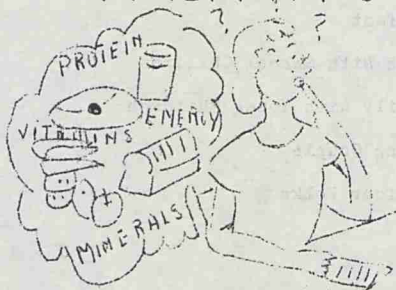


from  
FOODS and NUTRITION  
DEPARTMENT

for  
county

Please keep in office and do not  
remove material from pocket

# WHEN IT'S NUTRITION THAT COUNTS



## KNOWLEDGE HELPS

### Materials available from North Carolina Extension Foods and Nutrition Department:

Better Breakfast USA - Color - 16mm - Sound - 11 min.

Children Grow and Go With Right Food

Color of Health - 16mm - Color - Sound; Diet in  
physical fitness - 11 min.

Eat To Control Your Weight (being revised)

Eat To Keep Young

Eat To Live Better

Energy Foods (1)

Food Facts and False Claims

Food For Fitness (Filmstrip)

Food Selection and Meal Planning

Guideposts to Good Meals

It's Smart To Be Well Fed

Low Calorie Desserts

More Color in Your Meals

Oopsies Way to Reduce (Slides)

Spare the Calories (Calorie Cutting Cooking)

Why Eat Protein Foods

Why Vitamins

- More -

Available from USDA<sup>(2)</sup>:

Conserving the Nutritive Values in Foods

Eat a Good Breakfast

Food For Families With School Children

Food for Fitness

Food for the Family With Young Children

Food for the Young Couple

Food Guide for Older Folks

## MONEY TALKS

Materials available from North Carolina Extension  
Foods and Nutrition Department:

Better Meals for Your Money

Bridging Gap Between Income and Family Food Supply

Choose To Eat Well (Low - Moderate - Liberal Plans)

Community Meals (workshop on planning and serving  
meals for a profit or fun)

Dollar Stretching Milk Dishes

Economical Beef Cuts

Family Food Supply

Focus on Food Dollar (Filmstrip)

Food Buying (The Basic 4 Food Groups)

How Do You Measure Up When Buying Canned Foods

How To Buy Meat (a set of 3 filmstrips)

Meat Diet-Wise, Dollar-Wise (Meat Dollar)

Stretching Food Dollar (Filmstrip)

The Color That Nourishes - Vitamin A - Use and  
Buy Wisely<sup>(1)</sup>Tips on Trips To The Grocery Store<sup>(1)</sup>

Vitamin C - More Nutrition for Your Money

Available from USDA<sup>(2)</sup>:

Family Food Budgeting

Meat for Thrifty Meals

Money Saving Main Dishes

Storing Perishable Foods in the Home

#### TIME COUNTS

Materials available from North Carolina Extension  
Foods and Nutrition Department:

Good Meals for Busy Days (Slides)

Meals From Frozen Foods

Meals In Minutes

Follow-up lessons using same pamphlet:

Hasty Vegetables

Quick Main Dishes

Out of Frying Pan Into Broiler (Broiler Meals)

Oven Meals

Quick and Easy Meals

Quick Tricks With Biscuit Mix

Skillet One-Dish Meals

Wise Tips and Tricks for Easy Meals

#### VARIETY APPEALS

Materials available from North Carolina Extension  
Foods and Nutrition Department:

Add Spice To Meals

Cakes and Frostings

Cookies (Let's All Make Cookies!)

Drink and Eat Milk for Health

Favorite Dishes From Around the World

Fish Is the Dish

Fruit Cakes

Fruits To Top Your Meals

Good Apple Recipes

Good Vegetable Dinners

Green Beans Dressed Up

Ground Beef - Passport To Far-Away Eating (Filmstrip)

How To Make and Use Cottage Cheese

How To Make and Use Good Buttermilk

Ice Cream Desserts

Main Dishes for Family Meals (Slides - Using USDA  
Donated Foods - Useful with any low income group)

Milk Desserts

Milk in Main Dishes

More Ways To Serve Meat

Peachy Dishes

Pies and Pastry

Plain and Fancy Peanut Dishes

Plain and Fancy Yeast Breads

Principles of Food Preparation

Punch Recipes

Raise a Square Meal Around Home

Salad Dressings

Salads

Strawberry Delights

Tarheel Yam Dishes

Vegetable Casseroles

Vegetables Add Variety to Meals

Vitamins A & C - The Salad Way

Available from USDA<sup>(2)</sup>:

Apples In Appealing Ways

Dry Beans and Peas - Modern Cookery

Family Food Stockpile for Survival

Green Vegetables for Good Eating

Potatoes in Popular Ways

Tomatoes on Your Table

SERVICE AIDS SOCIAL RELATIONS

Materials available from North Carolina Extension  
Foods and Nutrition Department:

Afternoon Teas

Buffet Meals

Outdoor Meals

Serving Party Refreshments

Table Modes (Filmstrip on Table Setting)

Table Setting and Service

Table Talks (Filmstrip on Table Manners)

(1) Available after March 1, 1965

(2) Use correct form to order from  
Distribution Section  
Division of Management Operations  
Federal Extension Service  
U. S. Department of Agriculture  
Washington, D. C. 20250

RECOMMENDED DIETARY ALLOWANCES - Revised 1963

### SUGGESTIONS FOR SPECIAL INTEREST MEETINGS

On a county-wide basis to be given by a specialist, agent or other qualified person. Those marked with asterisks would be of special interest to men's groups.

Nutrition Series for Young Homemakers - 6 lessons to be taught by agent and resource people in a county with nutrition specialist serving as consultant:

- Eat To Live Better\*
- Meal Planning Made Easy
- Children Go and Grow With Right Foods
- Food Buying\*
- Principles of Food Preparation
- Food Fads and False Claims\*

There should be a copy of each of these lessons and a teaching outline in every Home Economics Extension Office. One copy of each is in this packet under appropriate heading.

Nutrition Workshops - One to four nutrition workshops to be conducted by nutrition specialist or agent. Each one is a unit in itself or the four may be conducted as a series over a period of one or two years:

- Food For Strong Bodies\* (Why Eat Protein)
- Energy - How We Get and Use It\*
- Why Vitamins\*
- Meal Planning Workshop.

Community Meal Workshop - One day workshop - includes planning, preparing, serving, cost control and pricing of meals for 25 or more people. This is a workshop and not a time to invite special guests. Time involved 10:00 A.M. to 3:00 P.M. with appointment of certain work committees prior to the day of workshop.

Yeast Bread Making Workshop - 1 day workshop by specialist, agent or qualified leader on making plain and fancy yeast breads.

Marketing Baked Products - Two-hour audience participation demonstration of improving standards, judging and packaging baked products for sale.

Cakes For Sale - Method demonstration by specialist or agent illustrating principles of making cakes and common causes for cake failure.

Seafood Cookery - Method demonstration by specialist or agent on cooking and planning meals to include seafoods.

Outdoor Meals - Method demonstration by specialist or agent on planning and serving well-balanced, al fresco, picnic or cook-out meals outdoors.

Teas and Receptions - Method demonstration by specialist or agent on service and improved social relations involved in entertaining large numbers of people at a tea or reception (NOT a food preparation demonstration).

\*Food Through Life - 1-hour illustrated talk on how food affects health, looks and behavior from conception through life.

Nutritional Nonsense\* - 1-hour illustrated talk on food fads.

OTHER MEETINGS: The Foods and Nutrition Department can provide some materials and/or suggestions for, but will not be in a position to conduct special interest meetings on COOKIES, PIES, CAKE DECORATING and other subjects not listed above.

"CHILDREN GROW and GO WITH RIGHT FOOD"  
by  
Rachel H. Ferguson, Extension Nutritionist

TO PARENTS WITH YOUNG CHILDREN

YOUR CHILD ---

From Infancy Through Life ---

Should have nutritious food --- but ---

- Food likes and dislikes vary --- if he does not like spinach, feed another leafy green.
- Appetites vary with different children --- some eat heartily, others more slowly and smaller amounts. Don't make an issue, all children are not "cut" by the same pattern.
- Nutritional needs remain the same --- proteins, vitamins, minerals and calories are always needed, but amounts vary with the child.
- Amounts needed change with age --- a two or three year older may need less food than when one year old, but requires an increase as he reaches school age.
- Growth factors effect needs --- rapid growth takes place in infancy, rate slows down at two or three years, then increases again.
- Preparation methods vary with age --- as child grows older, less bland foods, more raw ones and foods "from the table" may be used.

CHILDREN LIKE ---

- Simple foods --- instead of rich, elaborate sauces or a mixture of food.
- Color in foods --- like bright colored fruits, vegetables and desserts.
- Mild flavored foods --- leave off spices, herbs, pepper; limit fat, salt and sugar.
- Foods easy to eat --- cut in bite size pieces, chopped or mashed to be easy to handle and to chew.
- Finger Foods --- Meat cut in bite size pieces, small pieces or strips of fruits and vegetables, wedges of toast.
- Small servings - second helpings --- the sight of large servings often takes the appetite, allow second helpings when needed.
- A surprise in food --- like a piece of fruit in the bottom of a custard cup.
- New foods, one at a time --- the taste for new flavors has to be developed.
- The feel of food in the mouth --- crisp, raw vegetables, chewy foods, or jelly-like texture.



APPETITES ARE AFFECTED BY ---

- Anxiety
- Excitement
- Unhappiness
- Fatigue -- too tired to eat
- Poor adjustment to environment
- Health factors, certain diseases
- Irregularity in eating habits
- Irregularity in sleeping habits
- Child's activities, age, size
- Growth rate of child, fast growth extra food
- Attitude of adults in the family

CHILD'S MEALS --- FAMILY MEALS

The child-family meals will be influenced by the age and growth needs of the child, the activities and food needs of the adults, family customs, income, climate and the season of the year. For good health, all members of the family need to eat each day: proteins, minerals, vitamins, and carbohydrates. No single food furnishes all these nutrients. Thus, meals should include:

- Milk, cheese, lean meat, eggs, fish, poultry
- Fruits and vegetables, include vitamins A & C foods
- Whole-grain and enriched cereal and bread
- Children need Vitamin D through milk with Vitamin D added or through vitamin supplements

FOR CHILD AND FAMILY:

- Serve three well-balanced meals each day
- Serve meals on time, regular intervals
- Include in snacks (for those who need food between meals) foods from those listed as daily food needs. (Go slow on sweets, soft drinks and similar foods which may take the place of more nutritious foods and spoil the appetite for meals.)

PREPARE FOODS TO BE:

- Tempting
- Nutritious
- Fun to eat --

Here's How

Cereals -- cooked in milk instead of water.

Milk -- to drink plain or milk drinks or in desserts, not too sweet, mild flavor, like: custards, puddings, junket, ice cream or in creamed dishes or soups.

Eggs -- cooked in shell, poached or soft scrambled; served in custards or milk drinks.

Meats -- prepared broiled or roasted; in stews or meat loaf; mild flavor, tender and moist. Cut in bite size pieces for children to eat with fingers. (Cook without fat or highly seasoned.)

Vegetables -- colorful, mild flavor, cooked until tender, not mushy, served in pieces as finger foods. Some raw as children are old enough to eat them. Cook for short time in small amount of water in pan with tight lid.

Fruit -- ripe, colorful, mild flavored. Some raw, some cooked, bite size pieces, with tough peelings and tissues removed. Tart and sweet pieces mixed. Dried fruit prepared without sugar or with only very small amounts. The fruit from pie but go easy on the crust.

Temperatures -- not too hot or too cold.

Textures -- not too tough, too thick or too runny. At the same meal serve some foods soft and others crisp and crunchy.

Flavor -- not too sweet or too sour, nor too salty or greasy.

Limit sweet, rich desserts, like pies and cakes, use instead fruits and custards. Combine sweet and tart flavor in the same meal. To teach individual flavors serve plain food, not mixtures.

READ:

For more detailed discussion of this subject, read authentic booklets which have been written for your age child and to meet your situation, like:

1. Children's Bureau Publications: "Infant Care", "Your Child One to Six", "Your Child Six to Twelve" -- (contact local Health Department for these and others).
2. Booklets on child feeding problems from the Metropolitan and John Hancock Life Insurance Companies.
3. U. S. Department of Agriculture - "Food for the Family with Young Children" - (contact your Home Economics Agent).
4. Spock, Dr. Benjamin, "Baby Care and Feeding" - (may be purchased in regular book form or in paper back).
5. U. S. Department of Agriculture - "Food -- The Year-book of Agriculture - 1959" - Chapters, "Infants and Toddlers" by Genevieve Stearns and "Between Infancy and Adolescence" by Miriam E. Lowenberg - (contact your Home Economics Agent).

## 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 <sup>old</sup> 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

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 vitamins. 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,  
padding 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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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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# EAT TO LIVE BETTER

by

S. Virginia Wilson, Extension Nutritionist

Look in the mirror. What you see there is a mass of skin, muscles and hair made up of millions of cells. Underneath is a frame work of bones, also made up of tiny cells. This body reflected in the mirror was built into its present form from food. First the food your mother ate before you were born, then the food you have eaten since birth was used to build these cells. Even now this building process is going on because every minute cell wears out and must be replaced. The kind and amount of food you eat determines whether you are building strong cells of good quality material or weak ones that will not hold up under strain.

Scientists say that about 60 different substances called nutrients must be supplied by foods - large amounts of some, only traces of others. Fortunately most of them are widely distributed in foods. You are practically sure of getting enough if you follow the U.S.D.A. recommended daily food guide - "Food for Fitness".

The nutrients you need to place special emphasis on when planning diets are: Protein, carbohydrates, fats, and certain minerals and vitamins.

Here at a glance you can see the essential nutrients, why you need each, and what foods provide them.

## Why Needed

### PROTEIN

1. Builds and repairs muscles, blood and all other tissues in the body.
2. Form an important part of Enzymes, hormones and body fluids upon which life itself depends.

## Good Sources

Animal (or complete) proteins perform all of these functions in the body: They include lean meat, milk, poultry, eggs, fish and sea foods.

Vegetable (or incomplete) proteins can act as "helpers": These include dried beans and peas, breads and cereals, nuts and peanut butter.

Possible results of inadequate amount: Tire easily, delayed healing of wounds, complicated pregnancy, retarded growth and nutritional anemia.

-----

## Why Needed

### CALCIUM

1. Build and repair bones and teeth.
2. Help blood to clot.
3. Help nerves, muscles and heart to function right.
4. Help tired muscles to relax.

## Good Sources

Milk - fresh, dried or canned; buttermilk or skim milk; ice cream or cheese; leafy green vegetables.

Possible results of inadequate amount: Abnormal formation of bones and teeth, poor digestion and muscular control.

-----

## Why Needed

### IRON

1. Help to build good red blood. Combines with protein to make hemoglobin cells. These cells act as boats to carry oxygen to muscles, lungs and brain.

## Good Sources

Lean meat, liver, kidneys, heart, egg yolks, oysters, dried fruit, whole grain or enriched breads and cereals.

Possible results of inadequate amount: Low hemoglobin or nutritional anemia; tire easily and think slowly; poor appetite.

-----

Why Needed

Good Sources

VITAMIN A

1. Help eyes to adjust more quickly to a change in light.
2. Helps keep skin smooth.
3. Helps keep lining of mouth, nose, throat and digestive tract smooth and healthy to resist infection.
4. Promotes growth.

Liver, whole milk, cream or butter, egg yolk, carrots, sweet potatoes, collards, turnip greens and other dark, leafy greens.

Possible results of inadequate amounts: Rough, dry skin, easily blinded by a quick change of light, lowered resistance to respiratory infection, retarded growth.

-----

Why Needed

Good Sources

VITAMIN D

1. Helps body use calcium and phosphorus to build strong bones and teeth, especially in growing children.
2. Especially important during pregnancy and lactation.

Fish, liver, oils; foods fortified with Vitamin D as milk. Direct sunlight produces Vitamin D from oil in skin.

Possible results of inadequate amount: Rickets, soft bones, causing bowed legs and other malformation of bones.

-----

Why Needed

Good Sources

THIAMINE

(B<sub>1</sub>)

1. Promote good appetite and digestion.
2. Keeps nerves in healthy condition.
3. Helps body to use carbohydrates to release energy.
4. Helps overcome fatigue.

Pork, lean meat and organ meat; peanuts and peanut butter; whole grain and enriched cereals and breads.

Possible result of inadequate amount: Irritable, depressed, listless, poor appetite, constipation, poor digestion and assimilation of food.

-----

Why Needed

Good Sources

RIBOFLAVIN

(B<sub>2</sub>)

1. Helps cells to use oxygen to release energy.
2. Helps keep vision clear.
3. Helps keep skin smooth.

Milk, liver, kidney, heart, lean meats, eggs, whole grain and enriched breads and cereals and green leafy vegetables.

Possible result of inadequate amount: Sore, red tongue, cracks at corner of mouth and around nose, sensitive to light and headaches, eyestrain with itching and burning.

-----

Why Needed

Good Sources

ASCORBIC ACID

(C)

1. To help hold body cells together and strengthen walls of blood vessels.
2. Helps in healing wounds.
3. To help resist infection.

Broccoli, cantaloupes, collards, grapefruit, green peppers, lettuce, oranges, raw cabbage, strawberries, tomatoes, turnip greens.

Possible result of inadequate amount: Easy bruising, bleeding of gums, weakened walls of blood vessels, slow healing of wounds, structural changes in bones, teeth and gums. Serious lack - scurvy.

-----

Why Needed

Good Sources

CARBOHYDRATES

1. To supply food energy.
2. To help body use other nutrients.
3. Spares protein from use as energy food.

Starches: Breads, cereals, corn, grits, rice, spaghetti, macaroni and noodles.

Sugars: Honey, molasses, sugar and other sweets.

Possible results of inadequate amount: Underweight; protein used for energy, leaving little for growth and repair; fatigue, listlessness. Results of too much: Might cause overweight.

-----

Why Needed

Good Sources

FATS

1. To supply food energy in compact form. (Weight for weight supplies twice as much energy as carbohydrates.)
2. Absorption of Vitamin A and D.
3. To supply essential fatty acids.
4. To supply flavor and satisfaction.

Saturated fats: Fats from milk and dairy products, beef, veal and lamb. Unsaturated fats: Salad oils. Equal amounts of saturated and unsaturated fats: Pork, margarine and shortenings.

Possible results of inadequate amounts: Underweight, vitamin deficiency, body uses protein for energy, fatigue and restlessness. Too much may cause overweight and other hazards in the body.

-----

Why Needed

Good Sources

WATER

(Not a food but is essential for life.)

Water

1. Important part of all cells and fluids in body.
2. Transmits nutrients to cells.
3. Carries off waste.
4. Aids in digestion and absorption of food.

Beverages

Many fruits and vegetables

Most foods contain some water.

Possible results of inadequate amount: Dry skin, weakness, lassitude, dry mouth, severe dehydration of body, loss of body weight, mental confusion.

-----

NUTRIENTS TRANSLATED INTO DAILY FOOD GUIDES

Nutritionists have designed daily food guides consisting of groups of food that will supply safe amounts of all the nutrients you need. The Basic Seven Food Groups was used for many years. Essentially the same foods have been regrouped into four basic food groups - sometimes called "Foods for Fitness". In the four groups fruits and vegetables were put into one group instead of three. Fats were omitted because cooked foods, plus the milk and meat groups supply adequate amounts.

The Food for Fitness four food groups are: The milk group, meat group, fruit and vegetable group and the bread and cereal group. Eaten daily in recommended amounts, these food groups will provide the following essential nutrients for the average adult:

MILK GROUP

Recommended Amounts:

Children - 3-4 cups  
Teen-agers - 4 cups  
Adults - 2 cups  
Pregnant women - 4 cups  
Nursing mothers - 6 cups

For Average Adult  
Provides Daily Needs:  
Calcium - 64%  
Riboflavin - 42%  
Protein - 24%  
Small amounts of other required  
vitamins and food values.

MEAT GROUP

Recommended Amounts:

Two or more servings of lean  
meat, poultry, fish or eggs.  
Occasionally: Dry beans and  
peas or nuts.

Protein - 40%  
Iron - 40%  
Thiamine - 32%  
Riboflavin - 26%  
Small amounts of other minerals,  
vitamins and food values.

FRUIT AND VEGETABLE GROUP

Recommended Amounts:

4 or more servings of 1/2 cup each  
including:  
1 dark green or deep yellow in color.  
1 vitamin C rich food.

Vitamin C - 100%  
Vitamin A value - 61%  
Iron - 25%  
Thiamine - 23%  
Small amount of other food values.

BREAD AND CEREAL GROUP

Recommended Amounts:

Enriched or whole grain - 4 servings  
daily.  
(A serving is 1 piece of bread,  
1/2 cup of cooked cereal or  
1 cup prepared cereal.)

Protein - 23%  
Energy - 24%  
Thiamine (B) - 32%  
Riboflavin (B<sub>2</sub>) - 18%  
Iron - 28%  
Small amounts of other food values.

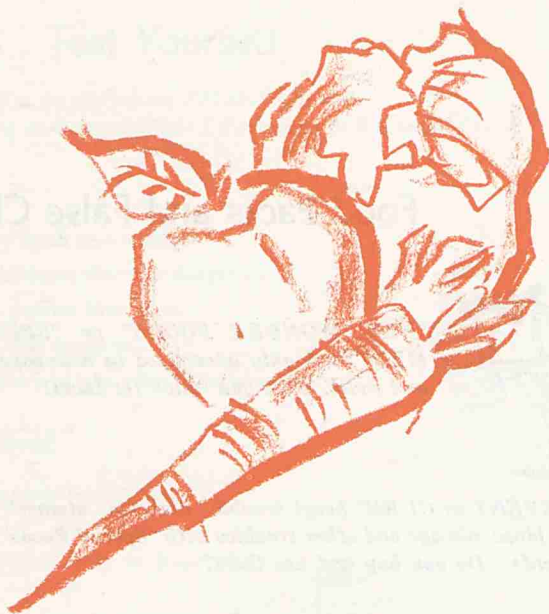
There are other foods that do not fall into either of these groups, such as sweets, butter and other fats. You can eat some of these or additional servings of the four food groups to satisfy your appetite and meet calorie requirements.

The recommended amounts of foods in the four food groups will supply the average adult with all of the protein, minerals and vitamins needed, but only about 1200 calories. Most young mothers will need around 2500 calories, young husbands 3000 or more and young children, less according to age.

Eat right to look, feel and act your best.  
FOOD DOES MAKE A DIFFERENCE - IT HELPS TO:  
Build a sound healthy body.  
Keep it in good working order.  
Resist diseases and get well more quickly.  
Keep mentally and physically alert.  
Keep younger looking and acting.  
Develop steady nerves that stand up under strain.  
Enjoy life.



# Food Facts



and

# False Claims

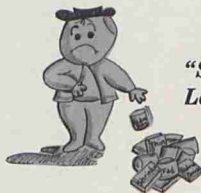


## Food Facts and False Claims



**"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?

# Test Yourself

Do you know **FOOD FACTS** or do you believe **FALSE CLAIMS**?

Test yourself on the following statements. Circle *T* if statement is true and *F* if false.

## About Meals

- |   |   |   |
|---|---|---|
| 1. It is possible to include too much milk in the diet.         | T | F |
| 2. Eating foods cooked in aluminum vessels is dangerous.        | T | F |
| 3. Parboil greens to remove poisons from them.                  | T | F |
| 4. It is safe to eat fish and milk together.                    | T | F |
| 5. To be well fed, it is necessary to take vitamin supplements. | T | F |

## About Weight Control

- |   |   |   |
|---|---|---|
| 1. Adults do not need milk because it is fattening.                   | T | F |
| 2. Water is fattening.  | T | F |
| 3. Skipping breakfast, is a good way to lose weight.                  | T | F |
| 4. "Reducing Pills" are not necessary to successful weight control.   | T | F |
| 5. Special "low calorie" bread should be used in a reducing diet.     | T | F |
| 6. The "liquid diets" furnish all the food needs for a reducing diet. | T | F |
| 7. Calories do not count in trying to lose weight.                    | T | F |



## About Food Values

- |  |   |   |
|--|---|---|
| 1. Processing of foods removes most of the nutritional values.   | T | F |
| 2. Yoghurt is higher in food value than milk.  | T | 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 "devitalized" and "de-mineralized." | T | F |
| 4. "Liquified vegetables" or "raw vegetable juices" like carrot juice or celery juice are higher in food value than the vegetables themselves.   | T | F |

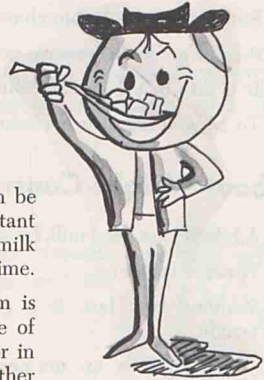
## About Food And Diseases

- |  |   |   |
|--|---|---|
| 1. Most diseases are due to improper diet.   | T | F |
| 2. Blackstrap molasses, yoghurt, wheat germ and sea water are good to help cure anemia, rheumatism, "tired blood" and other illnesses. | T | F |

- |   |   |   |
|---|---|---|
| 3. Honey and apple cider vinegar, taken together, are good for digestive disorders, constipation, high blood pressure, heart disease and other disorders. | T | 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 | F |
| 5. Cravings for certain foods mean that the body needs these foods.   | T | F |

## Answers

Here are the answers to the test. How did you score?



### About Meals

- Even though milk is our "most nearly perfect food" it can be used in such a quantity that 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.
- There is no scientific evidence that cooking in aluminum is harmful. The American Cancer Society reports, "The use of aluminum cooking utensils does not contaminate food, nor in any way contribute to the development of cancer or any other disease".
- Steam greens or cook in small amount of water. Do not parboil. If any water is left use it as soup. It contains good food value but not poisons. Wash greens thoroughly before cooking.
- 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.
- To be well fed you should eat 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 for Vitamin A, at least every other day.

Each day eat a citrus fruit, tomatoes, raw cabbage or other fruits or vegetables rich in vitamin C. Include additional fruits and vegetables in your daily diet.

BREAD CEREAL GROUP: 4 or more servings

Bread or cereals—whole grain, enriched, restored.

## About Weight Control



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 butter-milk.
2. This is not true. Water does not contain calories and therefore cannot be changed to body fat. The amount of salt one consumes, or certain physical conditions help 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 eaten.
4. Reducing pills themselves do not cause weight loss or influence the kinds of foods chose. 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  $\frac{1}{2}$  inch thick and contains approximately 60 calories. Most of the *so-advertised* "low calorie" bread is less than  $\frac{1}{2}$  inch thick. Naturally it contains fewer calories. 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. Nine hundred 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.
7. Calories do count. When a person eats more calories than his body needs, the excess is stored in the form of fat. Each gram of protein and carbohydrate yields 4 calories, each gram of fat yields 9 calories. Count your calories. Do you eat more than you need?

## About Food Values

1. The facts show that most modern processing preserves and sometimes restores the original food value, as in enriched flour and cereals.
2. Yoghurt is no higher in food value than the milk from which it is made, and cost 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 goiter due to too little iodine. It is the yield of crops per acre that is generally influenced by the kind and extent of fertilizer used and not the nutritive value of the food.
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. Faddists use this statement in trying to influence others to use food supplements. Usually these supplements are not needed and can often be harmful. Consult your doctor.
2. Although these foods do contain some 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 to cure 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 fads and false claims.

Don't be fooled by them.

Do not try to doctor yourself with "Health Foods" or vitamin and mineral supplements.

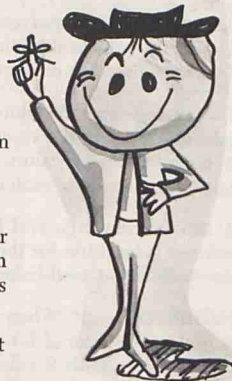
When sick, go to the doctor, not a "peddler".

Beware of the house to house "Food Supplement" dealer who attempts to discuss or give advice regarding your health and dietary problems. Much misinformation concerning food is given through high powered advertising.

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

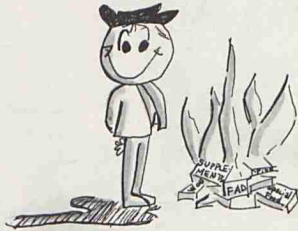
## BASIC FOODS ARE—

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 reliable 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 your 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, Youth meetings to fight food fads. Show the “Medicine Man” movie—30 minutes long, on loan from the N. C. Medical Society, Box 790, Raleigh, N. C. Cooperate with Medical and Dental Societies, Dietetic Associations, Health Department and others.
8. Set up fair booths and exhibits showing food facts vs. fads. For additional information, contact your Home Economics Agent or write to: Foods and Nutrition Department, Extension Service, N. C. State College; the Nutrition Section of N. C. State Health Dept; the Food and Nutrition Department of a School of Home Economics; Institute of Home Economics, U. S. Department of Agriculture, Washington 25, D. C.; American Dietetic Association, 620 N. Michigan Avenue, Chicago, Ill.; The Bureau of Investigation of the American Medical Association, 535 N. Dearborn St., Chicago 10, Illinois; N. C. Dental Society, 504 Peace St., Ed. Div. Chrysler Bldg., N. Y. 17, N. Y.; the Federal Food and Drug Administration; National Better Business Bureau; the Post Office Department.
9. Tell three or more of your neighbors or friends what you have learned about food fads and false claims.

10. 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.
11. Stop being suckers for the food faddists and stop buying what he has to sell. Don't be a faddist yourself.

## Read

"Don't Be Fooled by Fads"—Food—The Yearbook of Agriculture, 1959, page 660.

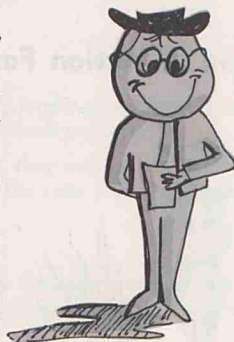
"Food for Fitness—A Daily Food Guide"—leaflet No. 424, U. S. Dept. of Agriculture. (Reliable information on what to eat and the amounts of each food needed.)

"Are There Poisons in Your Food?"—Frederick H. Stare, N. D., Harvard University—Farm Journal, February, 1961, page 23.

"Let Em Eat Hay"—Reprint from Today's Health magazine, Sept. 1958. Available from American Medical Society.

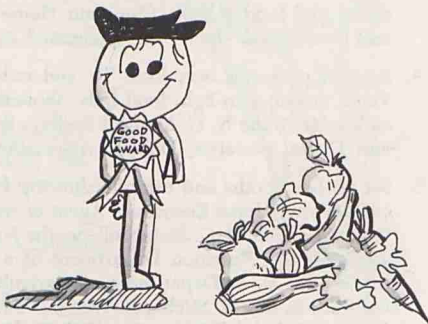
"Let's Talk About Food"—Dr. Phillip L. White—Today's Health magazine, April 1962. (A review of the book "Calories Don't Count.")

"The Nuts Among the Berries" by Ronald M. Deutsch. Available in paper back.



## Film

"The Medicine Man"—30 minute movie, on loan from North Carolina Medical Society, Box 790, Raleigh, N. C.



Prepared by

Rachel H. Ferguson  
Extension Nutritionist

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December, 1962

Misc. Pamphlet 211



FOOD SELECTION AND MEAL PLANNING  
by  
Jo E. Gilmore, Extension Nutritionist

HOW TO 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 needed foods for best of health. It takes 3 good meals each day - one or two won't do the job. Do you usually eat snacks between meals? Plan them at the same time.
2. Plan meals for 3 days to a week in advance. The wise homemaker does this to help save 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 important it is to spend time on careful planning and preparation of meals. Time spent in 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. Teen-agers 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.

\*From a lesson "Guideposts To Good Meals" by S. Virginia Wilson, Extension Nutritionist.

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 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 - 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.

#### Study These Meal Patterns

Use the Daily Food Guide to help you choose foods needed everyday.

These patterns will help you, too.

Breakfast - Get one-fourth to one-third of your day's food needs in breakfast after that 12 to 14 hour fast.

Breakfast might include:

- . Fruit or vegetable juice (preferably citrus) fresh, frozen or canned - a half cup of orange or grapefruit juice, a cup of tomato juice, cantaloupe or strawberries help supply Vitamin C.
- . Protein rich food (lean meat, eggs or cheese, etc.) helps you think and act quicker all day. An egg helps to supply some of the iron needed.
- . Whole grain, enriched or restored cereal and/or bread (1/2 to 1 cup or 1 piece of bread is a serving), toast, waffles, pancakes, muffins, etc., with butter.
- . Milk or cocoa - Coffee or tea in addition for adults if they wish.

<u>Score Your Breakfast</u>	<u>Points</u>	<u>Your Score</u>
Citrus fruit, juice	2	
Any other fruit, juice	1	
Milk, tall glass	2	
Cocoa, chocolate, 1 cup	1	
Egg and/or other protein food	2	
Bread or potato	2	
Cereal and milk	4	

An excellent breakfast score would probably be 7 or 8. How are you doing?

SUGGESTED MENU

(The number after the food gives the group the food is found in)

Breakfast

- Tomato Juice (III)
- Scrambled Eggs (II)      Bacon
- Toast (IV)                  Butter
- Cocoa (I)

Lunch or Supper:

Use a variety of foods - get another third of your day's food needs to carry you through the day.

This meal can vary greatly, depending upon where you eat. Some combinations might include soup and sandwich, sandwich and salad.

- . Soup - Pack it very hot into the thermos for a lunch box. Include one made with milk and/or vegetables.
- . Sandwich - Use whole grain or enriched bread. Use substantial fillings like meat, poultry, fish, cheese, eggs or peanut butter.
- . Something crisp - raw vegetables, carrot sticks, green pepper wedges and leaf lettuce add variety.
- . Dessert - Pack fruit and cookies in the lunch box - serve fancier desserts at home, if desired.
- . Beverage - Milk

SUGGESTED MENU

Lunch or Supper

- Vegetable Soup (III)
- Cheese Sandwich (IV & I)
- Apple Pie (III)
- Milk (I)

Dinner:

This is usually the largest meal of the day. It makes up for things lacking during the day.

Dinner might include:

- . Protein food - large serving from the meal group: Meat, fish, poultry, eggs or cheese.
- . If you use dried beans or peas, include some meat, cheese or similar animal protein with them. Serve liver once a week.
- . Potatoes or other starchy vegetables - rice, corn macaroni, green peas or lima beans.
- . Vegetables - serve a green or yellow vegetable every other day. Some raw vegetables or fruit will add a crisp texture to the meal (raw, as salad or dessert).
- . Bread - whole grain or enriched.
- . Milk - 1 tall glass for children - adults can have tea or coffee.
- . Dessert - Fruit makes a good one.

SUGGESTED MENU

Dinner

Hamburger Steak (II)  
Baked Potato (III)      Green Beans (III)  
Rolls (IV)      Butter  
Peach Shortcake (III)  
Milk (I) for children

Snacks:

Serve them any time, any place. Include them as a part of the day's food supply to supplement the foods eaten at other meals. Include milk, cheeses, ice cream, sandwiches, cookies, fruit and fruit juice. Never waste money on snacks which have little food value except calories.

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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	Strawberries	Orange Juice	Fried Apples	Prunes	Grapefruit	Tomato Juice
Toast	Cornflakes with	Toast	Biscuits	Scrambled Eggs	*Corn Puff Pan	Poached Egg
Poached Egg	milk	Soft Cooked Egg	Sausage	Toast	Cakes With	Toast
Bacon	Cheese Toast	in Shell			Syrup	Honey
	Jelly				Bacon	

**Lunch or Supper**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Tomato Rarebit	*Potato-Cottage	Chicken Sandwich	*Quick Veg. Soup	Roastbeef Hash	Creamed Eggs	Fish Short Cake
Fruit Salad	Cheese Casserole	*Congealed	Sweet Potato	on Rice	Greenbeans	Pineapple Salad
Toast	Tomato Salad	Cranberry Salad	Custard	Apple-Carrot	Toast	Cornbread
	Rolls		Milk	Salad	Cookies	
	Prune whip with					
	Custard Sauce					

**Dinner**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celery & Olives	Roast Beef	Ham	Tomato Juice	*Ham-Sweet	Broiled Fish	Steak
Baked Chicken	Greenbeans	Turnip Greens	Liver & Onions	Potato	*Herb Tomatoes	Baked Potato
Dressing	Oven-baked	Baked Sweet	Mashed Potatoes	Croquettes	Steamed	Tossed Salad
Asparagus	Potatoes	Potato	Baked Squash	Spinach	Cabbage	Rolls
*Onion Puff	Carrot sticks	Chow Chow	Rolls	Celery Sticks	Carrot Sticks	*Chocolate
Peach Pickle	Biscuits	Biscuits	*Macaroon	Biscuits	Hush Puppies	Crunch
Rolls	Fruit Cup	*Lemon-ring	Peach Dessert	Baked Apple	Lemon Chiffon	pudding
Ice Cream		Applesauce			Pie	

\* 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  
8 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)

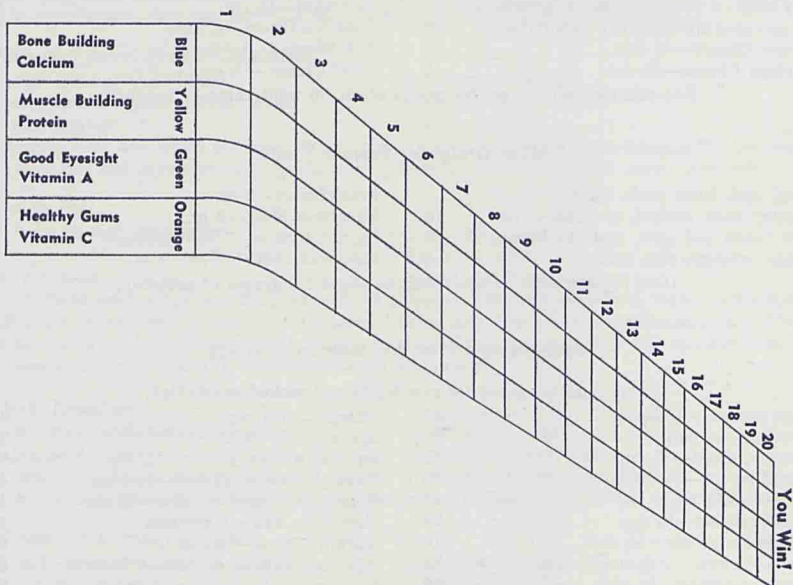
Grapefruit— $\frac{1}{2}$ medium size	30	Brussel Sprouts— $\frac{1}{2}$ cup	12
Grapefruit Juice— $\frac{1}{2}$ cup	17	Cabbage, raw, shredded— $\frac{1}{2}$ cup	10
Orange—1 medium	31	Greens: mustard, turnip, collards, garden cress, kale— $\frac{1}{2}$ cup	10
Orange Juice— $\frac{1}{2}$ cup	19	Spinach— $\frac{1}{2}$ 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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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	Foods in This Group	Good Health Reasons for Eating These Foods
<p>VEGETABLE-FRUIT GROUP</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 including potatoes

Apples, bananas, berries, beets, butterbeans, cauliflower, celery, cherries, corn, figs, grapes, green beans and peas, lima beans, okra, onions, white potatoes, peaches, pears, pineapple, 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 everyone

- Children - 3 to 4 Cups
- Teen-agers - 4 or more
- Adults - 2 or more
- Pregnant women - 4 or more
- Nursing mothers - 6 or more

Milk - fluid whole, evaporated, 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 = 2/3 cup milk

1/2 cup cottage cheese = 1/3 cup milk

2 tablespoons cream cheese = 1 tablespoon milk

1/2 cup ice cream or ice milk = 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, it is almost impossible to meet the body's needs without getting 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 substances 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.

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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.

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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.

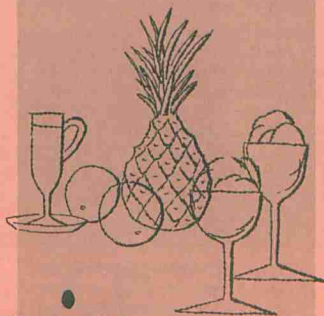
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# Low Calorie Desserts



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

394 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. Mix the egg yolk, sugar, salt, lemon rind and juice.
2. Into a 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. Then fold in the stiffly beaten egg whites.
4. Pour into a quart freezing tray. 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  
**S. Virginia Wilson**

**Extension Nutritionist**

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July, 1961

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A photograph of a meal featuring a bottle of dressing and two bowls of salad. The bottle is in the upper left, and the bowls are in the upper right and lower center. The text is overlaid on the image.

**MORE COLOR  
IN  
YOUR  
MEALS**

# Get More *Color* In Meals

WITH

## Green and Yellow Vegetables and Fruits

S. VIRGINIA WILSON and RITA DUBOIS, *Extension Nutritionists*

*Appetite Appeal*—Are you affected by color? Of course you are. Then why not use it to create appetite appeal in your meals? To know what to eat and how to plan meals is important. It is just as important to give your meals eye or appetite appeal so the family will eat and enjoy them. Getting the food inside the body is what counts.

*What is a Good Meal?*—We no longer speak of a balanced meal, but of a balanced day's ration. That means having every day at least one serving of a food from each of the Basic Seven groups. Then you will be sure of your meals having the right kind of food needed for the best of health. A single meal to score as good must have appetite appeal with variety in flavor, color, texture, and food value.

*Color in Meals*—One of the best ways to add color to a meal is through the use of green and yellow vegetables and fruits. Not all vegetables and fruits have the same food value. That is why it is important for you to eat every day at least one serving of: (1) a green or yellow vegetable, (2) a citrus fruit, tomato, or raw leafy green vegetable, (3) a potato, (4) and any other two vegetables or fruits you would like.

*Food Value and Color*—There is a definite connection between the color of some foods and their value in the body. Vegetables and fruits that are deep yellow or green in color have more vitamin A value in the body than pale or colorless ones. Green leaf lettuce, yellow squash, corn, or peaches will furnish your body with more vitamin A than the bleached or white varieties.

*Why Eat Vitamin A Foods?*—When the body's vitamin A supply runs low it shows up in stunted growth . . . intestinal disorders . . . poor appetite . . . lack of pep . . . dry skin . . . and eyes slow to fit themselves to a quick change in light.

For the best of health eat a green or yellow vegetable every day. Take an extra helping when they are plentiful. An oversupply of vitamin A can be stored in the liver for future use. Green leafy vegetables not only have high vitamin A value but they furnish blood building iron. Whole milk, cream, butter, egg yolks, and liver are also good sources of vitamin A.

*One Day's Supply*—Your body can get a one day's supply of vitamin A from these vegetables and fruits: 1 raw carrot or  $\frac{1}{4}$  cup cooked,  $\frac{1}{3}$  cup of collards,  $\frac{1}{3}$  cup turnip greens,  $\frac{1}{3}$  cup spinach,  $\frac{3}{4}$  cup broccoli,  $\frac{1}{2}$  cup Hubbard (winter) squash,  $3\frac{1}{2}$  cups yellow summer squash,  $\frac{1}{2}$  small, deep-yellow, sweet potato,  $6\frac{1}{2}$  cups yellow corn, 2 cups tomato juice or 4 small tomatoes, 4 cups snapbeans,  $3\frac{1}{2}$  cups green (garden) peas, 3 large yellow peaches, 12 dried prunes, 5 cups watermelon cubes or balls,  $2\frac{1}{2}$  apricots,  $2\frac{1}{2}$  average-size cantaloupes.

*Place in a Meal*—Use green or yellow vegetables in chowders, soups, stews, pot roasts, or casseroles as a main dish. . . . Serve as a vegetable. . . . Eat raw as a relish or appetizer. . . . Use in salads. . . . Fruits make good appetizers, salads, and desserts.

*Rules for Serving Vegetables*—To save color, flavor, texture, and food value of vegetables:

- Peel thin or not at all . . . prepare just before you cook or eat them.
- Wash quickly . . . do not let them soak in water.
- Start green vegetables cooking in boiling, salted water . . . just enough to keep them from sticking to the pan.
- Cook quickly. . . . Cover green vegetables to speed cooking. . . . Pressure saucepans shorten time even more.
- Cook only until tender. . . . Overcooking spoils flavor, color, texture, and food value. . . . It also causes vegetable dislikes and that uncomfortable feeling when being digested.
- Add no soda . . . too much makes green vegetables soft, slimy, and unnaturally green. . . . It also tends to destroy vitamin C.
- Save every drop of liquid from cooked or canned vegetables . . . use it in vegetable cocktails, soups, gravies, and sauces.

## RECIPES

**MAIN DISHES**—With these main dishes, serve enriched corn-meal muffins, cole slaw or tossed salad, gingerbread or a fruit dessert. You will have a mineral and vitamin-rich meal.

### *One-Dish Dinner*

1/2 cup sliced onion	1 cup diced carrots
1/2 pound ground beef	1 cup tomatoes
2 tablespoons fat	1/2 teaspoon salt
2 tablespoons chopped green pepper	2 cups cooked mashed potatoes
2 cups cut snapbeans	Melted butter

Cook onion and green pepper in fat until soft (about five minutes). Add ground beef and continue to cook until beef loses its red color. Add the snapbeans, carrots, tomatoes (fresh or canned), salt and pepper. Cook for 20 minutes.\* Pour into a casserole, top with fluffy mashed potatoes. Brush lightly with melted butter. Place in oven until well heated and potatoes are lightly browned.

### *Meat and Vegetable Stew*

1 1/2 pounds lean beef, pork, or lamb	1/4 teaspoons pepper
4 tablespoons flour	2 tablespoons fat
1 1/2 teaspoons salt	2 cups cooked tomatoes
	2 cups uncooked string beans

Cut beef, pork, lamb, or veal in two-inch pieces. Roll meat in flour. Melt fat in frying pan, add meat, and cook until brown. Put meat in a stew kettle. Add the tomatoes, salt, and pepper. Allow to simmer for 1 1/2 hours. Add string beans and continue to cook for one hour.

Try one of these herbs (not all three) in your next stew to give it an extra special flavor: 1 bay leaf, 1/4 teaspoon of basil, or 1/4 teaspoon of thyme.

\* If cooked or canned vegetables are used, cook only ten minutes.



## VEGETABLE DISHES

*Boiled Vegetables Cooked with Meat*

This is the Southern method of cooking such vegetables as collards, turnip greens, snapbeans, and many other vegetables. Cover a piece of salt or smoked pork (about  $\frac{1}{4}$  pound) with hot or cold water. Boil until enough seasoning and flavor have cooked out. If meat is partly sliced, the cooking time is shortened. Add the prepared vegetables and cook until tender. This gives the meat flavor to vegetables and no over cooking. Don't throw away the pot "likker." Drink it or use in soups.

*Cooking Frozen Vegetables*

Drop vegetables while still frozen into a small amount of boiling, salted water. (About  $\frac{1}{4}$  to  $\frac{1}{2}$  cup for a pint package.) Cover tightly and bring to a boil quickly. Cook just long enough to make tender, as little time as two or three minutes for some. Blanching and the freezing process vegetables go through tenderizes them and shortens the cooking time.

*Greens Ring*

1 quart cooked greens

1 quart canned or cooked  
mixed vegetables

Drain hot greens and pack firmly into a ring mold. Turn out on a serving dish. Fill the center with hot, mixed vegetables that have been drained. Garnish with wedges of tomatoes and slices of lemons.

*Carrot Timbales* $\frac{1}{2}$  cup dry bread crumbs

1 teaspoon salt

 $\frac{1}{2}$  cup milk $\frac{1}{8}$  teaspoon pepper

2 tablespoons fat

2 well beaten eggs

 $\frac{1}{2}$  teaspoon sugar $1\frac{1}{2}$  cups grated carrots

Cook bread crumbs and milk until thick; add fat, sugar, salt, and pepper. Add carrots and then the eggs. Mix well. Pour in greased custard cups or molds. Bake in a moderate oven (325 degrees F.) 45 minutes or until firm. Serve in cups or unmold on platter. Top with hot mayonnaise.

*Squash au Gratin*

6 small yellow squash	$\frac{1}{2}$ cup liquid from cooked squash
2 tablespoons butter	
2 tablespoons flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup milk	Paprika
$\frac{1}{2}$ cup grated cheese	

Cut up squash and cook in small amount of boiling, salted water until tender. Drain squash, but save the liquid. Melt the butter, add flour, and gradually the milk and  $\frac{1}{2}$  cup of liquid from the squash. Keep stirring and let cook until the sauce is thick as heavy cream. Add the salt and cheese. Mix sauce and squash. Pour into a buttered baking dish. Top with buttered crumbs and bake until brown.

*Sweet Potato and Nut Patties*

Mash 4 boiled or baked sweet potatoes. Add  $\frac{1}{2}$  cup chopped pecans. Shape into round flat patties. Roll in finely ground pecans. Place on greased baking pan and dot with butter. Bake in hot oven until nuts are toasted a light brown.

## SALADS

*Vegetable Salad Combinations*

In each case, mix ingredients, add salad dressing, and serve on lettuce.

1. 2 cups grated raw carrots, 1 cup chopped raw spinach or turnip greens, 1 cup shredded cabbage, 1 tablespoon grated onion.
2. 2 cups grated raw carrots, 1 cup diced apples, 1 cup shredded cabbage.
3. 2 cups grated raw carrots, 1 cup diced apples,  $\frac{1}{2}$  cup raisins.
4. 2 cups grated raw carrots, 1 cup chopped peanuts, 1 tablespoon grated onion,  $\frac{1}{2}$  teaspoon salt.
5. 1 cup cooked diced carrots, 1 cup cooked green peas, 1 cup celery.
6. 3 cups cooked green beans, 1 chopped onion, 2 canned pimientos, cut in strips, or  $\frac{1}{2}$  cup sliced radish.

*French Dressing*

$\frac{1}{2}$ teaspoon salt	2 tablespoons vinegar
$\frac{1}{2}$ teaspoon paprika or pepper	4 tablespoons oil

Mix in order given and shake or beat well just before serving.

*Mock Mayonnaise*

$\frac{1}{4}$ cup flour	1 tablespoon salt
1 cup water	3 tablespoons vinegar or lemon juice
1 cup oil	
1 egg	

Cook flour and water until *very* thick. Remove from heat. Add other ingredients. Beat with egg beater until smooth and thick.

DESSERTS—Yellow peaches are high in vitamin A value. They are used the year round probably by more North Carolina farm families than any other fruit.

Ways to serve peaches—Fresh, canned, or frozen:

1. Peaches with cream—plain or whipped.
2. Peaches with boiled custard.
3. Peaches topped with vanilla ice cream.
4. One-half peach on a slice of plain cake topped with whipped cream.

*Peach Surprise*

2 cups stale cake crumbs	1 cup whipped cream
2 cups peaches	$\frac{1}{3}$ cup chopped pecans
2 cups boiled custard	

In a buttered baking dish put a layer of bite-size pieces of any left-over plain or sponge cake. Then add a layer of sliced, canned, frozen, or fresh peaches (if fresh peaches are used, sweeten them slightly). Add enough soft boiled custard to moisten and cover the cake and peaches. Repeat the layers of cake, peaches, and custard. Allow to stand over night or at least an hour before serving. Top with whipped cream and nuts just before serving. Meringue may be used in place of the whipped cream. Brown meringue and serve peach surprise slightly warm.

*Peach Crisp*

4 cups sliced peaches	1 teaspoon cinnamon
$\frac{1}{3}$ cup butter	$\frac{1}{4}$ cup water
1 cup sugar	$\frac{3}{4}$ cup flour

Butter a baking dish, put in sliced peaches and pour over them water and cinnamon. Work together sugar, flour, and butter until crumbly; spread this over the peach mixture and bake slowly, *uncovered*, until peaches are tender. Serve while warm with whipped cream.

*Peach Milk Sherbet*

4 cups whole milk	$1\frac{1}{2}$ cups peach pulp
$1\frac{1}{2}$ cups sugar	1 tablespoon lemon juice
$\frac{1}{4}$ cup water	$\frac{1}{8}$ teaspoon salt

Make a syrup by heating sugar and water together, then cool. Mix all ingredients and freeze. Stir several times during the freezing. If a hand freezer is used, freeze the sweetened milk to a mush before adding the peaches. This will keep fruit from settling at the bottom.

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N. C. State College of Agriculture and Engineering of the University of North Carolina  
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**N. C. AGRICULTURAL EXTENSION SERVICE**

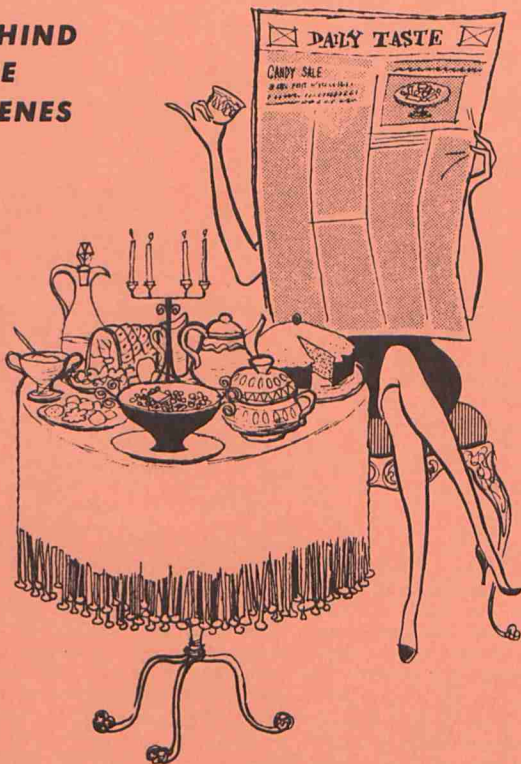
D. S. WEAVER, Director

State College Station, Raleigh, N. C.

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# Spare the Calories

**BEHIND  
THE  
SCENES**



# Spare the Calories

## BEHIND THE SCENES

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.





## 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 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

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

### Higher calorie choice

### 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  
Angel food and sponge cakes  
Lady fingers, ginger snaps

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 salad oil

1 tablespoon water

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 - 1/2 cup per serving.*

### SPICED OR HERBED TOMATO CUP

1 can (10½ ounces)  
condensed tomato soup

1 soup can water  
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<br>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     | 1 teaspoon ground ginger           |
| 3 tablespoons vinegar      | 2 tablespoons soy sauce            |
| ½ teaspoon tabasco         |                                    |

1. Blend unsulphured molasses and mustard.
2. Add remaining ingredients; mix well.

*Yield - ¾ 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

½ cup salad oil (corn)	Celery salt, as desired
½ cup tarragon or wine vinegar	Salt to taste
	Pepper to taste
½ teaspoon dry mustard	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
1¼ 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 ¼ cup add 1 tablespoon catsup.
2. *Gourmet* — to ¼ cup add ½ teaspoon horse-radish,  
½ teaspoon Worcestershire sauce.
3. *Thousand Island* — to ¼ cup add 2 tablespoons Chili sauce,  
2 tablespoons chopped green pepper,  
½ 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  $1\frac{1}{2}$ -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*

## references for recipes...

*Stay Slim For Life* by I. J. Kain and M. B. Gibson  
Doubleday & Company, Inc., New York (1958)

Oven French Fries  
Golden Brown Chicken  
Dieter's French Dressing  
Low Calorie Cooked Salad Dressing  
Low Calorie Cheese Cake

*Wonderful Ways With Soups*  
Campbell Soup Company, Camden 1, New Jersey (1958)  
Spiced or Herbed Tomato Cup

*Molasses Notes*, Vol. 2, Bulletin No. 32  
American Molasses Company, 120 Wall Street,  
New York 5, New York  
Beef Kabobs

*Practical Cookery and The Etiquette and Service Of The Table*,  
Department of Foods and Nutrition,  
Kansas State College of Agriculture and Applied Science  
John Wiley & Sons, Inc., New York (1956)  
Meringue Kisses

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5/15/64

WHY EAT PROTEIN FOODS\* (Revised)

by

S. Virginia Wilson, Extension Nutritionist

A. Why Your Body Needs Protein:

1. Your body must get the protein it needs from food. You cannot get it from pills and concentrates as you can vitamins.
2. Your body can make its own sugar and fat from other foods. It can, however, make protein only from protein foods. If you do not eat protein, the life processes are slowed up.
3. How does your body use protein?
  - a. To make muscle, heart, liver and other tissues of the body which are growing or being repaired.
  - b. It is an important part of blood and other body fluids, hormones, and enzymes upon which life itself depends.
  - c. To regulate the carrying of water between the tissues, blood stream and excretory organs.
  - d. To circulate in the blood stream to furnish proteins to the various organs.
  - e. Helps fight off diseases.
  - f. Helps protect the vital organs of the body from poisonous products which attack it.
  - g. It supplies food energy when you eat too little carbohydrates and fats.

B. What Happens When You Don't Eat Enough Protein:

1. Anemia is found frequently in persons who eat too little protein over a long period of time.
2. In a child it causes small muscles and bones that can't work at their best.
3. Poor, weak muscles cause one to use more effort in doing a job, tire more easily, and takes longer to get rested after becoming tired.
4. These children usually develop poor posture because of weak muscles. They may become deformed if it is allowed to go too far.
5. It may lessen the gain in height. This is considered the reason for smallness in stature of some races.
6. You contract diseases more quickly because protein forms an important part of the germ-fighting substances found in the body.

C. Food Sources of Protein:

Protein foods are made up of amino acids, some times referred to as "building blocks". The kind and amounts of amino acids a food contains determine its nutritive value. Proteins from animal source can supply all of the amino acids the body needs. Proteins from fruits, vegetables and nuts have one or more of the necessary amino acids missing.

1. Complete proteins: Meat, milk, cheese, poultry, eggs, fish.
2. Incomplete proteins: Grains, nuts, dried beans and peas.

D. How Much Protein Do You Need Daily?

1. Milk furnishes enough body-building protein the first few months of a child's life. After that, milk is not enough.
2. One to ten years old: 1 quart of milk, 1 egg, and 1 serving of lean meat, fish or poultry, 3 slices of bread or 2 slices and 1 serving of cereal.
3. Ten to twenty years old: 1 quart of milk, and increased size servings of eggs, lean meat, fish, poultry, dried beans and peas, breads and cereals.
4. Adults: The same or slightly reduced amounts.

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\*Source of information FOOD - Yearbook of Agriculture, 1959.

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.

COST OF PROTEIN PER SERVING OF SELECTED MEATS AND ALTERNATES

<u>Item</u>	<u>Purchase Price</u> Cents	<u>Cost of Serving</u> Cents	<u>Size of Serving</u>	<u>Protein Percent</u>	<u>Iron</u>
Ham	70/pound	28	3 ounces	29	21
Beef Rib					
roast	75/pound	25	3 ounces	29	22
Pork chops	75/pound	25	3 ounces	29	22
Beef chuck					
roast	55/pound	18	3 ounces	32	22
Halibut	60/pound	18	3 ounces	33	6
Beef Liver	60/pound	15	3 ounces	30	55
Eggs, large	60/dozen	10	2 eggs	19	22
Bacon	60/pound	5	2 strips	6	4
Peanut					
butter	55/pound	4	2 tbsp.	12	5
Dry Beans	20/pound	2	3/4 cup cooked	16	30

COST AND NUTRIENT CONTRIBUTION OF MILK AND SELECTED MILK PRODUCTS

<u>Item</u>	<u>Purchase Price</u>	<u>Cost of Serving</u>	<u>Size of Serving</u>	<u>Protein</u>	<u>Cal- cium</u>	<u>Ribo- flavin</u>
Milk, whole fluid	25/quart	6	1 cup	12	36	25
Milk, skim	20/quart	5	1 cup	13	38	26
Buttermilk	20/quart	5	1 cup	12	36	25
Evaporated milk	15/14½-ounces	4	1 cup	13	38	27
Nonfat dry milk	45/pound	2	1 cup	13	40	28
Ice cream	55/quart	7	1/2 cup	4	10	7
Cottage Cheese	20/pound	7	1/2 cup	32	14	20
Cream Cheese	80/pound	5	2 tbsps.	4	2	4
Swiss Cheese	85/pound	5	1 ounce	11	33	6
Cheddar-type cheese	65/pound	4	1 ounce	10	26	7

From: "Food ... The Yearbook of Agriculture - 1959", U. S. Department of Agriculture, Washington 25, D. C., pages 568 & 570.

# WHY VITAMINS ?

S. Virginia Wilson, Extension Nutritionist

Vitamins are important for life itself. They are necessary for reproduction, growth, digestion and many of the other life-giving processes.

About 20 of the vitamins discovered up to now have been proven to be essential for human beings. Others have been found to be necessary for fish, insects or certain animals but not for people.

Fortunately, vitamins are widely distributed among foods. Follow the U.S.D.A. recommended daily food guide "Food for Fitness" in selecting the foods you eat. You can be almost certain, then, that you will get all of the vitamins as well as other food values you need for best of health.

In spite of all the advertising you hear and read, it is not too difficult to get the vitamins you need from food. What's more, it costs less and certainly will taste better. Also, it is less dangerous. Overdoses of some vitamins are known to be harmful. Vitamin pills or other food supplements should be taken only on your doctor's advice.

Nutritional diseases such as beriberi and scurvy are not often found in the United States. Borderline cases of chronic irritability, nervousness or vague complaints are far too common. Food does make a difference in the way you look, feel and act.

The following vitamins are hard to get in adequate amounts because they are not as widely distributed among foods as others. Select carefully your meals to include them. Then, you may be practically sure of getting all of the other vitamins you need. Also, these are the ones that North Carolinians most often fail to get in recommended amounts.



VITAMIN A

Why Needed

1. Help eyes to adjust more quickly to a change in light.
2. Helps keep skin smooth.
3. Helps keep lining of mouth, nose, throat and digestive tract smooth and healthy to resist infection.
4. Promotes growth.

Good Sources

Liver, whole milk, cream or butter, egg yolk, carrots, sweet potatoes, collards, turnip greens and other dark, leafy greens.

Possible results of inadequate amounts: Rough, dry skin, easily blinded by a quick change of light, lowered resistance to respiratory infection, retarded growth.

VITAMIN D

Why Needed

1. Helps body use calcium and phosphorus to build strong bones and teeth, especially in growing children.
2. Especially important during pregnancy and lactation.

Good Sources

Fish, liver, oils; foods fortified with Vitamin D as milk. Direct sunlight produces Vitamin D from oil in skin.

Possible results of inadequate amount: Rickets, soft bones, causing bowed legs and other malformation of bones.

THIAMINE

(B<sub>1</sub>)

1. Promote good appetite and digestion.
2. Keeps nerves in healthy condition.
3. Helps body to use carbohydrates to release energy.
4. Helps overcome fatigue.

Good Sources

Pork, lean meat and organ meat; peanuts and peanut butter; whole grain and enriched cereals and breads.

Possible result of inadequate amount: Irritable, depressed, listless, poor appetite, constipation, poor digestion and assimilation of food.

RIBOFLAVIN

(B<sub>2</sub>)

1. Helps cells to use oxygen to release energy.
2. Helps keep vision clear.
3. Helps keep skin smooth.

Good Sources

Milk, liver, kidney, heart, lean meats, eggs, whole grain and enriched breads and cereals and green leafy vegetables.

Possible result of inadequate amount: Sore, red tongue, cracks at corner of mouth and around nose, sensitive to light and headaches, eyestrain with itching and burning.

ASCORBIC ACID

(C)

Why Needed

1. To help hold body cells together and strengthen walls of blood vessels.
2. Helps in healing wounds.
3. To help resist infection.

Good Sources

Broccoli, cantaloupes, collards, grapefruit, green peppers, oranges, raw cabbage, strawberries, tomatoes, turnip greens.

Possible result of inadequate amount: Easy bruising, bleeding of gums, weakened walls of blood vessels, slow healing of wounds, structural changes in bones, teeth and gums. Serious lack - scurvy.

# B E T T E R   M E A L S   F O R   Y O U R   M O N E Y

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 Food Groups. 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 FOOD GROUPS

### FRUIT and VEGETABLE GROUP - 5 servings:

1 or more servings of one that is DEEP YELLOW or DARK GREEN

1 or more servings of VITAMIN C FOODS (tomatoes, raw cabbage, citrus fruits, fresh, frozen or canned strawberries)

### OTHERS

1 or more servings of POTATOES, OTHER FRUITS and VEGETABLES not in above groups

### MILK GROUP

1 qt. (Children)  
1 pt. (Adults)

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 usually 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.

Raw cabbage, fresh tomatoes in season or canned tomatoes may be cheaper per serving 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. Cantaloupes and fresh or frozen strawberries are also a good source of Vitamin C.

Potatoes are often cheaper than other vegetables. They may be used once or twice a day -- sweet or white potatoes. Deep yellow sweet potatoes are a good source of Vitamins A and C. 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 cost ones.

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.

MEAT GROUP

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 to 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 (kidneys, tongue, heart, beef, pork or lamb liver) usually costs less per serving than other meats and are very high in food value.

Fish. Buy fresh, canned or frozen fish -- they are often 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. Dried beans and peas may be served two or three times a week as a main dish. Be sure to include milk or eggs in some form at the same meal.

BREAD and CEREAL  
GROUP

Some each day of  
ENRICHED OR  
WHOLE GRAIN

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. Bread will keep longer if wrapped well and stored in the refrigerator or freezer.

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. Check to see if they are made from enriched flour to insure the same food value.

OTHER FOODS

As needed for  
calories and  
appetite

Margarine costs less per pound than some other table fats. It can be used in cooking or as a spread for bread. Margarine varies in cost per pound, but has the same food value.

Save fat drippings and trimmings from poultry and meat to use in cooking and seasoning.

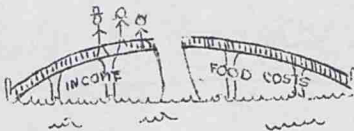
*Bridge the Gap Between Income + Cost of Food*  
~~COUNTY AGRICULTURAL WORKERS COUNCIL~~

*To be developed for use  
with various audiences*

MEETING-

Food remains the largest single item in the family budget. The average American spends 19% of his disposable income for food alone; however, as income decreases the percentage of the budget going for food increases.

Purpose of Meeting - To discuss ways of working with all families in the county (directly or indirectly) on how to bridge the gap between income and cost of food. The final decision on how this can be done lies with the family. There are, however, alternatives we may suggest to them.

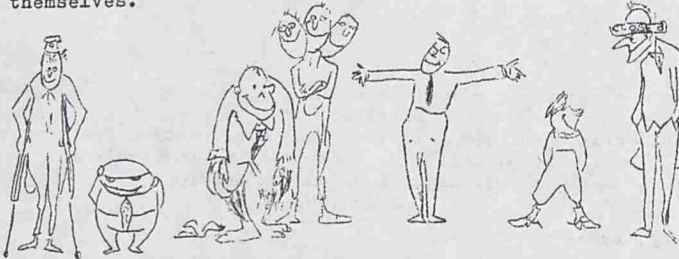


Increased income  ???

Home produced and conserved food supply  ???

Buy Food Wisely  ???

Who Attends? - This group represent us - agricultural workers dedicated to the job of helping people help themselves.



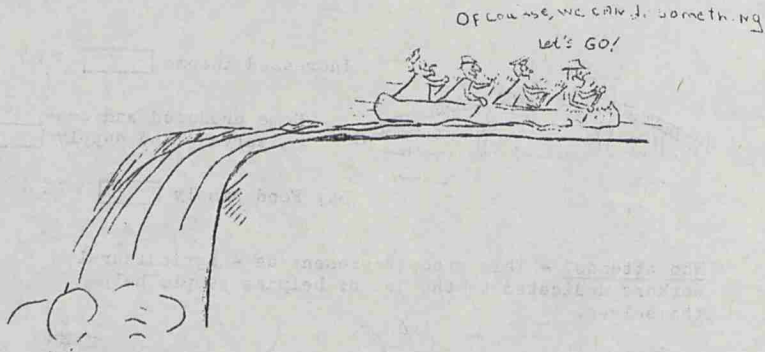
Lets analyze this group. Some of us will use crutches trying to convince ourselves that the job is too big - or someone else will do that - or maybe what good would my efforts be? There is the frog type, who changes his direction of effort with the immediate stimulus or jumps from job to job getting little accomplished.

The gentleman who usually "lives in the tree" has just come down with an idea -----you name the others - and which one do you represent?

(see back)

Where Do We Go From Here?

Raising income is only part of the solution. We need to help families see the importance of wise management of time, energy, and resources including money and decision making. A home food supply, when practical, should be encouraged - and how to buy food wisely is needed by every family. Lets get in the boat and row in the same direction.



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Prepared by:  
Iola Pritchard, Specialist in Food Conservation and Marketing  
N. C. State, University of North Carolina  
Agricultural Extension Service  
Raleigh, N. C.

January, 1964

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 1-3/4 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
Tunafish, in oil, solid or chunk packed, 7-ounce can.	3 ounces	2 per can

## Dried:

Chipped beef	3/4 cup creamed	10 per pound.
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VEGETABLES and FRUITS:<sup>2</sup>

Fresh:	Size of serving	Servings <sup>2</sup> 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
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
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

- 
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.

THE NORTH CAROLINA AGRICULTURAL EXTENSION SERVICE

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## NORTH CAROLINA AGRICULTURAL EXTENSION SERVICE

N.E. State College of Agric. & Eng.  
U.S. Dept. of Agric. Cooperating

S. Virginia Wilson, Extension Nutritionist  
Jewell G. Fessenden, Extension Nutritionist

### HOME MEALS FOR A CROWD

Do you ever have to feed a crowd in your home? Most homemakers do. It may be a family clan gathering, 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 be harmed 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.

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 not more than one-half 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. On the other hand, recipes for 25, 50, or 100 can be successfully doubled or divided as many times as necessary.

CAUTION: Keep cooked foods hot or cold until they are served. When 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)  
Sliced beets      Cabbage & Apple Salad  
Biscuits            Butter  
Fudge Pudding with whipped cream  
Coffee or Iced Tea

Chicken Salad  
Potato Chips      Sliced Tomatoes  
Pickles, Radish roses, carrot sticks  
Pimento Cheese Sandwiches  
Strawberry Short Cake  
Iced Tea

Brunswick or Chicken Stew  
Green Peas      Rolls  
Mixed Vegetable Salad  
Sweet Potato or Pumpkin Pie  
Coffee or Iced Tea

Baked Ham  
Candied Sweet Potatoes      Turnip Greens  
Rolls      Butter  
Fruit Cobbler  
Coffee or Iced Tea

Roast Chicken or Turkey  
Dressing      Cranberry Sauce  
Corn Pudding      Green Beans  
Apple and Carrot Salad  
Rolls      Butter  
Mincemeat Pie  
Coffee

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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	7 lbs.
	1 lb. gives ¾ cups sliced raw or 2 cups cooked	
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



MEATS

EQUIVALENT WEIGHTS & MEASURES

TO SERVE 25

Beef, uncooked ground	1 lb. equals 2 cups	Meat cakes - 6 lbs.
Cooked ground	1 lb. equals 3 cups	Meat loaf - 5 lbs.
Diced cooked	1 lb. equals 4 cups	lbs.
Round Steak		For country fried 7-8
Chicken for frying	1 chicken serves 4 or 5	5 chickens - 1½-2 lbs.
		dressed
Roasting		3 or 4 hens 5 lbs.
		dressed
For salad or creamed chicken	2 or 3 hens	5 lbs. dressed
Fish, fresh		10-15 lbs. dressed
Salmon, canned for salad or croquettes		4 one-lb. cans
Pork Chops	3 to 4 per lb.	7-8 lbs.
Bacon	15 to 20 strips per lb.	2½ to 3 lbs.
Ham - fresh or smoked		10 - 12 lbs.
Roast--veal, lamb or beef for roasting		8-10 lbs.
Sausage - cakes		4 - 5 lbs.
links	8 or 9 links per lb.	3 - 6 lbs.
Weiners	8 to 14 per lb.	4 - 5 lbs.

MISCELLANEOUS

Bread, sliced	16 slices per lb. loaf	3 to 5 loaves
	26 slices per pullman loaf	2 to 4 loaves
rolls	3 per person	4-1/2 dozen
Beverages-milk, fruit		
drink tea or coffee	1 glass or cup per person	1-1/2 gallons
Coffee	1 lb. equals 4½-5 cups	1/2 lb. coffee 4½ qts. water
Cream for coffee		1 quart
for whipping		1 to 1½ quarts
Cornmeal	1 lb. equals 3 cups	
Cheese	1 lb. chopped equals 3 cups	1½ lbs. for Welsh
		rabbit or sandwiches
Crackers	1 lb. equals 100-120 crackers	1-1/2 lbs.
Grits		1/2 lb. package
Ice Cream	1 qt. brick cuts 6-8 slices	7 - 9 qts.
	1 gal. bulk - 25-30 servings	1 gal. (2/3 cup ea.)
Potato Chips	1 lb. -- quarts	1 lb.
Rice	1 lb. -- 2-1/8 cups uncooked	1-1/2 to 2 lbs.
Salad Dressing		1-2 cups for mixing
		with salad
Tea	1 lb. measures 6 cups	For iced tea - 1/2 cup
		tea
		5 qts. water
Sandwich filling		1 to 2 quarts

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Eng. & U. S. Dept. of Agric. Coop.

S. Virginia Wilson  
Extension Nutritionist

RECIPES FOR 25

Meat Pie

6 lb. beef cut in cubes	2 lb. (8 or 9) carrots cut in 1 inch thick slices
1-1/4 cups flour	3 lbs. (9-12) potatoes quartered
4 tablespoons fat or meat drippings	4 tablespoons salt
2 qts. boiling water	1/2 teaspoon pepper
1/2 lb. onions sliced	

Dredge meat in flour. Brown in hot fat. Sprinkle remaining flour over mixture, than 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.)	1/2 cup chopped pimiento (optional)
4 cups soft bread crumbs	8 well beaten eggs
2 cups cooked rice	1/2 cup butter or chicken fat
2 teaspoons salt	5 cups chicken broth
1 teaspoon paprika	

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	Salt to taste
1/2 cup butter or chicken fat	1/2 cup cream or milk
1/2 cup Flour	1 teaspoon lemon juice
1 ct. chicken broth	1 teaspoon parsley
4 egg yolks	

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 cool for 2 minutes. Add salt to taste, cream, lemon juice and parsley a few minutes before serving sauce.

Corn Pudding

9 eggs	1 tablespoon sugar
1 1/2 quarts milk	1 1/2 teaspoons salt
1/2 cup melted butter	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                      1 cup salad dressing  
    (leave on peelings)                      1 cup peanut butter  
1 gallon raw shredded cabbage              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  
1-3/4 cups sugar                                      margarine  
1/2 teaspoon salt                                    1-3/4 cups chopped nuts (optional)  
1/4 cup cocoa                                        2½ cups brown sugar (firmly packed)  
    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  
4 cups sugar    powder  
8 eggs    1 teaspoon salt  
6 cups flour    2 cups milk  
    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.).

## 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 Canners 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 -

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.

## 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 tea-  
spoonful onto waxed paper. Let stand at room temperature until firm. Makes two dozen.

# THE ECONOMICAL BEEF CUTS

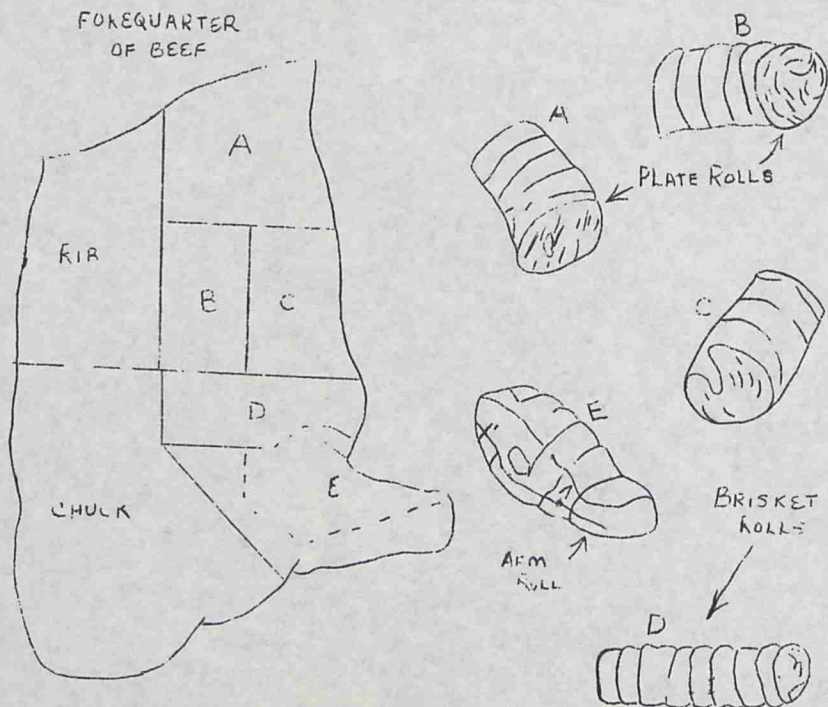
by

T. 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 your 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 1/4 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

<u>Cut to Buy</u>	<u>How to Cook</u>
Short ribs	Braise (fry, add water, cover) or stew.
Rib steaks	Broil, pan-broil
Standing rib roast	Oven roast
Top rib roll	Oven roast
Country style steak	Braise
Boneless plate roll	Pot roast (brown, add water, cover)
English cut	Braise
Blade chuck steak	Braise
Arm steak	Braise
Arm pot roast	Pot roast
Brisket roll	Pot roast
Cross cut shanks	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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N. C. 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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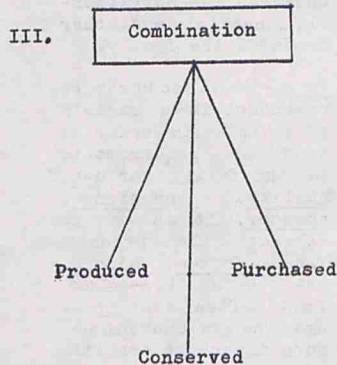
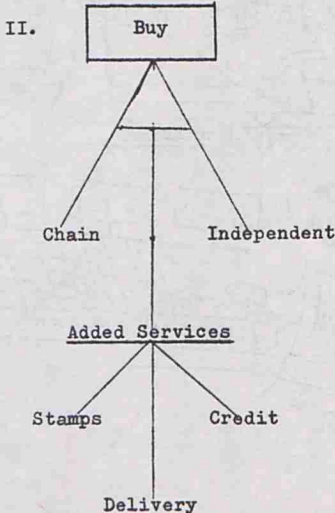
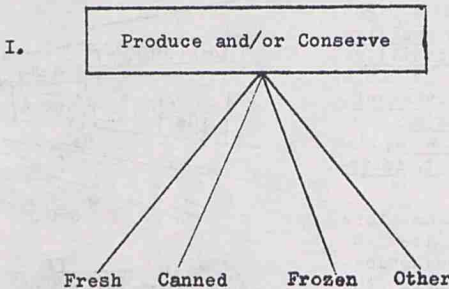
# FAMILY FOOD SUPPLY

tree be revised

A person eats per year approximately 200 quarts of fruits and vegetables, 200 pounds of meat, poultry and fish in addition to eggs, dairy products, breads etc. We also eat about 25 quarts of pickles, relishes, preserves and jellies. For these foods we are spending about 20% of our income. Low income families are spending a considerably higher percentage.



How may these foods be supplied for your family? Planning in advance will pay dividends whether the food is produced at home or bought.



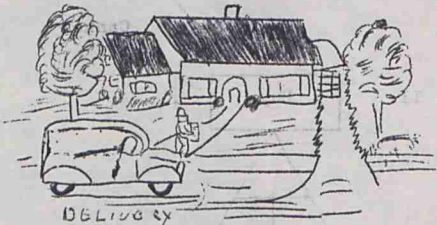
I. Produce and/or Conserve

- ... Approximately 1/10 acre, properly managed, is sufficient to produce enough vegetables and fruits for one year per person.
- ... What equipment is available for conserving food at home? Freezer, pressure canner? What size? Pressure canners should be tested for accuracy.
- ... What facilities are available for storage? Convenience of freezer and canned food storage are important.

II. Buy

- ... Where - There is a right place to buy for quality, variety, dependability, and economy. Is this market also convenient, have ample parking, are employees courteous, does it provide credit, delivery, etc.?

Prices vary from store to store and item to item. Food advertisements often help the shopper. Newspaper, radio, TV offer helpful information to assist the food buyer. Decisions, however, must be made based on the nutritional, financial, and other needs of the family.



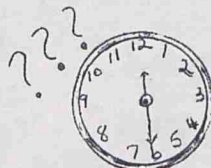
- ... Form - Most foods may be purchased in a variety of forms. In order to meet the requirements of the family for use, quality, convenience, economy, it is wise to consider the product fresh, frozen, canned ---others. Pre-cooked foods often cost more. Are time and convenience more important than the money saved?



... When - Better buys are usually available when the grocer's stock is largest. There is a better selection and quality and prices are usually better. Many stores do their largest volume of business in late afternoon and early evening. There has been a shift from late to early weekend shopping. Determine the best days and time for your market. There are also seasons of the year that certain items may be purchased cheaper. (i.e. canned foods when supply fresh and conserved is large).

?

NOVEMBER						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



... How Much - quantity buying usually reduces the per unit cost. In order for these to be good buys the shopper must consider storage (is storage ample and does the product store well?), convenience, use, family needs.

... Quality - a wise food shopper buys foods with a use in mind. Money may be saved without sacrificing food value if this is kept in mind. Powdered milk and Grade B eggs may be used in cooking and they save on the food budget.

III. Combination - The food supply of many families today is a combination of home produced and conserved and purchased foods. Space and labor for produced and conserved food, time of the homemaker, location, needs of family members, and money available are factors usually considered in determine the best choice of the family.

Some consumers are better food shoppers than others because they put good buying habits into practice in order to meet the nutritional and financial needs of the family. Either consciously or unconsciously many factors that affect good buying practices are considered. These factors, with some practice, are easily identified and the food shopper is wise to consider them in making buying decisions. Considered together, they mean greater satisfaction to the family both nutritionally and dollar wise.

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Prepared by:  
Iola Pritchard, Specialist in Food Conservation and Marketing  
N. C. State, University of North Carolina  
Agricultural Extension Service  
Raleigh, N. C.

September, 1963

FOOD BUYING

by

Mary L. Thompson, Extension Associate Food Specialist  
Virginia Polytechnic Institute, Blacksburg, Va.

DISCUSS WAYS TO SAVE WHEN BUYING EACH OF THE BASIC 4 GROUPS

How do you spend your food dollar? If yours is a typical family, one-half of your food money goes for meat, milk, and eggs. About one-fifth is spent for vegetables and fruits. The rest is nearly equally divided among grain products, the fats, oils, sugars, and sweets, and such miscellaneous items as spices, vinegar, leavening agents, coffee, tea, and other beverages.

\* \* \* \* \*

Helpful Hints in Buying Meats, Fish, Poultry, Eggs, Beans, and Peas

MEATS - It pays to buy meat very carefully since it takes up such a large part of your food budget. Compare the servings per pound with the price. Price alone is not a dependable buying guide. For example, 1 pound boneless meat makes about 4 servings; 1 pound bone-in meat makes 2 servings; 1 pound boney meat makes just 1 serving. Spareribs may cost less per pound than pork loin roast, but the edible portion from 3 pounds of each is certainly different. (See pocket reference, "Cost Per Serving Guide For Meat", Agricultural Extension Service, Virginia Polytechnic Institute, Blacksburg, Virginia.)

Remember, prices and food value have no connection. Many low-cost meats have high food value. The lean parts of beef, veal, lamb, and pork are much alike in food value, except that pork is superior in thiamine. The inexpensive cuts have the same body-building nutrients that all meat contains and you get that good meat flavor at bargain prices.

While beef seems to be the most popular meat, don't neglect the other varieties. Poultry, veal, lamb, or pork offer better buys and interesting meals.

Before deciding on a cut of meat, consider the amount of bone and fat you will be getting. Use the trimmings and bone you get to make soup or gravy. It is sometimes a better buy to buy a large roast and use it several ways.

Pork and lamb liver are always cheaper than calf liver and usually much less expensive than beef liver. The food value is the same, and all can be prepared to be tasty and tender. Cook only until tender, as over-cooking makes liver tough.

\* \* \* \* \*

FISH - Some varieties of frozen fish fillets often cost less per serving than whole fish and are easy to cook.

Pink salmon and dark tuna or bonita are always cheaper than red salmon and white tuna and are equal in food value and flavor. Small pieces of tuna and salmon are cheaper and equally good for many dishes.

\* \* \* \* \*

BEANS AND PEAS - Making pea soup and baked beans instead of buying them will cut food costs. One package of split peas costs about 15¢ and will make enough puree for 10 cups of soup. These may be frozen in blocks in the refrigerator tray and stored in the freezer. Two blocks plus 2 cups milk and seasoning make a delicious soup. For extra flavor, buy ham hocks and use them to season soup.

\* \* \* \* \*

EGGS - Grade A or B, brown or white. Buy Grade A for boiling, poaching, or frying. Buy Grade B for scrambling, baking or other cooking purposes. Food value is not affected by grade. Buy refrigerated eggs. Small eggs (in late summer and early fall) are the best buy if there is 15¢ difference between large and small. Keep eggs covered and refrigerated, small end down.

\* \* \* \* \*

MILK AND MILK PRODUCTS You can save on milk if you use a three-way plan --some fresh, some canned, and some dry. A family of 4 (2 children 8-12)

need 1095 quarts per year. How much does this cost? It depends on what form you buy it in. For example:

	Price per	Price per	COST PER YEAR	
	Quart	1/2 Gallon	Quarts	1/2 Gallons
Milk, fresh pasteurized	26¢	50¢	\$285	\$274
Milk, fresh homogenized	27¢	52¢	\$295	\$285
Milk, Vitamin D added, fresh homogenized	28¢	54¢	\$307	\$296

YOU PAY \$11 A YEAR TO GET MILK SHAKEN (homogenized).

	Per Quart	Cost per year
Skim Milk, fresh	21¢	\$230
Dry Skim Milk (3 qt. pkg.)	10¢	\$110
(12 qt. pkg.)	8¢	\$ 88
(12 qts. in 1 qt. pkgs.)	10¢	\$110
Evaporated Milk (in 14½ oz. cans)		
per qt. well-known brand	16¢	\$1.75
per qt. well-known store brand	14¢	\$1.53

Save on milk by using at least part of it in the cheaper forms--canned and dried.

Skim milk provides as much calcium and protein as whole milk, but it does not have the Vitamin A which is in the cream. Vitamin A is found in abundance in so many of our foods--deep green and yellow vegetables, butter, cheese, etc.--that we don't have to rely on milk for it. One carrot provides more Vitamin A than 5 quarts of milk.

Make your own cheese spreads and grated cheese to curb food costs. Season soft cheese with chopped pepper, carrot, or relish; grate or grind hard cheese. It costs 10¢ to have a bit of carrot, pepper, or chives added to cottage cheese (salad-pack cottage cheese).

\*\*\*\*\*

### VEGETABLES AND FRUITS

Vegetables - Potatoes can be prepared in a variety of ways to add interest to meals. White potatoes cost less than sweet potatoes. Potatoes furnish more vitamins and minerals than do spaghetti, noodles, or rice.

Leafy, green, and yellow--use any fresh in season, or select frozen or canned if they cost less per serving.

Other vegetables should be used fresh in season, or frozen or canned should be selected if they cost less per serving.

Broccoli, turnip greens, collards, kale, spinach, and other dark leafy greens are higher in food value than lettuce.

Canned grades B and C of vegetables can be used in casseroles and soups.

For variety and economy, use canned tomatoes, tomato juice, and fresh tomatoes (in season), green pepper, broccoli, cabbage, and "greens" as well as cantaloups and strawberries to replace part of the citrus fruits in the diet.

Fruit - Citrus fruits or juice (oranges, grapefruit, tangerines) should be used in season, fresh, canned or frozen. Apricot, apple, pear, prune, and pineapple juices do not have much Vitamin C, hence are not good substitutes for citrus juice.

Other fruits, fresh, canned or dried, should be used in season. Sometimes canned or frozen fruits are cheaper than fresh. Fruit canned in heavy syrup costs more and has more calories than those fruits canned in light syrup.

BREADS AND CEREALS

Good buys in breads and cereals are 100% whole wheat or enriched white bread, whole grain, enriched or restored cereal, converted rice, enriched cornmeal and hominy grits. Check with your local baker to see if his bread and rolls are enriched.

Bread is less expensive than rolls. Buy day-old bread when available as it costs less than fresh.

Home-cooked cereals cost less than ready-to-eat varieties. Sugar-coated cereals are expensive and add additional calories. The small variety packages of cereal add to the cost.

Saltines and soda crackers add chiefly calories to the diet and are usually expensive.

\* \* \* \* \*

FOLLOW-UP

1. Suggest that each member of the group start today to keep a record of the money spent for food.
2. Plan outline menus before you shop. Shop with a list.
3. Check menus by the Basic 4 to see if you are serving your family well-balanced meals. Check at least once a week.
4. Study weekly food specials and follow hints given on buying food. Compare what you spend now with what you spent per week before you attended the class on buying.

\* \* \* \* \*

REFERENCES

- \*FOOD FOR FITNESS - A DAILY FOOD GUIDE, Leaflet No. 424, USDA, Washington, D.C.
- THE YEARBOOK OF AGRICULTURE - 1959 - FOOD, USDA, Washington, D.C.
- \*FOOD FOR THE FAMILY WITH YOUNG CHILDREN, Home and Garden Bul. No. 5, USDA.
- \*FOOD FOR FAMILIES WITH SCHOOL CHILDREN, Home and Garden Bul. No. 13, USDA.
- A FRUIT AND VEGETABLE BUYING GUIDE FOR CONSUMERS, Home and Garden Bul. No. 21, USDA.
- NUTRITION UP TO DATE UP TO YOU, Reprinted from Home and Garden Bul. No. 1, FAMILY FARE, Separate 1, USDA.
- "How to Save \$200 a Year In a Supermarket", CONSUMERS REPORT, February, 1961.
- "Your Grocery Bill", CHANGING TIMES, June, 1960, pp. 25-40.
- EFFECTIVE SHOPPING, Consumer Education Series, Unit No. 11, Washington, D.C.
- MONEY MANAGEMENT - YOUR FOOD DOLLAR, Consumer Education Department, Household Finance Corporation, Chicago, Illinois, price \$.15.
- \*BUY WAYS THAT MAKE CENTS, Colonial Stores Homemaker Service, September 1960.
- \*MORE MEALS FROM MEAT, National Livestock and Meat Board, Chicago, Illinois.
- \*HOW TO BE A BETTER SHOPPER, Consumer Information Service, The Sperry and Hutcheson Company, Chicago, Illinois.

\*Suggested Take-Home Material (can be secured for women if desired).

Approval to duplicate received from Mary L. Thompson.

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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., R. W. Shoffner, Director. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

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FOOD BUYING

SUGGESTED QUESTIONS FOR EVALUATION

(to be filled in by group at end of the meeting)

By

Mary L. Thompson, Extension Associate Food Specialist  
Virginia Polytechnic Institute, Blacksburg, Va.

1. What part of the food buying information was most helpful to you? (Number in order of help to you.)
  - \_\_\_\_\_ a. Comparison of cost and foods needed for moderate-cost, adequate diet.
  - \_\_\_\_\_ b. Hints on buying food from Basic 4 groups (meats, milk, fruits-vegetables, breads-cereals).
  - \_\_\_\_\_ c. General information on buying (ways to save when buying food).
2. List other information you found helpful.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. What suggestions would you make for improving this discussion? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Would you like to have another meeting on buying? \_\_\_\_\_ When? \_\_\_\_\_

5. If "yes", what would you like included? (Check)

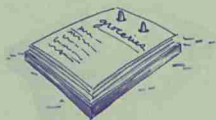
- \_\_\_\_\_ a. Visit to grocery store.
- \_\_\_\_\_ b. Meat selection and identification of cuts.
- \_\_\_\_\_ c. Ways to get more milk in the diet.
- \_\_\_\_\_ d. Other topics:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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*How Do You Measure Up  
When  
Buying Canned Foods?*

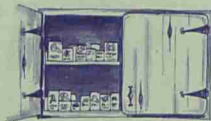
*Planning*



*Labels*



*Storage*



*Additional  
Information*

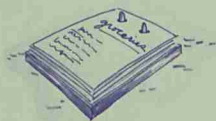
**D**O you realize that the average person eats approximately 200 quarts of fruits and vegetables and about 150 pounds of meats per year? This includes both fresh and processed forms. In addition about 25 quarts of preserves, jellies, pickles and relishes are consumed per person. According to a national report, the average homemaker opens 788 tin cans every year.

Preservation of food by canning, unknown to our early settlers, has contributed greatly to the well-being of the American people. The principle of canning foods in hermetically sealed cans dates back to 1819 and has developed rapidly. Because of their many advantages canned foods continue to be one of the main sources of our food supply.

In planning menus and making grocery lists, a variety of canned foods are usually included. Some points that should be considered are:



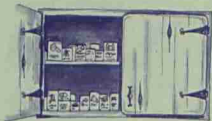
## Planning



## Labels



## Storage



## Additional Information

The labels on most canned foods are attractive, but they serve a much more important function—that of informing you of the quantity and quality of the product inside. The modern self-service food stores have made shoppers more dependent on labels for guidance. *Read them carefully.*

According to the Federal Food, Drug & Cosmetic Act the label must include the following:

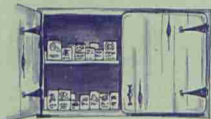
- (1) Usual or common name of the product in clear type. This is the first guide as to what the can contains.
- (2) Net contents of the container by weight or volume.
- (3) List of ingredients unless a standard of identity has been set by the government.
- (4) The variety, style, and packing medium of the product when this is important.
- (5) Name and address of manufacturer, packer, or distributor.



*Labels*



*Storage*



*Additional  
Information*

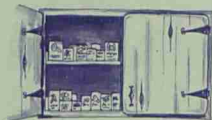
- (6) Dietary properties (if important).
- (7) The presence of any artificial color, flavor, or preservative.
- (8) All information on the label must be in English even if it is an imported or foreign style product.
- (9) If quality or filling is below standard, this must be stated on the label.

In addition to these requirements, some manufacturers include on the label such things as a picture of the food, recipes, number of servings, etc. These are optional.

Most canners prefer descriptive labels to grade labels (such as Grade A, B, or C) since they are of more value to the average consumer in selecting the product to buy. A brief meaningful description of the product (as very tender or mature) will help you decide which to buy, based on the use, food budget, and family needs. Some shoppers buy canned foods by brand names they have used and can rely on for the same quality product every time. *Time* and *money* may be saved if the customer reads labels and buys according to her needs and purchasing power.



*Storage*



*Additional  
Information*

Proper storage is an important point to consider for any conserved food. This influences the amount and the form that will be bought. Canned foods should be stored in a dry, cool place—and dark if glass containers are used. Extreme moisture may (1) cause cans to rust, thus shortening the self life of the product, and (2) mar the label, making important information unreadable.

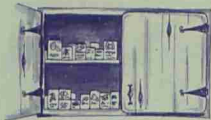
High storage temperatures should be avoided. They do not affect the wholesomeness of the product, but they tend to impair color and flavor of some foods. Freezing may cause the cans to burst or break the seal. Too much light (especially on glass jars) will cause fading and discoloration of the canned product. This may not cause spoilage, but will make it less attractive and may affect the texture of the food.

If adequate storage is available you may save: (1) *Money* by quantity buying and specials. These specials may be products that are in abundant supply or they may be an "attraction feature." (2) *Time*—convenience in having easy-to-prepare canned foods available is important to many homemakers. It may mean the difference in a well-balanced meal and "just food" for her family.

Storage of food also has an indirect influence on the health of the family. Studies show that families with a food supply readily available actually eat better, well planned meals.



# Storage



## Additional Information

## Advantages of Canned Foods

- *Convenient—easy to prepare. Save time in preparation.*
- *Reasonably stable at room temperature. Handling has little effect on quality.*
- *Variety of uses. Most fruits and vegetables are canned in several forms. This enables the shopper to buy the form she wants for specific preparation.*
- *Safe—there has been no incident of food poisoning from commercially canned foods since early 1920's.*
- *May be inexpensive if purchased when the supply is large and the price is low.*
- *There is no waste as with perishables.*
- *Special diets—dietetic foods are prepared to meet the needs of special diets. Read the label for information.*
- *Available all seasons of the year.*
- *Almost as nutritious as fresh.*



*Additional  
Information*

## Nutrients In Canned Foods

<b>VITAMINS</b>	If the original raw product had significant amounts, canned foods can be relied on as a good source of vitamins.
<b>MINERALS</b>	Minerals are retained well in canned foods. The liquid should be used as water soluble minerals are present in canned liquids.
<b>PROTEINS &amp; CARBOHYDRATES</b>	There is no loss of these in canning. The plant and animal tissues are actually easier to digest after cooking.

**COMMON CONTAINER SIZES**—The size on some containers may be expressed as Number 2 or Number 303. These have very little meaning to many shoppers—especially the less experienced ones. A more helpful container description is the one commonly used and expressed in net weight or volume as 12 oz. or 1 pint.

Industry Term	Consumer Description	
	Approx. Net Weight (check label)	Approx. Cups
8 ounce	8 oz.	1
Picnic	10½ oz.	1¼
12 oz. (vacuum)	12 oz.	1½
No. 300	1 pound or 14-16 oz.	1¾
No. 303	16-17 oz.	2
No. 2	1 lb. 4 oz., or 1 pint 2 fl. oz.	2½
No. 2½	1 lb. 13 oz., or 29 ounces	3½
No. 3 Cyl.	3 lb. 3 oz., or 1 qt. 14 fl. oz.	5¾
No. 10	6½ lbs. to 6¾ lbs.	12-13

There is a canned food for every meal of the day. Select and collect menus using these.



Prepared by Iola Pritchard, Extension Food Conservation  
and Marketing Specialist

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January 1963

Misc. Pamphlet No. 215

MEAT DIET-WISE, DOLLAR-WISE  
(Revised)  
S. Virginia Wilson  
Extension Nutritionist

Meat ranks high diet-wise and dollar-wise with most people. We are a nation of meat eaters. One-fourth of the money households spend for food used at home goes for meat. In the United States the average pounds of meat eaten per person has gone from a low of 117 pounds in 1935 to a high peak of 167 pounds in 1956.\*

Meat consumption increases with income. Greater purchasing power since the mid 1930's has helped to increase the consumption of meat. Also, we are eating more dairy and poultry products, while the consumption of potatoes - white and sweet - and breads and cereals have declined. The greatest decrease in the amount of potatoes, bread and cereals eaten has come since World War II. The total amount of all foods we eat remains about the same.

The supply of meat has increased faster than the population in the past 25 years. Patterns of supply and demand runs in cycles. Pork runs in 4 year cycles. The cattle cycle has been shortened 9 to 10 years in the last half century due to refrigeration and improved marketing facilities. Future advances in technology which reduce perishability of meat would steady the flow of meat to market and decrease the cycle even more.

The recommended two servings daily of food from the meat group make quite a contribution to the nutritional needs. For the average adult's needs it will supply: 20% of the calories or energy; 40% of the protein or muscle building material; 6% calcium for bones, muscles and nerves; 40% of the iron for blood building; 14% Vitamin A for good eyesight; 32% thiamine (Vitamin B<sub>1</sub>) for steady nerves; 26% riboflavin (B<sub>2</sub>) for smooth skin and clear vision; and 10% ascorbic acid (Vitamin C) for healthy gums and blood vessels. Meat is considered one of the most important natural sources of all the B vitamins - from thiamine (B<sub>1</sub>) to B<sub>12</sub>.

The way you cook meat affects its food value. Not only does cooking meat at a low temperature mean you actually get more servings per pound, but the method used effects its final food value. The retention ratios of the B vitamins for the various cooking methods are:\*\*

- Frying - 90%
- Boiling - 80% (70% in the meat, 10% in the cooking water)
- Roasting - 70% (65% in the meat - 5% in the pan drippings)
- Braising - 65% (45% in the meat - 20% in the gravy)
- Stewing - 50% (25% in the meat - 25% in the gravy)

Frying does not affect thiamine (B<sub>1</sub>), but does affect the riboflavin (B<sub>2</sub>) and niacin.

Braising and stewing reduce thiamine to a greater extent than the riboflavin (B<sub>2</sub>) or niacin.

COST OF PROTEIN PER SERVING FROM SELECTED MEATS AND ALTERNATES\*\*\*

<u>Item</u>	<u>If</u>	<u>Cost per</u>	<u>Size of</u> <u>Serving</u>	<u>% Day's Needs Met</u>	
	<u>Purchase</u> <u>Price is:</u> <u>Cents</u>	<u>Will Be</u> <u>Cents</u>		<u>Protein</u>	<u>Iron</u>
Ham	70/pound	28	3 ounces	29	21
Beef rib roast	75/pound	25	3 ounces	29	22
Pork chops	75/pound	25	3 ounces	29	22
Beef chuck roast	55/pound	18	3 ounces	32	22
Halibut (fish)	60/pound	18	3 ounces	33	6
Beef liver	60/pound	15	3 ounces	30	55
Eggs, large	60/dozen	10	2 eggs	19	22
Bacon	60/pound	5	2 strips	6	4
Peanut butter	55/pound	4	2 tbsps	12	5
Dry beans	20/pound	2	3/4 cup cooked	16	30

TO GET MORE MEAT FOR EVERY DOLLAR SPENT:

1. Become familiar with the kinds and cuts of meat. Study displays in meat counters and educational material put out by meat packers and other authentic sources, ask questions of your butcher or meat specialist.
2. Compare prices on the cost per serving instead of per pound. The lean meat from all cuts has the same food value if properly cooked. In figuring the cost per serving you can estimate getting 3 to 4 servings a pound in boneless cuts of meat, 2 servings per pound for cuts with medium amount of bone, and 1 serving per pound for cuts with a large amount of bone, as spare ribs.
3. Look for inspection stamp to make sure meat came from a healthy animal and slaughtered under sanitary conditions.
4. Look for signs of quality - visible signs include color of flesh, fat and bone, grain of meat, proportion of edible meat to bone and fat, marbling (small flecks of fat in muscle part of meat).

References:

- \*Meat Consumption Trends and Patterns, USDA, Agricultural Marketing Service, Agricultural Economic Division, Agricultural Handbook No. 187.
- \*\*The Retention of Thiamine and Riboflavin in Beef Cuts During Braising, Frying, Boiling - Tucker, R. E., Hinman, W. F., & Halliday, E. G. - American Dietetic Association, Journal 22: 877-881, 1946.
- \*\*\*From FOOD, The Yearbook of Agriculture, 1959 - page 570.

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THE NORTH CAROLINA AGRICULTURAL EXTENSION SERVICE

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VITAMIN C - MORE NUTRITION FOR YOUR MONEY  
By  
S. Virginia Wilson, Extension Nutritionist

What can you contribute toward making North Carolina a healthier place in which to live? For your own health's sake, know the foods you should eat each day - how to prepare and cook them - then do something about it. Eat every day one or more foods from each of the recommended Basic Food Groups. Vitamin C foods are the ones most often neglected by people in North Carolina.

The body has no storage space for this vitamin. It must be eaten every day. Old and young alike need Vitamin C daily to help:

Keep the teeth and gums healthy

Build strong bones and teeth

Strengthen the walls of the blood vessels

Heal wounds

Increase resistance to certain infection.

Look to your fresh, frozen, canned, and stored North Carolina grown foods for some of this much needed Vitamin C. The best sources of Vitamin C are fresh fruits and vegetables. The animal foods, except liver, do not contain very much.

Many people think of the citrus fruits - oranges, grapefruit, and lemons - as our only means of getting Vitamin C. They are our richest source, it is true. However, many North Carolina grown foods - if prepared and cooked right - can supply the Vitamin C needed daily. Most of the Vitamin C is destroyed when vegetables are cooked for an hour or more. Vitamin C is sensitive to heat, water, and air. To get this vitamin to the table without being lost:

Eat daily a raw fruit or vegetable, canned tomatoes, or canned or frozen orange juice

Gather or prepare fruits and vegetables just before using

Wash quickly and never soak them. Cook only until tender, don't overcook

Cover green vegetables to speed cooking or use a pressure saucepan

Use every drop of the liquid from cooked or canned vegetables. It absorbs vitamins and minerals.

PREPARATION GUIDES TO SAVE FOOD VALUE

Eat some vegetables or fruits raw. Serve them as a relish or in salad.

Vegetable Relishes - Beets, carrots, turnips, celery, cucumbers - cut in strips; whole onions, radish, or tender snap beans; flowerets of cauliflower.

Some Raw Vegetable Salad Combinations - Sliced tomato and lettuce; shredded cabbage, carrots, and green peppers; chopped spinach, cabbage, onion, and tomato.

Leafy Greens

Boiled Greens - Members of the cabbage family, collards, and turnip greens lose 9/10 of their Vitamin C unless cooked right. The secret is, make it speedy.

Pick over and discard bruised leaves, tough stems, and mid-ribs. Cook with lid on, in boiling, salted water "only until tender". The time will depend upon how tough the leaf is. Use as little water as possible. When done, remove greens from liquid, chop fine, and season with salt, pepper, and meat drippings. If greens are to be cooked with meat, first boil the meat in water until enough seasoning has cooked out. Add vegetables and cook until tender. This gives meat flavor with no overcooking of vegetables.

## Guide to Boiling Time:

	Minutes		Minutes
Asparagus - - - - -	15-20	Cabbage, quartered - - - - -	10-15
Beans, snap - - - - -	20-30	Collards - - - - -	25-30
Beans, lima - - - - -	30	Kale - - - - -	10-25
Broccoli - - - - -	15-25	Spinach - - - - -	5-10
Brussels sprouts - - - - -	15-20	Turnip greens - - - - -	25-30
Cabbage, shredded - - - - -	5-10		

GET YOUR MONEY'S WORTH WHEN YOU BUY VITAMIN C FOODS

Food prices change from season to season and vary in different parts of the State. Therefore, it is difficult to establish a fixed price. The following tables give an average price of certain foods, size of servings and cost per serving for the average adult. Compare local prices with purchase prices below:

COST OF A DAY'S SUPPLY OF VITAMIN C FROM FRUIT AND VEGETABLES

Item	If Purchase Price	Cost Day's Supply	Amt. Food to
	Per Pound is:	Vit. C Average Adult	Give Day's
	Cents	Cents	Supply Vit. C
Cabbage	10	4	1½ cups, raw
Oranges	10	4	1 medium
Grapefruit juice and orange juice, frozen	35	4	3/4 cup
Grapefruit juice & orange juice, canned	10	4-5	3/4 cup
Grapefruit	10	6	1/2 medium
Broccoli	20	7	2/3 cup
Kale, trimmed	25	7	1-1/3 cups
Collards	15	9	1-1/4 cups
Strawberries, fresh	35	10	1 cup
Cabbage	10	11	2-1/4 cups, cooked
Potatoes	10	14	4 med. cooked
Tomato juice, canned	15	15	2 cups
Tomatoes, fresh	25	20	2-1/2 medium
Cantaloup	20	21	2/3 medium
Pineapple juice, canned	15	27	3-1/4 cups
Peaches, fresh	15	35	9-1/2 medium
Apples	15	61	12 medium

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## 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)

<u>Vegetables</u>	<u>Cups of Water</u>	<u>Minutes to Cook</u>
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 unthawed 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  
 Chops 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 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 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 Thermometer Reading</u>
	<u>Meat with bone</u>		<u>Meat without bone</u>		
	<u>Thawed</u>	<u>Frozen</u>	<u>Thawed</u>	<u>Frozen</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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# • Meals in Minutes





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Published By

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February, 1960

Misc. Pamph. 194

# 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.

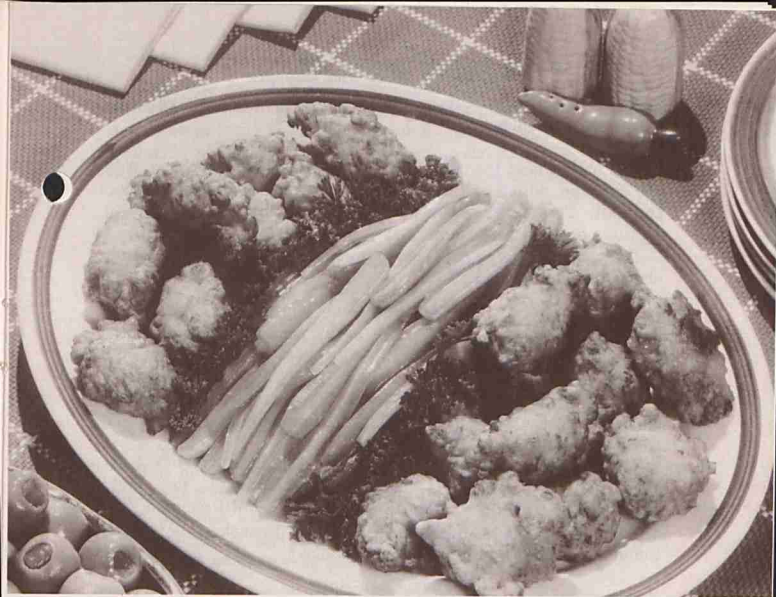


### Short Cuts In Meal Preparation

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)   | ¾ 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)<br>chopped onion | 2 tablespoons chopped<br>pimiento |
| 1 tablespoon butter or<br>margarine                 | $\frac{1}{2}$ teaspoon salt       |
| 2 cups canned or frozen corn                        | 2 tablespoons milk or cream       |

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  $350^{\circ}$  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 Sauce |
| 3 tablespoons bought mayonnaise | ½ teaspoon salt                 |
| 1 tablespoon vinegar            | 1 teaspoon poppy seeds          |
| ½ teaspoon prepared mustard     |                                 |

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 or margarine |
| ¼ teaspoon mace    |   |

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  
1 tablespoon salt  
 $\frac{1}{4}$  cup baking powder

$1\frac{1}{2}$  cups shortening that needs no refrigeration

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  $\frac{1}{3}$  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  $1\frac{1}{2}$  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  $\frac{1}{2}$  cup sugar,  $\frac{2}{3}$  cup milk and 1 egg. Turn into a greased 9 inch layer cake pan. Sprinkle over the top a mixture of  $\frac{1}{4}$  cup brown sugar,  $1\frac{1}{2}$  tablespoons butter, 1 tablespoon flour and  $\frac{1}{2}$  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 over (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 teaspoonfuls onto a greased cooky sheet. Bake in 400° F. oven 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                      2 cups shortening  
1 tablespoon salt

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 tea-spoon 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.

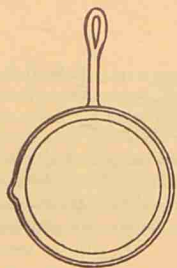
**Chocolate Sauce:** To 1 cup of pudding mix add ¼ cup sugar and 2 cups of hot water. Stir and cook over boiling water or low heat until thick. Add 2 tablespoons butter or margarine and ½ teaspoon vanilla. Serve over cake or ice cream.

**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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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  $1\frac{1}{2}$  to 2 pound young chicken. Place chicken with skin side down on a rack in the broiler pan.
2. Melt  $\frac{1}{2}$  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  $\frac{1}{4}$  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.

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# Oven Meals



By:

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*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	1/2 cup bread crumbs
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
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
1 lb. fish filets (fresh or frozen)	Salt
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° 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° 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 greenbeans  
1 cup medium white sauce  
 $\frac{1}{2}$  cup shredded cheese

$\frac{1}{2}$  teaspoon salt

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  
 $\frac{1}{4}$  cups buttermilk  
 $\frac{1}{2}$  teaspoon soda  
2 tablespoons melted shortening  
1 teaspoon salt

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 margarine  
 $\frac{1}{2}$  cup sugar  
1 cup biscuit mix  
2 tablespoons cornstarch  
1 cup sugar  
 $\frac{1}{4}$  teaspoon nutmeg or cinnamon  
 $\frac{1}{3}$  cup milk  
1 tablespoon lemon juice

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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May, 1957

Misc. Pamphlet 169

## 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 | Bread      |
| chicken or fish           | 1 cup milk |
| 1/2 cup minced celery     | 1 egg      |



Mix first three ingredients and spread between slices of un buttered 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.

### 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 1/4 to 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 1/2 inch thick. Cut with a floured biscuit cutter. Place on an ungreased pan and bake in a hot oven (450° 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 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 muffin rings. 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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## SKILLET ONE-DISH MEALS

by:

S. Virginia Wilson, Extension Nutritionist

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 can (6 oz.) sliced mushrooms
1 teaspoon ground ginger	1 cup sliced sweet gherkins
2 teaspoons Kitchen Bouquet	2 teaspoons salt
1/4 cup salad oil	2 green peppers
1 can (No. 2) sliced pineapple	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	1/3 cup tomato catsup
1 lb. ground beef	2 cups whole kernel corn
2 tablespoons chopped green pepper	(fresh, canned or frozen)
1/4 cup chopped onion	1 teaspoon salt
2 tablespoon chopped celery	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 cups water
2½ teaspoons salt	1 lb. green beans
¼ teaspoon pepper	8 small white onions
Flour	¼ teaspoon crushed red pepper
3 tablespoons shortening or oil	

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	1 small green pepper, chopped
1½ cups bean stock	1 can (8 oz.) tomato sauce
4-4½ lbs. chicken	3 teaspoons chili powder
1 tablespoon salt	1 bay leaf
¼ teaspoon cayenne	¼ teaspoon thyme
¼ cup flour	
¼ lb. butter or margarine	
1 large onion, chopped	

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 ¼ cup of bean stock instead of 1½ cups, and 1 cup of water instead of 2 cups. Serves 6 or 8.



WISE TIPS and TRICKS  
for  
EASY MEALS

BE WISE AS THE OWL -- USE TIPS and TRICKS for EASY MEALS. Your meals can have a "lift" and so can you if you plan and prepare ahead of time. Make family meals and company meals fun and festive without a "last minute rush". Avoid that "worn to a frazzle" feeling and serve nutritious meals too.

Just a few tips and tricks which are fine for any time, but are especially good for holiday seasons. Try them, you can think of others. Be imaginative!!

A. AVOID THE RUSH

1. Weeks or days ahead of time get the whole family in on planning. Make each one responsible for certain jobs before and at time of meal.
2. Plan menus, make grocery lists, shop early.
3. Check the grocery stores for ready to serve or easy to prepare convenience foods. Compare time-wise and price-wise with home prepared foods. Purchase only those which seem wise for you.
4. At home - store groceries for convenience, like foods together, easy to get to for preparation and serving.
5. Weeks ahead of time check table linens, silver, dishes and cooking vessels. Have them clean and ready to use.

3. SERVE NUTRITIOUS MEALS --

Avoid that "frustrating" feeling of wondering what to serve. Follow a basic meal pattern for planning nutritious meals.

A "Food For Fitness" chart will show you how to include foods to provide the nutrients needed. Get one from your Home Economics Agent or from the United States Department of Agriculture.

Remember each day include --

Milk and milk products -- drink some,  
eat some.

Green, yellow and other vegetables <sup>and fruits.</sup>

Get your Vitamins A and C and minerals this way.

Lean meat, eggs, dry beans, peas and nuts.

Some enriched bread and cereal.

There you have it -- easy -- nutritious meals.

Don't let time rob your family of a good meal. Every good meal has variety in - food value, flavor, color, texture, temperature and shapes.

J. VARY MEAL SERVICE

Sometimes Serve: (Keep meals simple and nutritious)

Buffet Meals

Oven Meals

Tray Meals

Holiday Smorgasbord

Card Table Meals

Outdoor Meals (when weather permits)

D. BE AN "EARLY-BIRD"

1. Prepare and Freeze: (Be sure that the correct method for freezing is used for each food at all times. Be as careful in handling cooked food to freeze as you would in handling baby food. For correct methods of freezing, contact your Home Economics Agent.)
  - a. Breads like: yeast, quick, banana, nut, waffles.
  - b. Ham biscuit, cheese biscuit.
  - c. Sandwiches (do not freeze eggs, mayonnaise, tomatoes or vegetables you want crisp like celery, lettuce, carrots, etc.).
  - d. Cakes, cookies, pies, uncooked fruit cake.
  - e. Ham loaf or other meat loaf or meat patties, casserole dishes.
  - f. Salads -- (except crisp vegetables which will become limp).
  - g. Vegetable dishes or vegetables to be cooked.
  - h. Nuts and chopped fruits ready for use.
  
2. Prepare and Store in Refrigerator:
  - a. Wash vegetables and fruits - store in plastic bags.
  - b. Prepare bread for dressing; bread crumbs and cracker crumbs for casserole and other dishes; cookie crumbs for pie shells and other desserts. (If dry, can be kept several weeks, otherwise may mold.)
  - c. Congealed salads and desserts.  
Salad dressings.
  - d. Fruit juice for punch, chocolate syrup for hot chocolate or desserts.
  - e. Meats (if uncooked, keep only a day or two; cooked ones may be kept longer).

f. Make no-cook candies, spiced nuts, crystalized grapefruit and orange peel; fruit balls by mixing ground dates, raw prunes, raisins, dried figs and nuts.

3. Use homemade mixes for (ask your Home Economics Agent for directions):

Pastry	Puddings
Breads	White Sauce

E. GIVE DISHES A FINISHED TOUCH:

1. Food can be made most appetizing with a touch of the right garnish; like parsley, turnip tops, other green leaves, carrot curls, radish roses, onion or pepper rings, tomato wedges, paprika, colored sugar, colored coconut, fancy fruits. It takes only a minute and is lots of fun.
2. Mold congealed or frozen salads and desserts in fancy shapes. Look around your kitchen for suitable pans or dishes to use as mold.
3. Sandwiches for parties or snacks should be dainty, cut with fancy cookie cutters, made into pinwheels, ribbon, or other fancy shapes.
4. Don't forget the children, shape and garnish foods to please them.

Prepared by

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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	1/4 teaspoon each dry mustard, thyme, marjoram and rosemary
2 onions, sliced	1 bay leaf
1 clove garlic	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	1/2 cup grated carrots
1 teaspoon salt	1 tablespoon chopped onion
1/4 cup milk	1 teaspoon salt
2 cups soft bread crumbs	1/2 teaspoon each rosemary and thyme
1/4 cup finely chopped celery	

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.

# 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, melted
¾ teaspoon salt	1 cup milk
1/2 cup shortening	1 teaspoon vanilla
1-1/3 cups granulated sugar <u>or</u>	
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. Make 20 large or 36 small cupcakes.

(OVER)

Seven-Minute or Double Boiler Frosting

1-3/4 cups sugar	1/4 teaspoon salt
6 tablespoons cold water	1/2 teaspoon cream of tartar
2 egg whites, unbeaten	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	2 egg whites
1/2 teaspoon light corn syrup	1 teaspoon vanilla
1/4 teaspoon salt	Color (if desired)
1/2 cup water	

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	1/8 teaspoon salt
3 cups sugar	1 cup milk
2 tablespoons corn syrup <u>or</u>	1 teaspoon vanilla
1/4 teaspoon cream of tartar	1 tablespoon butter

1. Cook chocolate, sugar, syrup, salt and milk until it forms a soft ball whe 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	3 cups confectioners' sugar
2 squares chocolate	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
	<hr/> 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

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.

## 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 egg, unbeaten
1 cup brown sugar, firmly packed	1 1/2 cups sifted all-purpose flour
1/4 teaspoon salt	1/2 teaspoon soda
3/4 teaspoon vanilla	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	1/3 cup butter or shortening
1/2 teaspoon baking powder	1 cup brown sugar, firmly packed
1/8 teaspoon soda	1 egg, slightly beaten
1/2 teaspoon salt	1 teaspoon vanilla
1/2 cup chopped nut meats	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 teaspoon grated orange or lemon rind
1/2 cup granulated sugar	2 1/2 cups sifted all-purpose flour
1/2 cup brown sugar	1/2 teaspoon salt
1 tablespoon orange or lemon juice	1/4 teaspoon soda
1 egg	

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.

QUICK-MIX SPRITZ

2-1/4 cups all-purpose flour	1 cup shortening
3/4 cup sugar	1 egg
1/4 teaspoon baking powder	1 teaspoon vanilla extract
1/2 teaspoon salt	

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 cooky press on ungreased aluminum cooky 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 moist peanut butter
1/2 cup sugar (granulated)	1-1/4 cups sifted all-purpose flour
1/2 cup sugar (brown)	1/2 teaspoon soda
1 egg, beaten	1/4 teaspoon salt
1 tablespoon hot water	

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 cooky press. Form cookies on ungreased aluminum cooky sheets. Bake in oven 375° F. 10-12 minutes. Yield: 4 dozen.

**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)

- 1/4 cup chilled grape juice
- 2 tablespoons sugar
- 1/4 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 1/2 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 3/4 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. 1/4 cup canned crushed pineapple
3. 1/4 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 1/2 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
- 1/4 cup peanut butter
- 2 teaspoons flour
- 1/2 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: 1/2 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
  - 1-1/2 cups soft bread crumbs
  - 1-1/2 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
  - 1/2 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

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Extension

Nutritionists

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### 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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## 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 foods of other nations 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 tablespoon 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°) 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 Parmigliana)

4 slices of veal 4 inches 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.

(More)

Coffee Cappaccino (Kaffe-Kappa-chee-no)

8 level tablespoons 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      1 cup butter or margarine  
1½ cups powdered sugar      3 eggs  
6 teaspoons baking powder      1 tablespoon vanilla or  
1/2 teaspoon salt      1 teaspoon almond extract

Sift together flour, sugar, baking powder 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 eggplants      2 cloves garlic  
1/2 cup sesame or salad oil      1 teaspoon salt  
3/4 cup lemon juice

Cut stem and green hull from end of eggplant. 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 egg  
1/2 cup finely minced onion      3/4 cup shortening  
1½ teaspoon salt      1 cup tomato juice  
Pepper to taste

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  
1¼ 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 5 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 castes 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.

(More)

### Vegetable Curry

(Most suitable U. S. vegetables to curry are: peas, butter beans, green beans, 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, 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 sliced celery cut on the bias	1 can bamboo shoots
1/2 cup coarsely chopped shrimp	Peanut oil
1/2 cup sliced mushrooms	3 cups cooked rice
	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:

1½ cups flour  
Cold water

#### Filling:

1/4 cup chopped onion	1/4 cup finely chopped mushrooms
2 cups ground fresh pork	1 teaspoon salt
Peanut oil	1 teaspoon soy sauce
1 cup finely chopped cabbage	

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 half 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)
1½ lbs. sirloin steak cut bacon	sliced
thin in 1 x 2 inch strips	1 cup celery cut on bias 1/4"
2 tablespoons sugar	thick
1/4 cup soy sauce	1/2 cup French cut green beans
1/2 cup mushroom liquor or beef	or shredded Chinese Cabbage
broth	1 cup canned bamboo sprouts
2 medium size chopped white onions	1 cup sliced cooked mushrooms
	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.

F I S H I S T H E D I S H  
by  
S. Virginia Wilson, Extension Nutritionist

Many people who like fish eat it only on Fridays and during Lent. Yet, it is a main dish that compares favorably in food value with meat. It usually costs less per serving and has fewer calories. Fish is a good muscle-building food of the highest quality protein and easy to digest. The youngest to the oldest person in your family needs protein to build and keep the muscle tissues and blood strong and healthy. You need some animal protein in each meal to help balance the less effective proteins found in cereals and vegetables. Fish, like meat, eggs, poultry, milk and cheese contains all of these so-called "Muscle-building stones." It also contains important minerals and vitamins needed for life, growth and health.

Fish are usually cooked by one of four basic methods -- frying, broiling, baking and boiling (or poaching). The most important thing to remember is not to overcook fish. Cook it just enough to flake the fish easily from the bones with a fork. This will leave it moist, tender and bring out the best flavor.

RECIPES

BROILED FISH

(Any fish that can be fried is delicious broiled)

Cut fish into serving size portions. Sprinkle each side with salt and pepper. Place fish, skin side down, on the greased rack of a broiler pan. Brush with melted butter or margarine to which lemon juice has been added (4 tablespoons butter with 2 tablespoons of lemon juice will do for 6 or 8 servings). Place in broiler oven so that fish is about 3 inches from the heating unit. Broil 8 to 12 minutes, depending on thickness of fish. Remove carefully with a wide spatula or cake turner to a hot platter. Garnish and serve plain or with a sauce.

BAKED STUFFED FISH

3 or 4 pound fish, dressed  
1-1/2 teaspoons salt

4 tablespoons melted butter,  
margarine or bacon fat

Clean, wash and dry fish. Rub inside and out with salt. Stuff fish loosely with a bread stuffing. Close the opening with a needle and thread or skewers. Place fish in a well-greased baking pan. Brush with melted fat. Bake in a moderate oven (350°F.) for 40 to 60 minutes (15 minutes per pound) or until fish flakes easily when tested with a fork. Baste occasionally with the melted fat. Serve immediately, on a hot platter, plain or with a sauce.

Bread Stuffing (this amount for a 4 pound fish)

1/2 cup chopped onion  
1/4 cup chopped celery  
2 tablespoons of melted fat  
1 teaspoon salt

1 teaspoon Worcestershire sauce  
1/2 teaspoon poultry seasoning,  
thyme or sage  
2 cups bread crumbs

Cook the celery and onion in the fat about 5 to 10 minutes, or until tender. Add these the the seasonings of the bread crumbs and mix well. If you want a moist dressing, add 2 or 3 tablespoons of milk or water.

Note: For oyster or shrimp dressing add 1 cup of chopped oysters or shrimp to the bread dressing.

(OVER)

POACHED or BOILED FISH

Cut fish in serving size pieces; place in a wire basket or on a plate and tie up in cheese cloth. Lower into boiling salted water. Simmer (Do Not Boil) about 10 minutes or until fish flakes when tested with a fork. Remove to a hot platter and serve with a sauce.

OVEN FRIED FISH

2 pounds fillets	1 cup fine bread crumbs
1 tablespoon salt	1/4 cup melted fat
1 cup milk	

Cut fillets into serving size portions. Add salt to milk. Dip fish in milk and roll in crumbs; place on a shallow, well-greased baking pan. Sprinkle each piece of fish with fat. Bake in a very hot oven (500° F.) for 10 to 12 minutes or until fish flakes easily when tested with a fork. Serve at once on a hot platter.

FISH SALAD

2 cups cooked, flaked fish	2 tablespoons chopped onion
1/2 cup chopped celery	3 hard-cooked eggs, chopped
1/2 cup green peas	1/2 cup mayonnaise or salad dressing
2 tablespoons chopped sweet pickle	
	Lettuce

Combine all ingredients except the lettuce. Do not break the fish into too small pieces. Serve on lettuce. Garnish with sliced eggs.

TUNA CASSEROLE

3 tablespoons butter or margarine	2 cups milk
1/4 cup finely chopped onion	1 can tuna, drained and flaked
1/4 cup finely chopped celery	1/2 cup cooked or canned peas
3 tablespoons flour	3 tablespoons chopped pickle
1/2 teaspoon salt	1/2 cup fine dry bread crumbs
1/8 teaspoon curry powder	1/3 cup grated cheese

Cook onion and celery in butter or margarine until tender. Blend in flour and seasonings. Stir while adding milk slowly. Cook and continue to stir until sauce thickens. Add tuna and pickle. Pour into a baking dish and top with cheese and bread crumbs which have been mixed together. Bake in a hot oven (400° F.) until browned.

Fish Roll - Omit bread crumbs and cheese from Tuna Casserole. Make 2 cups of biscuit mix into a dough, and roll out 1/4 inch thick. Cool creamed fish mixture above and spread on biscuit dough. Roll like a jelly roll and bake in a hot (450° F.) oven. Serve with mushroom, tomato or celery sauce.

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N. C. AGRICULTURAL EXTENSION SERVICE

N. C. State College of Agric. & Eng.  
U. S. Dept. of Agric. Coop.

S. Virginia Wilson  
Extension Nutritionist

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
- 2½ cups (¾ lb.) currants
- 1/2 cup (¼ lb.) candied cherries
- 1/2 cup (¼ lb.) candied orange peel
- 2 cups ( 8 oz.) citron
- 1 slice. candied pineapple
- 1/2 cup grape juice or other fruit juice
- 1 cup butter or margarine
- 1½ cups brown sugar

- 5 eggs
- 1/2 cup grape jelly or molasses
- 2½ cups flour
- 1½ teaspoons baking powder
- 1/4 teaspoon each of salt, nutmeg and allspice
- 2 teaspoons cinnamon
- 1½ cups (1/2 lb.) almonds, chopped
- 2 cups (1/2 lb.) pecans, sliced

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
- 1/2 lb. graham crackers
- 1 can sweetened condensed milk

- 4 cups shelled pecans
- 1 box seedless raisins
- 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	1/2 cup fruit juice
1 cup sugar	1/4 lb. finely cut citron
5 eggs	1/4 lb. finely cut orange peel
2 cups flour	1/4 lb. candied cherries, sliced
1 1/2 teaspoons baking powder	1 lb. seedless raisins
1/4 teaspoon each of salt, cloves, nutmeg, and mace	1 lb. currants
1 teaspoon cinnamon	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	1/4 lb. citron finely
1 cup sugar	1 slice candied pineapple
2 cups flour	1/4 lb. candied cherries, sliced
1/4 teaspoon salt	1 cup white raisins
2 teaspoons baking powder	1 1/2 cups chopped blanched almonds
1/2 cup milk	5 egg whites
1 teaspoon vanilla <u>or</u> almond extract	

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 2 1/2 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.

## 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	2 tablespoons butter or margarine
1/4 cup white sugar	1 tablespoon grated orange rind
1 tablespoon cornstarch <u>OR</u>	1 cup orange juice
2 tablespoons flour	1 teaspoon grated lemon rind
1/8 teaspoon salt	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 cup whipped cream, sweetened with
1 package lemon flavored gelatin	2 tablespoons sugar (if desired)
1 cup sieved apricots	

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 flour
1/2 cup water	1/4 cup shortening
1 teaspoon lemon juice	1/2 teaspoon salt
3/4 cup sugar	3/4 cup cheese
1/2 teaspoon cinnamon	

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	3/4 cup sugar	2 cups soft bread crumbs
2 eggs	1/2 teaspoon cinnamon	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	1/4 teaspoon salt
1½ to 2 cups sugar	2 tablespoons unflavored gelatin
2 tablespoons lemon juice	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.

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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 butter 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 cheese
2 tablesp. melted butter	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.

- The meal will be more satisfying if you choose one filling vegetable as potatoes, rice, spaghetti, macaroni or dried beans or peas.
- 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)

- Stuffed Baked Potatoes, \*Okra, Fresh Sliced Tomatoes, Corn Fritters\*, Bread, Butter, Fresh Fruit, Cookies and Milk.
- Potato Puff\*, Turnip Greens, Shredded Beets\*, Sliced Cucumbers, Cornbread, Butter, Fruit Cobbler, and Buttermilk.
- 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	1 teaspoon sugar
2 eggs, separated	1 Tbsp. melted butter
1/4 to 1 cup flour	Pepper
1/2 teaspoon salt	

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	4 Tbsp. water or
1 teaspoon salt	cabbage stock
1 tbsp. sugar	3 tablespoons vinegar
1/8 teaspoon dry	1 qt. shredded raw
mustard	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

2 1/4 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	1/2 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	1/2 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.

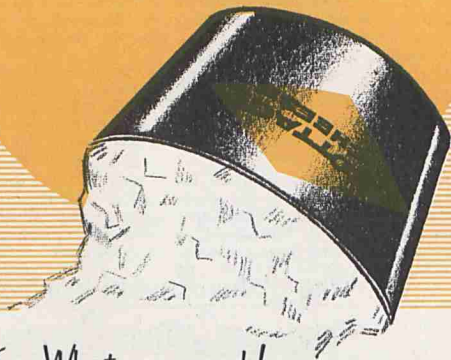
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# How to make and use

## **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 1/3 to 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° F. Mix with a clean spoon that has been placed in boiling water, then air dried. Next dissolve 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° 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° F. It should take about 30 minutes. (A quart of (lukewarm) water 100-110° 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° 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 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



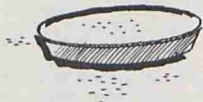
Cut bread in 1-inch cubes and put into a greased baking dish. Beat the egg yolks and add to them the milk, sugar, spices, raisins and cottage cheese. Fold in the stiffly beaten egg whites. Pour mixture over bread cubes and bake in a

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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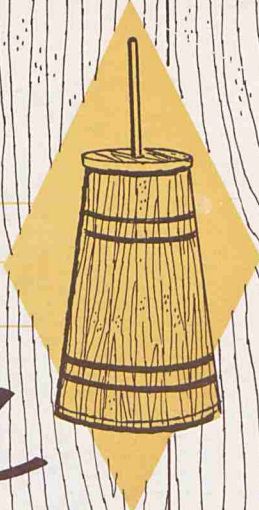
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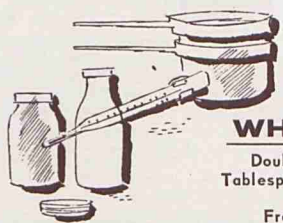
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**HOW TO  
MAKE  
AND USE**



*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

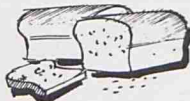


beaten egg yolks and fold in the stiffly beaten whites. Pour into a well-greased 1-1/2 quart baking dish. Bake in a 400°F. oven until brown.

### 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.

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## I C E C R E A M D E S S E R T S

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.

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

# MILK DESERTS

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 riboflavin or Vitamin B<sub>2</sub>. You need this vitamin to help cells use oxygen to release energy, to keep vision clear and skin smooth.

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 some. Cheese and ice cream may replace part of the milk.

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. The cream of milk supplies fat and Vitamin A, but is low in milk solids.

## 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 slightly, 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. Cool and add flavoring. If it curdles, place over cold water and beat vigorously.

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 or 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.

Caramel Custard: Pour 1 to 2 tablespoons caramelized sugar into individual custard cups. (To caramelize sugar, melt 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
- 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

- 1-1/2 cups sugar
- 1/4 cup water
- Grated rind of 2 lemons
- 1/2 cup lemon juice
- 4 cups whole milk
- 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
- 1/4 cup cold milk or water
- 1/3 cup sugar
- 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; it may be used as a filling for a plain pastry or chocolate crumb pie shell.

LEMON CHIFFON PIE

1-1/2 teaspoons gelatin  
 1/4 cup cold water  
 1/2 cup sugar  
 1/3 cup lemon juice  
 1/4 teaspoon salt

1 egg slightly beaten  
 1 teaspoon lemon rind  
 1/4 cup dry milk  
 1/3 cup cold water

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 dry milk  
 1/8 teaspoon salt  
 3/4 cup crushed pineapple

1 cup water  
 1 egg, beaten  
 2 tablespoons lemon juice  
 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  
 3/4 cup dry milk  
 3 tablespoons sugar  
 1/4 teaspoon nutmeg  
 1/4 teaspoon salt

1 teaspoon cinnamon  
 1/3 cup butter or fortified margarine  
 3 cups sliced apples

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.)

CHOCOLATE PUDDING MIX

1-1/2 cups sifted flour	2 cups sugar
2 cups dry milk	2 cups cocoa
2 teaspoons salt	

Mix all ingredients thoroughly and sift 3 times. Put into glass or metal container. Close container tightly and store on shelf. Use the chocolate pudding mix for:

Pudding: To 1 cup mix, add 1-1/2 cups water or fluid milk. Cook over boiling water 15 minutes, stirring constantly. Add 1 tablespoon fat and 1/2 teaspoon vanilla after the pudding is cooked. Makes 3 small puddings.

Sauce: To 1 cup mix, add 2 cups water or fluid milk and 1/4 cup sugar. Cook over boiling water 15 minutes; stir constantly. Add 2 tablespoons fat and 1/2 teaspoon vanilla after sauce is cooked. Makes about 2 cups.

CHOCOLATE SYRUP FROSTING

2 cups sugar	1/4 cup butter
1-1/4 cups cocoa	1 tablespoon vanilla
1/2 teaspoon salt	4 cups dry milk
2-1/4 cups water	

Mix sugar, cocoa and salt. Add water. Cook over low heat until smooth and thick. Add butter and vanilla. Cool. Beat in nonfat dry milk solids until thick enough to spread for cake frosting or enough more to mold it into candy.

WHIPPED TOPPING

1/2 cup water	1/2 cup sugar
1/2 cup nonfat dry milk	2 tablespoons lemon juice

Place water in bowl and add the nonfat dry milk slowly. Beat with a rotary beater until quite stiff. This takes about 10 minutes by hand. Add sugar and lemon juice. Chill before serving. This makes 2-1/2 cups of topping.

Variations: This may be used as it is or mixed with whipped cream in salad dressings, frozen desserts or Bavarians and fruit whips.

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.



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               |
| 1½ 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.

N. J. AGRICULTURAL EXTENSION SERVICE

N. C. State College of Agri. & Engr.  
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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</u>	<u>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.

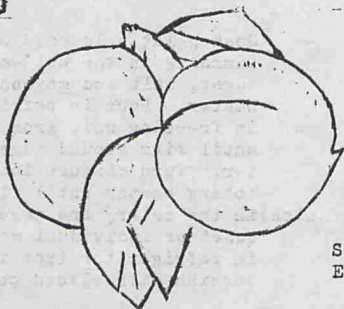
#### How to Cook Large Cuts in Water

(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.

# 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.

NORTH CAROLINA AGRICULTURAL EXTENSION SERVICE

N.C. State College of Agri. &  
Eng. & U.S. Dept. of Agri. Coop.

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ist

PIES AND PASTRY

Pastry Hints

1. Cut fat into the flour using two knives, a pastry blender, or a heavy fork.
2. To mix pastry, add a very little water on one side of bowl and mix with flour. Do this in two or three other places in bowl and then mix all together. This way less water will be used and the pastry will not be sticky.
3. A heavy cloth on the rolling board and a seamless stockinet cover for the rolling pin are a help in rolling pastry.
4. Handle pastry as little as possible, use only enough flour on board to prevent sticking, and roll from center in each direction with quick light strokes.
5. Roll out pastry one inch larger than pan for pie and tart shells. Do not stretch when putting pastry into pan.
6. To avoid soggy undercrust, coat the crust with slightly beaten egg white and let stand a few minutes before filling, or sprinkle with flour, or partially bake before adding filling.
7. In baking crust before filling is added, prick or put pan inside crust.
8. Moisten top rim of bottom crust before putting on top crust.
9. Fold under top crust in juicy pie. For open juicy pie, allow an extra inch, fold under, and press up the edge.
10. To keep covered fruit pies from boiling over, stick a little paper funnel in top of crust. Three or four pieces of uncooked macaroni may be used instead.
11. To keep meringue from shrinking, be sure the meringue touches the crust all the way around so there will be no part of filling showing.
12. Mix flour, shortening, and salt enough for several pies at one time, place in tightly covered jar and keep in refrigerator. Adding cold water and rolling out the crust takes only a minute or two.

Plain Pastry

2 cups flour  
1 teaspoon salt

2/3 cup fat  
4 - 6 tablespoons cold water

Sift flour and salt together. Using a pastry blender or two knives, cut in half of the shortening until mixture looks like coarse meal. Cut in remaining shortening coarsely or until particles are about the size of peas. Sprinkle water a little at a time over small portions of the mixture; with a fork, press the mixture together - do not stir. Toss aside pieces of dough as formed and sprinkle water over dry portions; use only enough water to hold pastry together. Press together lightly with fingers. The less the dough is handled, the more tender and flaky the pastry will be. Roll out on lightly floured board or pastry cloth about 1/8 inch thick. Place in pan, fitting it loosely.

Baked Pastry Shell: Prick pastry all over with a fork. Bake in a hot oven (450° F.) about 15 minutes or until lightly browned.

Egg Pastry

3/4 cups flour  
1 cup shortening  
1 1/2 teaspoons salt

1 teaspoon vinegar in  
5 tablespoons water  
1 whole egg

Mix as for plain pastry. After fat is cut into flour, add slightly beaten egg, then water with vinegar.

### Graham Cracker Crust

Crush finely graham crackers to make 1½ cups crumbs. Stir 1/3 cup sugar and 1/2 cup melted butter or margarine into the crumbs. Press firmly into buttered 8-inch pie pan. Chill until set. Other crumbs may be used; dried bread or cookies such as vanilla wafers, gingersnaps, chocolate wafers, etc., or prepared dry cereal. Use as you would any other baked pie crust.

### Apple Pie

3/4 to 1 cup sugar	4 to 5 cups apples, peeled and sliced
1 to 2 tablespoons flour	1 tablespoon lemon juice
1 teaspoon cinnamon	3 tablespoons butter
1/4 teaspoon salt	

Prepare pastry and roll out undercrust; fit into a 9-inch pie pan. Combine sugar, flour, cinnamon and salt. Spread half of this mixture over pastry-lined pan. Add apples and sprinkle remainder of mixture over the apples. Sprinkle with lemon juice and dot with butter. Roll, fit and seal upper crust. Bake on lower shelf in a hot oven (425° F.) 30 to 40 minutes or in a moderate oven (375° F.) 1 hour.

### Fruit Pies

Other fruit pies may be prepared the same way as apple pie (given above). Or drain juice from canned fruit (or cook fresh fruit until juice flows from it). Add to it 2 to 3 tablespoons cornstarch mixed with sugar. Cook until it thickens, add fruit and pour into slightly baked pastry shell. Cover with pastry or pastry strips and bake in a hot oven (425° F.) about 30 minutes or in a moderate oven (375° F.) 45 to 60 minutes. Spices such as cinnamon or nutmeg improve the flavor of fruit pies.

### Lemon Chiffon Pie

1 tablespoon plain gelatin	1 teaspoon grated lemon rind
1/4 cup water	1/3 cup lemon juice
4 eggs, separated	1 baked (9-inch) pastry shell
1 cup sugar	1 cup heavy cream, whipped
1/2 teaspoon salt	

Soften gelatin in 2 tablespoons water. Combine slightly beaten egg yolks, 1/2 cup sugar, salt, lemon rind and juice and remaining 2 tablespoons water; cook over boiling water until mixture thickens, stirring constantly. Add softened gelatin, stirring until gelatin is dissolved; cool until mixture begins to thicken. Then gradually beat remaining 1/2 cup sugar into stiffly beaten egg whites and fold into lemon-gelatin mixture. Turn into baked pastry shell or graham cracker crust and chill until firm. To serve, top with whipped cream.

### Strawberry Chiffon Pie

1 tablespoon plain gelatin	1½ cups crushed strawberries
1/4 cup cold water	1/4 teaspoon salt
1/2 cup boiling water	2 egg whites
1 cup sugar	1/3 cup heavy cream, whipped

Soak gelatin in cold water. Add boiling water and stir until dissolved. Add 3/4 cup sugar, crushed strawberries and salt. Chill. When mixture begins to thicken, fold in whipped cream. Combine 1/4 cup sugar with stiffly beaten egg whites and fold into strawberry mixture. Pour into baked pastry shell or graham cracker crust and chill. To serve, garnish with more whipped cream and strawberries. Variations: Crushed pineapple, peaches or any other fresh, canned or frozen fruit may be substituted for the strawberries.

#### Meringues for Pies

Add 1/8 teaspoon of salt to 3 egg whites warmed to room temperature. Beat until stiff but not dry. Gradually beat in 6 tablespoons sugar, sprinkling 2 tablespoons at a time over the surface of the egg whites. Continue beating until very smooth and glossy. Add flavoring if desired.

File lightly on top of the cooled pie filling. Seal the edge of the meringue to the pastry to prevent it from shrinking and leaving a gap as it browns. Bake in a 400° F. oven 5 to 8 minutes or until lightly browned. Makes enough meringue for one 9-inch pie.

#### Lemon Meringue Pie

1½ cups sugar	3 eggs, separated
7 tablespoons cornstarch	2 tablespoons butter
1/4 teaspoon salt	1 teaspoon grated lemon rind
2 cups water	6 tablespoons lemon juice
	1 baked 9" pastry shell

Combine all but 6 tablespoons sugar, cornstarch and salt in the top of a double boiler. Stir in water. Cook over boiling water until thickened, stirring constantly. Cover and cook 15 minutes longer. Stir a little of the hot mixture into the slightly beaten egg yolks; add to remaining hot mixture in top of double boiler and cook for 2 minutes over hot water, stirring constantly. Add butter; cool; add lemon rind and juice. Pour into baked shell. Cover with meringue made from egg whites and 6 tablespoons sugar. Follow directions above for making and baking meringue.

#### Chocolate Cream Pie

1 cup sugar	2 or 3 squares chocolate, grated
3 tablespoons cornstarch <u>or</u>	3 egg yolks, slightly beaten
5 tablespoons flour	1 teaspoon vanilla
1/2 teaspoon salt	1 baked 9-inch pastry shell
2 cups milk	

Combine sugar, cornstarch or flour and salt in top of a double boiler; stir in cold milk; add chocolate. Cook over boiling water until thickened, stirring constantly. Cover and cook 15 minutes longer. Stir a little of the hot mixture into slightly beaten egg yolks; add to remaining mixture in double boiler and cook for 2 minutes over hot, not boiling, water, stirring constantly. Cool and add vanilla. Pour into baked shell. Use the 3 egg whites and 6 tablespoons of sugar to make and bake meringue as directed above; or just before serving top with whipped cream.



Custard Pie

4 eggs	1/2 teaspoon salt
2/3 cup sugar	1/2 teaspoon vanilla
3 cups milk, scalded	Nutmeg

Combine beaten eggs, sugar and salt; gradually stir in scalded milk. Add vanilla. Pour into unbaked pastry shell. Sprinkle nutmeg on top. Bake in hot oven (450° F.) 10 minutes; then reduce heat to moderate (350° F.) and bake 20--30 minutes longer, or until firm. Or bake custard and pastry separately in pans the same size. When custard is firm, loosen around the edge and slip into baked pastry shell.

Variations:

Coconut Custard Pie: Add 1 cup shredded or grated coconut to custard mixture. May be topped with meringue. (Sprinkle additional coconut on top of meringue before baking.)

Custard Nut Pie: Add 1 cup finely chopped pecans or other nuts to custard. Nuts rise to top during baking and form a crust.

Caramel Custard Pie: Increase sugar to 3/4 cup. Caramelize 1/2 cup sugar by melting in heavy frying pan over low heat. When melted sugar is light brown, add 1/4 cup water slowly. Boil 5 to 10 minutes or until sugar is dissolved. Add caramelized sugar to scalded milk in custard pie recipe.

Meringue Shells

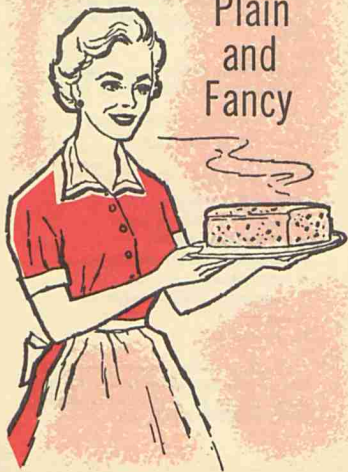
4 egg whites	1 cup sugar
1/4 teaspoon salt	1/2 teaspoon vanilla
1/4 teaspoon cream of tartar	

Beat the egg whites until frothy; sprinkle salt and cream of tartar over them. Continue beating until stiff but not dry. Gradually beat in sugar, 2 table-spoonsful at a time. Add vanilla with the last of the sugar. Shape by spoon or pastry bag in mounds on a baking sheet covered with unglazed paper. Bake in a slow oven (275° F.) about 40 minutes or until very delicately browned and dry on the surface. Remove from the paper while warm. If difficult to remove, dip a spatula in water.

Meringues may be filled with ice cream, fresh or frozen fruit, or berries topped with whipped cream.

# Peanut Dishes

Plain  
and  
Fancy





#### **Peanut Pie**

- 1 cup coarsely chopped salted peanuts
- 1½ cups white corn syrup
- 4 eggs, slightly beaten
- 1 teaspoon vanilla
- Dash of nutmeg
- 1 unbaked pie shell
- Cream topping optional

Spread peanuts in the bottom of the unbaked pie shell. Mix thoroughly the corn syrup, slightly beaten eggs and vanilla. Pour over the peanuts in the pie shell. Add a dash of nutmeg if desired. Bake in a moderate oven (350° F.) for 45 minutes.

#### **Peanut Clusters**

- 1 pkg. (6 oz.) chocolate bits
- ½ cup sweetened condensed milk
- 1 cup salted peanuts

Melt chocolate bits over hot water on very low heat. Remove from heat and add the sweetened condensed milk (this is not unsweetened evaporated milk) and peanuts. Drop by teaspoonfuls onto wax paper. Chill thoroughly.

## **COOKING RAW PEANUTS**

### **Oven Roasting Raw Shelled Peanuts**

Place peanuts one layer deep in shallow pan. Cook at 350° F. 15 to 20 minutes until golden brown. Stir occasionally for even roasting. Garnish with butter, then salt to taste.

### **French Frying**

Using a good vegetable oil, preferably peanut oil, cook in deep oil with wire basket or shallow oil with no basket but with oil deep enough to cover peanuts. Heat oil to 300° F., add peanuts and stir occasionally to assure even cooking. When peanuts begin browning, remove from the oil as they will continue to brown while cooling. Drain off excess oil, place peanuts on brown paper for further draining and salt immediately according to taste.

### **Roasting in the Shell**

Place peanuts one or two layers deep in shallow pan, place in moderately hot oven and stir occasionally. Cook 20 to 30 minutes. Shell and sample the peanuts during the last few minutes of cooking time to assure the peanuts being roasted to the desired color.

**For Best Results, Use the Large North Carolina-Virginia Type Peanut.**

### **Peanut-Banana Bread**



- 1/3 cup shortening
- 2/3 cup sugar
- 2 eggs
- 1 cup chopped salted peanuts
- 1 cup mashed ripe bananas
- 1¾ cup flour
- 1 teaspoon soda

Cream shortening and sugar. Add unbeaten eggs one at a time, and beat thoroughly (one minute, medium speed with electric beater). Add the chopped peanuts. Add the mashed bananas alternately with the flour and soda which have been sifted together twice. Mix lightly, being careful not to overbeat. Turn into a greased 8½ x 4½ x 2½-inch loaf pan. Bake in a moderate oven (350° F.) about an hour and 10 minutes or until done.

### Peanut-Vegetable Soup



- 1 cup salted peanuts, coarsely ground
- ½ cup chopped celery
- 2 tablespoons chopped onion
- ½ cup chopped carrots
- ¼ teaspoon celery seed
- 1 bay leaf
- 3 cups chicken or beef broth
- 1 cup fresh or canned tomatoes

Place all ingredients in a covered saucepan and cook until vegetables are tender.

### Chicken-Peanut Pilaff

- 4 cups chicken broth
- 1 teaspoon salt
- ¼ cup chopped onion
- ½ cup chopped salted peanuts
- 1½ cups chopped cooked chicken
- 1 cup rice

Bring chicken broth to a boil in a covered skillet or saucepan. Sprinkle the rice in slowly. Add the salt, then the chopped onion, peanuts and chicken. Cover and simmer about 25 minutes or until rice is soft and has absorbed the broth. This can be cooked in a pressure cooker in 10 minutes at 15 lbs. pressure. Use only 1½ cups of chicken broth instead of 4.

### Ham & Peanut Timbals

- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 1 cup milk
- 2 cups ground cooked ham
- ½ cup chopped peanuts
- 2 eggs, beaten

Melt the butter, blend in flour, add milk gradually and cook until thick as heavy cream. Add the chopped ham, peanuts and eggs. Pour into greased custard cups. Place in a pan of hot water and bake in a moderate oven 350° F. until mixture is firm in center.

### Peanut-Potato Cakes



- 1 cup chopped peanuts
  - 2 cups mashed white potatoes
  - ½ teaspoon salt
  - 2 tablespoons finely chopped onion
  - 1 egg
- Fat for frying

Combine all ingredients except fat. Shape into flat cakes about ½ inch thick. Brown on both sides in shallow fat in a heavy frying pan.

### Baked Peanut Beef Sandwich

- 1 cup ground cooked beef
- 1/3 cup chopped salted peanuts
- 1 tablespoon finely chopped onion
- 2 tablespoons ketchup
- 2 tablespoons mayonnaise
- 8 slices bread
- 3 eggs, slightly beaten
- 1 teaspoon salt
- 2 cups milk

Mix together the ground beef, peanuts, onion, ketchup and mayonnaise. Make 4 sandwiches with this mixture and the 8 slices of bread. Place in a baking dish. Pour over it the eggs, salt and milk that have been well blended. Allow to soak for 30 minutes (or overnight in the refrigerator). Bake in a moderate oven 350° F. for one hour.

### Waldorf Salad



- 1 cup diced apples
- ½ cup diced celery
- 1/3 cup salted peanuts

Mix the apples, celery and peanuts which have been chopped coarsely. Moisten with peanut butter dressing.

### Stuffed Banana Salad



- 2 large or 4 small bananas
- ¼ cup peanut butter
- 2 tablespoons chopped raisins
- Mayonnaise
- Lemon juice
- Chopped salted peanuts

Peel and split bananas lengthwise. Fill sandwich fashion with peanut butter and raisins which have been mixed together. Roll in mayonnaise that has been thinned with lemon juice, then in chopped salted peanuts. Serve a half or whole banana on lettuce. Garnish with a red cherry or strawberry.

### Peanut Butter Dressing

- 2 tablespoons mayonnaise
- 1 tablespoon lemon juice
- 1 teaspoon sugar
- 2 tablespoons peanut butter

Mix mayonnaise with lemon juice, sugar and peanut butter.

### Peanut-Onion Puff



- 4 large sweet onions, sliced
- 1 cup shredded cheese
- 1 cup salted peanuts, chopped
- ½ cup flour
- ½ teaspoon salt
- 2½ cups milk
- 3 well beaten eggs

Separate sliced onions into rings. Boil in water 5 minutes. Remove onions from water and place in alternate layers with cheese and peanuts in a buttered 1½ quart casserole. Blend the flour, salt, milk and well beaten eggs together with an egg beater until smooth. Pour this mixture over the onions, cheese and peanuts. Bake in a 350° F. oven 40 minutes.

### Sweet Potato-Nutburgers

- 2 cups cooked mashed sweet potatoes
- ½ cup chopped peanuts
- ¼ cup sugar
- ½ teaspoon cinnamon
- 1 cup finely ground peanuts
- ¼ cup butter or margarine

Mix thoroughly the mashed sweet potatoes, chopped peanuts, sugar and cinnamon. Shape into flat patties. Roll in the ground peanuts. Place on greased baking sheet and dot with butter or margarine. Bake in 400° F. oven until nuts are toasty brown.

### Chocolate Crunch Dessert

Prepare 1 package of instant chocolate pudding according to directions on package. Fold in ½ cup chopped peanuts and 1 cup bite-size pieces of plain or angel food cake. Chill and serve with or without whipped cream.

### Peanut-Potato Casserole



- 2 cups shredded raw potato
- 2 tablespoons flour
- 1 teaspoon baking powder
- ¼ cup uncooked cereal (quick cook type)
- 2 tablespoons bread crumbs
- ½ cup finely chopped salted peanuts
- ¾ teaspoon salt
- 2 eggs, slightly beaten
- 3 tablespoons melted chicken or bacon fat

To the shredded raw potato, add the dry ingredients, then peanuts and salt. Finally add the slightly beaten eggs and melted fat. Mix thoroughly and pour into a greased 1½ quart casserole. Bake in 350° F. oven for 1 hour.

### **Peanut Drop Cookies**

- ¼ cup butter or margarine
- 1/3 cup sugar
- 1 egg
- ½ teaspoon vanilla
- 1 cup flour
- 1 teaspoon baking powder
- 2 tablespoons milk
- 1/3 cup chopped salted peanuts

Cream together the sugar and butter. Beat in the egg. Add the flour and baking powder, which have been sifted together, then the milk. Add the chopped peanuts. Drop by teaspoonfuls on a greased baking sheet about 2½ inches apart. Bake in a moderate (350° F.) oven until lightly browned. Makes about 2 dozen cookies.

### **Peanut Brittle**

- 2 cups white sugar
- 1 cup white corn syrup
- ½ cup boiling water
- 2 to 4 cups salted peanuts
- 1 tablespoon soda

Cook sugar, syrup and water until it forms a soft ball when tried in water (236° F.). Add peanuts and cook until mixture is amber colored (294° F.). Remove from stove and add soda. Stir thoroughly and pour on greased tin or dish. When cool, break into uneven pieces.

## **PEANUTS ARE DELICIOUS**

Peanuts are so delicious. No longer are they considered as only "nibble bait." Use them in many ways at meal time, as well as out-of-hand good eating for snacks. They add crunchy goodness to any dish and make it company fare. Peanuts are rich in the B vitamins needed for steady nerves, pep and energy. Their high quality and quantity of protein rates them tops as a meat alternate.

Use the recipes in this pamphlet or try dressing up old time favorites by adding peanuts.

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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

## PRINCIPLES OF FOOD PREPARATION

by

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You can prepare food better if you know what cooking does to it and why things happen as they do. If you know the composition and structure, you can control these changes and have superior products from your efforts.

For example, eggs act in several different ways. Egg whites, when used in meringues, souffles, angel and sponge cakes, whip light when air is beaten in and the protein holds it stiff, or becomes a stabilizer. On the other hand, egg yolks help to thicken or bind foods such as mayonnaise, custard, and cream puffs.

Another example is in the use of fats. These may add flavor, be used to fry foods brown and crisp, or add tenderness of texture as in breads and cakes.

Each group of foods has its own chemical and physical properties which determine the best method of preparation. These so-called "secrets" of good cooking have been discovered through years of food research. All foods contain certain nutrients. Our job as homemakers is to prepare food so that:

1. Our family enjoys eating it.
2. It looks and tastes attractive.
3. It provides the food nutrients they need.

To keep as much of the food value as possible and to keep the loss of nutrients in food preparation at the minimum, we need to know certain basic food preparation rules.

In cooking, food value losses are due to the action of air, heat, and water.

1. Air - Keep most food cool and covered to prevent loss from oxidation. Use fresh food as soon as possible or preserve it by freezing, heating, or other methods.

2. Heat - Destroys some food nutrients, especially vitamins. Heat foods the shortest length of time possible to make them palatable and attractive.

3. Water - Minerals and some vitamins are dissolved in water. Use the smallest amount of water possible to cook the food to the desired stage. Use cooking waters (if any is left) in soups, sauces, and gravies. Example: Cook carrots in a small amount of water with the cover off until all water is absorbed. Cook others in more water covered. Taste the difference.

Some food loss is due to spoilage, some to peeling or cutting away good food. Storing foods at correct temperatures helps prevent much of this waste. Paper toweling in the bottom of the hydrator can help prevent spoilage from moisture collecting on the food.

To prepare the four Basic Food Groups which are needed by everyone each day, it helps to know the best method of preparation to retain the greatest food value, flavor, and attractiveness.

Brief suggestions for each of these four groups are given here. References for more details are also given.

### PREPARING MEAT AND OTHER PROTEIN FOOD

Protein foods are usually cooked to make them palatable. Low to medium temperatures are advised, for high temperatures toughen the protein.

Meat is the most common and popular protein food, but fish, poultry, eggs, and beans are often used to provide this so-called main dish. All the skill of good cooking must be used to retain the popular flavor of meat. Each cut and type has one or more "correct" methods of cooking to bring out the best flavor and qualities. A knowledge of the structure of meat helps understand the effect of heat upon it. Muscle tissue is made up of bundles of fibers which can be subdivided into small, single fibers. These fibers,



composed of connective tissue, are held together by a network of other connective tissue. Fat is stored between the fibers. Muscle tubes are filled with liquid called meat juice.

The amount of connective tissue in meat largely determines the method of cooking to be used. Dry heat hardens connective tissue; therefore, only tender cuts which contain but little of this substance can be cooked successfully in this way. Even with tender cuts, dry heat cannot be applied too long, or they become hard and tasteless. Less tender cuts containing much connective tissue should be cooked slowly in moist heat at low temperatures. Simmering temperatures (185° F.) are used if water is the cooking medium, or about 300° F. if cooking is done in an oven. Muscle fiber softens and dissolves under these conditions. Successful cooking of less tender cuts requires a long time in moist heat at low temperature.

Why Cook Meat? We cook meat to improve flavor and texture. Following are the results we want and how to get them.

Use moderate, dry heat for tender cuts, moist heat for less tender cuts. Searing at first to brown meat is not necessary. By using moderate temperature, there is:

1. More juicy and better flavored meat.
2. Less shrinkage, hence more meat to serve.
3. More tender and more uniformly cooked meat.
4. Less fuel required to complete cooking.
5. Less spattering in oven or pan, less watching, less work cleaning.
6. Maximum food value retained.

Three methods of cooking meat:

1. Dry Heat for tender cuts - broiling, pan-broiling, roasting. Use a meat thermometer for accurate oven cooking of roasts, poultry, and hams, to take the guess work out of how long to cook. Meat may be cooked rare (140° F.), medium rare (160° F.), or well-done (170° F.). Rare meat is juicier and has less shrinkage. Roasting is for tender meats, cooked at 325°-350° in an uncovered pan. Pan frying and broiling are for tender meats, cooked under or over direct heat or in a hot pan with only enough fat to prevent sticking.

2. Moist Heat for less tender cuts - braising, simmering, stewing, steaming (in foil or in pans with close-fitting tops or in a pressure cooker.) Braising is cooking with a small amount of liquid in a closely covered pan, as in an electric fry pan. Simmering or steaming is cooking in water or wrapped in foil or in tightly covered pan, as waterless cookware, pressure pans.

3. Frying - cooking in fat, shallow or deep. This is the least desirable method of cooking meats. Most people do not need the added fat, and high temperatures used in frying often toughens and hardens meat.

Pork must be thoroughly cooked--185° F. in center--to be safe. A serious disease called trichinosis can be caused by parasites that are sometimes present in pork. These parasites are destroyed by heat.

Frozen meat may be thawed before cooking or cooked without thawing, but this takes much longer. Slow thawing in the refrigerator is advised because it thaws more uniformly so loses less moisture.

Tenderizers. There are many commercial tenderizers and many liquids you may use to dissolve the connecting tissue of less tender cuts of meat. The natural liquids often used to tenderize meats are tomato juice, fruit juice, vinegar, and water.

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### FRUITS AND VEGETABLES

Green, golden, red, or white--whatever the color, vegetables and fruits give a wide variety of choice. The skill of a good cook lies in preparing these to retain the flavor, color, and food value.

Many fruits and vegetables are so good raw, as in salads, relishes, or fruit desserts, that this way of serving should be considered first.

Vegetables are more vulnerable to mistreatment in cooking than many other foods. For best color, texture, flavor, and food value, cook vegetables the shortest time possible to make them palatable. Overcooking causes some strong, undesirable flavors, color changes, or produces a soft, mushy product. Most vegetables should be cooked in small amounts of boiling, salted water in a pan with a close-fitting cover.

Interesting changes take place when a fruit or vegetable is cooked. The cellulose is softened, starches often turn to gelatin (as in dry beans), starchy vegetables cooked at high temperatures change to sugar and caramelize (like potatoes). Many color changes occur in cooking fruits and vegetables. Let's examine some of them.

Green vegetables when heated lose the green color of the chlorophyll, so the shorter the cooking time, the more color is retained. For freezing, blanching of vegetables in boiling water actually improves the green color and also partially cooks them, so that cooking time of frozen vegetables is shorter. Salt water and hard water help keep green color of vegetables. Acids, on the other hand, make the green color fade. Cooking with the cover off for a few minutes helps some strong flavors escape and helps preserve the green color. Warning: Soda added to greens destroys much food value and makes greens mushy.

Red vegetables retain color better when acid is added, such as vinegar in beets.

Raw apples and other light-colored fruits, when peeled or cut, turn dark from oxidation (exposure to air). By dropping in salted water, adding lemon juice, ascorbic acid, or other acids, this darkening can be prevented. Cooking also prevents oxidation.

Nutrition studies show that Vitamin C is often lacking in diets, so special care should be taken to save it. Vitamin C (ascorbic acid) is easily destroyed by heat and air. Most of the ascorbic acid we get comes from fruits and vegetables. Care must be taken when heating good sources of this vitamin to cook only a short time and to keep foods covered and cool; for example, fruit juices and tomato juice. Add tomatoes to soups and stews at the end of cooking, allowing just time to blend flavors and heat thoroughly. Cold-pack rather than hot-pack tomatoes when canning to retain vitamins.

Vitamin A fruits and vegetables are dark green and deep yellow ones. Use raw or cook the shortest time possible to make them palatable. Short cooking of green vegetables retains the color and food value. Loss of color usually denotes loss of food value. Trim sparingly such greens as cabbage, lettuce, and celery. Dark outer leaves are richest in minerals and vitamins. Cook potatoes and other vegetables in their skins to retain the most food value.

Pressure saucepans are excellent for cooking vegetables in a short time, but accurate timing is necessary to prevent overcooking. Even though the temperature is higher, the time is about one-third of that required in boiling water.

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#### MILK AND MILK PRODUCTS

Those who drink milk have little trouble getting enough to supply their calcium need, and with careful planning, milk can be included in many prepared foods. Cheese and milk products such as soups, stews, sauces, gravies, salads, and desserts offer good opportunities to get additional amounts. Milk and milk products are available in many forms. Fresh fluid milk must be pasteurized to be sold on the market. Homogenized milk is treated under pressure to reduce the size and increase the number of fat globules, so they do not rise to the top as cream. Fresh, evaporated, dry, frozen, and fermented milk (buttermilk and yogurt) are all equally nutritious.

There is little in the preparation of milk that effects its food value. Care must be taken to use low heat, because milk scorches easily. High temperatures or long cooking coagulates the protein, causes an off-flavor, and caramelizes the milk sugar (lactose). Low, controlled heat or a double boiler is recommended for cooking milk products. Custards and puddings made from homogenized milk take longer because the rate of heat penetration is slower with the small divided fat globules. When heated slowly or left to "sour", milk "clabbers" or coagulates. It is this principle which enables the making of cheese and cottage cheese. Milk becomes acid after several days and coagulates. Sour milk and cream are used in many foods. The cooler the temperature, the longer milk will stay sweet.

Whipping the fat of milk causes it to adhere together or "turn to butter". Hence, care is needed in whipping cream. Cream must have at least 20% butter fat to whip easily. Aging increases acidity and thickness of the cream, hence whips better. Cool cream whips best (35°-40°). Undiluted evaporated milk may also be whipped if it is first chilled to 32° or lower until fine ice crystals form. Bowl and beater should also be chilled. Lemon juice or vinegar in the proportion of 2 tablespoons for each cup of milk may be added for greater stiffness and stability when the flavor is suitable for the food with which the whipped milk is to be combined. The volume of evaporated milk increases two or three times when it is whipped. The foam produced is smooth, thick, and glossy, and will be stable for 45 minutes to an hour if it is chilled.

The foaming ability of nonfat dry milk, when whipped with cold water, varies widely. In some brands, the volume increases about four times, and the foam may be stable for several hours. Use 1 cup of dry milk to 3/4 cup cold water for whipping. The foam is more stable if the water is chilled and if 2 tablespoons of lemon juice are added to 1 cup dry milk before whipping. Nonfat dry milk then makes an acceptable light-bodied topping if sugar and flavoring are added.

The problem of many homemakers is how to use enough milk to supply the needs of each member of the family, especially those who do not drink it. This can be done by careful planning. By adding 1/4 cup of dry milk to each cup of fluid milk, the milk solids content is doubled. Undiluted canned milk may also be added to fresh milk to increase the food value. One ounce of cheese is equivalent to 3/4 cup milk.

Research at Virginia Experiment Station indicates that dry milk may be added in varying amounts to many baked products to increase the food value, yet not harm the taste or quality. This method of supplementing fresh milk helps many people get a better supply of calcium. Some recipes developed have 4-7 times the normal amounts of milk solids.

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BREADS AND CEREALS

Breads and cereals are primarily starchy foods or carbohydrates, yet they provide almost one-half of the protein in the average diet and a large amount of the thiamine and riboflavin as well as some iron. The enrichment of flour and cereals has helped improve the food value of the average diet.

Breads and cereals are cooked to absorb water, soften texture, change starch and protein, and to develop flavor. Modern processing has partially cooked many foods, such as quick cooked oatmeal and rice. Packaged rice does not need washing; in fact, this removes some of the nutrients.

Care must be taken to select bread, flour, and cereal products which are either whole grained or enriched. Most flour and cereals are enriched, but not all. Corn meal is also enriched to improve its food value. Most states have laws requiring enrichment.

Starches act as thickeners in a sauce, gravy, or pudding; but flour, when leavened with yeast or baking powder, will become light because of the protein called gluten which can stretch.

Soft wheat flour, which is grown in southern states, has less gluten than all-purpose or bread flour, so gives a good texture for cakes, pie crust, and cookies. Hard wheat, from western states, has more gluten, so makes the best flour for yeast breads. Cake flour gives a fine texture to cake but is more expensive and is usually not enriched. "All-purpose" flour is a blend of soft and hard wheat.

When moist or dry heat is applied to starchy foods, the starch is changed into simpler, easier-to-digest substances called dextrans. These are slightly sweet, of brownish color, and soluble in water. Ordinary starch is insoluble in cold water, but moist heat causes starch grains to swell making a viscous mixture of the liquid known as starch paste. Large granules, as potato starch, appear to gelatinize at lower temperatures than small ones, as corn. Starchy mixtures should be heated long enough to insure maximum swelling. Prolonged boiling may cause starch paste to become thin, due to conversion of some of the starch to simpler substances. In presence of acid, as lemon juice or vinegar, conversion is more rapid.

Dry heat applied to starch also produces chemical changes. At 127° F. starch begins to brown. This occurs when flour is browned for sauces, when bread is toasted, or when brown crust is formed on bread and cake during baking.

When thickening liquids with starch, it is desirable to separate the starch grains before heating by mixing with cold liquid, creamed or melted fat, or sugar. Otherwise, lumps are formed enclosing uncooked starch.

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Approval to duplicate received from Janet L. Cameron.

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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., R. W. Shoffner, Director. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

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## PUNCH RECIPES

by:

S. Virginia Wilson, Extension Nutritionist

EXTENSION NUTRITION DEPARTMENT, N. C. STATE COLLEGE  
RALEIGH, N. C.

Use either fresh, canned or frozen juices in these recipes listing fruit juices as an ingredient. If fruit juice concentrates are used, dilute according to directions.

How you figure the amount of punch to serve a crowd:

1 gallon of punch will make 32 servings of 1/2 cup each. If crushed ice is added, it will make 35 to 50 servings of 1/2 cup each--depending on the quantity of ice used.

Figure 1½ servings per person or 150 servings for each 100 people. 2 to 2½ gallons of punch is usually expected to make 100 servings unless punch cups are extra large.

### Ice Garnishes for Punch:

Freeze fruit juice or water in cubes or rings to float in punch for added color and interest. To make a ring, use a 1 to 2 quart salad mold. Boiled water makes a clearer ice than tap water. Whole strawberries, cherries, or bits of colored fruit, mint leaves or flowers may be frozen in the ice. If food coloring is used in the ice, the punch will discolor as the ice melts.

Ice cream, sherbets or fruit ices (as lime or orange ice) may be used in bowls instead of ice to chill the punch. Use 1 to 2 cups for each quart (4 cups) of punch.

### Citric Acid Punch

2 oz. citric acid (from drugstore)	6 oz. can orange concentrate
7 cups sugar	2 cups pineapple juice
1 quart hot water	

Combine citric acid, sugar and water, stir until dissolved, cool, then strain. Then add can of orange concentrate (frozen orange juice may be used) and pineapple juice. Use this mixture with equal quantities of water or gingerale.

### Cranberry Punch

6 cup cranberry juice cocktail	2 cups pineapple juice
12 whole cloves	3/4 cup lemon juice
2 sticks cinnamon	1 quart gingerale
3 cups orange juice	

Simmer 2 cups of cranberry juice for 15 minutes with the spices which have been tied in a cheese cloth bag. Cool and remove spices. Combine all of the juices and pour over ice in a punch bowl. Finally add gingerale just before serving. Makes 1 gallon of punch.

NOTE: Sweetened tea, cider, or apple juice may be substituted for cranberry juice in this recipe.

(Over)

### Tea Base Punch

3 tablespoons tea leaves  
6 cups boiling water  
1½ cups sugar  
8 whole cloves  
1½ cups boiling water

2 cups orange juice and 1 orange peel  
1 cup lemon juice and 1 lemon peel  
2 cups pineapple juice  
2 teaspoons almond extract  
3 quarts ice water or gingerale

Steep tea in 6 cups boiling water 5 minutes, strain, and cool. Make a sirup by boiling water, sugar, cloves, 1 orange, and 1 lemon peel for 5 minutes. Cool. Combine tea, sirup, fruit juices and almond extract. Allow to stand one hour or until ready to serve. Add chilled water, or gingerale. Makes 6 quarts. Pour over ice in punch bowl to serve.

### Strawberry Punch

1 quart strawberries  
1½ cups sugar  
2 cups orange juice

¾ cups lemon juice  
2 quarts of water

Mash one quart of washed and hulled strawberries. Sprinkle ½ cup sugar over the mashed berries and let stand 1 hour. Strain without squeezing to make a clear sparkling punch. Add 2 cups orange juice (fresh, frozen or canned), ¾ cups lemon juice and 1 cup of sugar. Stir until sugar is dissolved. Add 2 quarts of cold water. Serve over cracked ice. This will serve 15 tall glasses or 30 punch cups.

NOTE: 1 quart of gingerale may be substituted for 1 quart of water.

### Strawberry Milk Punch

1 pint frozen strawberries  
1 quart milk

1 pint strawberry or vanilla  
ice cream

Mix together the thawed strawberries and milk. Add the ice cream and whip by hand or with electric mixer until it is practically melted. Makes 2 quarts of mixture which will serve 15-25 punch cupsful.

### Mulled Cider

2 quarts of cider  
¼ cup honey or  
½ cup sugar  
1 lemon peel

1 one inch stick cinnamon  
1 teaspoon whole cloves  
¼ cup lemon juice

Combine the cider, honey or sugar and lemon peel in a saucepan. Add the spices which have been tied in a small piece of thin cloth. Bring to a boil and simmer 15 minutes; add lemon juice. Chill and serve over ice. This also may be served hot as you would Russian Tea.

### Grape Cooler

2 cups grape juice  
½ cup sugar  
1 cup hot water

½ cup lemon juice  
1 quart gingerale

Make a sirup of the sugar and water. Add grape juice and lemon juice. Add the gingerale just before serving. Pour served over ice.

(Over)

Rhubarb Punch

2 cups rhubarb juice  
Pinch of salt

1½ cups grapefruit juice

Combine ingredients and chill. To make rhubarb juice: Cook 1 pound rhubarb in 1½ cups water 20 minutes or until soft. Strain and add 1/4 cup sugar and 1/4 cup corn syrup and beat until dissolved. Sugar may be substituted for the syrup. This makes 2 cups juice. 1 quart of ginger ale may be added, which makes 1½ quarts of punch.

Ginger Fizz

3 tablespoons tea  
5 cups boiling water  
2/3 cup sugar

1 teaspoon ground ginger  
1 #2 (2½ cups) can pineapple juice

Steep tea in boiling water for 5 minutes. Strain. Add sugar and ginger, then boil two or three minutes. Cool and add pineapple juice. Serve over cracked ice. Makes 2 quarts.

Orange Sparkle Punch

12 bottles orange soda  
1 46 oz. can (6 cups) pineapple juice

2 cans (6 oz.) frozen limeade or  
lemonade, thawed  
2 qts. ginger ale

Mix ingredients except ginger ale. Add chilled ginger ale just before serving. Serve over ice. Makes 2 gallons.

Tropical Cooler

1 package fruit flavored drink powder  
1 cup sugar  
3 quarts water

1 can frozen orange juice, thawed  
1 can frozen lemon juice, thawed  
1 #2 can (2½ cups) pineapple juice  
1 quart ginger ale, chilled

Dissolve fruit drink powder and sugar in the water. Add fruit juice and chill. Just before serving, pour in the chilled ginger ale. Makes 6 quarts.

Lime Rickey

2 packages lime flavored gelatin dessert  
1 cup sugar  
2 cups boiling water

6 cups ice water  
1/2 cup lime or lemon juice  
1 quart ginger ale, chilled

Mix the gelatin dessert and sugar, then dissolve it in the boiling water. Cool. Add ice water, then lemon or lime juice. Pour over ice, then add chilled ginger ale just before serving. Makes 3 quarts.

For other colors and flavors of punch, use: cherry, strawberry or raspberry for red; lemon or orange for yellow or gold.

Frosted Cola Punch

1 quart ginger ale  
2 bottles (6 oz.) cola type drink

1 pint vanilla ice cream

Whip together by hand or with electric mixer. Makes 3 quarts.

Fruit Punch

6 cups orange juice  
1 cup lemon juice

3 cups pineapple juice  
1½ quarts ginger ale

Combine canned, frozen or fresh fruit juices. Add chilled ginger ale and chipped ice just before serving or part of the fruit juice may be frozen in the can and used instead of ice.

Mocha Punch

1 quart of cold coffee  
1 quart of chocolate ice cream  
1 quart of ginger ale

Whip coffee and ice cream together. Add ginger ale. Makes 3 quarts.

Snyder's Party Punch

2 pkgs. lemon or lime gelatin  
Juice of 8 lemons  
2 cups sugar  
4 cups boiling water

1 can (46 oz.) pineapple juice  
4 cups green gage plum, apricot,  
or tangerine juice  
3 pints vanilla ice cream  
2 quarts ginger ale

Mix lemon or lime gelatin, lemon juice, sugar and boiling water. Stir until dissolved, then chill them. Add other fruit juices. When ready to serve, to each two quarts of this fruit juice mixture, add 1 pint of vanilla ice cream. Whip by hand or with electric mixer. Add the ginger ale just before serving. Serves 50.

NOTE: May be tinted a light green with food coloring if desired, or one block of ice with green cherries frozen in it may be floated in this. (Add new ones with each addition of punch).

Blackberry Acid

12 lbs. blackberries  
5 oz. citric acid  
1 gallon water

Mix and allow to stand 48 hours. Strain berries without mashing them. Add 1 cup of sugar for each cup juice. Stir until sugar is dissolved. Use 1 part of this syrup to 3 parts water or 2 of water and 1 of ginger ale. Serve over ice. Extra blackberry syrup may be placed in sterilized jar and processed as you would tomato juice to keep for future use.



● **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.



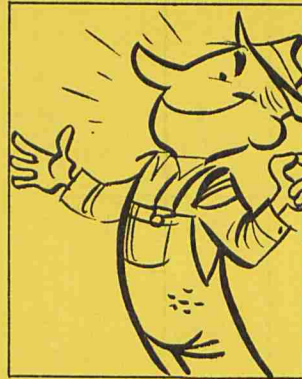
You can eat like a millionaire  
If foods at home you produce.  
Then store some by for busy days  
And some more for winter use.



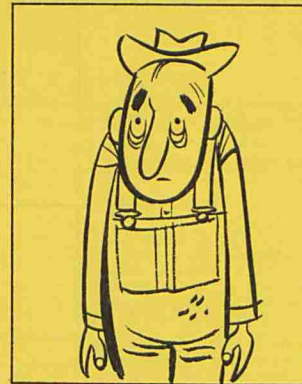
For a well, happy family  
The right foods, we agree,  
In the right amounts every day  
Are most ne-ces-sa-ry.



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.

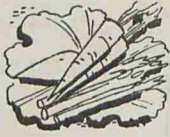
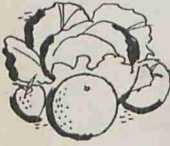
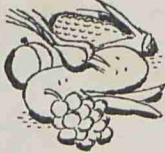
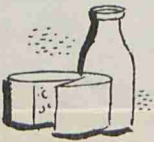
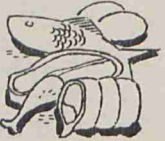
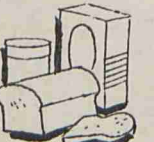
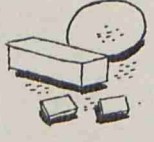



You've got no pep or energy?  
Feeling sort of blue?  
Before taking pills for these ills  
See what right foods can do.



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 1/2 cup)	100-150 pounds vegetables in this group plus 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 1/2 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 1/2 cup)	100 pounds or two bushels of white potatoes plus 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 2 1/2 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. Pam. 160 HOW TO MAKE AND USE COTTAGE CHEESE Ext. Pam. 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 1/4 to 1/2 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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November, 1957

(Revised) Extension Circular No. 396

# Salad dressings

S. Virginia Wilson  
Extension Nutritionist



Want to have your praises sung as the best salad maker in town? Then learn to make the dressing that is "just right" to go with your salad. A little touch of seasoning can make the difference between a salad with personality and one that is flat tasting.

Most salad dressings can be made from three basic recipes - French dressing, mayonnaise, and cooked salad dressing. Sour cream and a few other dressings fall into a special class. They all keep well if tightly covered and stored in a cool place. No one dressing fits every salad. Make up "batch" of French dressing and mayonnaise to have on hand. Try out adding a pinch of "this" and "that" until you get the flavor to suit your taste.

February 1956

(Reprint) Ext. Misc. Pamphlet 126

### French Dressing

1/2 teaspoon salt            2 tablespoons vinegar  
1/4 teaspoon paprika       4 tablespoons oil

Mix in order given and shake well just before serving.  
Serve on any kind of vegetable salad.

Variations: To the above French dressing recipe add one of the following:

- |   |                                 |
|---|---------------------------------|
| 1) 1/2 teaspoon minced parsley          | 5) 2 tablespoons grated cheese  |
| 2) 1/2 tablespoon chopped green pepper  | 6) 2 tablespoons chopped celery |
| 3) 1 tablespoons tomato catsup          | 7) 2 tablespoons chopped pickle |
| 4) 2 tablespoons minced hard-cooked egg |                                 |

Note: French dressing is used to marinate salads. To "marinate" means to mix foods with French dressing until every bit is coated. Then let it set in a cool place to soak in.

### Cooked Salad Dressing

1 1/2 tablespoons sugar    2 egg yolks (or 1 whole egg)  
1 1/2 tablespoons flour    1 1/2 tablespoons butter  
1/2 teaspoon salt            3/4 cup milk  
1 teaspoon mustard        1/4 cup vinegar  
Few grains cayenne

Mix dry ingredients, add egg yolks slightly beaten, butter and milk. Then add very slowly the vinegar. Cook in top of double boiler until mixture thickens; strain and cool.

Variation: Fruit Salad Dressing: Mix equal quantities of salad dressing and stiffly beaten whipped cream just before serving.

### Mayonnaise Dressing

1/2 teaspoon sugar	1 egg yolk
1/2 teaspoon mustard	1 tablespoon vinegar
1/2 teaspoon salt	1 tablespoon lemon juice
Speck of cayenne	3/4 cup salad oil

Mix dry ingredients, add egg yolk; add vinegar and beat until well mixed. Add oil slowly, beating constantly until all oil is added. Add lemon juice and beat until smoothly blended.

Variations of Mayonnaise Dressing:

(1) Thousand Island Dressing - To one cup of mayonnaise add 1 tablespoon minced onion, 1 tablespoon chopped pimento, 1 tablespoon chopped green pepper, 1/2 cup chili sauce or tomato catsup, a dash of paprika, salt, and 1 hard cooked egg chopped. Serve with green vegetable salads or as a sauce for fish and meats.

(2) Russian Dressing - Add 1/3 cup tomato catsup or 1/3 cup chili sauce to 1 cup mayonnaise. Hard cooked eggs and chopped pickles may be added to this dressing. Serve with lettuce salad.

(3) Tartar Sauce - To 1 cup mayonnaise add 3 tablespoons finely chopped pickles and olives, 1 tablespoon chopped onion, and 1 tablespoon finely chopped parsley. Serve with fish.

### Mock Mayonnaise

4 tablespoons flour	1 teaspoon salt
1 cup water	3 tablespoon lemon
1 egg	juice or vinegar
	1 cup oil

Cook flour and water until very thick. Pour this hot mixture over the egg, salt, lemon juice or vinegar, and oil which have been thoroughly mixed in a bowl. Beat with a rotary egg beater until smooth and well blended. Chill.



### Sour Cream Dressing

1 cup thick cream            1 to 2 tablespoons sugar  
    (sweet or sour)            1 teaspoon salt  
2 tablespoons lemon        1/4 teaspoon paprika  
    juice  
2 tablespoons vinegar  
1 teaspoon prepared mustard or few grains dried  
mustard.

Beat the cream with an egg beater until smooth, thick, and light. Mix ingredients together and gradually add to the cream, beating all the time.

Variation: To use on fish salads - (1) Omit vinegar and mustard and add 1/2 cup tomato catsup and 2 tablespoons oil; (2) Cucumber dressing - add 1/2 cup finely chopped cucumbers to above recipe.

### When Using Bought Salad Dressing:

For slaw or tossed salads - Mix well 1/3 cup dressing, 1/3 cup vinegar, 1 teaspoon salt, 1/2 teaspoon sugar, 1 teaspoon prepared mustard, and 1 teaspoon Worcestershire sauce.

For raw apple salads - Mix 4 tablespoons of dressing, 2 tablespoons of fruit juice (lemon, pineapple, or orange), 2 teaspoon sugar, and 1/4 teaspoon nutmeg.

For fruit salads - Mix 1 tablespoon of peanut butter with each 2 tablespoons of salad dressing to be used.

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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<br>or garden lettuce | 1 teaspoon sugar            |
| 4 strips of bacon                               | 2 tablespoons chopped onion |

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 coconut
- 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 fashion. Roll in tart mayonnaise then in chopped nuts. Cut bananas in halves crosswise. Place on lettuce leaves. Serves 4.

## 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 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 | 1½ cups frozen, sweetened, sliced strawberries |
| 2 tablespoons sugar            |  |
| 1/2 cup boiling water          | 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 | 3 tablespoons cornstarch |
| 1 cup sugar          | 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 1½ 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 well drained (fresh or frozen)	1/3 cup coarsely chopped almonds or pecans
1 can (9 oz.) or 1 cup pineapple 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 RIPPLE CAKE

1/2 cup butter or margarine	3/4 cup milk
3/4 cup sugar	1 cup crushed strawberries
1 egg	1/2 cup chopped nuts
2 cups flour	1/4 cup sugar
3 teaspoons baking powder	1/8 teaspoon nutmeg
1/2 teaspoon salt	

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

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	1 1/2 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.

# 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	1 1/2 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 cups mixed vegetables (canned)
2 tablespoons flour	1/4 cup buttered bread crumbs
1 cup milk	
1 teaspoon salt	
1 teaspoon curry powder	

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.

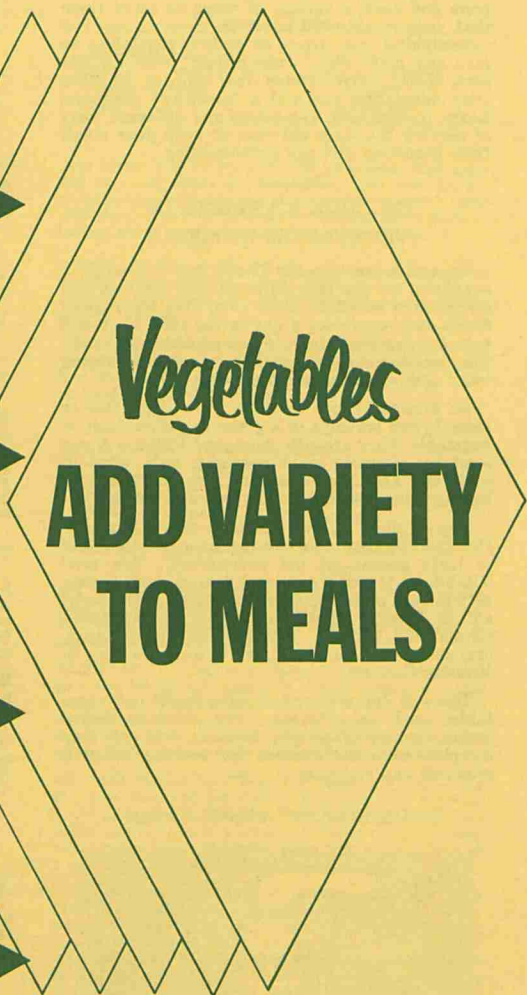
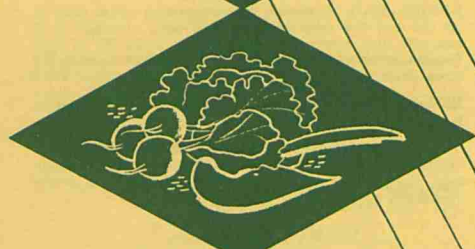
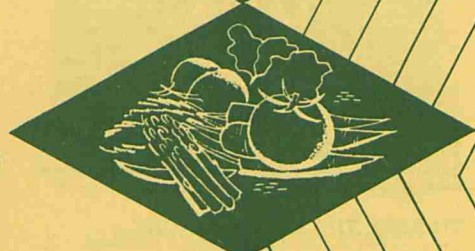
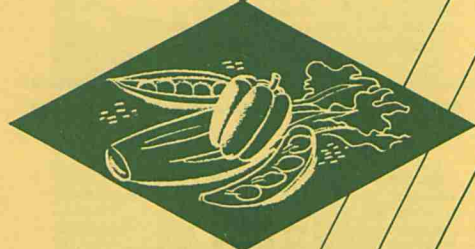
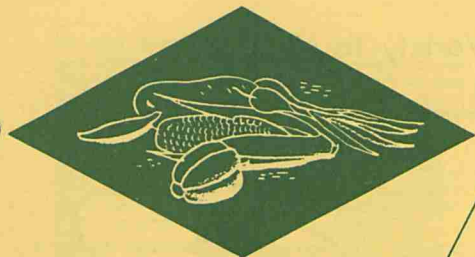
BAKED VEGETABLE CASSEROLE

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	Salt
1/4 cup chopped onion	Pepper
1½ cups cooked lima beans	1/4 cup buttered bread crumbs
1½ cups whole kernel corn (fresh, frozen or canned)	

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.



*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.

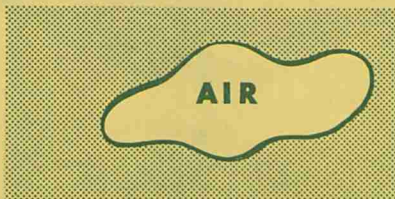
One or more  $\frac{1}{2}$  cup servings of a Vitamin C rich fruit or vegetable like raw cabbage, tomatoes or leafy greens (if not overcooked). You need Vitamin C to make cuts and wounds heal faster, help to cure colds and other infections in the body, aid in keeping gums, teeth and blood vessels strong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

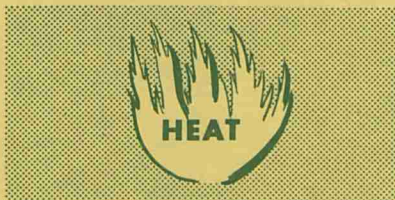
## COOK TO SAVE FOOD VALUE



**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 sautéing. 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
	$\frac{1}{16}$ 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 other 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<br>canned tomatoes |
| 2 tablespoons chopped<br>onion       | 1 teaspoon salt                     |
| 4 tablespoons butter or<br>margarine | Pepper                              |
|                                      | $\frac{3}{4}$ cup bread cubes       |

Cut eggplant in small pieces. Cook the onion in 2 table-  
spoons of the butter or margarine until tender. Add toma-  
atoes, salt, pepper and eggplant and simmer 10 minutes.  
Pour into a greased baking dish. Melt remaining 2 table-  
spoons of butter and mix with the bread cubes. Top egg-  
plant 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<br>(if desired) |
| 1 egg                 | Salt                           |
| 1½ cups bread crumbs  | 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, spin-  
nach, 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 direc-  
tions 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 direc-  
tions.)

**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,  
cream, scalloped or au gratin.

### Baked Winter Squash

Scrub and cut unpeeled squash in serving size pieces. Re-  
move seed and spongy part. Put pieces of squash in a bak-  
ing 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<br>margarine | $\frac{1}{4}$ teaspoon salt       |
| 2 tablespoons flour                  | $\frac{1}{2}$ cup vegetable water |
|                                      | $\frac{1}{2}$ 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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# 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 alone vitamin rich vegetables, as: 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



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.

WALDORF-BANANA SALAD

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

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.

FROZEN FRUIT SALAD

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

1/2 cup fresh strawberries, or  
Maraschino cherries

Mix the chopped fruits, mayonnaise and lemon juice. 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

## 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.

## NUTRITIOUS MEALS - BUFFET STYLE

### How To Give a Party and Enjoy It Yourself

At home or in a community center the buffet meal is easier to serve than the usual type. It is a good way to serve a larger number of people than can be seated at an ordinary table. In a home the meal may be served from the dining room table, the buffet, side table or even the kitchen cabinet. At a community center, several long tables may be used from which guests serve themselves. Breakfast, luncheon or dinner may be served buffet style. Usually, it is a very informal way to serve, but meals for any dressed up occasions can also be served buffet style.

Anyway, make it fun --- for guest and hostess. Make your buffet meal so well planned that the hostess as well as the guests will enjoy it.

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 should seem 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-track 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 cookbook 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 or other method?
4. Make a list and decide how far in advance to invite them.
5. What decoration theme or motif shall I use? What color tablecloth, flowers, china and glassware?
6. List tasks to be done beforehand--as shopping for groceries, polishing silver, washing china and glassware, pressing linens, borrowing or renting chairs, tables or other needed equipment.
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.

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.



# 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.

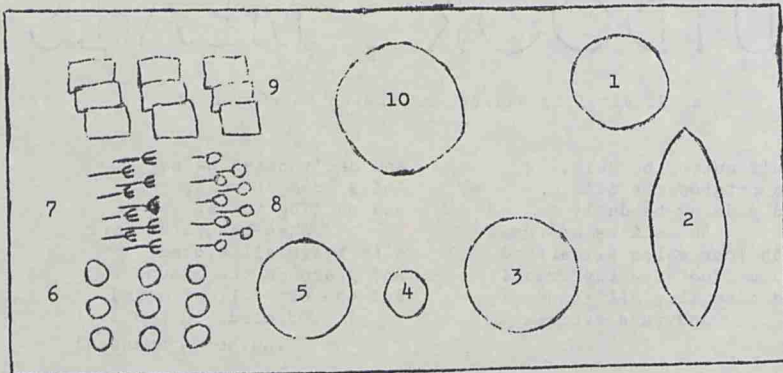


Table set for al fresco supper: (menu given on page 3)

- |                     |                 |
|---------------------|-----------------|
| 1. Plates           | 6. Beverage     |
| 2. Main dish        | 7. Forks        |
| 3. Relishes, salad, | 8. Spoons       |
| 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. Keep your meal balanced in food value, flavor, texture, and color. If you are not careful, it is easy to include too much meat, bread, and sweets. Choose foods that keep well. Raw meats must be kept cold. Select sandwiches that do not become soggy and raw vegetables that stay crisp for a fairly long time. Taking spreads in a jar and a loaf of bread does away with the problem of soggy sandwiches. Avoid foods that spoil easily as 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, or other staple items 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 destroyed 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

Prepared by:  
Nutrition Department  
N. C. State College  
Raleigh, N. C.

### Stuffed Picnic Rolls

1 lb. ground beef  
1/4 cup chopped onion  
1/3 cup tomato catsup  
1/4 lb. cheese, shredded

1 teaspoon salt  
Prepared mustard  
8 - 12 finger hot dog rolls

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.

S E R V I N G      P A R T Y      R E F R E S H M E N T S

(Revised)

S. Virginia Wilson  
Extension Nutritionist

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 cup is put on the tray. Lightweight trays that are just large enough to hold the necessary things are best to use. Cloths or paper doily may be used in the trays. You do not have to do as much passing when tray service is used.
3. Buffet Service: Food is arranged on large trays or dishes arranged on 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 and be sure to light them.

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 with the napkin, silver and beverage for each person arranged on it.

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<br>Sandwiches, crackers,<br>or bread<br>Beverage<br>Candies or Cookies |
| 2. Sandwiches or cookies<br>Beverage  | 2. Frozen Dessert<br>Cake or Cookies<br>Beverage<br>Nuts                        |
| 3. Dessert (Ice cream, fruit gelatin,<br>etc.)<br>Beverage (water or other) |   |
| 4. Beverage<br>Sandwich, and<br>Cookies or Candy                            |   |

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. These 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.

(G-64)

THE NORTH CAROLINA AGRICULTURAL EXTENSION SERVICE

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## TABLE SETTING AND SERVICE

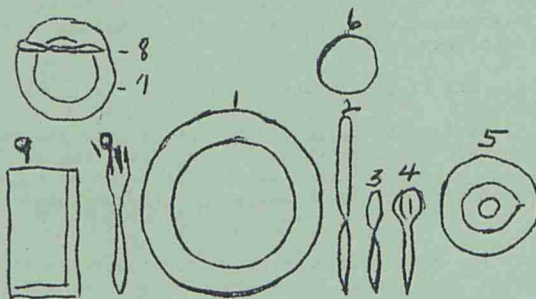
by  
S. Virginia Wilson, Extension Nutritionist

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  $1/3$  the length and width of the table.

Candles placed on the table should be lighted. Have them tall enough to come above <sup>or below</sup> 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. Sparring bread is no longer considered good taste.

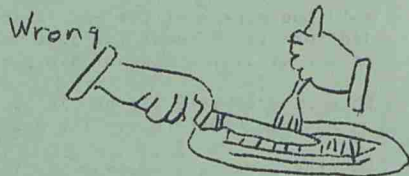
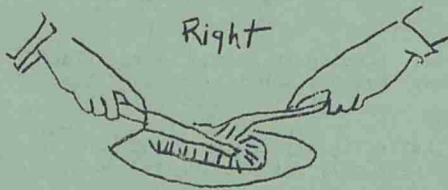
Break the bread into small pieces and spread with butter as needed.

Fingers, not forks, are used to eat such foods as crackers, olives, pickles, radishes and potato chips.

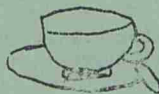
When in doubt about whether to use a fork or spoon follow the general rule. Foods served in a cupped dish are usually eaten with spoon, those on a flat dish with a fork. There are exceptions to this as there are for all other rules. For example - oysters and shrimp cocktails are eaten with a fork.

Just remember, good manners are always based on being considerate of others.

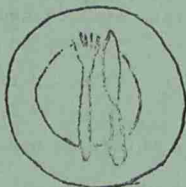
# Know the Rules



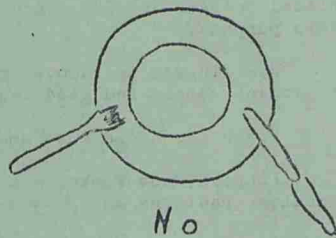
NEVER



ALWAYS



YES

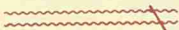


No

*Tarheel*

**YAM**

*Dishes*

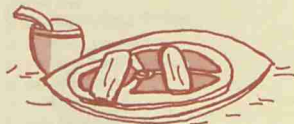


**for  
Health  
and  
Happiness**



**NATURE'S OWN  
VITAMINS A and C**

### Ham Steak with Sweet Potatoes



- ½ inch thick slice of ham
- Sliced raw sweet potatoes
- 2 tablespoons sugar
- 1 cup water or fruit juice

Brown ham lightly on both sides. Place in a baking dish. Cover with slices of sweet potatoes. Sprinkle with sugar. Add water or fruit juice. Cover and bake in 350° F. oven until ham and sweet potatoes are tender. Baste occasionally. Remove cover last 20 minutes to let sweet potatoes brown.

### Sweet Potato Soufflé or Puff

To 3 cups of cooked, mashed sweet potatoes, add ½ cup sugar, ½ cup hot milk and 2 slightly beaten egg yolks. Beat until fluffy. Fold in 2 stiffly beaten egg whites. Pile into a greased baking dish. Top with marshmallows, if desired. Bake in 400° F. oven until browned on top. If desired, crushed pineapple, raisins, nuts, apricot or peach pulp may be added at the same time as the egg yolks.

### Ham and Sweet Potato Croquettes

- 1 cup ground cured ham
- 1 cup cooked mashed sweet potatoes
- 1 egg, slightly beaten
- 1 tablespoon water
- Dry bread crumbs
- Fat for frying

Combine ham and sweet potatoes. Shape into croquettes. Dip into the beaten egg which has been mixed with the water. Roll in crumbs. Fry in shallow or deep fat or bake until brown in a 400° F. oven.

### Sweet Potato-Fruit-Pork Casserole

- 4 thick (1 inch) pork chops
- 1 teaspoon salt
- 2 sweet potatoes
- 4 slices pineapple
- 8 large prunes
- 8 cloves
- ¾ cup pineapple juice

Brown pork chops on both sides. Place in a casserole. Top with slices of peeled, raw sweet potatoes. Cover with pineapple slices cut in half. Pit prunes, stick two cloves in each, then arrange over the pineapple. Pour pineapple juice over all. Cover with lid or aluminum foil and cook 1 hour in a 350° F. oven.

### Country Fried Sweet Potatoes

Cut raw, baked, or boiled, peeled sweet potatoes lengthwise into ¼ inch thick slices. Cook in hot, shallow fat in a frying pan until slices are brown on both sides and tender in the center. May be sprinkled with granulated sugar while hot.

### Candied Sweet Potatoes



- 4 medium size sweet potatoes
- 1 cup sugar
- ¼ teaspoon salt
- ½ cup water
- 2 tablespoons butter or margarine

Cook unpeeled potatoes in boiling water until almost tender. Peel and cut in thick slices. Place in a greased baking dish. Bring to a boil the sugar, salt, water, and butter and pour over the sweet potatoes. Bake in a 350° F. oven one hour or until potatoes are clear and syrup thick. Baste occasionally or turn the top layer of potatoes once to prevent drying out.

### Stuffed Sweet Potatoes



Cut a slice from top of baked sweet potatoes or cut large ones in half. Scoop out inside, leaving a lining of sweet potatoes next to the skin. Mash the contents add spices and sugar to taste. Add enough hot milk to make mixture smooth and fluffy. Stuff mixture back into shell. Brush top with melted butter or margarine. Bake in 450° F. oven until flecked with brown.

### Sweet Potato and Molasses Cookies

- ½ cup fat
- ½ cup sugar
- 1 egg
- ½ cup molasses
- 1 cup grated, raw sweet potatoes
- 2 cups all purpose flour
- ½ teaspoon salt
- ½ teaspoon soda
- 1 teaspoon baking powder
- ½ teaspoon cinnamon
- ½ teaspoon ginger
- ¼ cup milk

Cream together the fat and sugar. Add the egg and beat thoroughly. Blend in the molasses and sweet potatoes. Add the dry ingredients which have been sifted together, then the milk. Mix thoroughly. Drop from a teaspoon 2 inches apart on a well greased baking sheet. Bake in a moderate (375° F.) oven for 12 to 15 minutes or until set and lightly brown.

### Sweet Potato Flake Cookies



- 2/3 cup butter or margarine
- 1½ cups sugar
- 2 eggs
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon cloves
- 3 cups instant sweet potato flakes

Cream together thoroughly the butter and sugar. Add eggs and beat thoroughly. Blend in the spices, then the sweet potato flakes. Form into one inch balls and place two inches apart on a greased cookie sheet. Bake in 400° F. oven for 10 minutes or until slightly brown. Remove cookies from baking sheet while still soft.

### French Fried Sweet Potatoes-Strips or Chips

Cut peeled, raw sweet potatoes in one inch strips or very thin slices. Cover with cold salted water for 30 minutes. Drain and dry thoroughly. Fry in hot, deep fat.

### Spicy Sweet Potato Custard Pie

- 1½ cups cooked, mashed sweet potatoes
- ¾ cup brown sugar
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ¾ teaspoon nutmeg or ginger
- ¼ teaspoon cloves
- 1½ cups undiluted evaporated milk
- 1 egg, slightly beaten
- 1 tablespoon melted butter or margarine
- 9 inch unbaked pastry shell

Mix ingredients in order given. Pour into a 9 inch pie pan lined with unbaked pastry. Bake for 45 minutes or until set in a 375° F. oven.

### Sweet Potato Custard Pie



- 1 cup cooked, mashed sweet potatoes
- 1/3 cup sugar
- ½ teaspoon salt
- ½ cup milk
- 1 egg, beaten slightly
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon cloves
- 1 tablespoon melted butter or margarine
- 8 inch unbaked pastry shell

Mix ingredients in order given. Pour into an 8 or 9 inch pie pan lined with uncooked pastry. Bake in 400° F. oven for 40 minutes or until custard is set.

### Sweet Potato Cake



- ½ cup margarine or butter
- 1 cup sugar
- 2 eggs
- 1 cup cooked, mashed potatoes
- 2 teaspoons baking powder
- ¼ teaspoon soda
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- 2 cups all purpose flour
- ½ teaspoon salt
- ½ teaspoon cloves
- ½ cup milk
- ½ cup nuts

Cream together the margarine and sugar. Beat in eggs thoroughly one at a time. Blend in the sweet potatoes. Sift together the dry ingredients and add alternately with milk. Add the nuts. Mix well. Bake in 2 wax paper lined layer pans 8" x 8" x 2". Put together with caramel icing if a layer cake is desired. Or cut in squares and serve with orange or lemon sauce.

### Grated Sweet Potato Pudding (Pone)



- 2 cups grated, raw sweet potatoes
- 1 cup milk
- 1 cup sugar
- 2 eggs, slightly beaten
- 2 tablespoons melted butter or margarine
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- ¼ teaspoon salt

Grate the raw sweet potatoes into the milk to keep them from turning dark. Add other ingredients in order given. Pour into a well greased 1½ quart casserole. Bake in a 350° F oven for one hour. Serve warm. Cold pudding may be sliced and served with cream as "sweet potato pone".

### Baked Sweet Potatoes

Wash and dry unpeeled sweet potatoes. Cook in a hot 450° F. oven for 45 to 60 minutes, or until soft. May be baked in a moderate oven for a longer period of time.

### Scalloped Sweet Potatoes with Fruit

Place in a greased baking dish alternate layers of partly cooked or raw sweet potatoes and thin slices of one of the following: raw apples, peeled oranges, fresh pears, peaches or cranberry sauce. Sprinkle each layer of sweet potatoes with sugar, a dash of salt and dot with butter or margarine. Add just enough water or fruit juice to cover the bottom of baking dish. Cover and bake 30 to 45 minutes or until fruit and sweet potatoes are tender. Uncover and bake to let sweet potatoes brown.

### Sweet Potato Biscuits



- 1 cup all purpose flour
- 3 teaspoons baking powder
- ½ teaspoon salt
- 3 tablespoons fat
- 1 cup cooked, mashed sweet potatoes
- About ¼ cup milk

Sift together the dry ingredients Chop in the fat. Add the mashed sweet potatoes and mix well. Add gradually only enough milk to make a soft dough. Knead a few strokes. Roll dough ½ inch thick. Cut in rounds and place on a baking sheet. Bake in a hot 450° F. oven 12 to 15 minutes. Serve hot.



### Instant Sweet Potato Flakes

Instant sweet potato flakes can be used in any recipe calling for mashed, cooked sweet potatoes. For each cupful of mashed sweet potatoes: add 1 cupful of sweet potato flakes to 1 cupful of hot water; stir until well blended.



### Canned Sweet Potatoes

Use in recipes calling for boiled or mashed sweet potatoes.

## SWEET POTATOES ARE DELICIOUS

Sweet Potatoes are delicious to eat—add color to any meal—are rich in food value. What more could you ask of any one food?

Choose those of deep yellow color inside for the most food value. A six (6) ounce sweet potato will provide the average adult with a two day's supply of Vitamin A,  $\frac{1}{3}$  the day's needs for Vitamin C, small amounts of the B Vitamins and some minerals. It is one of the few energy foods that carries its share of the much needed minerals and vitamins.

Sweet potatoes can be baked, boiled, fried, or prepared in a hundred ways. Use fresh, canned, or flaked sweet potatoes to add interest, variety and just plain good eating any meal. In this pamphlet are some recipes to start you off.

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RALEIGH, NORTH CAROLINA

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## NEW RECOMMENDED ALLOWANCES

Recommended Dietary Allowances, Revised 1963\* -- Food and Nutrition Board, National Academy of Sciences --  
National Research Council

Designed for the maintenance of good nutrition of practically all healthy persons in the United States  
(Allowances are intended for persons normally active in a temperate climate.)

AGE++ AND SEX	WEIGHT	HEIGHT	CALORIES+	PROTEIN	CALCIUM	IRON	VITAMIN A	THIA- MINE	RIBO- FLAVIN	NIACIN EQUIVA- LENTS#	ASCOR- BIC ACID	VITA- MIN D
	kg. (lb.)	cm. (in.)		gm.	gm.	mg.	I.U.	mg.	mg.	mg.	mg.	I.U.
<b>Men</b>												
18-35 years	70(154)	175(69)	2900	70	0.8	10	5000	1.2	1.7	19	70	
35-55 years	70(154)	175(69)	2600	70	0.8	10	5000	1.0	1.6	17	70	
55-75 years	70(154)	175(69)	2200	70	0.8	10	5000	0.9	1.3	15	70	
<b>Women</b>												
18-35 years	58(128)	163(64)	2100	58	0.8	15	5000	0.8	1.3	14	70	
35-55 years	58(128)	163(64)	1900	58	0.8	15	5000	0.8	1.2	13	70	
55-75 years	58(128)	163(64)	1600	58	0.8	10	5000	0.8	1.2	13	70	
Pregnant (2nd and 3rd trimester			+ 200	+20	+0.5	+ 5	+1000	+0.2	+0.3	+ 3	+30	400
Lactating			+1000	+40	+0.5	+ 5	+3000	+0.4	+0.6	+ 7	+30	400
<b>Infants, up to 1 year**</b>												
	8 (18)		kg.X 115 ±15	kg.X 2.5 ±0.5	0.7	kg.X 1.0	1500	0.4	0.6	6	30	400
<b>Children</b>												
1-3 years	13 (29)	87(34)	1300	32	0.8	8	2000	0.5	0.8	9	40	400
3-6 years	18 (40)	107(42)	1600	40	0.8	10	2500	0.6	1.0	11	50	400
6-9 years	24 (53)	124(49)	2100	52	0.8	12	3500	0.8	1.3	14	60	400

- More -

AGE++ AND SEX	WEIGHT	HEIGHT	CALORIES*	PROTEIN	CALCIUM	IRON	VITAMIN A	THIA- MINE	RIBO- FLAVIN	NIACIN EQUIVA- LENTS#	ASCOR- BIC ACID	VITA- MIN D
	kg. (lb.)	cm. (in.)		gm.	gm.	mg.	I.U.	mg.	mg.	mg.	mg.	I.U.
<b>Boys</b>												
9-12 years	33( 72)	140(55)	2400	60	1.1	15	4500	1.0	1.4	16	70	400
12-15 years	45( 98)	156(61)	3000	75	1.4	15	5000	1.2	1.8	20	80	400
15-18 years	61(134)	172(68)	3400	85	1.4	15	5000	1.4	2.0	22	80	400
<b>Girls</b>												
9-12 years	33( 72)	140(55)	2200	55	1.1	15	4500	0.9	1.3	15	80	400
12-15 years	47(103)	158(62)	2500	62	1.3	15	5000	1.0	1.5	17	80	400
15-18 years	53(117)	163(64)	2300	58	1.3	15	5000	0.9	1.3	15	70	400

\*The allowance levels are intended to cover individual variations among most normal persons as they live in the United States under usual environmental stresses. The recommended allowances can be attained with a variety of common foods, providing other nutrients for which human requirements have been less well defined. See forthcoming text for more detailed discussion of allowances and of nutrients not tabulated.

++Entries on lines for age range 18-35 years represent the 25-year age. All other entries represent allowances for the mid-point of the specified age periods, i.e., children 1-3 years is for age 2 years (24 months); 3-6 years is for age 4-1/2 years (54 months); and so on.

+Tables 1 and 2 and Figures 1 and 2 in the forthcoming text will show caloric adjustments for weight and age.

#Niacin equivalents include dietary sources of the preformed vitamin and the precursor, tryptophan (60 mg. tryptophan represent 1 mg. niacin).

\*\*The caloric and protein allowances per kilogram for infants are considered to decrease progressively from birth. Allowances for calcium, thiamine, riboflavin, and niacin increase proportionately with calories to the maximum values shown.



*North Carolina*

**FOODS** and **NUTRITION**