting

3 to 4 squares (oz.) unsweetened  
chocolate  
3 cups sugar  
2 tablespoons corn syrup or  
1/4 teaspoon cream of tartar

1/8 teaspoon salt  
1 cup milk  
1 teaspoon vanilla  
1 tablespoon butter

1. Cook chocolate, sugar, syrup, salt and milk until it forms a soft ball when tested in cold water or 238° F. Stir occasionally to keep from scorching.
2. Remove from heat, add butter and let cool without stirring until mixture is lukewarm.
3. Add vanilla, beat until creamy and thick enough to spread on cake.

### Chocolate Butter Frosting

1/4 cup butter  
2 squares chocolate

3 cups confectioners' sugar  
6 tablespoons cream

1. Melt butter and chocolate together over hot water.
2. Blend in the sugar and cream and beat until smooth.
3. Leave over hot water for 15 minutes to take out the uncooked taste.
4. If necessary, add more cream to make the icing smooth and glossy and easy to spread.

General appearance . . . . .	20
Shape - level or only slightly rounded . . . . .	5
Size - medium . . . . .	5
Crust . . . . .	10
Evenly browned, golden brown in color and texture smooth and thin	
Flavor . . . . .	40
Agreeable. Flavoring used should not be too pronounced	
Crumb . . . . .	40
Texture and grain . . . . .	10
Fine-grained, even-celled, velvety, tender and easily broken, shows no sign of doughiness	
Lightness . . . . .	15
Light for size	
Moisture . . . . .	10
Slightly moist, no streaks, elastic when pressed with finger	
Color . . . . .	5
Uniformity of Color	
Total	100

#### Failures and their Causes

##### A heavy product or the falling of a cake may be due to:

- too slow an oven
- too much sugar or fat or both
- too little flour
- moving the cake in the oven or jarring it before it is set

##### A coarse-grained product may be due to:

- too slow an oven
- too much baking powder
- careless mixing of ingredients

##### Bready appearance and cracks on top may be due to:

- too much flour
- too hot an oven at first

##### Uneven rising of the product may be due to:

- cake being placed near one side of the oven
- oven being too hot on one side
- too much flour

##### Rough edges may be due to:

- too much sugar
- too much shortening
- too little flour

( OVER )



Points to Remember

1. Assemble all ingredients and equipment needed, have pans for baking ready and ingredients measured before beginning to mix the cake.
2. Sift flour before measuring and put in measuring cup lightly, not packed down, otherwise, there can be a difference of more than 1/4 of a cup and will result in too much flour in cake.
3. Cream butter thoroughly before any sugar is added. Butter is creamed when all lumps have been removed and when it is light and velvety. A beating instead of stirring motion should be used when creaming butter and sugar. Well-creamed butter and sugar result in fine texture and grain in cake.
4. In mixing the cake, when adding the dry ingredients and the liquid alternately, part of the dry ingredients should be added first and the batter beaten thoroughly, but not overbeaten. If the liquid is added first to the creamed butter and sugar, the butter separates and all one's work is undone.
5. To avoid the possibility of a cake sticking to the baking pan, grease the pan well, fit a heavy piece of wax paper into the bottom of the pan, then grease over the waxed paper lightly.
6. Cakes should always be placed in a pre-heated oven. A temperature of 350° F. for butter loaf cakes and 375° F. for layers is best.
7. When done, the cake shrinks from the side of the pan and a toothpick inserted in the center of the loaf comes out clean. Another test is to press the surface of the cake lightly with finger; if it springs back, it is done.
8. Allow a layer cake to cool in the pan for 5 to 15 minutes after removing it from the oven. Then remove it from the pan onto a wire rack to allow ample circulation of air and to avoid collection of moisture.

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QUICK TRICKS WITH BISCUIT MIX

Save time by making up several cups of flour into a biscuit mix. Use it to make biscuits, muffins, waffles, nut bread, or even a "so called" quick cake. How many cups you should make up at a time will depend upon how often and how much you use. Biscuit mix will keep several weeks at room temperature if you use a shortening that needs no refrigeration. Be sure to keep it in a covered container.

Packaged biscuit mix from your grocer contains dry milk solids. You can add dry milk to your mix, too, if you would like. Water or fresh fluid milk may be used as the liquid when using mixes containing dry milk solids. By using fluid milk, though, as the liquid, you just add more food value.

BISCUIT MIX

8 cups flour  
4 teaspoons salt  
3 tablespoons double-acting baking powder  
1 cup shortening (which does not require refrigeration)  
(Note: 1 to 2 cups dry milk solids may be included)

Sift together thoroughly the flour, salt, baking powder and dry milk solids if used. Work in the shortening with fingers, two knives or a pastry blender until mixture looks like coarse meal. Place in a tightly covered container until ready to use.

BISCUITS

1 cup of biscuit mix will make 6 to 8 biscuits, depending upon the size of cutter used.

Measure the amount of biscuit mix needed into a bowl. Add  $\frac{1}{4}$  to  $\frac{1}{3}$  cup of milk or water for each one cup of mix used. Stir until all the flour is moist and a soft dough is formed. Place dough on a slightly floured board and knead about 15 strokes. Pat or roll dough to  $\frac{1}{2}$  inch thick. Cut with a floured biscuit cutter. Place on an ungreased pan and bake in a hot oven ( $450^{\circ}$  F.) for about 12 minutes.

Biscuit Variations

Jam Biscuits - With a spoon make a dent on top of each biscuit after it has been placed on the baking sheet. Fill indentation with jam. Bake.

Drop Biscuits - Add enough liquid to make a very soft (but not runny) dough. Drop by heaping teaspoonsful onto a greased baking sheet. Bake.

Cheese Biscuits - Use 1 cup of grated cheese for each 2 cups of biscuit mix. Mix it with the dry ingredients before liquid is added.

Pin Wheel Biscuits - Roll biscuit dough into oblong sheet about  $\frac{1}{4}$  inch thick. Spread with melted butter. Sprinkle with a mixture of cinnamon and sugar using 1 teaspoon of cinnamon for each cup of sugar. Nuts and raisins may also be sprinkled on after the sugar and cinnamon mixture. Roll lengthwise, like a jelly roll. Cut into 1-inch slices and place cut side down on a baking pan or in a muffin ring. Bake.



(Note: Use water where specified in the following recipes only if your biscuit mix contains dry milk solids.)

Griddle Cakes - In this order mix: 1-1/2 cups biscuit mix, about 1 cup milk or water and 1 well beaten egg. Stir until well blended. Cook on a hot greased griddle. Makes 12 to 18 griddle cakes.

Waffles - In this order mix: 2 cups of biscuit mix, 2 tablespoons of sugar, 1-1/2 cups of milk or water, 2 well beaten eggs, 1/4 cup melted fat. Cook in a hot waffle iron. Makes 6 large waffles.

Muffins - Mix in this order: 2 cups biscuit mix, 1 or 2 tablespoons sugar, 1 cup of milk or water, 1 well beaten egg. Stir only enough to dampen all the flour. Cook in well greased muffin tins. Makes 12 medium sized muffins.

Nut Bread - To 3 cups of biscuit mix add 1/2 cup sugar, 1/2 cup chopped nuts, 1 cup of milk or water, and 1 well beaten egg. Mix until well blended. Pour mixture into a well greased loaf pan (5" by 8") and bake for 1 hour in a moderate oven (350° F.).

Quick Yellow Cake - In this order mix: 3 cups of biscuit mix, 1-1/4 cups sugar, 1 cup of milk or water, 2 well beaten eggs, 1/4 cup melted shortening and 1 teaspoon vanilla or other flavoring. This makes a thinner batter than the usual cake. Bake in two 8 inch layer cake pans in a moderate oven (375°) about 25 minutes.

Quick Chocolate Cake - Mix in this order: 3 cups of biscuit mix, 1/2 cup cocoa, 1-1/4 cups sugar, 1 cup milk or water, 2 well beaten eggs, 1/3 cup melted shortening and 1 teaspoon vanilla. Bake in two 8 inch layer pans in a moderate oven (375°) for about 25 minutes.

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## AFTERNOON TEAS

- S. Virginia Wilson, Extension Nutritionist

A tea is a very good way to entertain a few friends or a large group of people. It is a good way to introduce a newcomer to a number of people. No matter how many have been invited, the atmosphere should be friendly and sociable.

### Small Informal Tea

A small group, not more than 10 or 12, are invited for a definite hour in the afternoon. An invitation to this kind of tea is always answered. The guests are seated after their wraps have been taken. After visiting together for 15 to 20 minutes, the hostess serves refreshments.

Ways to Serve Refreshments - The hostess, with the help of a servant or a friend, serves the food. The guest of honor is always served first. Tea foods may be served in one of these ways:

1. Napkins may be passed on a tray first, then plates, which have been served in the kitchen, may be handed to each guest. Or napkin may be held under the plate as it is handed to each guest.
2. Guests are handed plates holding a cup of tea or punch. Large plates of sandwiches, cakes, etc., are then passed to each person who helps herself. Food may be passed a second time.
3. A large tray holding tea pot, cups and plates, and food is brought from the kitchen and placed on a low table beside the hostess. She pours a cup, puts it on a plate, and says to the guest of honor or nearest person, "Will you have sugar and lemon?" or "Won't you have a cup of tea?" The guest answers and goes over to get it. While there she helps herself to the food. The hostess may ask a friend to help pass the plates so each guest won't have to get up. The food would then be passed as in 2 above.
4. The tea table is set up in the dining room. When ready to serve, the hostess asks the guests to come into the dining room. Service is then the same as for a larger tea (see below). After each person is served, she goes back into the living room and sits down while enjoying the refreshments.

When to leave - When everyone has finished, the hostess takes the plates and puts them on a tray or table. She may wait until later to take them to the kitchen. The guests usually stay at this kind of tea about one to one and one-half hours.

What to Serve - A beverage, hot or cold, is always included. One or more of the following might be served: A salad, dainty sandwiches, cookies, small cakes, cheese straws, or tiny cheese biscuits, salted nuts, mints. Refreshments should be light. Do not try to serve a meal. Everything should taste as good as it looks. Foods can be attractive without looking too "fussed-over".

### LARGE TEA

At a tea where many people have been invited, the hostess may greet guests at the door. Often, however, she asks a friend to stand there. The hostess and guest of honor would then stand together a few feet from the door. Each person coming in greets the hostess and special guests or those in the receiving line.

Guests may or may not be asked to remove their wraps at a large tea.

The guests then go into the dining room where tea table is the center of interest. The centerpiece and food should be arranged to make a lovely picture. If shades have been drawn or the room is almost dark, lighted candles may be burning on either side of the centerpiece.

Before the day of the party, the hostess asks one or two of her friends to pour tea. Usually a person you wish to honor as Mother of the bride or president of a club, is asked to pour. Friends may also be asked to assist with the serving of food and taking soiled plates from the guests to the kitchen.



Tea is served at one or both ends of the table. Tea or coffee is sometimes served at one end and cold punch at the other. The person pouring tea or coffee is seated. The one who pours punch usually stands. The guest chooses the beverage she wishes when there is a choice. Platters of food are arranged attractively on the table so each person can easily help herself. Second platters should be already arranged in the kitchen. The assistant hostess replaces the platters when they become less than half full. Bring the full platter from the kitchen before removing the partially empty one. Maintain the order and arrangement of table at all times.

Small tea napkins of linen or paper are arranged on the table so each guest can take one as she helps herself to the food. All food served at teas should be easy to handle without soiling the fingers. Any necessary silver is arranged near the napkins.

Types of Service - There are two types of service for a large tea:

1. Guests go up to the table as soon as they enter the dining room. The person pouring says, "May I give you a cup of tea?" The guest replies, "Yes, thank you." If plain tea is served, lemon and sugar are usually placed so each person can help herself. The guest then helps herself to sandwiches, cakes, and other foods.
2. As soon as a guest goes into the dining room, an assistant comes up to her with a cup of tea. If there is a choice of beverage, the guest is first asked which she prefers. Trays or large plates of food are then passed to each guest.

After being served - Guests may remain in the dining room while eating. If the dining room is small, they may be asked to go into the living room. Guests usually remain standing at a large tea. The assistant takes the dishes from the guests as soon as they finish eating. Or they may be placed on a side table. DO NOT PUT SOILED DISHES BACK ON TEA TABLE!

Guests stay about thirty minutes at a large tea. Good-byes are said to the person standing at the door.

What to serve - Refreshments may be like those for a small tea except a salad would not be served. Sandwiches, cakes, cookies or confections served can be simple or more elaborate. They should always be dainty, attractive, and tasty. Include a beverage, one or more sandwiches, cookies or small cakes, and salted nuts. Select old favorites to serve in attractive ways instead of exotic new foods that may not be widely liked.

There may be a variety of sandwiches arranged on a plate. Open-face, rolled, pinwheel, ribbon, and checkerboard are some of the types that may be used. Directions for making these may be found in most cookbooks. Fillings are often highly seasoned. A color scheme can be carried out with sandwich fillings as well as cake icing and mints. Some people think you should use only delicate colors which indicate the flavor one expects to taste as red or pink for peppermint, cherry or strawberry, green for lime or mint, yellow for lemon or cheese, etc.

Cookies may be drop, rolled, or a cookie press used to make different designs. They are often decorated with colored sugar, bits of cherries, chocolate, nuts, etc. Cakes should be small and easy to handle. Icing should never be sticky. It is usually best to frost only the top to make handling easier. If frosting is tinted, the color should be very pale and delicate. Strong or dark colors look unappetizing unless the food is naturally that color.

Take care that everything is not sweet. Cheese straws are a nice contrast with most sandwiches, cookies, and cakes. Salted nuts contrast in flavor and texture. Mints are usually more suitable than other candies.

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## PLAIN AND FANCY YEAST BREADS

S. Virginia Wilson, Extension Nutritionist

### Rolls

3/4 cup milk, scalded  
4 tablespoons sugar  
3 tablespoons shortening  
1 teaspoon salt

1 package or cake of yeast  
1/4 cup lukewarm water  
1 egg, slightly beaten (may omit)  
3 1/2 to 4 cups enriched flour

1. Pour the hot milk over the sugar, shortening and salt in a large mixing bowl.
2. Dissolve the yeast in the 1/4 cup lukewarm water; add the beaten egg and mix well; add to the cooled milk mixture.
3. Add about half the flour (or enough to make a drop batter). Beat until the mixture is smooth and bubbles appear on surface. Add more flour to form a soft dough. (Note: Dough may be stored in refrigerator at this point and kept for several days. A portion may be taken out and used each day).
4. Turn dough onto a slightly floured board and knead until smooth.
5. Place in a greased bowl, cover and let rise in a warm place until double in bulk. Put on a bread board and knead lightly.
6. Shape into rolls:

Glover Leaf Rolls - Shape 3 small balls for each roll. Drop into greased muffin pan. Brush with melted fat. Cover and let rise until double in bulk. Bake at 400° F. for about 20 minutes.

Parker House Rolls - Place dough on a bread board and roll 1/3 inch thick. Cut with biscuit cutter. Make a deep crease through the middle of each biscuit with handle of a knife. Brush over half with melted fat, fold and press edges together lightly. Place on greased pan, cover and let rise until double in bulk. Bake about 20 minutes in a hot oven. (400° F.)

Cinnamon Rolls - Roll dough 1/4 inch thick. Brush with melted butter. Sprinkle with a mixture of sugar and cinnamon (4 tablespoons of brown or white sugar to 1 teaspoon of cinnamon). Currants or raisins may also be sprinkled over if desired. Roll like a jelly roll and cut in 1 inch slices. Place with cut side down in a greased pan. Allow to rise until double in bulk. Bake in a hot oven (400° F.).

Whole Wheat Rolls - Use part or all whole wheat in the above recipe for rolls.

### Sweet Dough (Foundation Recipe)

2 packages or cakes of yeast  
1/4 cup lukewarm water  
1 cup milk  
1/4 cup butter

1/2 cup sugar  
1 teaspoon salt  
2 eggs beaten  
5 cups flour (about)

Dissolve yeast in the 1/4 cup lukewarm water. Scald milk. Add butter, sugar and salt to the hot milk. Cool to lukewarm. Add yeast and eggs. Add about half the flour (or enough to make a drop batter). Beat until the mixture is smooth and bubbles appear on surface. Add more flour to form a soft dough. Turn out on lightly floured board and knead until satiny. Place in greased bowl, cover and let rise until double in bulk (about 2 hours). When light, punch down, shape into tea ring, rolls or coffee cakes. Let rise until double in bulk (1/2 to 3/4 hour). Bake in a moderate oven (375° F.) 25 to 30 minutes for coffee cakes, 20 to 25 minutes for rolls. Yield: 2 12 inch tea rings or 3 dozen rolls.

(Over)



## FANCY SHAPES FOR YEAST DOUGH

### Fan-Tans

Press or roll dough out very thin--about 1/8 inch thickness. Butter and cut into strips 1 inch wide. Place six or seven of these strips on top of each other. Cut into 1-1/2 inch sections and place each in greased muffin tin with a long edge down. Let rise double in bulk and bake in hot oven (425° F.) for 10-15 minutes.

### Bow-Knots

With hands roll dough into a long rope about 3/4 inch in diameter. Cut into six inch strips. Tie with a single knot. For a "rosette" turn ends of single knot to center. Allow to rise double in bulk and bake in a hot oven (425° F.) for 10-15 minutes.

### Crescent Rolls

Press or roll dough into a circle about 14 inches in diameter and 1/4 inch thick. Cut into 12 pie-shaped pieces. Brush lightly with melted butter, roll up starting at the wide end. Curve rolls slightly to form crescents. Place on greased baking sheet. Allow to rise until light. Bake in hot oven (425° F.) for 10-15 minutes.

### Butterfly Rolls

Press or roll dough to 1/4 inch thickness. Cut into strips about 5 inches long and 1-1/2 inches wide. Butter and roll the strip. Press each roll in center with a knife handle or with a finger. Place on greased baking sheet. Allow to rise until light. Bake in a hot oven (425° F.) for 10-15 minutes.

### Swedish Tea Ring

When dough is light, roll into rectangular sheet about 1/2 inch thick. Brush with melted butter and sprinkle with brown sugar and cinnamon. Roll jelly roll fashion and shape into ring. Place on greased baking sheet and cut with scissors at 1 inch intervals almost through ring. Turn each slice slightly on its side. Cover and let rise until doubled. Bake in moderate oven (375°) for 25-30 minutes. While warm, frost with confectioner's sugar and sprinkle with chopped nuts.

### Rolled Cinnamon Loaf

When dough is light, roll into rectangular sheet 1/2 inch thick and about 8 inches wide. Brush with melted butter. Mix 3 teaspoon cinnamon with 1 cup sugar and sprinkle thickly over sheet of dough. Roll jelly roll fashion. Cut in half to make 2 loaves. Place in greased bread pans. Let rise until doubled. Brush with milk, sprinkle with sugar and bake in a moderate oven (400° F.) for 30-35 minutes. Yield: 2 loaves



ADD SPICE TO YOUR MEALS  
S. Virginia Wilson  
Extension Nutritionist

Have fun, get out of a cooking rut and perk up everyday fare by adding spice to your meals. Of course anything that makes a meal more interesting adds spice. But you can literally add spice and herbs to meals to make them something extra special. This is your chance to combine good nutrition with proper seasoning.

Let's go along with the experts who define spices as the aromatic parts of tropical plants suitable for seasoning or preserving. It may be the bark, leaves, seed, stamen, shell or other parts. Herbs are defined as the leaves of temperate zone plants.

Herb cookery is more of an art than it is a science. This means there are only a few guiding principles to follow. The rest is left to your imagination. Be adventuresome. Don't be afraid to experiment. Start with just one. Try it in different dishes to see how you like it. Each herb and spice differs and its effect varies with the food. Then try another and another. Finally, begin blending two or more. Many a chef has won a reputation on blending flavors.

It is better to begin with too little than too much. After all, you don't want to overpower the food or the diner. Make the flavor so subtle that only the most expert of the experts can tell for sure what you have used. "Season to taste" was never more meaningful than when you are using herbs. Two meals from the same foods can be as different as day and night or wine and water. The seasoning makes the difference.

It has been said that you can judge the quality of a man's mind by his book shelf and the quality of a woman's cooking by her spice shelf. Spices and herbs are perfumes trapped within the cell walls of the plant. Sooner or later their fragrance evaporates. Use your sense of taste and smell to determine when it is time to invest in a new supply.

In this pamphlet you will find a few well tested recipes to start you out on your adventure. Also some pointers in using herbs and spices. But there is just enough information here to tease you into wanting more. Scores of books, magazine articles and pamphlets have been written on the history, culture and use of herbs and spices. Free literature obtained from most any spice company could be the beginning of a fascinating hobby for you on using herbs and maybe in starting an herb garden.

Now for a few guides in using herbs and spices:

1. Use them sparingly. Dried herbs are stronger than fresh. One teaspoon of chopped fresh herb equals 1/4 teaspoon of dried. Start with 1/4 teaspoon of dried herbs to each pound of meat or pint of liquid. Too much seasoning covers up the true flavor of the food.
2. Blend herbs and spices with care. Have one leading flavor with others less pronounced.
3. Don't go overboard and use herbs and spices in every dish. One or two per meal is enough. Use them for accent only.

4. Add whole herbs and spices at the beginning of the cooking period, of stews and long cooking foods. Add ground spices and herbs about 15 minutes before the end of the cooking period. In uncooked dishes, as salad dressings, add herbs and let them stand several hours.
5. Dried herbs soaked in a few drops of water, vinegar or lemon juice 15 minutes before using helps to bring out their flavor. If you blend or heat them with butter or other fat, it will also draw out flavor.
6. Tie sprigs of fresh herbs (bouquet garni) or whole spices in a cheese cloth bag so they can be removed easily at any time.

#### SOME SUGGESTIONS FOR HERB GO-TOGETHERS

Anise seed (has licorice flavor) --- Use in sweet rolls, cookies, candies, sweet pickle and flavoring for beverages.

Basil --- Soups, tomato dishes and lamb chops or roasts, fresh vegetables.

Bay Leaves --- Stews, sauces, pickles, some vegetables and variety meats.

Caraway Seeds --- Boiled potatoes, cookies, breads, cottage cheese.

Cardamon --- Whole seed used in pickles and demitasse coffee; use ground in coffee cakes and Danish pastry. Principal ingredient in curry.

Celery Seeds --- Salad dressings, sauces, tomatoes, cream cheese, spreads, eggs, meats and soups.

Coriander --- Cakes, cookies and French dressing.

Cumin --- Pickles, cheese, chutney, chili and curry powders.

Dill --- Soups, salads, sauces, meats, fish, chicken, snap beans, potatoes.

Fennel (like anise in flavor) --- Apple pie, fish, pickles, pastries.

Marjoram (interchangeable with oregano, but not quite as strong) --- peas, limas, snap beans, stews, soups, fish, sauces and lamb.

Mint (dried) --- Soups, sauces for lamb, stews, jellies and beverages.

Oregano --- Meat sauces, stews, gravies, omelets.

Paprika --- Add color and flavor to meat, vegetable and fruit dishes.

Poppy Seed --- Topping for bread, rolls and cookies; in salads and noodles.

Rosemary --- Lamb dishes, soups, stews, boiled potatoes.

Sage --- Pork dishes, meat loaves, stuffings, cheese spreads.

Saffron --- In baked goods and rice dishes to give rich yellow color.

Savory --- Blends with other herbs for meats, stuffings, sauces.

Sesame Seed --- Breads, cookies, Oriental candies.

Thyme --- Stews, soups, meats, egg and tomato dishes.

Tumeric --- Pickles, relishes, creamed eggs, fish and seafood.

### RECIPES

#### Spiced Tomato Cocktail

2 quarts of canned tomatoes  
or juice  
1 onion, sliced  
2 teaspoons salt  
1 teaspoon sugar

1/4 teaspoon each garlic salt,  
celery salt and basil  
2 bouillon cubes

Mix all ingredients and simmer for 10 minutes. Strain and chill. Serve topped with a thin slice of lemon or a bit of sour cream.

#### Dunking Sauce

1 cup of sour cream  
1/4 cup chili sauce  
1 teaspoon onion juice

1/4 teaspoon oregano  
1 teaspoon dill seeds  
1/2 teaspoon tarragon

Mix and allow to stand for several hours. Keeps well in a refrigerator for several days. Use crisp, raw vegetables or crackers to dunk in the sauce.

#### Herb Beef Stew

1 lb. chuck of beef cut  
in 1" cubes  
1/2 cup flour  
1 teaspoon salt  
3 tablespoons shortening  
1 bay leaf  
1 clove garlic, crushed  
1/2 teaspoon each thyme,  
marjoram and rosemary

1 quart of water  
4 carrots cut in rings  
2 cups cubed potatoes  
8 whole small onions  
1 cup cooked or canned green  
peas or snap beans  
1 teaspoon caraway seed  
1 teaspoon salt

Roll beef in flour and salt which have been mixed together. Brown on all sides in the melted shortening in a heavy skillet. Add the bay leaf, garlic, thyme, marjoram, rosemary and water. Cook until meat is fork tender or about 1-1/2 hours. Add vegetables, 1 teaspoon salt and caraway seeds and cook about 20 minutes or until vegetables are tender. If pressure saucepan is used, the stew can be cooked in 30 minutes - 20 minutes before the vegetables are added and 10 after. Reduce water to 1/2 cup. Use flour paste to thicken gravy.



### Savory Pot Roast

3 to 4 pounds beef  
chuck pot roast  
2 onions, sliced  
1 clove garlic

1/4 teaspoon each dry mustard,  
thyme, marjoram and rosemary  
1 bay leaf  
1 cup hot water

Roll meat in flour and brown on all sides in shallow fat. Sprinkle generously with salt and pepper. Place in a Dutch oven or heavy skillet. Top with the sliced onions, garlic and mixed herbs. Pour water around the meat and cover tightly. Cook slowly on top of the range or in a 300° F. oven for 2½ hours or until tender. Peeled whole or quartered potatoes and carrots may be added the last forty minutes of cooking time, if desired. Add water if needed.

### Stuffed Hamburger Pie

1 lb. hamburger  
1 teaspoon salt  
1/4 cup milk  
2 cups soft bread crumbs  
1/4 cup finely chopped celery

1/2 cup grated carrots  
1 tablespoon chopped onion  
1 teaspoon salt  
1/2 teaspoon each rosemary and thyme

Mix hamburger, 1 teaspoon salt and milk. Pack half of it in an 8 inch pie plate. Top with a stuffing made from the other ingredients. Pack the remaining meat mixture on top. Bake in a 400° oven 35 minutes.

### Vegetables and Seasoned Butter

Melt 3 tablespoons of butter or margarine. Add 3/4 teaspoon crushed marjoram and 1 teaspoon caraway seed. Pour over cooked cabbage, broccoli, snap beans and other vegetables. Bacon fat may be used instead of butter.

### Herb Biscuits

Blend in 1/4 teaspoon each of basil, oregano and thyme with 2 cups biscuit mix. Follow any biscuit recipe for directions for mixing.

Anise Cookies - Add 1/2 teaspoon of anise seed for each cup of flour in any drop, ice box or rolled, plain cookie recipe.

Caraway Seed Cookies - Use 1/2 teaspoon of whole caraway seed for each cup of flour to any plain cookie recipe.

Sesame Seed Cookies - Use 1 tablespoon of toasted sesame seed for each cup of flour in a rich butter drop cookie recipe. Toast sesame seeds in a shallow pan in a 350° F. oven.



# Spare the Calories

**BEHIND  
THE  
SCENES**



Cooperative Extension Service  
University of Massachusetts  
Publication 360

# *Spare the Calories*

## **BEHIND THE SCENES**

Helen S. Mitchell, Dean, School of Home Economics  
Harriet J. Wright, Extension Foods and Nutrition Specialist

Homemakers! You have the responsibility of providing for the needs of your families, but do you really know what their needs are, in protective foods and in total calories? Much of your planning and carrying out of plans is done behind the scenes while other members of the family are at school or work. This is the time for you to do some thinking and planning. How active is your husband during his working day and does he eat a heavy lunch? Are the children in athletic events? Do they walk to school? These days of school busses not only reduce the amount of walking but may interfere with extracurricular athletic activities for some children who must leave when the bus leaves.

Yes, today's pattern of living with transportation at the door and labor-saving devices in the home, on the farm and at the factory means that energy expenditure for the adult members of the family may be only 60 to 80 per cent of what it was a generation ago. Yet our food habits in terms of calories consumed have not decreased in like manner. Meal habits, between-meal snacks, leisure and economic prosperity have all contributed to our too generous food intake. This "generous consumption" pattern of American living today may be partially responsible for some of the degenerative diseases that are showing an increase among middle and upper age groups.

Homemakers, you are in the key position to modify some of your family food habits if you discover that certain members of the family are eating more than their work or play demands in the form of energy. (Special diets for reducing are not the subject of this pamphlet.) Your husband and children like *your* cooking and may welcome or at least be willing to try new dishes which you serve them. Your challenge is to find new recipes or modify old ones in line with their likes and their lower calorie needs. You can do this without it being obvious to the family, without making an issue of it, and without discussing it. For the active children or adolescents, snacks after school or trimmings at meals can easily provide the extra calories without tempting those who should not have them. Today, even some of our children are too fat and tend to establish the bad habit of overeating, which may plague them all their lives.

The psychology of planning meals to meet the caloric needs of the less active members of the family and adding some extras for the young people is much better than expecting the overweight members to deprive themselves of a favorite dish. Trick reducing diets, mystery foods and weight control pills for "losing pounds painlessly" are not the answer either. Some persons think that these trick devices can do what a weak will keeps them from doing—cutting down on the amount of food they eat. If you have friends or family members who have this problem, your help in planning behind the scenes will be much appreciated.

**Energy is measured in calories**, whether it is stored energy in the food we eat or spent energy used in playing tennis or mowing the lawn. One common unit, the calorie, is convenient for measuring energy from all sources, thus pure fat carries  $2\frac{1}{4}$  times as many calories as pure sugar, starch or protein. (Water, minerals and vitamins do not supply energy.) The amount of active tissue in the body, the rate of metabolism and the nature of the activity all affect the energy needs. The maintenance of a constant body weight is an easy way of estimating that the caloric intake is approximately equal to the expenditure. Children may be in positive energy balance because they need a little extra energy for growing as well as for exercise, but sometimes even they get more than they need. When weight loss is necessary, it is accomplished by creating a negative energy balance (making the calorie intake less than the calorie expenditure). This forces the body to use some of its stored energy—body fat.

## why do calorie needs change?

**Calorie needs change with age and mode of living.** The rate of total metabolism of our bodies decreases with age, slowly up to age 45, more so after that, until at age 65 the total energy needs of a person may be 21 per cent less than they were for the same person at 25. Secondly, we are apt to be less active as we grow older, thus still further reducing the energy expended. If in the face of these changes we persist in eating about the same amount and types of foods as we have always done, we are forced to store as body fat the energy we cannot use.

This tendency for the middle-aged spread or corpulence, once considered a sign of prosperity, is now recognized as a handicap and a health hazard. For young homemakers it is not too early to start planning meals to prevent weight gains and maintain good health; for the middle-aged homemakers it is not too late to start holding the beltline or reducing it slowly.

## some ways to spare calories

You can plan menus within the framework of your family's preferences and still cut down on the number and frequency of items high in calories. You can plan meals, market and cook with this in mind; you can plan moderate-sized servings and limit the second helping of high calorie dishes; you can learn to make new and delicious desserts with half the calories of your old ones; you can plan refreshments for the club or evening party, knowing full well that most of your guests can ill-afford calories beyond what they have had at regular meals. Each of these ways to spare calories is discussed in this leaflet.

Meal planning to meet the nutritional needs of the whole family is a first consideration. The Four Food Groups\* plan is an easy and convenient guide.

### **Milk Group** (includes equivalent as cheese and ice cream)

Children	-	3-4 cups milk
Teen-agers	-	4 or more cups milk
Adults	-	2 or more cups milk

### **Meat Group** (includes poultry, fish and eggs)

2 or more servings

### **Vegetable and Fruit Group** (includes 1 citrus fruit and 1 dark green or deep yellow vegetable)

4 or more servings

### **Bread and Cereal Group** (whole grain or enriched)

4 or more servings

A basic meal plan for a day, using well-selected items for each group, will provide about 1,300 calories for adults. It may surprise you that this limited number of calories, almost a reducing diet level, can, if well selected, provide all of the nutrition essentials for the day. Starting with such a plan you can feel secure that the members of the family with lower calorie needs will get the protective foods they require, and it is easy indeed to add the extra calories for the active members who need them and can use them.

\*For specific information on the four food groups see FOOD FOR FITNESS, Leaflet No. 424, United States Department of Agriculture. For sale by Superintendent of Documents, U.S. Government Printing Office, Washington 25, D.C.

Price - 5 cents.



some ways to spare calories



# you can spare calories in planning meals

## For Breakfast:

If you are having griddle cakes or waffles, omit toast or rolls or other bread items.

If you are having eggs, bacon and toast, omit cereal and cream.

If you are having eggs, try adding your egg to orange juice for an orange juice eggnog.

If you plan potatoes with eggs for breakfast, omit toast or other cereal products.

If you are really serious, omit the doughnuts, jams and syrups!

## For Lunch:

If you have a sandwich and milk, have fruit for dessert.

If you have a main dish salad and roll (chicken, fish, eggs or cheese), use low-calorie dressing and have sherbet for dessert.

If you want a luncheon with a "light" calorie touch, try soup, cottage cheese and crackers, topped off with a low-calorie dessert.

## For Dinner:

Serve a clear soup as a first course. This will help to take the edge off appetites.

If you are serving macaroni salad or casserole, avoid serving potatoes, lima beans or other dried bean dishes.

If you are serving potatoes, choose vegetables of low starch content as an accompaniment (spinach, broccoli, green beans, squash, carrots as contrasted to corn niblets, lima beans, kidney beans, etc.)

If you are serving Indian pudding or bread pudding for dessert, omit potatoes or rolls at the same meal.

If you are serving dumplings or biscuit crust with stew, choose "light" items as accompaniments (a green salad and fruit whip).

If you are serving baked beans, frankfurters and brown bread, choose a gelatin or fruit dessert.

If you are serving hot rolls, select main dish items with a light calorie touch, leafy green vegetables, lower calorie meat selections and a fruit or gelatin-type dessert.

If you are really serious about cutting calories, pay close attention to the size of servings at all meals!

you can spare calories in planning meals



# you can spare calories at the market

Of course you had better plan your meals and market order before you go to the supermarket or perhaps some of your good intentions may be over-balanced by the attractive displays of foods you had not planned to buy. We are told that women practice impulse buying. You won't if you know your calories as well as nutritive values — and you may still take advantage of bargain specials.

Recognizing your family's likes and dislikes as well as its calorie needs, here are some of the choices in line with good nutrition which you will have at the market.

(Items grouped according to the Four Food Groups)

## Lower calorie choice

Beef, lean portions  
 higher priced hamburger  
 Lamb and veal, lean cuts  
 Liver, any type  
 Frankfurters  
 Bologna, liverwurst and luncheon meats  
 Chicken and turkey  
 Fish: cod, haddock, halibut, flounder,  
 sea trout, perch, whiting  
 Tuna fish, canned in brine  
 Other sea food: crabmeat, lobster,  
 shrimp, oysters, clams

## MEAT GROUP

## Higher calorie choice

Beef, fatty cuts  
 lower priced hamburger  
 Pork and ham  
 Pork sausage  
 Cervelat, salami  
 Goose and duck  
 Fish: swordfish, butterfish, salmon,  
 shad, mackerel, white fish,  
 lake trout  
 Tuna and sardines, canned in oil  
 Frozen fried fish or shellfish

## VEGETABLE AND FRUIT GROUP

Most green and yellow vegetables  
 Fresh fruits in season, eaten raw  
 Fruit juices, canned or frozen,  
 unsweetened

Frozen vegetables with rich sauces  
 French fried frozen potatoes  
 Frozen creamed or au gratin potatoes  
 Fruits cooked with sugar and with  
 rich pastries  
 Fruit juices, sweetened

## MILK GROUP

Skim milk for drinking  
 Homogenized milk for cereals and coffee  
 Cottage cheese  
 Dry skim milk for whipped topping  
 Yoghurt  
 Sherbets, and low-calorie "ice creams"

Whole milk  
 Light or heavy cream  
 Cheddar, cream or processed cheese  
 Heavy cream for whipping  
 Sour cream  
 Ice cream and sundaes

## BREAD AND CEREAL GROUP

Dry cereals  
 Crackers: saltines, oyster crackers,  
 pretzels, graham crackers  
 Breads: whole grain or enriched

Sugar-coated dry cereals  
 Crackers: high fat and cheese crackers,  
 deep-fat fried types  
 Breads: fancy sweetened types, sweet  
 roll, coffee cake, doughnuts,  
 muffins, pastries  
 Frosted butter and chocolate cakes  
 Brownies, icebox cookies, filled  
 cookies



## you can spare calories in the kitchen

There are many little tricks which you can use as you cook to spare calories in the form of extra fat and/or sugar where they are not essential to the flavor or texture of the food. Sometimes it may take a minute or two of extra time, in other cases you can save both time and expense as well as calories. Here are a few hints to start with, and you may think of others:

### TRY...

cooking bacon until crisp, and pouring off all the fat before cooking an egg

removing fat from stock before making soup or gravy

cooking vegetables with a bouillon cube (in place of salt) or serving them well-seasoned with salt, lemon and herbs

broiling meats, fish, and chicken

baking scallops or fish sticks

oven fried fish or chicken

oven French fried potatoes\*

making your own low-calorie salad dressing\*

sweetening rhubarb, applesauce, and other fruits with non-caloric sweetener\*\*

using nonfat dry milk powder for cream sauce, milk soups, custards

cutting down the amount of cream or fat in casserole dishes

using plain gelatin in aspic salads, desserts, and sweeten with non-caloric sweetener\*\*

### INSTEAD OF...

serving half-cooked bacon and a greasy egg

serving gravies and soups with fat floating on top

adding butter, margarine or bacon, cheese or cream sauce

frying in fat or serving with rich gravies

deep-fat frying

fried fish or chicken

deep-fat frying

using commercial mayonnaise

using so much sugar, brown or white

whole milk

adding extra calories where not essential

using sweetened gelatin products

---

\*Recipes for starred items are given in Recipe Section.

\*\*Use a type recommended for cooking — SUCARYL is a typical product.

### TRY...

Holland rusk or crisp zwieback, graham cracker crumbs without added fat, or a gingersnap crumb crust as a base for fruit desserts

whipped topping made with dry skim milk or a commercial low-calorie topping

custards, floating island, fruit whips as low-calorie desserts

### INSTEAD OF...

rich pastry crust or shortcake or graham cracker butter crust

topping made with heavy whipping cream

rich pies, sundaes, cream-filled cakes, eclairs, etc. for dessert



## you can spare calories when you entertain

You may accept the previous suggestions in this bulletin but hesitate to try any of these new ideas when you have guests. Perhaps that is the very time when you should try them out and gain a reputation as a thoughtful and clever hostess. Guests hate to refuse a dish when they are being entertained because it seems like a discourtesy to the hostess, but they very much appreciate consideration if they are restricted in diet. A hostess often says to her guests, "I know this dessert will not help you cut calories, but you can start your diet again tomorrow. Forget about calories tonight and enjoy yourself." Why not serve a dessert which

everyone can enjoy, including those who have to watch their calories? An infrequent visitor recently reminded me of a fruit dessert which I had served when she was entertained in my home over a year ago. She enjoyed and remembered it for its attractiveness and originality and not because it happened to be low in calories. You can apply this idea to the entire meal.

This section is written to help you spare the calories when you entertain and thus conform better to the calorie needs of most adults in this modern day. Suggestions are offered for a club luncheon, dessert party, a birthday dinner, a barbecue picnic, a reception, and for snacks.

### **CLUB LUNCHEON**

Spiced or Herbed Tomato Cup\*  
Crab Meat Salad – with low-calorie dressing\*  
garnished with cucumbers, tomatoes and water cress  
Hot French Bread  
\*Fruit Plate with small dip of raspberry sherbet  
Coffee – Tea

### **DESSERT PARTY**

Cheese Cake\*  
Coffee

### **BIRTHDAY DINNER**

Mixed Vegetable Juice Cocktail  
Golden Brown Chicken\*  
Oven French Fries\*  
Fresh Green Beans with Mushrooms  
Tossed Green Salad – low-calorie French dressing\*  
Birthday Cake with candles – Angel Food Frosted with  
\*Fruit Whip and decorated with fresh berries, if desired.  
Coffee

### **BARBECUE PICNIC**

Beef Kabobs\*  
Large Sweet Onions Baked in foil  
Potato & Cucumber Salad with low-calorie dressing\*  
Pickles, Radishes, Celery  
Watermelon slices or Fresh Fruit Bowl  
Coffee

\*Recipes for starred items are given in Recipe Section.

## RECEPTION

Fruit & Ginger Ale Punch

Open-face Sandwiches:

Sliced Cucumber and Sliced Stuffed Olive on circle

Chicken Salad with low-calorie dressing\*

Tuna Fish and Pickle Relish

Shrimp Salad with low-calorie dressing\*

Lady Fingers, Meringue Kisses\*

## SNACK FOODS

### Low calorie:

Fresh Fruit - Popcorn, without butter - Pretzel Sticks - Raw Vegetable Relishes - Dill Pickle Wedges - Pickled Onions - Ginger Ale or low-calorie drink - Tomato Juice - Clear or Jellied Soup with Lemon - Iced or Hot Tea with Lemon - Iced Coffee with Milk - Cocoa with Skim Milk - Coffee, Black or with Milk.

### High calorie:

Ice Cream - Salted Nuts - Potato Chips and Crackers with Rich Cheese Dip - Ripe Olives - Chocolate Bar - Beer or Ale - Frappes, Milkshakes - Ice Cream Sodas - Sundaes.

\* Recipes for starred items are given in Recipe Section.

## RECIPES

### OVEN FRENCH FRIES

3 medium potatoes, raw

1 tablespoon water

1 tablespoon salad oil

Salt to taste

1. Preheat oven at 475°F. Cut raw potato into strips.
2. Mix oil and water in bowl; add potato strips and mix until coated with mixture. Place in shallow pan.
3. Bake 30 minutes at 475°F. If further browning is desired, place under broiler.
4. Salt lightly and serve hot. *Makes 4 servings - ½ cup per serving.*

### SPICED OR HERBED TOMATO CUP

1 can (10½ ounces)

1 soup can water

condensed tomato soup

Dash ground cloves or  
cinnamon

1. Combine soup, water, and spice in saucepan. Simmer a few minutes to blend flavors.
2. Serve hot or cold. *Makes 2 or 3 servings.*
3. For herbed soup use dash ground dill, oregano, poultry seasoning, or thyme, instead of cloves or cinnamon.

## BEEF KABOBS

- |   |                                  |
|---|----------------------------------|
| 2 lbs. beef chuck, cut in<br>1½-inch pieces | 1 medium onion, cut in<br>wedges |
| 1 green pepper, cut in<br>1-inch pieces     | 2 tomatoes, cut in wedges        |
|   | ½ lb. mushrooms                  |

1. Sprinkle beef with meat tenderizer, according to directions.
2. Alternate meat pieces with vegetables on eight 8-inch skewers.
3. Place on grill; brush with Caribbean Barbecue Sauce. Grill about 20 minutes, turning over once. Continue to brush with sauce during grilling.

*Yield - 8 servings*

*NOTE: If desired, kabobs may be cooked in oven broiler, 10 minutes on each side.*

## CARIBBEAN BARBECUE SAUCE

- |                            |                                    |
|----------------------------|------------------------------------|
| ¼ cup unsulphured molasses | 2 tablespoons Worcestershire sauce |
| ¼ cup prepared mustard     |                                    |
| 3 tablespoons vinegar      | 1 teaspoon ground ginger           |
| ½ teaspoon tabasco         | 2 tablespoons soy sauce            |

1. Blend unsulphured molasses and mustard.
2. Add remaining ingredients; mix well.

*Yield - ¼ cup*

## GOLDEN BROWN CHICKEN

- |                             |                                  |
|-----------------------------|----------------------------------|
| 2½ lbs. chicken, disjointed | ¼ teaspoon pepper                |
| 2 teaspoons salad oil       | monosodium glutamate, as desired |
| 1 teaspoon salt             | 2 tablespoons flour              |

1. Preheat oven to 400°F. for fully 20 minutes. Wash and dry chicken. Place pieces in a shallow pan, skin side up.
2. Brush each piece lightly with salad oil.
3. Combine seasonings, monosodium glutamate and flour; sift evenly over chicken.
4. Pour ½ cup hot water into pan (more later, if needed).
5. Bake, uncovered, until brown. Reduce heat to 300°F. and continue baking, uncovered, until chicken is tender. Total cooking time about 1 hour.
6. After the first 30 minutes, baste chicken; baste once or twice again during cooking.

*Yield - 5 servings*

*NOTE: Monosodium Glutamate is a fine white powder sold under several trade names. It has no flavor itself but brings out the flavor of certain foods, especially meats.*



### DIETER'S FRENCH DRESSING

$\frac{1}{2}$ cup salad oil (corn)	Celery salt, as desired
$\frac{1}{2}$ cup tarragon or wine vinegar	Salt to taste
$\frac{1}{2}$ teaspoon dry mustard	Pepper to taste
	Paprika (optional) to taste

1. Combine ingredients in glass jar or bottle.
2. Shake until blended. Store in refrigerator.
3. Shake well before using. If sweetening is desired, add a few drops of a non-caloric sweetener.

### LOW CALORIE COOKED SALAD DRESSING

1 tablespoon flour	1 tablespoon salad oil
2 tablespoons sugar	1 cup water
$1\frac{1}{4}$ teaspoons salt	2 eggs (medium)
Red pepper, speck	4 tablespoons vinegar
1 teaspoon prepared mustard	

1. Blend together flour, sugar, salt, red pepper, prepared mustard, salad oil and water in top of double boiler.
2. Cook over hot water, stirring constantly until slightly thickened.
3. Beat eggs slightly in a small bowl, add vinegar gradually.
4. Slowly add half of hot sauce to egg and vinegar mixture, stirring constantly. Return to double boiler.
5. Stir and cook over hot (not boiling) water until mixture coats a spoon. (Overcooking after eggs have been added will cause dressing to curdle.)
6. Remove from heat at once and pour into jar. When cool, cover and refrigerate.

#### Variations:

1. *Russian* — to  $\frac{1}{4}$  cup add 1 tablespoon catsup.
2. *Gourmet* — to  $\frac{1}{4}$  cup add  $\frac{1}{2}$  teaspoon horseradish,  
 $\frac{1}{2}$  teaspoon Worcestershire sauce.
3. *Thousand Island* — to  $\frac{1}{4}$  cup add 2 tablespoons Chili sauce,  
2 tablespoons chopped green pepper,  
 $\frac{1}{2}$  hard-cooked egg.

### SPONGE DROPS

1. Use a regular recipe for sponge cake.
2. Make into small tea-size cupcakes.
3. When baked, brush with powdered sugar.

### MERINGUE KISSES

4 egg whites ( $\frac{1}{2}$ cup)	1 cup sugar, granulated
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{4}$ teaspoon cream of tartar	

1. Beat egg whites with salt.
  2. Add sugar gradually during last half of beating.
  3. Add cream of tartar to egg whites when they are beaten until frothy.
  4. Continue beating until stiff.
  5. Flavor.
  6. Dust oiled baking sheet, with cornstarch. Mark into circles of desired size. Kisses are usually  $1\frac{1}{2}$  inches in diameter.
  7. Drop meringue mixture into desired spaces.
  8. Bake 1 hour at  $250^{\circ}\text{F}$ . Remove from pan while it is hot, to avoid breaking.
  9. Meringues may be stored in refrigerator 24 hours to make for ease in eating.
- Yield - approximately 30 kisses.*

### LOW CALORIE CHEESE CAKE

2 envelopes unflavored gelatin	1 tablespoon lemon juice
$\frac{3}{4}$ cup sugar	1 teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup ice cold water
2 medium eggs (separated)	$\frac{1}{2}$ cup nonfat dry milk
1 cup skim milk	$\frac{1}{3}$ cup (4) graham cracker crumbs
1 teaspoon lemon rind, grated	$\frac{1}{8}$ teaspoon cinnamon
3 cups small curd cottage cheese	$\frac{1}{8}$ teaspoon nutmeg

1. Mix gelatin, sugar and salt together in top of a double boiler.
2. Beat egg yolks and skim milk.
3. Add egg mixture to gelatin mixture and cook over hot water. Stir constantly until gelatin is thoroughly dissolved.
4. Remove from heat; add grated lemon rind. Cool.
5. Sieve cottage cheese; stir into gelatin mixture; add lemon juice and vanilla. Chill, stirring occasionally until mixture mounds slightly when dropped from a spoon.
6. Fold in the egg whites, stiffly beaten.
7. Beat the ice water and milk solids together until stiff and mixture stands in peaks. Fold into gelatin mixture.
8. Turn into 8-inch pan and spread top with a mixture of graham cracker crumbs, cinnamon and nutmeg. Chill until firm.

### FRUIT PLATE WITH SHERBET

1. Use seasonal fresh fruit. Combine varieties of fruit that are high in water content with those that are higher in sugar content.
  - A. Fresh grapefruit and orange sections, and apple slices.
  - B. Melon slices or balls (honeydew, cantaloupe, persian melon, casaba melon or watermelon) and fresh peach slices.
  - C. Fresh citrus sections, sliced bananas and green grapes.
  - D. Fresh pineapple, strawberries and bananas.
2. Arrange fruit on a dessert plate. Serve with a small scoop of sherbet. A small punch cup for the sherbet is an attractive and practical method for serving the sherbet.

### FRUIT WHIP

(Raspberries, Strawberries)

1 egg white

1 cup fruit, unsweetened

1 cup sugar

1 teaspoon lemon juice

1. With electric beater, using 1½-quart bowl, whip egg white until stiff.
2. Add sugar and fruit alternately while beating at high speed.
3. Continue beating for 10 minutes or more, until mixture triples in volume and is stiff enough to serve. If any whip is left over, it may be whipped again to same consistency. Use as frosting for angel cake.

*Makes 9 servings*

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Meringue Kisses

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**EAT A  
GOOD  
BREAKFAST**



**to  
start a  
GOOD  
DAY**



Leaflet No. 268

U.S. DEPARTMENT OF AGRICULTURE

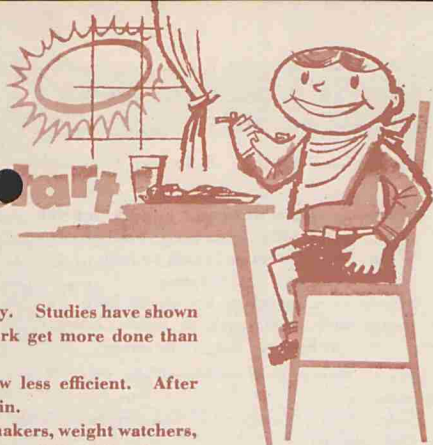


# EAT A GOOD BREAKFAST to start a GOOD DAY

Eating a good breakfast is a good start for the day. Studies have shown that workers who tuck away a good meal before work get more done than those who skip breakfast—or eat a poor one.

As the morning goes on the hungry ones grow less efficient. After lunch they do better for a while; then they slow up again.

What is true for these workers is true for homemakers, weight watchers, teen-age girls, and everyone else. Those who eat a good breakfast have a better chance to do a day's work well than those who neglect breakfast. Children are more likely to do well in studies and games.



**A TEST OF A GOOD BREAKFAST**  
Here's a 3-point test of a good breakfast:

- It gives you protein, vitamins, and minerals—materials needed to build and repair the body and to help keep you healthy.
- It provides fuel for body energy.
- It tastes good.

A doughnuts-and-coffee breakfast fails the test (at left) on Point 1. It leaves far too much for other meals to make up.

A fruit juice-and-coffee breakfast goes only part way toward Point 1. It's short on Point 2 also. Between supper and breakfast there's at least a 10-hour stretch. Breakfast should provide its share of energy foods.

There's no hard-and-fast rule on how big a good breakfast should be. But for most people, and particularly for children, it is sound planning to have one-fourth to one-third of the day's food at breakfast and to include a good source of protein, such as eggs, meat, or milk.



## WHAT'S IN A GOOD BREAKFAST?

Here are some patterns, all the way from light to hearty:

- Fruit . . . cereal or bread . . . milk to drink . . . other beverage if desired.
- Fruit . . . cereal or bread, or both . . . egg . . . beverage.
- Fruit . . . cereal or bread, or both . . . eggs with meat, such as bacon, sausage, or hash, or fish . . . beverage.

Let's take these patterns apart to see what a good breakfast does for you.

**Fruit.**—Fruit is in every one of these breakfasts, mainly for these reasons:

**Fruits give zest to meals.**

**They help prevent constipation.**

**Some fruits are outstanding for vitamin C.**

Breakfast is the best time to make sure of some food rich in vitamin C. If you don't have some at this meal, you're likely to fall short of your daily quota.

Citrus fruits are rich in vitamin C. An orange, half a grapefruit, or half a glass (4 ounces) of orange or grapefruit juice—fresh, frozen, or canned—goes far toward meeting vitamin C needs for the day.

If you squeeze citrus juice, use it unstrained . . . to get the most vitamins and minerals from the pulp.

Tomatoes, fresh or canned, are also good vitamin C providers, and may take over this job when they are easier to get than citrus fruit. It takes about three times as much tomato juice as orange juice to give you an equal amount of vitamin C.

Strawberries, cantaloup, and some other fresh fruits are valuable for vitamin C, and can take a turn providing it when they're in season and when variety is wanted.

**Cereals, bread.**—Cereals and bread give protein, iron and other minerals, vitamins, and food energy. An active worker or a growing child can have a heartier breakfast by eating both cereal and bread. Choose whole-grain, enriched, or restored kinds, for they have added values in B-vitamins and minerals. Butter and margarine used with bread help out with food energy and with vitamin A.

**Milk.**—Without a regular supply of milk in meals, it's hard to get enough calcium—an important mineral for bones and teeth—and the B-vitamin riboflavin. Milk is also a good source of top-grade protein.

Normal, healthy adults need a pint or more of milk in one form each day. Young children should have 3 to 4 cups; older ones a quart.

**Eggs, meat, fish.**—Eggs, meat, and fish, as well as milk, provide high-grade proteins for body building and repair, and they have mineral and other values besides. Building foods of some kind are a "must" in the day's eating and one or more should appear in each meal.

**Something hot.**—Summer or winter, there's something hot, as a rule, in a good breakfast—a hot beverage, or hot cereal, for example. Something hot is cheering and gives you a sense of well-being.

## **SOMETHING DIFFERENT FOR BREAKFAST**

Most folks like a change now and again. Here are a few ways to get variety—and maybe surprises—into breakfast.

Mix fruits—berries with sliced peaches, for instance, or sliced bananas with oranges—for change of flavor, and when you haven't enough of one kind to go around.

To add interest to cereals, top with favorite fruits . . . fresh in season, or frozen, canned, or dried. Fruits go well with both hot and ready-to-eat cereals.

Sprinkle grated cheese over eggs to be baked, or combine with scrambled eggs for a different flavor treat.

Scramble eggs with tomatoes. To serve 6: Beat together 6 eggs and a cupful of cooked or canned tomatoes. Season, and cook in a little fat over low heat, stirring constantly, until as firm as you like it.

Broil or fry tomatoes—red or green—and serve with bacon.

Take a tip from New England and have Saturday night's baked beans for Sunday morning . . . perhaps with codfish cakes and brown bread.

Chop cold potatoes and heat in a little fat, then scramble them with eggs.

Brown slices of leftover oatmeal, cornmeal mush, or other cooked cereal in a little fat. To slice and brown well, the cereal must be thick and cold.

Split leftover rolls, biscuits, muffins, or cornbread and toast in the oven. Or put crisp brown bacon between halves of toasted rolls.

Use stale bread to make an old favorite—french toast. Dip bread in a mixture of egg and milk or egg and tomato juice. Brown carefully in a little fat.

Saute chicken livers and serve on toast. Crisp bacon can be used as a garnish.

## **IS BREAKFAST A PROBLEM? TRY TO SOLVE IT**

**If the family eats at different times—  
Or a child has to be left to eat breakfast  
alone . . .**

Plan breakfast ahead of time to make sure that everyone gets the foods he needs to start out the day.

Eggs can be hard cooked and bacon prepared early and left for latecomers, or cooked cereal kept hot until eaten.

Keep on hand foods that are ready to eat or require little preparation. Many fruits, juices, and cereals, for instance, can be served directly from the container in which they are bought.

With foods ready at hand, family members can serve themselves.



**If every minute counts . . .**

You can prepare a good breakfast in just a few minutes, if you do a little planning and make use of today's convenience foods. Here are some foods that can quickly be made ready to serve.

- Canned, frozen, or fresh citrus juice. Mix frozen juice ahead of time, squeeze fresh juice the night before. Store juice cold and covered for best flavor.

- Ready-to-eat cereals, which are available in a wide variety to please any appetite, and instant and quick-cooking cereals.

- Sausage or ham bought precooked, leftover meats. It takes only a few minutes to heat these through for serving.

- Cheese or cold sliced meat. Serve these as alternates for eggs.

- Instant hot beverages.

- Partially baked hot breads, canned oven-ready biscuits. Or, if you have a few more minutes to spend, the prepared mixes for muffins, biscuits, cornbread, and pancakes can be used to add variety.



### **If every penny counts . . .**

Breakfast can be inexpensive and still furnish its share of the day's food. For instance—

Milk comes in many forms . . . with a range in price. Evaporated milk, skim milk, and buttermilk are generally less expensive than fluid whole milk. And nonfat dry milk is an especially good buy because of its low cost.

Whole-grain and enriched cereals—particularly the kinds you cook yourself—are bargains in food value. Make them the main part of breakfast often.

Shell color doesn't affect the food value you get from eggs, so buy the less expensive ones. Another way to save is to choose lower grade eggs when they are satisfactory for the use you want to make of them. Grade A eggs, for instance, are best for cooking in the shell, frying, and poaching. Grade B eggs are all right for scrambling and for omelets, Grade B or C for cooking and baking.

Fresh fruits usually are good buys when they are in season locally. At other times of the year, check cost of serving of fruit prepared in different ways—fresh, frozen, canned, dried, or as juice.

Ready-to-eat foods and those partially prepared when you buy them nearly always cost more than the same items made at home.



### **If your weight's on your mind . . .**

Eating a bird-sized breakfast or skipping the whole meal is a poor way to try to keep your weight under control. It's a far better plan to eat a good breakfast . . . and learn enough calorie arithmetic to even out your day's quota over the three meals. More calories than you need for work or play—that's where fat begins.



How many calories do you need for one day's living? An average-sized person as described below requires about the number of calories shown:

	CALORIES
MAN, desk worker, age 40 to 49 . . . . .	2,600
HOUSEWIFE with a small family, or woman office worker, age 40 to 49 . . . . .	1,800
FARMER, active, age 20 to 39 . . . . .	3,500
FARM WOMAN, active, age 20 to 39 . . . . .	2,400
GIRL, active:	
Age 16 to 19 . . . . .	2,400
Age 13 to 15 . . . . .	2,600
BOY, active:	
Age 16 to 19 . . . . .	3,600
Age 13 to 15 . . . . .	3,100

For work and for warmth, your body uses as fuel mainly fat, starch, sugar. The amount of fuel that foods provide is figured in calories. All foods give you calories—some many, some few in a given-sized portion. There are about 100 calories in each of these breakfast items:

1 large orange	1 medium-sized potato
1 cup orange juice	$\frac{3}{4}$ cup whole milk
$\frac{1}{2}$ large grapefruit	1 $\frac{1}{4}$ cups skim milk
$\frac{3}{4}$ cup canned sweetened grape- fruit juice	$\frac{1}{2}$ cup half-and-half
1 large apple	1 $\frac{1}{2}$ eggs
1 banana	2 slices cooked bacon
2 cups tomato juice	1 ounce cooked ham
4 large prunes	1 level tablespoon butter or mar- garine
1 $\frac{1}{2}$ slices bread or toast $\frac{1}{2}$ -inch thick	6 level teaspoons sugar
1-ounce serving dry cereal	2 level tablespoons jam or jelly

If you are a weight watcher, remember—

- It's a good idea to get about a fourth to a third of your daily calories at breakfast time.
- Pounds are added when daily eating totals more calories than your body uses for energy.
- Foods that pack the most calories in least space are the fats, starches, and sweets.

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## FAVORITE DISHES FROM AROUND THE WORLD

by:

S. Virginia Wilson, Extension Nutritionist

There are few truly American foods. Most of the foods we eat and the way they are prepared had their origin in other countries. They were brought here by natives from practically every country in the world. We are a real "melting pot."

A recognition, understanding and appreciation of other nationality food can add interest to meal planning and preparation. Learning more about the food habits and customs of people in other countries can promote world brotherhood.

Select one nation at a time to learn more about. Find out what they eat and how they prepare and serve food. Here are a few recipes from selected countries around the world to start you on your way.

### FRANCE

The French are considered the world's best cooks. To them good food is an expression of art with less regard for its calorie or vitamin content. Crêpes - or French pancakes are served for lunch as an entree or as a dessert for dinner or lunch.

#### Crêpes (Serves 5 or 6)

4 tablespoons flour  
5 tablespoons milk  
1 tablespoon oil

Pinch of salt  
1 whole egg plus 1 yolk

Beat all ingredients together until smooth and of the consistency of cream. Chill for 1/2 hour or more. Thin batter if necessary. Heat a 5 or 5½ inch cast iron or aluminum crepe or omelet frying pan and grease lightly. Pour into the pan one full tablespoon of batter and rotate pan to spread batter. When brown on one side turn and brown the other. Fill with bits of chicken, ham or cottage cheese. Roll up and top with Béchamel sauce. For dessert - fill with your favorite jam and top with sour cream then dust with powdered sugar. Or an orange flavored wine sauce may be used as for Crêpe Suzettes.

#### Béchamel Sauce

Béchamel sauce is French white sauce. Each cook varies it to suit his taste. Some sautee onions with the butter before adding the flour. Others use part milk and part chicken or fish stock as the liquid. The only requirements are a white liquid thickened with roux (equal parts of melted butter and flour blended together).

(Over)

Baba au Rhum

1 cake or package of yeast  
1/2 cup scalded milk  
3/4 cup sugar  
1/4 teaspoon salt

3 eggs  
1/4 cup melted butter  
2 cups flour  
1 tablespoon Sultana raisins  
1 tablespoons currants

Soften yeast in the scalded milk cooled to lukewarm. Add the sugar and lightly beaten eggs. Blend in melted butter. Beat in the flour which has been sifted with the salt to form a stiff batter. Let rise in a warm place until double in bulk or about 3 hours. Work in the raisins and currants. Fill a well greased ring mold, tube pan or individual baking cups only one half full of batter. Let rise again until double in bulk. Bake in a moderate (350° degree) oven until a cake tester comes out clean. Spoon rum sauce over the baba until thoroughly soaked. Serve with additional rum sauce. Top with whipped cream or vanilla ice cream if desired.

Rhum Sauce

Boil together for about 10 minutes 1/2 cup sugar and 3/4 cup apricot juice or water. Add 1 tablespoon of rum flavoring.

ITALY

Veal Parmesan (Vitello Alla Parmigiana)

4 slices of veal 4 inch x 1/4 inch  
1/4 cup of oil  
1 clove of garlic  
1/2 cup sliced mushrooms

1/2 cup chicken broth  
Salt and pepper  
1 tablespoon Sherry flavoring  
1/2 cup grated Parmesan cheese

Have butcher flatten veal to 1/4 inch thick. Brown on both sides in a frying pan containing the oil. Place veal in a baking dish. In the same oil sautee the garlic and mushrooms over low heat. Season with salt and pepper. Add the broth, sherry flavoring and Parmesan cheese. Pour this sauce over the veal and bake in a 325 degree oven until meat is tender. Serve very hot with cooked noodles, spaghetti or macaroni.

Tossed Salad (Insalata)

1 medium size head of lettuce  
1 clove garlic cut in half  
1 can (2 oz.) anchovy fillets  
1 tablespoon capers  
1/4 cup olive oil

1/4 cup wine vinegar  
8 black olives  
8 green olives  
1 teaspoon Oregano  
Salt and pepper  
8 wedges of tomatoes

Tear lettuce in bite size pieces. Rub salad bowl with garlic. Place the lettuce, anchovy fillets, capers and olives in the bowl. Make a dressing by blending thoroughly the oil from can of anchovy, olive oil, vinegar, oregano, salt and pepper. Pour over the salad and toss lightly. Garnish with wedges of tomatoes. Serves 4.

(Over)

Coffee Cappaccino (Kaffe'-Kappa'-chee-no)

8 level tablespoon Italian roast  
pulverized coffee

1½ cups water

Make coffee in an Espresso machine or Macchinetta (an Italian coffee maker with 2 cylinders, one with a spout, and a coffee sieve between them). Serve steaming coffee with equal quantities of hot milk. Pour into tall cappaccino cups. Sprinkle with cinnamon or nutmeg and top with whipped cream. A touch of grated orange peel may be used in place of cinnamon.

Italian Cookies (Biscotti)

5 cups flour  
1½ cups powdered sugar  
6 teaspoons baking powder  
1/2 teaspoon salt

1 cup butter or margarine  
3 eggs  
1 tablespoon vanilla or  
1 teaspoon almond extract

Sift together flour, sugar, baking power and salt. Chop in butter until mixture resembles coarse meal. Make well in center and add eggs and flavoring. Work the flour into the eggs and knead for a few minutes. Add more flour if dough seems to be sticky. Pinch off small bits and shape into rings, strips or the letter S. Place one inch apart on a greased cookie sheet. Bake in a hot 450°F. oven about 10 minutes or until a golden brown. These cookies burn easily so watch carefully. Makes 4 dozen.

NEAR EAST

Recipes used in Lebanon and other Arab Countries:

Eggplant Dip (Baba Ghannouj)

2 large egg plants  
1/2 cup sesame or salad oil  
3/4 cup lemon juice

2 cloves garlic  
1 teaspoon salt

Cut stem and green hull from end of egg plant. Bake until flesh is soft and skin cracks open. Scoop out pulp and put through a food mill or coarse sieve. Slowly beat in the oil and lemon juice. Blend in the finely crushed garlic and salt.

Meat Loaf in a Tray (Kafta Bi Ssanieh)

2½ lbs. finely ground lamb or beef  
1/2 cup finely minced onion  
1½ teaspoon salt  
Pepper to taste

1 egg  
3/4 cup shortening  
1 cup tomato juice

Mix finely chopped onion, salt, pepper and egg. Spread mixture one inch thick in a baking pan. Bake in a moderate oven until lightly browned. Spread the shortening over the meat and continue baking until well browned. Add tomato juice and bake until it is absorbed. Cut in squares. Serve with fried or mashed potatoes, cooked vegetables and a salad.

( Over)



Arabic Coffee

1½ cups water  
4 teaspoons sugar

4 tablespoons pulverized  
(Turkish) coffee

Boil water and sugar together until clear. Add coffee. Bring to a boil until coffee froths up. Strike pot sharply on side of stove to reduce foam. Repeat twice more. Add a few drops of cold water and pour quickly in tiny cups before grounds settle. A pitcher of orange essence may be passed for each guest to flavor his coffee with a drop. Or a cardamon seed may be brewed with the coffee to give added flavor.

Stuffed Vine Leaves With Cucumber Yogurt Sauce

(Mahsho Warak Areesk Bi Salatit Khyaar Laban)

1 lb. vine (grape) leaves or  
1 medium sized cabbage (not too firm)  
1½ cups ground meat (cooked or raw)  
1 cup rice  
1 chopped tomato

1¼ tsp. salt  
1/2 tsp. cinnamon  
2 garlic cloves  
1 tsp. dried mint  
1/2 cup lemon juice  
1½ cups water

If cabbage leaves are used cut out the stem and divide each leaf into 2 or 3 triangular pieces. Dip leaves in boiling salted water until pliable. Make a stuffing by mixing meat, rice, tomato and seasonings. Place a tablespoon of mixture in center of each leaf. Fold the bottom up over the stuffing, then fold each side to the middle. Roll, not too tightly, to form a roll about 3 inches long about the size of your fore finger. Place on a rack in a pressure sauce pan. Place closely together so they will hold their shape. Add water and lemon juice, sprinkle with more salt. Cook under pressure 20 minutes or in a steamer kettle about 40 minutes or until rice is tender. To serve pour off the liquid and turn the cooking vessel upside down, turning the stuffed leaves in a neat pile on a platter. Serve hot or cold with cucumber yogurt sauce.

Cucumber with Yogurt Sauce

(Salatit Khyaar Bi Laban)

2½ cups yogurt (Laban)  
1 cup peeled chopped cucumber  
1/2 teaspoon salt

1 clove garlic crushed to  
a pulp  
1 teaspoon dried mint leaves

Stir yogurt until smooth. Blend in the other ingredients.

INDIA

The foods people eat and the way they are prepared are closely tied with their religious customs. Hindu and Moslem customs dictate forbidden foods and prescribe rituals and methods to follow in cooking. Vegetable curries are eaten by all casts and classes - Moslems and Hindus. In the United States we buy curry powder already mixed, but in India it is mixed daily from various herbs and spices according to the cook's taste.

(Over)



### Vegetable Curry

(Most suitable U. S. vegetables to curry are: peas, butterbeans, greenbeans, okra, carrots, potatoes, tomatoes, turnips).

Fry in shallow fat until soft one thinly sliced onion and 1 or 2 chopped cloves of garlic. Add the following ground spices: 1 tablespoon coriander, 1 teaspoon tumeric, 1/2 teaspoon each of cinnamon, ginger and mustard seed and 1/8 teaspoon fenugreek. Add one of the above raw vegetables and cook 3 or 4 minutes while stirring. Add water to cover and simmer until the vegetable is tender.

### Madras Vegetable Curry for Cooked Vegetables

Use same curry ingredients as above, substituting 2 or 3 chopped tomatoes for water. Add well drained cooked vegetables and salt to taste. Cook for about 5 minutes. Add a little thick coconut or cow's milk 2 or 3 minutes before serving. Red chillies may be added to make curries hot.

### CHINA

The colors, shapes and flavor of Chinese food are as carefully blended as any work of art. Meat and vegetables are often combined into one dish, using about 2/3 vegetables and 1/3 meat. Each vegetable and meat is carefully cut into a different shape - cubes, rounds or strips. "Stir-frying" is the most commonly used method of cooking. It is a quick cooking method, using little liquid, which saves color and food value, and flavor.

### Chinese Fried Rice (Chow Fan)

1/2 cup raw green peas	1/2 cup cubed smoked ham
1/3 cup shredded cabbage	1 cup raw chicken cut in strips
2 tablespoons thin slices celery	1 can bamboo shoots
cut on the bias	Peanut oil
1/2 cup coarsely chopped shrimp	3 cups cooked rice
1/2 cup sliced mushrooms	2 eggs

The Chinese way is to cook each item, except the rice and eggs, separately for a minute or two in one or two tablespoons of peanut oil. Stir as you fry, then remove them from the pan. Finally combine all with the rice, beat, add slightly beaten eggs. Stir gently until eggs are cooked.

### Chiao Tzu (Chot-zoo)

#### Pastry:

1 1/2 cups flour  
Cold water

#### Filling:

1/4 cup chopped onion	1/4 cup finely chopped
2 cups ground fresh pork	mushrooms
Peanut oil	1 teaspoon salt
1 cup finely chopped cabbage	1 teaspoon soy sauce

(Over)

Make a stiff dough with flour and water. Knead thoroughly and roll out very thin. Cut into 2½ or 3 inch rounds. Stir and fry the onion and pork in a small amount of peanut oil. Add the cabbage, mushrooms, salt and soy sauce and continue to cook for a minute or two. Remove from heat and let cool. Fill rounds with meat mixture. Fold over and pinch together the edges. Arrange on a damp cloth placed on a rack over boiling water. Cover tightly and cook with steam for about ten minutes. Serve with soy sauce.

#### Almond Cakes (Hang Yang Peang)

4 cups flour	1½ cups sugar
1/2 teaspoon salt	1 teaspoon almond extract
1/2 teaspoon baking soda	1/2 cup almond halves
2 cups shortening	

Sift together the flour, salt and baking soda. Gradually work into the shortening the flour mixture then the sugar and almond extract. Knead to a paste. Form into balls the size of large marbles. Arrange on ungreased cookie sheets. Press down to about 1/2 inch thickness. Press heel an almond in center of each. Bake in slow oven (300°F.) about 30 minutes. Makes about 20 cakes.

#### JAPAN

The Japanese prepare and serve foods in a way to "form a picture for the eye which stimulates the sensations of the palate." The quick cooking methods they use permit many foods to be cooked at the table.

#### Sukiyaki

1 tablespoon oil or melted suet	4 green onions (top and root) sliced
1½ lbs. sirloin steak cut bacon thin in 1 x 2 inch strips	1 cup celery cut on bias 1/4" thick
2 tablespoons sugar	1/2 cup French cut green beans or shredded Chinese Cabbage
1/4 cup soy sauce	1 cup canned bamboo sprouts
1/2 cup mushroom liquor or beef broth	1 cup sliced cooked mushrooms
2 medium size chopped white onions	2 square tofu (bean curd)

This dish is usually cooked right at the table in a pan on an electric hot plate, a chafing dish or an electric fry pan. Heat the oil in the pan. Cook the meat first on one side then the other just until it loses its red color. Push to one side.

Combine the sugar, soy sauce and liquid from mushrooms or beef broth and pour half of it into the skillet. Add the onions, celery and green beans. Cook for 3 minutes. Add the remaining soy sauce mixture, bamboo sprouts, mushrooms and tofu. Cook for 4 minutes. Serve meat and vegetables in individual bowls.

As it is eaten each piece of piping hot meat is dipped in another individual bowl containing a beaten raw egg. Rice is served in a separate bowl and eaten along with the sukiyaki.

North Carolina State College of Agriculture and Engineering of the University of North Carolina and the U. S. Department of Agriculture, Cooperating. State College Station, Raleigh, N. C., R. W. Shoffner, Director. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

## "FOOD FACTS and FALSE CLAIMS"

Rachel H. Ferguson  
Extension Nutritionist

"NEW WONDER FOODS" or "SPECIAL FOOD SUPPLEMENTS" -- highly advertised in newspapers, magazines, over TV and radio. Have you fallen for them?

"PREVENT or CURE" heart trouble, diabetes, stomach trouble, tired blood, old age and other troubles with "SPECIAL FOODS" or "SUPPLEMENTS" -- Do you buy and use them?

"SHORT CUT TO WEIGHT CONTROL" -- Does it work? For how long?

"EAT RIGHT -- STAY YOUNG AND WELL" -- A new book -- BEST SELLER -- Do you believe all you read?

Ten million Americans waste over 500 million dollars a year on quack diets, fake pills, food supplements and false claims of the self-styled "NUTRITION EXPERT" or "MEDICINE MAN". Are you one of them?

### QUESTIONS

Do you know FOOD FACTS or do you believe FALSE CLAIMS?

Test yourself on the following statements. Check T if statement is true and F if false.

### ABOUT MEALS

1. A "perfect" meal can be purchased in liquid or tablet form. T or F
2. It is possible to include too much milk in a meal. T or F
3. Eating acid foods cooked in aluminum vessels is dangerous. T or F
4. Parboil greens to remove poisons from them. T or F
5. It is safe to eat fish and milk together. T or F
6. A food guide should be followed in planning balanced meals. T or F

### ABOUT WEIGHT REDUCTION

1. Adults do not need milk because it is fattening and constipating. T or F
2. Water is fattening. T or F
3. Leaving off meals, especially breakfast, is a good way to lose weight. T or F
4. "REDUCING PILLS" should be taken if one wishes to lose weight. T or F
5. Special "low calorie" bread should be used in a reducing diet. T or F
6. The new "liquid diets" furnish all the food needs for a reducing diet. T or F

### ABOUT FOOD VALUES

1. Gelatin is one of the best foods to strengthen the finger nails. T or F
2. Yoghurt is higher in food value than milk. T or F
3. Foods grown on "worn out soil" are low in nutritive value. Because they have not been grown according to principles of "organic farming" they are "de-vitalized" and "de-mineralized". T or F
4. "Liquified vegetables" or "raw vegetable juices" like carrot juice or celery juice, are higher in food value than the vegetables themselves. T or F



# ABOUT FOOD AND DISEASE

1. Royal jelly helps restore youth to the aging and bring back the joy of life. T or F
2. Blackstrap molasses, yoghurt and wheat germ are good to help cure anemia, rheumatism, "tired blood" and other illnesses. T or F
3. Honey and apple cider vinegar, taken together, are good for digestive disorders, constipation, high blood pressure, heart disease and other disorders. T or F
4. Eat fats and oils to lubricate the joints and help to relieve arthritis, but fruit juices consumed at the same meal prevent the oil from functioning. T or F
5. Cravings for certain foods mean that the body needs these foods. T or F

## ANSWERS

Here are the answers to the questions. How did you score?

## ABOUT MEALS

1. No. Bulk or roughage, so necessary for proper food functioning, does not come in tablet or liquid form. To meet the needs of the body a variety of food is necessary.
2. Even though milk is our "most nearly perfect food" it can be used in such a quantity it will crowd out other important foods. A variety is needed. Some children develop "milk anemia" if milk replaces other foods for a long period of time.
3. There is no scientific evidence that cooking in aluminum is harmful. Many foods naturally contain small amounts of aluminum. The amount absorbed during cooking is so small it is not harmful.
4. When greens are being cooked some of the food value cooks out into the water. Do not change it but use it as soup; it does not contain poisons. Clean greens thoroughly by washing in several waters before cooking.
5. Fish is a meat. There is no more reason why fish and milk cannot be eaten together, if both are fresh, than milk and any other meat.
6. The following four food groups make up the framework for balanced meals. You may use the "FOOD FOR FITNESS", "THE BASIC SEVEN" or similar guide.

MILK GROUP: Some milk daily

Children.....	3 to 4 cups
Teenagers.....	4 or more cups
Adults.....	2 or more cups
Pregnant women.....	4 or more cups
Nursing mothers.....	6 or more cups

Cheese and ice cream can replace part of the milk.

MEAT GROUP: 2 or more servings

Beef, veal, pork, lamb, poultry, fish, eggs, with dry beans and peas and nuts as alternates.

VEGETABLE-FRUIT GROUPS: 4 or more servings, including -  
A dark-green or deep-yellow vegetable important for Vitamin A, at least every other day!  
A citrus fruit or other fruit or vegetable important for Vitamin C daily. Other fruits and vegetables including potatoes.

BREAD-CEREAL GROUP: 4 or more servings  
Bread or cereals - whole grain, enriched, restored.

#### ABOUT WEIGHT REDUCTION

1. It is very difficult for adults to eat adequate amounts of calcium and riboflavin if milk is not included in the diet. Compared with the total food value of milk, it is low in calories. Adults should use 1 pint each day either whole, skimmed or buttermilk. Milk is not constipating to the average person.
2. This is not true. Water does not contain calories and therefore cannot be changed to body fat. The amount of salt one consumes helps to determine the amount of water held in the body tissues. This adds weight, but not fat. Body weight should not be confused with body fat.
3. Meal skipping, especially breakfast, is a poor way to lose weight. It may actually increase the appetite for the next meal, or between meal snacks, with the result an increase in food intake. To lose weight cut down on the number of calories and the quantity of food, but do not skip meals.
4. "REDUCING PILLS" themselves do not cause weight loss or influence the kinds of foods chosen. They only help control the quantity of food eaten. They should not be taken except under close direction of a competent physician.
5. The average slice of white bread is about 1/2 inch thick and contains approximately 60 calories. Most of the so-advertised "low calorie" bread is less than 1/2 inch thick. Naturally it contains fewer calories. Our enriched bread is a good source of iron, B-vitamins and other nutrients. Eat some each day.
6. A lack of roughage and low fluid intake can upset the digestive system. 900 calories is too little for the average person to follow very long. Need to reduce? See your doctor and eat well-balanced meals, cut quantity.

#### ABOUT FOOD VALUES

1. Gelatin is an incomplete protein and therefore is not one of our best sources of protein. It does not contain all the amino acids needed for growth, repair and maintenance of the body. The health of the fingernails depends largely on the general health of the body. It is questionable that gelatin has much influence.
2. Yoghurt is no higher in food value than the milk from which it is made, and costs four times as much.



3. No disease or abnormality in man has been traced to a deficiency in the soil, except in the case of endemic goiter due to too little iodine. Lack of fertilizers reduces the amounts of crops, but not the quality of the foods grown in it.
4. Watch out for someone who only wants to sell a gadget with which to prepare these juices. Raw vegetable juice has no more food value than the vegetable from which it is made. If you cannot chew raw vegetables cook them correctly. You still have a good food.

#### ABOUT FOOD AND DISEASE

1. Royal jelly is the food of the queen bee. There is nothing to prove that it is good for human beings.
2. Although these foods do not contain vitamins and minerals, they are not magic cures for illness. Most blackstrap contains trash from bugs, weeds, the cane and other sources making it unfit for human consumption.
3. Medical science does not show this to be true.
4. Joints are not lubricated by fats and oils. Juices do not change the composition of oils in the body. No special diet has been formed for the treatment of arthritis. Consult your doctor and follow a balanced diet.
5. Cravings for certain foods do not represent the need for them, but do reflect the associations people have for certain foods.

#### REMEMBER

There are MANY MORE FADS and FALSE CLAIMS.  
Don't be fooled by them.

Do not try to doctor yourself with "Health Foods" or Vitamin and Mineral Supplements.

When sick go to the doctor, not a "peddler".

Beware of the house to house "Food Supplement" dealer who attempts to discuss or give advice regarding your health and dietary problems.

To be well fed follow a Basic Pattern for a balanced diet each day.  
Consult with a qualified nutritionist.

FADS -- a fad is a popular pursuit or fashion prevailing for a time. Some food fads attach special virtues to certain foods or combinations of foods, vitamins, minerals, "natural foods", and others. Certain weight reducing pills, appetite depressants, exotic herbs, tonics, and short cuts to health are fads.

FOOD FADDIST -- a person who makes unjustified health claims for foods, food supplements or dietary programs. He may sell a product, write books, or articles for magazines and papers, lecture or teach. Other faddists are those who follow fads themselves.

FADS DIETS ARE ---

Dangerous  
Deceiving  
Exaggerated  
"Cure-Alls"  
Mystery Cures  
Expensive

BASIC FOODS ARE ---

Safe  
Nutritious  
Body Building  
Health Promoting  
Economical

PLAN OF ACTION FOR COMBATING FOOD FADS

To help combat FOOD FADS and FALSE CLAIMS people can:

1. Follow a basic pattern in selecting their own meals or planning for the family.  
Don't abandon the traditional "three square meals a day" for liquid diets, the unusual diets, or pills, etc.
2. Keep informed on facts in nutrition by reading reliable literature.  
(See your Home Demonstration Agent or Health Department for information.)
3. See doctor in case of illness. Follow his instructions if special diet is needed.
4. Discuss dietary needs with a qualified nutritionist, registered dietitian or physician.
5. Sponsor movements to stress the importance of teaching simple facts of nutrition in elementary and high schools.
6. Help local libraries select and display reliable books on nutrition rather than the "best-seller" and faddist book. (See your Home Economics Agent for a list of books to sponsor and those which should be condemned.)
7. Sponsor programs over local TV and radio, at PTA, Woman's Clubs, Men's Civic Clubs, etc., to fight food fads. Show the "Medicine Man" movie -- 30 minutes long, available from the N. C. Medical Society, Box 790, Raleigh, N. C.
8. Set up fair booths and exhibits showing food facts vs. fads.
9. When in doubt about nutrition information contact your Home Economics Agent or get the facts by writing to: (a) Food and Nutrition Department, Extension Division, N. C. State College, (b) the Nutrition Section of your State Health Department, (c) the Food and Nutrition Department of a School of Home Economics, (d) Institute of Home Economics, U. S. Department of Agriculture, Washington 25, D. C., (e) American Dietetic Association, 620 N. Michigan Avenue, Chicago, Illinois, (f) The Bureau of Investigation of the American Medical Association, Chicago 10, Illinois, 535 N. Dearborn Street, (g) The Federal Food and Drug Administration, (h) National Better Business Bureau, (i) The Post Office Department.

10. Tell three or more of your neighbors or friends what you have learned about food fads and false claims.
11. Take back to your local post office any food supplements, special pills, and literature or advertisement of food fads which come through the mail. They need your help to stop this.
12. Stop being suckers for the food faddist, and stop buying what he has to sell. Don't be a faddist yourself.

READ

1. "Are There Poisons in Your Food?" - Frederick H. Stare, M. D., Harvard University - Farm Journal, February, 1961, page 23.
2. "Don't Be Fooled by Fads" - Food - The Yearbook of Agriculture, 1959, page 660.
3. "Food for Fitness - A Daily Food Guide" - leaflet No. 424, U. S. Department of Agriculture. (Reliable information on what to eat and the amounts of each food needed.)
4. "Drink A Meal Diets - Okay or Not?" - Changing Times Magazine, January, 1961, page 45.
5. "Facts and Fallacies about Reducing" - Family Circle Magazine, February, 1961.
6. "Beware the Reducing Doctors" - Family Circle Magazine, February, 1961.
7. "The Facts Behind the Food Score" - Coronet Magazine, May, 1960, page 38.

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FOOD



for



FITNESS



A  
DAILY FOOD  
GUIDE



LEAFLET NO. 424

U. S. DEPARTMENT OF AGRICULTURE

FOOD FOR FITNESS

# A Daily Food Guide



## MILK GROUP

Some milk for everyone

Children . . . . . 3 to 4 cups

Teen-agers . . . . . 4 or more cups

Adults . . . . . 2 or more cups

## MEAT GROUP

2 or more servings

Beef, veal, pork, lamb,  
poultry, fish, eggs

As alternates—  
dry beans, dry peas, nuts

## VEGETABLE FRUIT GROUP

4 or more servings

Include—

A citrus fruit or other fruit or vegetable  
important for vitamin C

A dark-green or deep-yellow vegetable for  
vitamin A—at least every other day

Other vegetables and fruits, including  
potatoes

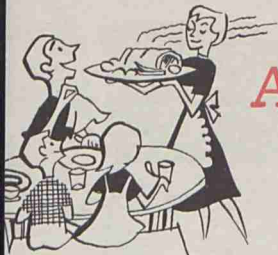
## BREAD CEREAL GROUP

4 or more servings

Whole grain, enriched, or restored

Plus other foods as needed to complete meals  
and to provide additional food energy and other  
food values





# A Daily Food Guide

Each day our food should supply us with many different nutrients—

- Protein for growth and for repair of the body.
- Minerals and vitamins for growth and to keep the body functioning properly.
- Fat and carbohydrate for energy.

Most foods contain more than one nutrient. But no single food contains all the nutrients in the amounts we need. Therefore, choosing foods wisely means selecting kinds that together supply nutrients in the amounts needed.

This Daily Food Guide is one way to choose food wisely. With it, you can get the nutrients needed from a variety of everyday foods.

## HOW TO USE THIS GUIDE

In using this Daily Food Guide you select the main part of your diet from four broad food groups. To this you add other foods as needed to make your meals more appealing and satisfying.

Some pointers to guide you in using this plan:

- Choose at least the minimum number of servings from each of the broad food groups.

Serving sizes may differ—small for young children, extra large (or seconds) for very active adults or teen-agers. Pregnant and nursing women also require more food from these groups.

- Make choices within each group according to suggestions given on the following pages. Foods within each group are similar, but not identical, in food value.

- Choose the additional foods to round out your meals both from foods in the four groups and from foods not listed in these groups. These additional foods should add enough calories to complete your food energy needs for the day. Children need enough food energy to support normal growth; adults need enough to maintain body weight at a level most favorable to health and well-being.
- Try to have some meat, poultry, fish, eggs, or milk at each meal.



## VEGETABLE-FRUIT GROUP

### Foods Included

All vegetables and fruit. This guide emphasizes those that are valuable as sources of vitamin C and vitamin A.

#### Sources of Vitamin C

**Good sources.**—Grapefruit or grapefruit juice; orange or orange juice; cantaloup; guava; mango; papaya; raw strawberries; broccoli; green pepper; sweet red pepper.

**Fair sources.**—Honeydew melon; tangerine or tangerine juice; watermelon; asparagus tips; brussels sprouts; raw cabbage; collards; garden cress; kale; kohlrabi; mustard greens; potatoes and sweetpotatoes cooked in the jacket; spinach; tomatoes or tomato juice; turnip greens.

#### Sources of Vitamin A

Dark-green and deep-yellow vegetables and a few fruits, namely: Apricots; broccoli, cantaloup, carrots, chard, collards, cress, kale, mango, persimmon, pumpkin, spinach, sweetpotatoes, turnip greens and other dark-green leaves, winter squash.

### Contribution to Diet

Fruits and vegetables are valuable chiefly because of the vitamins and minerals they contain. In this plan, this group is counted on to supply nearly all the vitamin C needed and over half of the vitamin A.

Vitamin C is needed for healthy gums and body tissues. Vitamin A is needed for growth, normal vision, and healthy condition of skin and other body surfaces.

### Amounts Recommended

Choose 4 or more servings every day, including:

1 serving of a good source of vitamin C or 2 servings of a fair source.

1 serving, at least every other day, of a good source of vitamin A. If the food chosen for vitamin C is also a good source of vitamin A, the additional serving of a vitamin A food may be omitted.

The remaining 1 to 3 or more servings may be of any vegetable or fruit, including those that are valuable for vitamin C and vitamin A.

Count as 1 serving:  $\frac{1}{2}$  cup of vegetable or fruit; or a portion as ordinarily served, such as 1 medium apple, banana, orange, or potato, or half of a medium grapefruit or cantaloup.



## MILK GROUP

### Foods Included

Milk . . . fluid whole, evaporated, skim, dry, buttermilk.

Cheese . . . cottage; cream; cheddar-type—natural or processed.

Ice cream.

### Contribution to Diet

Milk is our leading source of calcium, which is needed for bones and teeth. It also provides high-quality protein, riboflavin, vitamin A, and many other nutrients.

### Amounts Recommended

Some milk every day for everyone. Recommended amounts are given below in terms of whole fluid milk:

	8-ounce cups
Children . . . . .	3 to 4
Teen-agers . . . . .	4 or more
Adults . . . . .	2 or more
Pregnant women . . . . .	4 or more
Nursing mothers . . . . .	6 or more

Part or all of the milk may be fluid skim milk, buttermilk, evaporated milk, or dry milk.

Cheese and ice cream may replace part of the milk. The amount of either it will take to replace a given amount of milk is figured on the basis of calcium content. Common portions of various kinds of cheese and of ice cream and their milk equivalents in calcium are:

1-inch cube cheddar-type cheese	= $\frac{2}{3}$ cup milk
$\frac{1}{2}$ cup cottage cheese	= $\frac{1}{3}$ cup milk
2 tablespoons cream cheese	= 1 tablespoon milk
$\frac{1}{2}$ cup ice cream	= $\frac{1}{4}$ cup milk

## MEAT GROUP

### Foods Included

Beef; veal; lamb; pork; variety meats, such as liver, heart, kidney.

Poultry and eggs.  
Fish and shellfish.

As alternates—dry beans, dry peas, lentils, nuts, peanuts, peanut butter.

### Contribution to Diet

Foods in this group are valued for their protein, which is needed for growth and repair of body tissues—muscle, organs, blood, skin, and hair. These foods also provide iron, thiamine, riboflavin, and niacin.

### Amounts Recommended

Choose 2 or more servings every day.

Count as a serving: 2 to 3 ounces of lean cooked meat, poultry, or fish—all without bone; 2 eggs; 1 cup cooked dry beans, dry peas, or lentils; 4 tablespoons peanut butter.





## BREAD-CEREAL GROUP

### Foods Included

All breads and cereals that are whole grain, enriched, or restored; *check labels to be sure.*

Specifically, this group includes: Breads; cooked cereals; ready-to-eat cereals; cornmeal; crackers; flour; grits; macaroni and spaghetti; noodles; rice; rolled oats; and quick breads and other baked goods if made with whole-grain or enriched flour.

### Contribution to Diet

Foods in this group furnish worthwhile amounts of protein, iron, several of the B-vitamins, and food energy.

### Amounts Recommended

Choose 4 servings or more daily. Or, if no cereals are chosen, have an extra serving of breads or baked goods, which will make at least 5 servings from this group daily.

Count as 1 serving: 1 slice of bread; 1 ounce ready-to-eat cereal;  $\frac{1}{2}$  to  $\frac{3}{4}$  cup cooked cereal, cornmeal, grits, macaroni, noodles, rice, or spaghetti.

## OTHER FOODS

To round out meals and to satisfy the appetite everyone will use some foods not specified—butter, margarine, other fats, oils, sugars, or unenriched refined grain products. These are often ingredients in baked goods and mixed dishes. Fats, and sugars are also added to foods during preparation or at the table.

These “other” foods supply calories and can add to total nutrients in meals.

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## SKILLET ONE-DISH MEALS

by:

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Every homemaker is interested in quick meals. One dish meals save time in preparation, serving and washing dishes. Some can be prepared in less time than others. Usually those that take longer to cook require less watching, so you can do other things at the same time.

The one dish pattern is simple. First, it should contain a protein-rich food, as meat, fish, poultry, cheese, or eggs. Then, there is usually a starchy food as rice, potatoes or noodles. Added to these is a watery type vegetable as onion, celery, tomatoes or carrots.

A protein food, which is the basis of the true one-dish meal, is necessary for building and keeping strong muscles as well as to assist the body in making germ fighting materials. The starchy food adds bulk and energy at a comparatively low cost. The watery vegetables supply health protecting minerals and vitamins.

### Pork Hawaiian

2 lbs. boneless lean pork  
1 teaspoon ground ginger  
2 teaspoons Kitchen Bouquet  
1/4 cup salad oil  
1 can (No. 2) sliced pineapple

1 can (6 oz.) sliced mushrooms  
1 cup sliced sweet gherkins  
2 teaspoons salt  
2 green peppers  
3 tablespoons cornstarch  
1/4 cup water

Cut pork in 1/2 inch cubes. Sprinkle on the ginger and Kitchen Bouquet and toss until meat is lightly coated. Brown in hot salad oil in a heavy frying pan or electric skillet set at 400° F.

Drain pineapple juice and mushroom broth into a pint cup. Add 1/2 cup vinegar from pickles, salt and enough water to make 2 cups of liquid. Pour this over the pork in skillet. Cover and simmer 10 minutes (set electric skillet at 200° F.) or until pork is tender.

Cut pineapple slices into thirds and pickles in diagonal slices. Increase heat to moderate (300° F.). Add pineapple, pickles and mushrooms.

Add green peppers that have been cut into lengthwise strips. Then add the cornstarch and water that have been blended together. Cook until thickened. Serve hot over cooked rice and garnish with flaked coconut.

### Cheese and Corn Skillet Dinner

2 tablespoons butter  
1 lb. ground beef  
2 tablespoons chopped green pepper  
1/4 cup chopped onion  
2 tablespoon chopped celery

1/3 cup tomato catsup  
2 cups whole kernel corn  
(fresh, canned or frozen)  
1 teaspoon salt  
1 cup shredded cheese

Melt butter in skillet. Add ground beef, green peppers, onion and celery and cook until meat is slightly browned. Add catsup, corn, chopped dill pickle, and salt. Cover and simmer about 10 minutes or until corn is tender. Remove cover, add shredded cheese. Serve hot on toast, rice or whipped potatoes.

( Over )

Potted Short Ribs

3½ lbs. short ribs of beef  
2½ teaspoons salt  
1/4 teaspoon pepper  
Flour  
3 tablespoons shortening or oil

2½ cups water  
1 lb. green beans  
8 small white onions  
1/4 teaspoon crushed red pepper

Sprinkle pieces of beef with salt and pepper, then coat with flour. Melt shortening in skillet and brown meat on all sides. Add water, cover and cook slowly until beef is tender. About 1 hour. Add the beans and onion, which have been washed and prepared for cooking, to the tender cooked beef. Add the red pepper and simmer slowly for 35 to 40 minutes in a covered skillet or 15 minutes in a pressure saucepan at 15 pounds pressure. Serves 4.

Chicken with Red Beans

1 lb. dry kidney beans  
1½ cups bean stock  
4-4½ lbs. chicken  
1 tablespoon salt  
1/4 teaspoon cayenne  
1/4 cup flour  
1/4 lb. butter or margarine  
1 large onion, chopped

1 small green pepper, chopped  
1 can (8 oz.) tomato sauce  
3 teaspoons chili powder  
1 bay leaf  
1/4 teaspoon thyme

Soak kidney beans, cover with water and cook until tender (1½ hours). Drain beans, but save 1½ cups bean stock. Sprinkle the chicken, which has been cut in serving pieces, with salt and cayenne. Coat in flour and brown in the shortening until golden brown all over. Remove chicken from pan. Cook the chopped onions and green pepper in the fat until they are soft but not brown. Stir in the tomato sauce, chili powder, bay leaf, thyme, drained beans, 1½ cups bean stock and 2 cups water. Add chicken, cover tightly and cook over low heat for 45 minutes stirring occasionally. Remove cover and cook 15 minutes. Or cook 20 minutes in a pressure saucepan at 15 pounds pressure using only 1/4 cup of bean stock instead of 1½ cups, and 1 cup of water instead of 2 cups. Serves 6 or 8.

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### FRUIT CAKES

All fruit cakes are mixtures of fruit and nuts bound together with a thick batter. Some have only enough cake batter to hold the fruit together, others have more.

There are three general classes of fruit cakes - a dark, light and white. The dark fruit cakes contain more spices and molasses than light ones. Both have a plain or pound cake base. White fruit cakes have a silver or white cake batter, using only the egg whites and not the yolks. Only fruits and sometimes nuts that are white (such as almonds and Brazil nuts) are used and no spices; red cherries are added to white fruit cakes for contrast in color.

The success of your fruit cake depends on how well you prepare the ingredients and the way you cook it.

#### Points on Preparing Fruit Cakes

Cut fruits for all fruit cakes in small uniform pieces. This will give you a sample of all the different fruits and nuts in even a small piece of cake.

Use  $1/3$  to  $1/2$  of the flour given in the fruit cake recipe to coat and separate (dredge) each piece of fruit and nut. Be sure no extra flour sticks in the wrinkles of raisins and currents.

#### Tips on Cooking Fruit Cakes

There are two general ways of cooking fruit cakes. You may bake them the whole time or use a combination of baking and steaming.

Baked fruit cakes scorch easily because of the large amount of fruit and sugar in them. To prevent scorching, line pans with greased paper and bake cakes at a low temperature (250°-300° F.). A pan of water placed in the oven under the cake during baking gives you a cake with a moist, shiny, uncracked top. Any loaf or round pan may be used, but one with a tube in the center helps you get a more uniform baking throughout the cake. The heat gets to the center of the thick mass of better more quickly. Fill cake pans up to  $3/4$  inch of the top.

Steamed fruit cakes may be cooked in a steamer or pressure cooker. They are more moist and have a closer, heavier texture than a baked fruit cake. Whether cakes are cooked in a steamer or pressure cooker, place over the top of pan three thicknesses of wax paper or a piece of heavy brown paper or aluminum foil. Tie the paper or foil in place so that it will not slip off.

To cook in a steamer: Place cakes on a rack in a steamer or roaster which has been filled to  $3/4$  inch with boiling water. Cover and steam three hours. Remove the cake from the steamer and take off the paper covers. Bake  $1/2$  hour in an oven at 300° F. to dry out the cake.

To cook in a pressure cooker: One or more cakes may be cooked in a pressure cooker or pressure saucepan. Place cakes on a rack, one above the other. Cook for 45 minutes at 10 pounds pressure. Raise pressure to 15 pounds and continue to cook for 30 minutes, making a total cooking time of 1 hour 15 minutes. Reduce pressure gradually to zero. Remove cakes from the cooker, take off the paper covers and bake for 30 minutes at 300° F. to dry out the cake.

(Over)

RECIPES

Dark Fruit Cake

4 cup (1½ lbs.) seedless raisins	5 eggs
2½ cups (¾ lb.) currants	1/2 cup grape jelly or molasses
1/2 cup (1/4 lb.) candied cherries	2½ cups flour
1/2 cup (1/4 lb.) candied orange peel	1½ teaspoons baking powder
2 cups ( 8 oz.) citron	1/4 teaspoon each of salt, nutmeg and allspice
1 slice, candied pineapple	2 teaspoons cinnamon
1/2 cup grape juice or other fruit juice	1½ cups (1/2 lb.) almonds, chopped
1 cup butter or margarine	2 cups (1/2 lb.) pecans, sliced
1½ cups brown sugar	

1. Soak the chopped fruit over night (or several hours) in the grape juice.
2. Cream the butter, add the sugar and cream well together.
3. Add eggs one at a time, beating each in separately.
4. Stir in the jelly or molasses.
5. Sift 1½ cups of the flour with the salt and spices until well blended, then add it to the creamed butter and sugar mixture.
6. Sift the remaining 1 cup flour over the fruit. Add this mixture to the cake batter.
7. Add the chopped nuts and mix thoroughly.
8. Place in one 10 inch tube pan or two 9X5 inch loaf pans, lined with well greased, heavy paper.
9. Bake in a slow oven (275° F.) with a pan of water underneath. Bake three hours for two loaf pans or four hours if all this mixture is put into one tube pan.
10. When cold, wrap in wax paper or aluminum foil and store in a tightly covered tin box two or more weeks before using.

Uncooked Fruit Cake

1/2 lb. vanilla wafers	4 cups shelled pecans
1/2 lb. graham crackers	1 box seedless raisins
1 can sweetened condensed milk	1/2 to 1 cup bottled cherries, drained and chopped fine

1. Crumble fine the vanilla wafers and graham crackers.
2. Mix the crumbs with all other ingredients until thoroughly blended.
3. Pack into a loaf pan lined with oiled paper. Let stand two or three days. (Do not store in refrigerator). This keeps well two to three weeks in a cool place.

(Over)

LIGHT FRUIT CAKE

1 cup butter or margarine  
1 cup sugar  
5 eggs  
2 cups flour  
1½ teaspoons baking powder  
1/4 teaspoon each of salt, cloves,  
nutmeg, and mace  
1 teaspoon cinnamon

1/2 cup fruit juice  
1/4 lb. finely cut citron  
1/4 lb. finely cut orange peel  
1/4 lb. candied cherries, sliced  
1 lb. seedless raisins  
1 lb. currants  
3 cups almonds or pecans, sliced

1. Cream the butter and sugar together.
2. Add one egg at a time and beat each in thoroughly.
3. Sift 1 cup of flour with the salt and spices until well blended, then add to the creamed mixture alternately with the fruit juice.
4. Sprinkle the other cup of flour over the fruits and nuts that have been thoroughly mixed together. Add these to the cake mixture.
5. Pour into two 9X5 inch loaf pans or one 10 inch tube pan lined with heavy paper, well greased.
6. Bake in slow oven (275° F.) for three hours.
7. When cold, wrap in wax paper or aluminum foil and store in a tin box.

White Fruit Cake

1/2 cup (1/4 lb.) butter or margarine  
1 cup sugar  
2 cups flour  
1/4 teaspoon salt  
2 teaspoons baking powder  
1/2 cup milk  
1 teaspoon vanilla or almond extract

1/4 lb. citron finely  
1 slice candied pineapple  
1/4 lb. candied cherries, sliced  
1 cup white raisins  
1½ cups chopped blanched almonds  
5 egg whites

1. Cream together the butter and sugar.
2. Sift together 1 cup flour with the salt and baking powder. Add it alternately with the milk to the creamed mixture.
3. Add the flavoring.
4. Sift the other cup of flour over the fruits and nuts and mix together thoroughly.
5. Fold in the stiffly beaten egg whites.
6. Pour into a well greased tube pan lined with greased paper.
7. Bake in a slow oven (250° - 275° F.) for 2 to 2½ hours.
8. When cold, wrap in wax paper or aluminum foil and store in a tightly covered tin box.

(Over)



Japanese Fruit Cake

1 cup butter	1 teaspoon cloves
2 cups sugar	1 teaspoon nutmeg
6 eggs	1 cup sweet milk
3 cups flour	1 lb. box raisins
4 teaspoons baking powder	1 box or 1 grated fresh cocoanut
2 teaspoons cinnamon	1 cup chopped pecans

1. Cream butter, add sugar and mix thoroughly.
2. Add eggs one at a time. Beat each in thoroughly before adding the next one.
3. Sift together 2 cups of the flour with the baking powder and spices. Add these sifted dry ingredients alternately with the milk.
4. Mix the remaining 1 cup of flour with the raisins, cocoanut and chopped pecans.
5. Bake in four layers in moderate oven (350° F.) for about 30 minutes.
6. Cool layers and put together with filling given below.

Filling for Japanese Fruit Cake

2 cups sugar	2 oranges
4 tablespoons flour	1½ cups boiling water
2 lemons	1 box or 1 grated fresh cocoanut

1. Mix sugar and flour with oranges and lemons which have been cut into small pieces (do not use rinds).
2. Cook together until thick, like honey.
3. Add cocoanut and cook two minutes.
4. Cool and put between cake layers and on top and sides.

This cake improves with age. Sometimes the cocoanut is left out of batter and used only in filling. Also, some Japanese fruit cakes have two layers of above recipe and two plain cake layers, put together with the filling given.

## LET'S ALL MAKE COOKIES!!

To make perfectly shaped, well-flavored cookies takes skill and experience. There are five basic types of cookies. They are:

1. Drop - Thick batters dropped from spoon on well greased baking sheet 1 inch apart.
2. Rolled - Mix, chill and roll. Use fancy cutters. Garnish with raisins, currants, sugar, spice, candied cherries, orange peel.
3. Spread - Thick batter, spread on well greased baking sheet. Cut in squares, or oblongs while hot.
4. Sliced - Ice box cookies. Mix, place on waxed paper, shape into an oblong roll; and roll in waxed paper. Chill, turning frequently during first part of chilling to keep shape. Cut in thin slices and bake on ungreased baking sheet.
5. Pressed - The same batter can be used for pressed and rolled cookies, but a cookie press is required.

### Points to observe in cookie making:

1. Use standard recipes.
2. Follow all directions carefully.
3. Observe proper spacing between cookies.
4. Bake on cookie sheet so they will brown nicely.

### Store:

Crisp cookies need a dry atmosphere. A loosely covered container will keep them crunchy. A closed tin box keeps them crisp. If cookies do become soft, place in a moderate oven for a few minutes to crispen.

### To have success with cookie making avoid these points:

1. When cookies are too thick, you have:  
(1) Added too much flour. (2) Not rolled them thin enough.  
(3) Used too much leavening.
2. Hard cookies are caused by too much flour or overbaking.
3. When cookies are too soft you have added too much liquid. Too much sugar melts and increases the liquid. Too much fat melts and increases the proportion of liquid.

### Cookie dough that crumbles or splits:

1. The fat required for a rich dough makes it very short and likely to split or crumble when rolling.
2. Dough may be too cold.

### Cookies that spread in the pan:

1. Many cookies contain very little moisture, the sugar has not been dissolved and when the sugar melts in the oven, it makes the cookies spread.
2. Greasing the pan too heavily.
3. Too much soda or baking powder.



Cookies that stick to pan:

1. Pan not greased sufficiently.
2. Pan not properly cleaned.
3. Too high a proportion of caramelizing ingredients - milk and/or sugar.
4. Excessive heat in bottom of oven.

DROP COOKIE RECIPES

FRESH APPLE COOKIES

1/2 cup fat	1 egg, unbeaten
1-1/3 cups dark brown sugar, firmly packed	2 cups sifted all-purpose flour
1/2 teaspoon salt	1 teaspoon soda
1 teaspoon cloves	1 cup finely chopped, unpared apples
1 teaspoon cinnamon	1 cup raisins, chopped
1/2 teaspoon nutmeg	1 cup nuts, chopped
	1/4 cup apple juice or milk

Put first 7 ingredients in mixing bowl and beat until smooth. Sift flour with soda; add 1/2 of flour to fat mixture and blend. Stir in fruits, nuts, and apple juice. Add remaining flour and mix well. Take up heaping teaspoonfuls of dough and push off onto greased baking sheet with spatula. Bake in hot oven (400° F.) 11-14 minutes. Remove cookies from baking sheet and while still hot they may be glazed. Yield: 3½ dozen.

MAGIC PARTY COOKIES

3 cups sifted flour	2 eggs
3 teaspoons baking powder	1 teaspoon vanilla extract
3/4 teaspoon salt	1 (15 oz.) can sweetened Condensed milk
3/4 cup butter, melted	

Sift together flour, baking powder and salt into a large bowl. Add remaining ingredients; blend thoroughly. Add only one of the following ingredients:

- 1 (6 oz.) package semi-sweet chocolate pieces
- 1½ cups raisins
- 1½ cups cornflakes
- 1 (4 oz.) package (1½ cups) shredded coconut, toasted
- 1½ cups chopped dates
- 1½ cups chopped nut meats

Mix well. Drop by tablespoonfuls onto well-greased baking sheet. Bake in moderate oven (350° F.) about 8 to 10 minutes or until delicately browned around edges. Remove from baking sheet immediately. Yield: 4 dozen.

ROLL COOKIE RECIPES

SUGAR COOKIES

1/2 cup butter	3½ cups flour
1/2 cup shortening	1 teaspoon baking soda
1 cup sugar	2 teaspoons cream of tartar
3 eggs	1½ teaspoons vanilla extract

(Over)

1. Cream together the butter, shortening and sugar.
2. Add eggs and blend well.
3. Sift together the flour, soda and cream of tartar.
4. Add flour mixture gradually to creamed mixture.
5. Add vanilla and chill dough.
6. Roll on floured pastry cloth to 1/4" thickness. Cut with cookie cutter.
7. Place on ungreased aluminum cookie sheets. Sprinkle with colored sugar. Bake 6-8 minutes at 425° F. Yield: 5 to 7 dozen.

#### SLICED OR REFRIGERATOR COOKIES

1/2 cup fat  
1 cup brown sugar, firmly packed  
1/4 teaspoon salt  
3/4 teaspoon vanilla

1 egg, unbeaten  
1 1/2 cups sifted all-purpose flour  
1/2 teaspoon soda  
1/2 cup walnuts, chopped very fine

Put first 5 ingredients in mixing bowl and beat until smooth. Sift flour with soda; add to fat mixture and mix well. Stir in nuts. Press dough very firmly together into a roll 2" in diameter. Wrap in double thickness of waxed paper, twisting ends rather tightly. Chill in refrigerator for several hours, overnight, or longer. To bake, cut 1/8" slices and place on greased cookie sheets. (Slice only what is to be baked, return remainder to refrigerator for baking as needed). Bake in moderately hot oven. (375°) 8-10 minutes. Yield: 5 dozen.

#### SPREAD OR BAR COOKIES CHOCOLATE CHIP BLONDE BROWNIES

1 cup sifted flour  
1/2 teaspoon baking powder  
1/8 teaspoon soda  
1/2 teaspoon salt  
1/2 cup chopped nut meats

1/3 cup butter or shortening  
1 cup brown sugar, firmly packed  
1 egg, slightly beaten  
1 teaspoon vanilla  
1/2 package semi-sweet chocolate chips

Sift flour, measure, add baking powder, soda, and salt; sift again. Add nuts and mix. Melt shortening in sauce pan; remove from heat. Mix in sugar. (Add 1 tablespoon hot water, if vegetable shortening is used). Cool. Stir in egg and vanilla. Add flour mixture, a small amount at a time, mixing well. Spread in greased 9x9x2 inch pan. Sprinkle chocolate chips over top. Bake in moderate oven (350° F.) 20 to 25 minutes. Cool in pan. Cut into 24 bars.

#### PRESS COOKIES ORANGE OR LEMON CRISPS

1 cup shortening  
1/2 cup granulated sugar  
1/2 cup brown sugar  
1 tablespoon orange or lemon juice  
1 egg

1 teaspoon grated orange or lemon rind  
2 1/2 cups sifted all-purpose flour  
1/2 teaspoon salt  
1/4 teaspoon soda

Cream the shortening. Gradually add sugar and orange or lemon juice. Cream well. Add egg and grated orange or lemon rind. Sift flour, salt and soda. Add to creamed mixture a little at a time. Fill a cookie press. Form cookies on ungreased aluminum cookie sheet. Bake at 375°F. 10-12 minutes. Yield: 7 dozen.

(Over)

QUICK-MIX SPRITZ

2-1/4 cups all-purpose flour  
3/4 cup sugar  
1/4 teaspoon baking powder  
1/2 teaspoon salt

1 cup shortening  
1 egg  
1 teaspoon vanilla extract

Sift flour, sugar, baking powder and salt together in a bowl. With a pastry blender or two knives cut the shortening into the dry ingredients until the mixture is full of fine lumps. It will resemble pie crust or biscuit mix, although not as coarse. Measure the egg in a measuring cup. A large egg will measure 1/4 cup. If it does not, add water to the 1/4 cup line. Add the egg and vanilla extract and beat the mixture very well. Put through cookie press on ungreased aluminum cookie sheets. Bake in 375° F. oven for 10-12 minutes. Remove cookies from sheet at once. Yield: 6 dozen.

PEANUT BUTTER COOKIES

1/2 cup shortening  
1/2 cup sugar (granulated)  
1/2 cup sugar (brown)  
1 egg, beaten  
1 tablespoon hot water

1/2 cup moist peanut butter  
1-1/4 cups sifted all-purpose flour  
1/2 teaspoon soda  
1/4 teaspoon salt

Cream the shortening. Gradually add sugars and cream well. Add the eggs, hot water and peanut butter. Sift flour, soda and salt together. Gradually add dry ingredients to creamed mixture. Fill a cookie press. Form cookies on ungreased aluminum cookie sheets. Bake in oven 375° F. 10-12 minutes. Yield: 4 dozen.