

Family  
fare

food management  
and recipes



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U.S. DEPARTMENT OF AGRICULTURE

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Washington, D.C.

# You . . .

## and your family's food

Are you one of this country's 45,000,000 homemakers—and trying to do a blue-ribbon job of feeding a family well? If so, you know that your task is vital to family health and important to happiness, and it isn't easy. You have a 4-point food program:



- To serve enjoyable meals.
- To keep your family well nourished.
- To practice thrift when need be.
- To save time and energy where you can.

This booklet offers suggestions and other helps that take these combined problems into account.

The nutrition section aims to bring the homemaker up to date quickly and to show the importance of food for health.

The food planning section shows an orderly way to provide meals that contain the vitamins and other nutrients in the quantities that different individuals need.

The cooking principles are modern—designed to conserve the nourishment as well as the appetite appeal in the food. The recipes offer a selection of standbys and special dishes. Timesaving short cuts are given, and suggestions for fitting many of the recipes into a lunch, dinner, or supper.

In the sections on food buying, storing, measuring, there are pointers on thrift.



# Nutrition

up to date



. . . up to you

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Nutrition is the science that deals with food at work—food on the job for you. Modern knowledge of food at work brings a new kind of mastery over life. When you—and your family—eat the right food, it does far more than just keep you alive and going.

The right food helps you to be at your best in health and vitality. It can even help you to stay young longer, postponing old age. An individual well fed from babyhood is more likely to enjoy a long prime of life. But at any age, you are better off when you are better fed.

## Food's three big jobs

1. Food provides materials for the body's building and repair. Protein and minerals (and water) are what tissue and bone are chiefly made of. Children must have these food materials to grow on; and all life long the body continues to require supplies for upkeep.
2. Food provides regulators that enable the body to use other materials and to run smoothly. Vitamins do important work in this line, and minerals and protein, too.
3. Food provides fuel for the body's energy and warmth. There is some fuel in every food.

## Body's needs, A to Z

From vitamin A to the mineral zinc, a list of nutrients—chemical substances that the body is known to require from food—would total more than 40. And there may be some not yet detected.

You can put nutrition knowledge to use without being introduced to all of the body's A-to-Z needs. When daily meals provide sufficiently for the following key nutrients, you can be reasonably sure of getting the rest.





## Protein

Protein was named from a Greek word meaning "first." Nearly a hundred years ago, it was recognized as the main substance in all of the body's muscles and organs, skin, hair, and other tissues. No simple substance could build and renew such different tissues, and protein has proved to be complex and varied.

Protein in different foods is made up of varying combinations of 22 simpler materials called amino acids. If need be, the body can make its own supply of more than half of these amino acids. But the remaining amino acids must come readymade from food. And to get the best use from these special ones, the body needs them all together, either in one food or in some combination of foods.

The best quality proteins have all of these especially important amino acids, and worthwhile amounts of each.

You get top-rating proteins in foods from animal sources, as in meat, poultry, fish, eggs, milk, cheese. Some of these protein foods are needed each day; and it is an advantage to include some in each meal.

Next best for proteins are soybeans, nuts, and dry beans and peas. When these are featured in main dishes, try to combine them with a little top-rating protein food.

Cereals, bread, vegetables, and fruits also provide some protein, but of lower quality. The protein value of these foods can be increased by combining them with foods from animal sources. Many American-style dishes, such as meat-and-vegetable stew, egg sandwiches, macaroni and cheese, cereal and milk, are highly nutritious combinations. For in the body's remarkable chemistry the high-grade proteins team with the less complete proteins in many companion foods and make the latter more useful than if eaten alone.



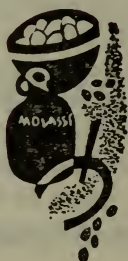
## Calcium

Calcium is one of the chief mineral materials in bones and teeth. About 99 percent of all the calcium in the body is used for framework. Small but important, the other 1 percent remains in body fluids, such as the blood. Without this calcium, muscles can't contract and relax and nerves can't carry their messages.

For calcium to be used properly, other substances are needed in right quantities—vitamin D and phosphorus, for example.

Many people go through life with bones that are calcium-poor. If a child gets too little calcium in his food or if his bones fail to deposit the calcium properly, then the bones will be smaller than they should be, or malformed as when legs are bent in rickets. Older people who are calcium-poor may have brittle bones that break easily and mend slowly. Whether you are young or old, it's a good thing to have a calcium-rich diet.

The outstanding food for calcium is milk. You can hardly get enough calcium without using milk in some form. Next best foods for calcium are some of the leafy green vegetables— notably turnip tops, mustard greens, and kale.



## Iron

One of the essential materials for red blood cells is iron. Without its iron supply, the blood could not carry oxygen from the lungs to each body cell.

When meals are varied, you get some iron from many different foods. Liver is an outstanding source for iron. And one good reason for eating dark-green vegetables is their iron content.

Some of the other foods that add iron are egg yolks, meats in general, peas and beans of all kinds, dried fruits, molasses, bread and other cereal foods made from the whole grain or from enriched flour.



## Iodine

Your body must have small but steady amounts of iodine to help the thyroid gland work properly. The most familiar bad effect of getting too little iodine is a swelling of the gland, called goiter.

Along the seacoast, and in some other parts of the United States, iodine is contained in the drinking water and in vegetables and fruits grown in local soil. But too little iodine in water and soil is the cause of a wide "goiter belt" across the country, particularly around the Great Lakes and in northwestern States.

It is well to plan for iodine, particularly if you live inland. Eating salt-water fish or other food from the sea at least once

a week will help. But the best line of defense is to use iodized table salt regularly.

One point of warning must be added. Using iodized salt regularly can prevent simple goiter, but the cure of goiter is a medical problem. All persons with goiter should be under medical supervision.

## Vitamins in general

Nearly 20 vitamins that are known or believed to be important to human well-being have thus far been discovered. A few more vitamins are known to be important to such creatures as fish, chickens, or insects, but not to people.

When you eat a variety of food you are pretty sure of getting a well-rounded assortment of the vitamins you need—except perhaps vitamin D. And you may also be getting other vitamins still undetected in food, but serving you just the same. Separate doses of one or more selected vitamins are best taken under doctor's orders.

The following vitamins are of practical importance in planning family meals.

## Vitamin A



Vitamin A is important to the young for growth. And at all ages it is important for normal vision, especially in dim light.

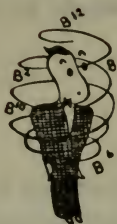
In one way or another, many vitamins help protect the body against infection, and vitamin A's guard duty is to help keep the skin and the linings of nose, mouth, and inner organs in good condition. If these surfaces are weakened, bacteria can invade more easily.

You can get vitamin A from some animal foods. Good sources are liver, egg yolks, butter, whole milk and cream, and cheese made from whole milk or cream. Fish-liver oils, which children take for vitamin D, are rich in vitamin A besides.

From many vegetable foods you can get carotenes, which are yellow-orange substances that the body converts into vitamin A. Dark-green and deep-yellow vegetables are especially good sources. Margarine, a vegetable fat, is now fortified with vitamin A or carotene.



Some vitamin A can be stored in the body. A savings account of vitamin A in your system may be drawn upon, if in any emergency this vitamin is wanting in the diet.



## The B-vitamin family

Thiamine, riboflavin, and niacin are the most generally known and best understood of the B-vitamins. Getting enough of these in food helps with steady nerves, normal appetite, good digestion, good morale, healthy skin.

When these B's are seriously wanting in diet, ills such as beriberi and pellagra follow. But far more common in this country are borderline cases. The chronic grouch, the lazy-bones, the nervous man, the housewife with vague complaints, may be showing effects of food providing too little of these important B's.

Other B-vitamins are folic acid and vitamin B<sub>12</sub>, both important for healthy state of the blood. They are being used medically with success in treating two hard-to-cure diseases—pernicious anemia and sprue.

Few foods contain a real wealth of B-vitamins, but in a varied diet many foods contribute some and so build an adequate supply.

One way to make sure of raising your B level is to use regularly bread and flour made from whole grain or enriched so as to restore important B-vitamins.

Getting ample milk in the diet is important for B's, too—for riboflavin in particular.

B-vitamins play a part in converting fuel in foods into energy. It follows that anyone who eats large quantities of starches and sugars also requires more food containing B-vitamins.



## Vitamin C

The first vitamin separated from food was vitamin C, also called ascorbic acid. Tissues throughout the body can't keep in good condition without vitamin C.

When diet is very low in this vitamin, gums are tender and bleed easily, joints swell and hurt, and muscles weaken. In advanced stages of vitamin C deficiency, the disease called scurvy results. This misery used to attack sailors on long

voyages when they got no fresh food. In time, they found they could fight scurvy with lemon, lime, or orange juice added to rations. Much later, vitamin C, the scurvy-fighter itself, was discovered.

Scurvy is rare now in this country. But many people do not get as much vitamin C as they need for best health.

You need some food rich in vitamin C daily because the body can't store much of this vitamin.

All of the familiar citrus fruits are bountiful sources of vitamin C. Half a glass (4 ounces) of orange or grapefruit juice, fresh, frozen, or canned, goes far toward meeting a day's needs. The same is true of half a grapefruit, a whole orange, or a couple of tangerines or lemons.

Other worthwhile sources of vitamin C include tomatoes and tomato juice, canned or fresh; fresh strawberries and cantaloupe; also raw cabbage and some green vegetables such as broccoli, green pepper, brussels sprouts, kale, spinach; potatoes and sweetpotatoes.



## Vitamin D

Vitamin D is especially important to the young, because it works with minerals to form straight, strong bones, and sound teeth. An individual should get some of this vitamin regularly, at least through the growing stage. It is also important for pregnant women and nursing mothers.

We get vitamin D from sunshine and from certain foods. The sun's rays striking the skin change certain substances in the skin into vitamin D. Valuable food sources of vitamin D are egg yolk, butter, salmon, tuna, sardines, milk to which vitamin D has been added, and margarine to which vitamin D has been added.

From baby days on, children can make good use of sunshine. But they should be protected well against sunburn or sunstroke. They can't get much vitamin D from the sun when they wear heavy clothes for cold weather, or when sunlight is cut off by clouds, smoke, fog, dust, or ordinary window glass.

Young children sometimes need a supplement to the vitamin D they get from sunshine and food. This supplement may be a special vitamin D preparation or one of the fish-liver oils prescribed by their physician.

## Fats

Fats play several roles in the body. They are a primary source of energy. Certain kinds furnish vitamin A or D, and some—fish-liver oils, for example—provide both. Moreover, fats help the body make use of these vitamins. Several fats and oils, especially those from plant sources, furnish essential fatty acids.

Some fat is needed daily, but the total amount should be moderate. Vegetable oils may well be part of the total. Keep in mind that you get a good deal of fat from such foods as meat, whole milk and its products, and egg yolk, which contain fat naturally, and from many of the popular snack foods.



## Fuel

For the body's energy in work and play, fuel must come from food. The value of foods for this purpose is figured in calories. Main sources are fats, starches, and sugars, but all foods furnish calories—some many, some few, in a given-size portion.

Your needs for food as fuel depend mainly on two things—the size of your body and how active you are. An average-size middle-aged man who is a deskworker and is only moderately active outside the office needs about 2,700 calories from daily food. A fast-growing, lively teenager, boy or girl, may need more calories than this grown man.

If body weight stays about right for your height and build, it's a sign that fuel intake from food matches your needs. The calories are taking care of themselves.

But suppose you are overweight . . . what then?

When the body gets more food energy than it can use, it stores up the excess as fat. Accumulation of too much fat is sometimes termed the most frequent malnutrition problem in this country. To put it more plainly, many people eat too much.

It is desirable to maintain normal weight for one's height at all ages, even during childhood. Beyond the age of 35, excess weight may become a serious health hazard. Ills such



as high blood pressure and heart and kidney ailments are more common among overweights.



## Controlling weight

If you are under 20 years of age, or are 15 to 20 percent over normal weight, don't try to reduce except under a physician's guidance. This is also advisable if you are a young mother, or have anything wrong with heart or other organs. If you are not in these groups, and need to reduce, take it slowly. A loss of a pound or two a week is plenty.

To reduce calories without starving your body of its other needs:

Eat three balanced meals, including foods from each of the following basic groups every day—

*Milk and cheese.*—Fluid or dry skim milk and buttermilk and cheese made from skim milk are lower in calories than other types of milk and cheese.

*Meat, poultry, fish, eggs.*—Prepare and serve them without added fat or rich gravies and sauces. Trim fat from meats.

*Vegetables and fruits.*—Eat a variety—yes, potatoes, too. But take them straight—vegetables without cream sauce or fat, fruit without sugar and cream.

*Bread and cereals.*—Choose whole-grain, enriched, and restored kinds. Although these are no lower in calories than other kinds, they are more nutritious.

Avoid high-calorie foods like the fat on meat, cooking fat, salad oil, fried foods, gravies and rich sauces, nuts, pastries, cakes, cookies, rich desserts, candies, jellies, jams, and alcoholic and sugar-sweetened beverages.

Watch the amount of foods you eat . . . small servings mean fewer calories. If hungry between meals, have a piece of fruit or crisp vegetable or perhaps milk or a simple dessert saved from mealtime. This way you're less likely to be tempted by high-calorie foods.

Choose a variety of foods for daily meals. If you do, there's a better chance of supplying body needs than if you limit yourself to only a few.

*If underweight* you need three balanced meals, as overweights do. But to these meals you can freely add the extras shunned by the weight reducers—such as rich gravies and desserts, salad dressing, and jams. And you can well take large servings and seconds at meals and some extra food as between-meal snacks.

## Finding out what's in foods

Taking foods apart chemically, scientists are learning more exactly, nutrient by nutrient, what each familiar food can provide for the body's needs.

The table on the following page gives a rough idea of how well different kinds of foods in this country's diet can provide for the body's various needs. You can see from this table that no one food has a wealth of all nutrients—not even milk, “the most nearly perfect food.” Most foods contain more than one nutrient, and so help in more ways than one.

## Up to you

To get all the nutrients needed, it's wise to choose a variety of foods—but a well-planned variety. You will be off to a good start nutritionally if you use a food plan, such as the one given on pages 14 and 15, as a guide in choosing the kinds and amounts of food to include in a week's meals. This plan, worked out by nutritionists, shows one way to be sure of getting needed quantities of protein, minerals, and other nutrients from food.

You are following through effectively when you cook by up-to-date methods that keep delicate vitamins and minerals from being lost.

And you can round out a family nutrition program by making mealtime interesting and food associations pleasant. For, after all, foods must be *eaten* to count for good nutrition. You can, for example . . .

- Make a collection of nutritious recipes that the whole family enjoys, and use them reasonably often. When re-using one of these favorites, vary the other foods that make up the meal.
- If an inexpensive dish seems dull, vary flavor with seasonings, or combine with other foods in different ways.
- Use contrast in food colors, flavors, textures. Some bright-colored food and something crisp, for example, can heighten the eye appeal and appetite appeal of a meal.
- Give children small servings, remembering that big amounts may be discouraging. It's better for a child to form the habit of cleaning his plate and asking for a second helping, if wanted.
- Introduce a new food to a young child in sample tastes, and at the start of a meal when he is hungry . . . and if he doesn't like it at first, try another day.



## Serving by serving . . . foods provide for daily needs

Stars on the chart below give a rough idea of how servings from groups of familiar foods contribute toward dietary needs—the more stars, the better the food as a source of the nutrient. The percentages given below the chart are based on the National Research Council's recommended dietary allowances for a young, moderately active man. For some kinds of food, values are for a specific food. For others, values are for a food group; in a varied diet, which is common in this country, group values are likely to average as shown.

Kind of food	Size of serving (ready-to-eat)	Protein	Calcium	Iron	Vitamin A value	B-vitamins			Vitamin C (ascorbic acid)	Food energy (in calories)
						Thiamine	Riboflavin	Niacin		
Milk.....	1 cup....	★	★★★★		★	★	★★		165	
Cheese, process Cheddar.	1 ounce..	★	★★★		★		★		105	
Meat, poultry, fish.	2 ounces..	★★		★★	★	★	★	★★	195	
Eggs.....	1 large egg.	★		★	★		★		80	
Dry beans and peas, nuts.	¾ cup cooked beans.	★★	★	★★★		★	★	★	170	
Grain products....	2 slices bread.	★	★	★		★	★	★	120	
Citrus fruits.....	½ cup...							★★★★★	50	
Other fruits.....	½ cup...			★	★			★	60	
Tomatoes, tomato juice.	½ cup...			★	★★★			★	25	
Dark-green and deep-yellow vegetables (except sweet-potatoes).	½ cup...		★	★	★★★★★		★	★★★★	40	
Sweetpotatoes....	1 medium.		★	★	★★★★★	★	★	★	★★★	170
Light-green vegetables. <sup>1</sup>	½ cup...		★	★	★				★★	35
Potatoes.....	1 medium.			★		★		★	★★★	90
Other vegetables..	½ cup...			★				★	★	40
Butter, margarine..	1 table-spoon.				★					100
Other fats.....	2 table-spoons.									220
Sugar, all kinds...	2 tea-spoons.									35
Molasses, sirups...	2 table-spoons.			★★						110

★★★★★ More than 50 percent of daily need.

★★★★ About 40 percent of daily need.

★★★ About 30 percent of daily need.

★★ About 20 percent of daily need.

★ About 10 percent of daily need.

<sup>1</sup> Includes asparagus, green snap beans, peas, green lima beans, green cabbage, brussels sprouts, green lettuce.



# Have a food plan



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To see that your family is well fed, it's wise to use a plan. This way you can be sure to provide each important kind of food—and enough of it.

A food fact worth knowing is: When families in this country are poorly fed, the foods they neglect are most often milk and milk products, and vegetables and fruits—especially the dark-green and deep-yellow vegetables and citrus fruits. Watch for these in planning.

## A readymade food plan

A helpful guide for weekly shopping and meal planning is a food plan worked out by nutritionists. Such a plan is given on pages 14 and 15. Other plans could be made that would measure up—as this plan does—to the National Research Council's yardstick of good nutrition. Any plan that does measure up must bring into the kitchen the makings of meals that offer recommended amounts of protein, minerals and vitamins, and food energy.

In the plan given, foods are in groups according to their major contributions of nutrients, as well as their place in the meal. Amounts to provide for adequate diets are shown in pounds and quarts of food for a week.

More specific information about the foods included in the different groups and the way the quantities work out in daily servings is given on pages 16 to 20. You can see that there is ample choice within groups to allow for varied meals from day to day wherever you live. The groups allow, too, for stressing family favorites among foods.

## Ways to use this plan

You can make use of the plan on pages 14 and 15 in several ways. It can serve as a shopping guide, as it stands, to show the approximate amount of food needed for each member of the family. Or you can compare it with kinds and quantities of food you regularly use, just to make sure that you are not short in any important kind.

If you have a garden or put up food for the winter, the food plan can help as a general guide to amounts of foods that the family will use.

## To figure your family's needs

To use the food plan, figure amounts of the foods in each group that will fit your family. Quantities are arranged to show the weekly needs of individuals. No figures are given for children under 1 year because they are often breast fed or have formulas or other food prepared especially for them.

Where a range of quantities is given: For children, the first quantity is for the youngest age; however, if a child is having a spurt of growing he may need the amounts of food ordinarily required by children a year or two older. For adults, the first quantity is for the age group over 55 years. For pregnant and nursing women, the first quantity is for pregnant, the second for nursing, women.

The quantities indicated are for individuals of average activity. For adults this might be: 8 hours of light industrial or office work, 3 to 4 hours of moderate exercise or housework, and 4 to 5 hours of sedentary activities such as reading or sewing; or 8 hours of work requiring moderate energy expenditure such as carpentry, light agricultural work, store clerking, or housework, 1 to 2 hours of light exercise, and 6 to 7 hours of sedentary activities.

For those who are more or less active, some adjustments will be needed to maintain normal weight. In making adjustments for less than average activity, decrease quantities in the food groups that are high in calories and low in nutrients. (See chart, p. 11.)

As you add up the amount of each kind of food your family members need in a week, write the figure in the column provided at right of the food plan sheet. This is your shopping guide, to use as it stands or to compare with amounts you've been buying.

## Your food and your money

Quantities in the food plan can be bought for about the same money that the average family in this country spends for food, provided that you choose moderate-price foods, or mix some cheaper foods with more expensive ones.

If you have more money to spend, you can choose now and again the more expensive items, such as luxury foods and those out of season. On the other hand, if you want to cut down food costs, reduce somewhat—perhaps by about one-third—the quantities of meat, poultry, and fish in the plan, and also the group described as "other vegetables and fruits." To take their place, increase potatoes and cereals by about one-fourth.

In either case, try not to change the quantities given in the plan for milk and milk products, dark-green and deep-yellow vegetables, and tomatoes and citrus fruits.

# A food plan

(Quantities<sup>1</sup> for

Kinds of food	For children 1 to 6 years	For children 7 to 12 years	For girls 13 to 19 years
<b>Milk, cheese, ice cream</b> (milk equivalent) <sup>2</sup>	6 quarts	6-6½ quarts	7 quarts
<b>Meat, poultry, fish</b> <sup>3</sup>	1½-2 pounds	3-4 pounds	4½ pounds
<b>Eggs</b>	6 eggs	7 eggs	7 eggs
<b>Dry beans and peas, nuts</b>	1 ounce	2-4 ounces	2 ounces
<b>Grain products</b> (flour equivalent) <sup>2</sup> Whole-grain, enriched, or restored	1-1½ pounds	2-3 pounds	2½-3 pounds <sup>4</sup>
<b>Citrus fruits, tomatoes</b>	1½-2 pounds	2½ pounds	2½ pounds
<b>Dark-green and deep-yellow vegetables</b> <sup>5</sup>	¼ pound	½-¾ pound	¾ pound
<b>Potatoes</b>	½-1 pound	1½-2½ pounds	2 pounds
<b>Other vegetables and fruits</b>	3½ pounds	5½ pounds	6 pounds
<b>Fats, oils</b>	¼-⅓ pound	½-¾ pound	¾ pound
<b>Sugars, sweets</b>	¼-⅔ pound	¾ pound	¾ pound

<sup>1</sup> When a range is given, unless otherwise noted the smaller quantity is for younger children, for adults over 55, or for pregnant women.

<sup>2</sup> For explanation of milk-equivalent and flour-equivalent foods see pp. 16 and 17.

<sup>3</sup> To meet the iron allowance needed by children 1 to 6 years, girls 13 to 19, and pregnant and nursing women, include weekly 1 large or 2 small servings of liver or other organ meats.



# for good nutrition

one week)

For boys 13 to 19 years	For women		For men, all ages	Total suggested for your family
	All ages	Pregnant and nursing		
7 quarts	3½ quarts	7-10 quarts	3½ quarts	
5-5½ pounds	4-4½ pounds	4-5 pounds	5-5½ pounds	
7 eggs	6 eggs	7 eggs	7 eggs	
4-6 ounces	2 ounces	2 ounces	2-4 ounces	
4-5 pounds	2-2½ pounds	2-3 pounds	3-4 pounds	
3 pounds	2½ pounds	3½-5 pounds	2½-3 pounds	
¾ pound	¾ pound	1½ pounds	¾ pound	
3-4 pounds	1-1½ pounds	1½-3 pounds	2-3 pounds	
7 pounds	4-6 pounds	6-6½ pounds	5-7 pounds	
1-1¼ pounds	½ pound	½-¾ pound	¾-1 pound	
1-1¼ pounds	½-1 pound	¾ pound	1-1½ pounds	

<sup>4</sup> The larger quantity is for the younger girls.

<sup>6</sup> If choices within the group are such that the amounts specified are not sufficient for the number of servings suggested on p. 18, increase the amounts and use less from the "other vegetables and fruits" group.

## What's in each food group

Here are common foods grouped as in the plan on pages 14 and 15, with the number of servings for each person. Foods in each group can be used similarly in meals, so within the group there is room for variety. Foods in each group provide about the same nutrients, but not in the same amounts.

### **Milk, cheese, ice cream**

Milk—fresh fluid, whole and skim, evaporated, dry, buttermilk—is our leading source of calcium. Milk also provides high-quality protein, riboflavin, vitamin A, and many other vitamins and minerals.

Plan to use, as the plan provides, the following amounts of milk daily.

Children: 3 to 4 cups.

Teenagers: 1 quart or more.

Adults: 2 or more cups.

Pregnant women: 1 quart or more.

Nursing mothers: 1½ quarts or more.

On the basis of the calcium they contain, the following are equivalent to an 8-ounce cup of milk: Process Cheddar-type cheese, 1½ ounces; cream cheese, 1 pound; creamed cottage cheese, ¾ pound; ice cream, 1 pint. These foods may be used as alternates for part of the milk.

### **Meat, poultry, fish; eggs; dry beans and peas, nuts**

Plan to use 2 or more servings of foods from these groups daily, including at least 1 serving of meat, poultry, or fish.

*Meat, poultry, and fish* are important primarily for their high-quality protein. Foods in this group also provide iron, thiamine, riboflavin, and niacin. Liver is a good source of vitamin A as well.

The food plan provides about 12 servings a week.

Beef, veal, lamb, pork—including liver, heart, and other variety meats; all kinds of poultry and fish; bacon and salt pork. (Allow no more than ½ pound of bacon and salt pork to every 5 pounds of meat, poultry, and fish.)

*Eggs* are a source of high-quality protein, iron, vitamin A, riboflavin, and vitamin D. They also provide some calcium and thiamine.

The food plan provides: 6 or 7 eggs a week.

*Dry beans and peas and nuts* contain protein that is good but of lower quality than the milk, meat, and egg groups; they also furnish some calcium, iron, thiamine, riboflavin, and niacin.

The food plan provides: 1 or 2 servings a week.

Dry beans of all kinds, dry peas, lentils; soybeans, soya products; peanuts, other nuts; peanut butter.

## Grain products

Whole-grain products, or those enriched with added vitamins and minerals or restored to whole-grain value, provide significant amounts of iron, thiamine, riboflavin, niacin. Foods in this group also help out with protein and calories.

Plan to use as the food plan provides: 4 or more servings daily.

Bread and other baked goods made with flour or meal from any grain—wheat, corn, oats, buckwheat, rye; cereals to be cooked and ready-to-eat cereals; rice, barley, hominy, noodles, macaroni.

Quantities suggested in the food plan are in terms of pounds of flour and cereal. Bread and other baked goods average two-thirds flour by weight. Therefore, count  $1\frac{1}{2}$  pounds of bread and other baked goods as 1 pound of flour.

## Vegetables and fruits

Plan to use 4 or more servings of vegetables and fruits daily.

*Citrus fruits and tomatoes* are mainstay sources of vitamin C.

Plan to use: 1 or more servings daily.

The food plan provides: 7 to 10 servings a week.

Oranges, grapefruit, tangerines, other citrus fruits; tomatoes. Some other fruits and vegetables are valuable sources of vitamin C and can be used part of the time as alternates for citrus fruits and tomatoes.

Some vitamin C alternates for  $\frac{1}{2}$  cup (4 ounces) of orange or grapefruit juice are: 2 tangerines;  $1\frac{1}{4}$  cups (10 ounces) tomato juice;  $\frac{1}{2}$  of a medium-sized cantaloup;  $\frac{1}{2}$  to  $\frac{3}{4}$  cup fresh strawberries; 1 cup shredded raw cabbage;  $\frac{1}{2}$  cup broccoli or  $\frac{3}{4}$  to 1 cup brussels sprouts or dark-green leaves such as collards or kale, cooked briefly in a little water;  $\frac{3}{4}$  medium green pepper.

*Dark-green and deep-yellow vegetables* are rich in vitamin A. They also provide worthwhile amounts of riboflavin and niacin and some calcium; broccoli, some of the dark-green leafy vegetables, and sweetpotatoes offer vitamin C as well.



Plan to use: 1 serving at least every other day, or more often if desired.

The food plan provides: 3 to 4 servings a week.

Broccoli, green peppers, greens of all kinds—collards, turnip greens, spinach, and many others, cultivated and wild; carrots, pumpkin, yellow winter squash, sweetpotatoes.

*Potatoes* contain a number of nutrients. Because of the quantities in which they are eaten they can become quite important as a source of vitamin C.

The food plan provides: 7 to 9 servings a week.

*Other vegetables and fruits* help toward a good diet with small quantities of several vitamins and minerals. However, they should not be substituted for fruits and vegetables in the vitamin A- and C-rich groups.

Plan to use: 1 to 3 servings daily—as many as are needed to total at least 4 servings of vegetables and fruits for the day.

The food plan provides: 10 to 18 servings a week.

Asparagus, green lima beans, snap beans, beets, brussels sprouts, cabbage, cauliflower, celery, corn, cucumbers, eggplant, lettuce, okra, onions, peas, rutabagas, sauerkraut, summer squash, turnips; apples, bananas, berries, dates, figs, grapes, melons, peaches, pears, plums, prunes, raisins, rhubarb—all vegetables and fruits not included in the other groups.

## **Fats, oils**

Butter and margarine are rich in vitamin A value. Vegetable oils provide essential fatty acids. All fats furnish many calories.

Plan to use as the food plan provides: Some table fat daily; other fats and oils as needed in food preparation.

Butter, margarine, salad oils, mayonnaise and salad dressing, shortening, lard, meat drippings.

## **Sugars, sweets**

Sugars, sirups, and other sweets are useful mainly for the calories they provide for bodily energy.

The food plan includes sugar for use in cooking and at the table.

Any kind of sugar—granulated (beet or cane), confectioner's, brown, and maple; molasses or any kind of sirup or honey; jams, jellies, preserves; candies.



# Servings and pounds

How much meat to buy for dinner? How many servings will come from a pound of fresh beans, a No. 2½ can, or a frozen package? The food shopper with an eye to thrift and good management learns to buy carefully just what she can use.

The figures below and on the following page can help you decide how much to buy, and, when reading market ads, you can use these figures to help decide what are real bargains.

The amount of meat, poultry, and fish per serving varies with the amount of bone and fat. It also varies with the amount of extenders—such as stuffing, potatoes, rice—used with the meat.

The size of serving given for fresh vegetables is for cooked vegetables unless otherwise stated. For dry beans and peas also, and for cereals except the ready-to-eat kinds, serving size is for the cooked product.

## Meat, poultry, fish

	Amount to buy per serving
<b>MEAT</b>	
Much bone or gristle . . .	½ to 1 pound
Medium amounts of bone . . . . .	⅓ to ½ pound
Little bone . . . . .	¼ to ⅓ pound
No bone . . . . .	⅕ to ¼ pound
<b>POULTRY</b>	
ready-to-cook	
Chicken:	
Broiling . . . . .	¼ or ½ bird
Frying, roasting, stewing . . . . .	About ½ pound
Duck . . . . .	About 1 pound
Goose . . . . .	About ⅔ pound
Turkey . . . . .	About ½ pound
<b>FISH</b>	
Whole or round . . . . .	¾ to 1 pound
Dressed, large . . . . .	½ pound
Steaks, fillets . . . . .	⅓ pound

## Vegetables and fruits

	Size of serving	Servings per pound <sup>1</sup>
<b>FRESH</b>		
Asparagus:		
Cut . . . . .	½ cup	4
Spears . . . . .	4-5 stalks	4
Beans, lima . . . . .	½ cup	<sup>2</sup> 2
Beans, snap . . . . .	½ cup	5-6
Beets, diced . . . . .	½ cup	<sup>3</sup> 4
Broccoli . . . . .	2 stalks	3-4
Brussels sprouts . . . . .	½ cup	4-5
Cabbage:		
Raw, shredded . . .	½ cup	7-8
Cooked . . . . .	½ cup	4-5
Carrots:		
Raw, shredded . . .	½ cup	<sup>3</sup> 6-7
Cooked . . . . .	½ cup	<sup>3</sup> 4
Cauliflower . . . . .	½ cup	4
Celery, cooked . . . . .	½ cup	5
Collards . . . . .	½ cup	4
<sup>1</sup> As purchased. <sup>2</sup> In pod.		
<sup>3</sup> Without tops.		

## Vegetables and fruits— Continued

FRESH—Con.	Size of serving	Servings per pound <sup>1</sup>
Eggplant.....	1/2 cup	5
Onions, cooked....	1/2 cup	4
Parsnips.....	1/2 cup	<sup>3</sup> 4
Peas.....	1/2 cup	<sup>2</sup> 2
Potatoes.....	1/2 cup	3-4
Spinach.....	1/2 cup	2-3
Squash.....	1/2 cup	2-3
Sweetpotatoes....	1/2 cup	3
Turnips.....	1/2 cup	<sup>3</sup> 4
Apricots.....	2 medium	5
Berries, raw.....	1/2 cup	4-5
Cherries, pitted, cooked.....	1/2 cup	3
Plums.....	2 large	4
Rhubarb, cooked...	1/2 cup	3

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

DRY		
Dry beans.....	1/2 cup	11
Dry peas, lentils....	1/2 cup	10-11

CANNED		Per can
8-ounce can.....	1/2 cup	2
No. 2 can.....	1/2 cup	4-5
No. 2 1/2 can.....	1/2 cup	6-7
No. 3 cylinder (46-oz.).....	1/2 cup	11-12

FROZEN	Size of serving	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
Flaked corn cereals..	1 cup	18-24
Other flaked cereals.	3/4 cup	21
Puffed cereals.....	1 cup	32-38
Commeal.....	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

<sup>1</sup> As purchased.      <sup>2</sup> In pod.  
<sup>3</sup> Without tops.





# Smart buying

## Meat

It is not easy for household buyers to judge quality of meat.

Best guides for selecting the meat you want are the U.S. Department of Agriculture grades—which more retail stores will use as consumers request graded meat. The grades of beef you are most likely to find on the market are Prime, Choice, Good, Standard, and Commercial.

Federally graded meat bears a purple grade stamp—a shield enclosing the letters “USDA” and the grade name.

Another purple stamp that may appear on retail cuts is the round one indicating that the meat has been inspected and passed as wholesome food. All graded meat is inspected, but not all inspected meat is graded.

Meat packers, wholesalers, or retailers may use their own brand names, not to be confused with USDA grades.

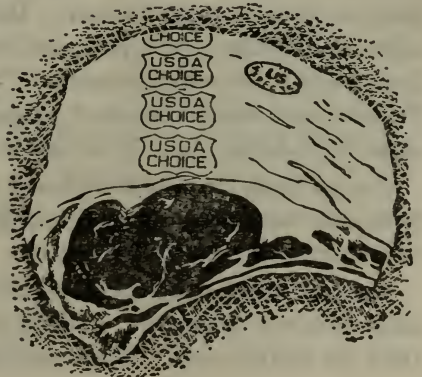
You may find on your market federally graded beef, lamb, mutton, veal, and calf. Pork is not usually graded. Beef is the meat you will most often find with a USDA grade stamp.

## Beef grades

*U.S. Prime.*—Excellent quality and flavor, tender and juicy, good distribution of fat through the lean meat.

*U.S. Choice.*—Very acceptable quality. This grade is popular because it combines a moderate amount of fat with desirable eating quality. If you find graded beef at your butcher's, it is most likely to be U.S. Choice.

*U.S. Good.*—Cuts of this grade are preferred by consumers who desire relatively tender beef with a high ratio of lean to fat.



*U.S. Standard.*—This grade of beef has a very thin covering of fat and a high proportion of lean, and comes from animals under 48 months of age.

*U.S. Commercial.*—Most beef of this grade is produced from older animals. Such Commercial grade meat is often a good buy.

## **If you buy ungraded beef**

You can be reasonably sure of high-quality beef when the lean meat is light red, velvety appearing, and liberally marbled with fat, when bones are red, and the fat is flaky and light colored.

## **Meat and your money**

The amount of bone and fat must be considered in figuring the cost of meat—beef, pork, lamb, or veal. For example, beef shortribs may cost less per pound than hamburger but will yield only one-third to one-half as many servings.

In buying beef, select the grade to suit the family's preference. The lower grades have more lean and less fat and often will give you more for your money than the higher grades.

For hamburger, meat loaf, and stews, Standard or Commercial beef may be just as satisfactory as Choice or Good and is often more economical.

## **Poultry**

Most poultry is marketed ready to cook these days, although live and dressed birds still appear in some markets.

*Ready-to-cook* birds have been bled and picked, and internal organs, head, feet, and oil sac have been removed. Pinfeathers have been pulled, and the bird has been thoroughly cleaned inside and out. The cleaned giblets and neck are usually packed inside. Birds that are identified as having been federally inspected have been processed under Government supervision and inspected individually for wholesomeness. Birds graded for quality under Federal or Federal-State supervision bear a shield-shaped grade mark carrying the designation "U.S. Grade A," "U.S. Grade B," or "U.S. Grade C."

*Dressed* birds have been bled and picked, but internal organs, head, and feet have not been removed. Dressed poultry is not inspected for wholesomeness or marked individually for quality.

For top quality, choose a well-fleshed bird with well-distributed fat, and skin with few blemishes. The larger well-fleshed birds are often better buys than the smaller ones. They usually have more meat in proportion to bone.

## Chickens and turkeys

Most of our chickens are now sold fresh—chilled in the ready-to-cook form and cut in half for broiling or in serving pieces for frying or stewing. Most of our turkeys are eviscerated and frozen whole, at the peak of their freshness, in moisture-vapor-resistant plastic bags.

Among chickens, those marked "broiler," "fryer," or "frying" are good for either broiling or frying, and the largest birds of this class are also roasted whole with good results. "Roasting chickens" and "capons" are young birds that have grown to larger size, with full flavor and tender thick meat. "Stewing chickens" or "hens" are older, and are good for stewed chicken, casseroles, and salads.

"Fryer or roaster" turkeys in the weight range of 4 to 5 pounds, ready to cook, are suitable for frying or broiling as well as roasting. "Fryer or roaster" turkeys weighing 5 to 8 pounds are usually roasted. These very young turkeys have delicate flavor. Other young turkeys have tender flesh with a more fully developed flavor. They may be labeled "young hen," "young tom," or "young turkey," and range in weight from 6 to 24 pounds, ready to cook. Some half-and-quarter-turkey roasts cut from these heavier young birds are on the market. Turkeys between young and old may be labeled "yearling." If the word "young" or "yearling" is not used on the label with "hen," "tom," or "turkey," the bird may be assumed to be old, and suitable for stewing to make meat for salads.

## Ducks and geese

Ducks ordinarily weigh from 3 to 5 pounds, ready to cook. Most are marketed young as "ducklings." The smaller sizes are suitable for broiling or frying, larger sizes for roasting.

Geese are "young" or "mature," and weigh from 4 to 14 pounds, ready to cook. Small geese braise well cut up. Weights of 8 to 12 pounds are most likely to be available.

## Fish

Fish may be purchased fresh, frozen, or canned.

Fresh fish are often a good buy. It is well to know the varieties available on your market and the seasons of the year when each is most plentiful.

Most important point in buying whole fish is to be sure of freshness. Look for these signs:

Eyes—bright, clear, and bulging.

Gills—reddish pink, free from slime.

Scales—tight to the skin, bright, and shiny.



Flesh—firm and elastic, springing back when pressed, and not separating from the bones.

Odor—fresh.

It also pays to know the most common ways fish are marketed:

*Whole or round.*—Fish just as they come from the water. Before cooking, internal organs must be taken out and scales removed. Remove the head, tail, and fins except on some small fish or fish to be baked. For broiling or frying, the fish may need to be split or cut into serving-size portions.

*Drawn.*—Internal organs already removed. Prepare for cooking just as whole or round fish.

*Dressed or pan dressed.*—Internal organs and scales removed. Most dressed fish also have head, tail, and fins removed.

*Steaks.*—Cross-section slices of the larger dressed fish. Steaks are ready to cook as purchased. A cross section of the backbone is usually the only bone in a fish steak.

*Fillets.*—Meaty sides of the fish, cut lengthwise away from the backbone. Fillets are practically boneless and require no preparation for cooking. Sometimes the skin, with scales removed, is left on one side of the fillet; other fillets are completely skinned.

*Sticks.*—Pieces of fish cut from blocks of frozen fillets into portions of uniform dimensions, usually about  $\frac{1}{2}$  inch wide, 3 inches long, and  $\frac{3}{8}$  inch deep, weighing approximately 1 ounce.

Whole fish may be cheaper than steaks, fillets, or sticks, but remember that whole fish include considerable waste. Steaks have little bone or waste and fillets and sticks have none at all.

## Eggs

For high-quality eggs, buy graded eggs sold in cartons and kept refrigerated from nest to shopper's basket. Look for quality grade and size on the label. Federally graded eggs are identified with a shield-shaped grade mark.

*Size.*—Eggs are classified by size according to weight per dozen. The four sizes most commonly found on the market are: U.S. Extra Large—at least 27 ounces per dozen; U.S. Large—at least 24 ounces; U.S. Medium—at least 21 ounces; and U.S. Small—at least 18 ounces per dozen.

In the late summer and fall, medium and small eggs usually cost less per pound than larger ones. For some uses you need to buy more small eggs than you ordinarily buy of larger sizes. For angel food cake, for instance, you need more small eggs than larger ones to make a cup of egg white.

*Quality.*—Eggs are also classified according to quality grade.

U.S. AA and A grades—top quality, good for all uses, but most appreciated when poached, fried, or cooked in the shell.

U.S. B and C grades—good eggs for dishes in which appearance and delicate

flavor are not so important. Use them in baked dishes, custards, sauces, and salad dressings.

Grade B eggs are often a good buy for they may cost considerably less per dozen than Grade A eggs of the same size.

Buy either white or brown eggs. Color of the shell has nothing to do with flavor or nutritive value of the egg.

## Fresh vegetables and fruits

Experience is the best teacher in recognizing quality in vegetables and fruits. Whatever kind you are buying, the first rule, of course, is to choose the fresh and avoid the wilted, shriveled, or decayed. A few special pointers on selecting some of the fruits and vegetables are given below.

*Apples.*—Good color usually indicates full flavor. Learn the varieties you like best for cooking and eating out of hand by buying small samples, especially if you plan to buy a large quantity later.

Remember that the same variety of apple may be tart when on the market in the fall but mellow when sold in the winter.

*Asparagus.*—Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white—they are more tender. Use asparagus soon—it toughens rapidly.

*Beans, snap.*—Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

*Berries.*—Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be underripe. Strawberries without caps may be too ripe.

*Broccoli, brussels sprouts, and cauliflower.*—Flower clusters on broccoli and cauliflower should be tight and close together. Avoid broccoli with yellow flower clusters. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

*Cabbage and head lettuce.*—Choose heads heavy for size. Avoid cabbage with wormholes, lettuce with discoloration or soft rot.

*Cucumbers.*—Choose long, slender cucumbers for best quality. May be dark or medium green; yellowed ones are undesirable.

*Melons.*—In cantaloups, thick close netting on the rind indicates best quality. Cantaloups are usually ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best to eat when they are fully ripe and have a fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish green.

Ripe watermelons usually have a dull color or "bloom" and are well rounded at the stem end. Only a long experienced expert can determine full ripeness in a watermelon without cutting.



*Onions (dry).*—Size and color do not affect flavor or quality. Clean, hard onions with dry skin are usually of good quality; moisture at the neck is a sign of decay. The Bermuda and Spanish types are milder than the very hard, long-keeping varieties.

*Oranges, grapefruit, and lemons.*—Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep-yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

*Peaches.*—Best to buy when fairly firm, not bruised, and showing yellow or red color over the entire surface.

*Peas and lima beans.*—Select pods that are well filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

*Pears.*—Some pears, especially winter varieties, are marketed when slightly underripe and need to be ripened at home—at room temperature. Pears are ripe and ready to eat when they yield slightly to moderate pressure.

*Potatoes.*—Best quality potatoes are firm, smooth, and well shaped. They are free from cuts, blemishes, and decay. Look for potatoes that are reasonably clean, to more easily judge quality. Avoid potatoes with wasteful deep eyes. Potatoes with green skins may be bitter. If you plan to buy a large quantity of potatoes, buy a few first to see if they are the kind you want. Early-crop potatoes, harvested in spring and summer, tend to be less mealy when cooked than those harvested later.

*Root vegetables.*—Should be smooth and firm. Very large carrots may have woody cores; oversized radishes may be pithy; oversized turnips, beets, and parsnips may be woody. The condition of leaves on most root vegetables does not indicate degree of freshness.

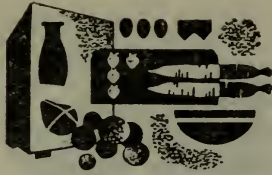
*Sweetpotatoes.*—Porto Rico and Nancy Hall varieties—with naturally colored bronze to rosy skins—are soft and sweet when cooked. If skins are naturally yellow to light-brown, sweetpotatoes are of the Jersey types, which are firmer and less moist.

## Canned and frozen foods

*Canned.*—You may want to choose the highest quality for plain-cooked dishes, salads, or serving “as is.” But second quality may do for combination dishes such as stews, casserole dishes, soups, and fruit puddings, where wholeness or color is not so important.

*Frozen.*—Buy only packages that are frozen solid. Avoid packages that feel soft, or are stained, indicating they have started to thaw. Refreezing after thawing lowers quality.





# Wise storing

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**Meat, poultry, fish.**—Important to keep cold; so store in refrigerator—35° to 40° F.

Poultry, fish, and fresh meat—such as roasts, chops, and steaks—should be allowed some air. Loosen any tight transparent coverings. Cover again loosely—use within a few days.

Ground fresh meat and variety meats, especially liver and brains, spoil more quickly than others. Store loosely wrapped; cook within 1 to 2 days for best flavor.

Cured and smoked meats—such as ham, frankfurters, and bacon—and sausage, smoked or unsmoked, may be kept tight-wrapped during storage in the refrigerator. They keep longer than fresh meats, although bacon and sausage are likely to change flavor.

Keep cooked meat, poultry, and fish and also broth and gravies covered and in the refrigerator. Use within a few days.

**Eggs.**—Eggs retain quality well if they are refrigerated. An egg carton or covered container helps prevent loss of moisture through the porous shell. Eggs are packed small end down to keep the yolk centered.

**Fresh fruits and vegetables.**—For best eating most fruits and vegetables should be used fresh from garden or orchard. But if they must be held a few days, follow the storage guide below.

It is often best to let certain underripe products ripen before putting them in the refrigerator. If fresh and sound, avocados, peaches, pears, plums, and tomatoes will ripen in open air at room temperature.

## Refrigerated and covered

Asparagus	Cauliflower	Parsnips
Beans, snap or wax	Celery	Peas, shelled
Beets	Corn, husked	Peppers, green
Broccoli	Cucumbers	Radishes
Cabbage	Greens	Turnips
Carrots	Onions, green	

## Refrigerated, uncovered

Apples (mellow)	Corn, in husks	Pears
Apricots	Grapes	Peas, in pod
Avocados	Nectarines	Plums
Berries	Peaches	Tomatoes
Cherries		

**Room temperature or slightly cooler (60° to 70° F.)**

Apples (hard)	Melons	Potatoes
Bananas	Onions, dry	Rutabagas
Grapefruit	Oranges	Squash
Lemons	Pineapples	Sweetpotatoes
Limes		

Corn stays fresh longer if not husked but loses its sweet flavor and becomes starchy very rapidly whether husked or unhusked. Carrots and beets wilt less with tops removed. Potatoes should be stored in a dark place to prevent greening. To keep berries in best condition, sort them and store unwashed in the refrigerator. Watch berries for mold.

**Fats and oils.**—Refrigerate lard, butter, margarine, drippings and rendered fats, and opened containers of salad oils. Hydrogenated fats (certain shortenings sold under brand names) can be kept at room temperature. Keep covered.

Opened jars of salad dressing should be kept in the refrigerator for finest flavor. Keep salad dressings from freezing to retain smooth texture.

**Canned foods.**—Store in dry place at room temperature, preferably not above 70° F.

**Frozen foods.**—Hold in freezing unit of refrigerator for not more than 1 week; for longer storage keep in a freezer at 0° F. Refreezing after thawing lowers quality.

**Dried foods.**—Store *dried fruits* in tightly closed containers at room temperature, preferably not above 70° F. In warm humid weather, move them to the refrigerator.

Store *dried eggs* in unopened packages in cool place (not over 55° F.), preferably in the refrigerator. After opening, keep in tightly covered can or jar in refrigerator.

Store *nonfat dry milk* in a closed container at room temperature, preferably not above 75° F. Dry whole milk does not keep as well as nonfat dry milk because of its butterfat content. After the container has been opened, dry whole milk should be stored, tightly covered, in the refrigerator. Refrigerate reconstituted dry milk like fresh fluid milk.



# Main dishes

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The dish that gets star billing at your table—whether it's sizzling steak or tangy cheese casserole—is called the main dish.

Meat, poultry, and fish most often play the main-dish role, for theirs is the satisfying flavor and stick-to-the-ribs quality we like when we're hungry. And they are foods that abound in high-quality protein.

Another hearty trio—cheese, eggs, milk—are also main-dish favorites. They have a special talent for combining well with other foods and provide the same good protein that's in meat, poultry, and fish.

Dry beans and peas are sometimes used as main dishes. Because these foods contain proteins that are not well balanced by themselves, they need to be supplemented with high-quality protein in the same meal. Soybeans, which can be used instead of navy or lima beans in some recipes, contain protein of higher quality than protein of beans commonly used in this country.

Some of the main dishes we like best—and some of the thriftiest—are combinations of meat, poultry, fish, cheese, eggs, or beans with vegetables or cereal foods. Among such combinations are beef stew with potatoes or dump-lings, chicken with flaky rice, macaroni and cheese.

If the main dish is not high in protein, additional protein-rich food may be part of the menu. When you need to have a pound of meat serve 8 persons, for example, you might extend it with vegetables or cereal, and have milk to drink and apple pie with cheese for dessert.

## Meat

There's nothing else like it—the prized savoriness of meat. But the skill of good cooking is needed to retain this good flavor.

Beef may be cooked rare, medium, or well done. Lamb is enjoyed either medium or well done, but veal and pork are cooked well done.

Most frozen meats may or may not be thawed before cooking. But extra cooking time must be allowed for meats not thawed first—just how much will depend on the size and shape of the cut. Large frozen roasts may take as much as one and a half times as long to cook as unfrozen cuts of the same weight and shape. Small roasts and thin cuts, such as steaks and chops, cooked without thawing require less extra time.

Information on meat grading and other buying pointers will be found on page 21 and information on meat storage on page 27. How much meat to buy per serving is given on page 19.



## MEAT COOKING GUIDE

Listed below are cuts of meat grouped according to the methods of cooking that are generally most suitable. Broiling, pan-frying, and roasting are recommended for tender meats only. Less tender cuts are more satisfactory if braised, pot-roasted, or simmered.

	BEEF	VEAL	LAMB	PORK
<b>Broiling</b>	Patties (ground beef) Thick steaks: Chuck Club Porterhouse Rib Round Sirloin T-bone	Liver	Chops Liver Patties (ground lamb)	Bacon Canadian bacon Cured ham slices
<b>Pan-frying, pan-broil- ing</b>	Liver Patties (ground beef) Thin steaks: Club Cubed steaks Porterhouse Rib Round Sirloin T-bone	Cube steaks Liver Patties (ground veal)	Chops Liver Patties (ground lamb)	Bacon Canadian bacon Liver Cured ham slices Thin chops Thin steaks
<b>Roasting</b>	Chuck or shoulder Rib Round Rump Sirloin Sirloin tip Tenderloin	Loin Leg Shoulder	Leg Loin Rib Shoulder	Fresh and cured ham Fresh and cured shoulder Loin Spareribs
<b>Braising, pot-roast- ing</b>	Chuck or shoulder Flank Liver Round Rump Shortribs Sirloin tip	Cutlets Loin and rib chops Round, shoulder, and rump roasts	Breast Neck slices Shanks Shortribs Shoulder cuts	Chops Ham slices Hocks Liver Spareribs Steaks Tenderloin
<b>Simmer- ing, stew- ing</b>	Brisket Corned beef Heel of round Neck Shanks Shortribs	Breast Riblets Shanks	Breast Neck slices Shanks	Cured ham Cured shoulder Spareribs

## Roasts . . . beef, veal, lamb, pork

Place roast, fat side up, on a rack in a shallow pan. Do not add water; do not cover. Season either before or after cooking.

Below is a guide to cooking time. Quality of meat, size and shape of roast, and its temperature at the start all affect the time required. If you use a meat thermometer, insert it so the bulb is at center of thickest part of meat and does not touch bone or fat.

### TIMETABLE FOR ROASTING MEATS

Kind and cut of meat	Ready-to-cook weight	Approximate roasting time at 325° F.	Internal temperature of meat when done
<b>Beef</b>			
Standing ribs:	<i>Pounds</i>	<i>Hours</i>	° F.
Rare.....	6 to 8.....	2 to 2½.....	140
Medium.....	6 to 8.....	2½ to 3.....	160
Well done.....	6 to 8.....	3½ to 4½.....	170
Rolled rib:			
Rare.....	4 to 6.....	2 to 3.....	140
Medium.....	4 to 6.....	2½ to 3¼.....	160
Well done.....	4 to 6.....	3 to 4.....	170
Rolled rump.....	5.....	3 to 3¼.....	160 to 170
Sirloin tip.....	3.....	2 to 2¼.....	160 to 170
<b>Veal</b>			
Leg.....	5 to 8.....	2½ to 3½.....	170 to 180
Loin.....	5.....	3.....	170 to 180
Rolled shoulder.....	3 to 5.....	3 to 3½.....	170 to 180
<b>Lamb</b>			
Leg.....	6 to 7.....	3¼ to 4.....	180
Shoulder.....	3 to 6.....	2¼ to 3¼.....	180
Rolled shoulder.....	3 to 5.....	2½ to 3.....	180
<b>Pork, fresh</b>			
Loin.....	3 to 5.....	3 to 4.....	185
Shoulder.....	5 to 8.....	3½ to 5.....	185
Ham, whole.....	10 to 14.....	5½ to 6.....	185
Ham, half.....	6.....	4.....	185
Spareribs.....	3.....	2.....	185
<b>Pork, cured</b>			
Cook-before-eating:			
Ham, whole.....	12 to 16.....	3½ to 4¼.....	160
Ham, half.....	6.....	2½.....	160
Picnic shoulder.....	6.....	3½.....	170
Fully cooked:			
Ham, whole.....	12 to 16.....	2 to 3.....	130
Ham, half.....	6.....	About 1½.....	130

Showing  
1979-1980  
smoked

## Broiled steak

Choose a steak 1 to 2 inches thick, of high-quality beef. Steaks recommended for broiling are listed on page 30.

Slash the fat at the edges of the meat to prevent curling.

Preheat broiler. Grease broiler rack lightly.

Place steak on rack so that the top of meat is 2 to 4 inches below source of heat—4 inches for thick steaks. Follow the range manufacturers' directions for operating the broiler unit.

Broil the steak until top side is well browned, season, then turn and brown the other side. (Stick fork into fat, not lean, when turning.)

*Broiling time for steaks.*—The table below is a guide to broiling time. Only approximate times can be given, because much depends on the broiler, personal preference in doneness of meat, and the meat itself.

### STEAK

	Total time (minutes)
1 inch thick:	
Rare.....	About 10
Medium.....	About 15
Well done.....	20 to 25

#### 1½ inches thick:

Rare.....	About 15
Medium.....	About 20
Well done.....	25 to 30

#### 2 inches thick:

Rare.....	About 25
Medium.....	About 35
Well done.....	45 to 50

## Pot roast of beef

Select 4 to 5 pounds of beef—chuck, rump, or round.

Rub the meat with salt, pepper, and flour, and brown on all sides in a little hot fat in a deep heavy pan with cover.

Slip a low rack under meat to keep it from sticking to pan. Add one-half cup water; cover pan closely.

Cook slowly over low heat until done—about 3 hours. Add more water as needed.

An hour before the meat is done, add vegetables—quartered potatoes, onions, and whole carrots.

Make gravy with the liquid (p. 71).

### Menu suggestion

Serve with the vegetables, lettuce wedges, and peach or other fruit shortcake.

## Braised steak and onions

¾ to 1 pound beef rump or round,  
cut 1 inch thick  
Salt, pepper, flour  
Fat or oil  
Water  
1 or 2 large onions, sliced

Season meat with salt and pepper, and sprinkle with flour.

Pound on both sides with the back edge of a large knife or the edge of a heavy saucer to help make meat tender.

Cut meat into serving pieces and brown in a little fat in a fry pan.



Add water to  $\frac{1}{2}$ -inch depth, cover pan, and cook slowly about 2 hours or until meat is very tender, adding the onions during the last half hour.

To serve, place the steak on a hot platter and cover with the onions. Make gravy with the drippings (p. 71).

4 servings.

#### **Menu suggestion**

Serve with baked potatoes, green salad, and stewed prunes or other fruit and cookies.

### **Stuffed flank steak**

**Stuffing made with 2 cups crumbs**  
(p. 41)

**1 flank steak (about 1½ pounds)**  
**2 tablespoons fat or oil**

Spread stuffing over steak.

Beginning at one side, roll the meat like a jelly roll. Tie securely in several places with string.

Brown the meat on all sides in the fat in a heavy pan on top of the range.

Slip a rack under the meat. Cover the pan closely.

Cook in oven at 350° F. (moderate) about 1½ hours.

Start carving at the end of the roll and cut across the grain, so that each serving is a round slice with stuffing in the center.

Make gravy with the drippings (p. 71).

6 to 8 servings.

#### **Menu suggestion**

Serve with mashed rutabagas, and apple, celery, and nut salad. For dessert have lemon sponge pudding or butterscotch pudding.

### **Ragout of beef**

**1 pound stewing beef, cut in cubes**  
**Salt, pepper, flour**  
**2 to 3 tablespoons fat or oil**  
**1 small onion, chopped**  
**¼ cup chopped green pepper**  
**¾ cup chopped celery**  
**2 tablespoons chopped parsley**  
**Paprika**  
**Hot water**

Sprinkle beef with salt, pepper, and flour. Brown well in the fat in a heavy pan. While meat is browning, add the chopped vegetables.

Sprinkle with paprika, add hot water to cover. Cover pan.

Cook slowly 2½ to 3 hours.

If gravy is not thick enough, blend 1 to 2 tablespoons flour with a little cold water and stir into the stew. Cook 3 to 5 minutes.

Season to taste with salt and pepper. If additional seasoning is desired, add catsup, chili sauce, or grated horseradish.

4 servings.

#### **Menu suggestion**

Serve with brussels sprouts, tomato and cucumber salad, and blueberry pie.

#### **For variety**

*Ragout of lamb.*—Use cubed lamb instead of beef.

## Braised shortribs

2 to 3 pounds beef or lamb short-ribs

Salt, pepper, flour

Fat or oil

1 cup water

Cut meat in serving pieces and sprinkle with salt, pepper, and flour.

Brown well on all sides in a little hot fat. Add water and cover closely.

Cook in oven at 350° F. (moderate) until tender—about 2 hours for beef, 1 hour for lamb. Or cook slowly on top of range.

Make gravy with the drippings (p. 71).

4 servings.

### Menu suggestion

Serve with noodles, panned cabbage, carrot and raisin salad, and chocolate soufflé.

## Panned corned beef and cabbage

2 to 3 tablespoons fat or oil

1 quart shredded cabbage

2 cups chopped cooked corned beef

Salt, pepper, vinegar

Melt fat in a fry pan. Add the cabbage and corned beef. Cover tightly.

Cook until cabbage is tender—5 to 10 minutes—stirring occasionally to prevent sticking.

Season to taste with salt, pepper, and vinegar.

4 servings.

### Menu suggestion

Serve with corn and a salad of cucumber slices and green pepper rings in sour cream dressing. Have chocolate cream pie for dessert.

### For variety

*Panned ham and cabbage.*—Use 2 cups chopped cooked ham instead of corned beef.

## Meat loaf

2 pounds ground beef or veal

1/2 pound sausage or salt pork

1/2 cup chopped onion

1/4 cup chopped celery

1/4 cup chopped parsley

1 cup soft breadcrumbs

1 cup milk or canned or cooked tomatoes

1 egg, beaten

1 teaspoon salt

Pepper

Mix all ingredients together thoroughly. If salt pork is used, cut it in small pieces and fry until lightly browned before adding to the other ingredients.

Mold mixture into a loaf. Place on tough paper or foil on rack in uncovered pan.

Bake at 350° F. (moderate oven) 1 1/2 to 2 hours. Serve hot or cold.

8 to 10 servings.

### Menu suggestion

Serve with scalloped potatoes, tomato jelly salad, and have apricot pudding for dessert.

## **Braised veal shoulder**

**3 to 5 pounds boned and rolled veal shoulder**

**Salt, pepper, flour**

**Fat or oil**

Rub meat with salt, pepper, and flour. Brown on all sides in a little hot fat.

Place meat on a rack in a deep pan. Cover pan.

Cook in oven at 350° F. (moderate) about 2½ hours.

Make gravy with drippings (p. 71).

### *Menu suggestion*

Serve with mashed potatoes and gravy, peas, jellied fruit salad, and ice cream for dessert.

## **Pan-broiled lamb chops**

Loin, rib, or shoulder chops may be used.

Heat a heavy fry pan very hot and grease lightly. Lay chops in pan and brown quickly on both sides. Turn thick chops on edge to brown the fat. Reduce heat and cook slowly, turning often. Do not add water and do not cover. From time to time pour off excess fat.

Chops ¾ to 1 inch thick take 10 to 15 minutes to cook.

### *Menu suggestion*

Serve with creamed potatoes, beets, tossed green salad, and have cupcakes for dessert.

## **Braised chops**

Sprinkle chops (veal, lamb, or pork) with salt, pepper, and flour. Brown in a little fat or oil in a fry pan. Cover and cook over low heat ¾ to 1 hour.

Make gravy with the drippings (p. 71), or pour the drippings over the chops on the platter.

### *Menu suggestion*

Serve with mashed potatoes or sweetpotatoes, Spanish snap beans, and fruit upside-down cake.

## **Irish stew**

**1 pound lean lamb, cut in cubes**

**Salt, pepper, flour**

**1 onion, sliced**

**2 tablespoons fat or oil**

**Water**

**2 potatoes, diced**

**4 small carrots, diced**

**1 turnip, diced**

**1 tablespoon chopped parsley**

Sprinkle the meat with salt, pepper, and flour; brown it with the onion in the fat.

Add water to cover. Cover pan and cook slowly until meat is almost done—about 1½ hours.

Add potatoes, carrots, and turnip and cook until tender—20 to 30 minutes. Add parsley.

4 servings.

### *Menu suggestion*

Serve with fruit salad, and have rice pudding for dessert.



## Curried meat

- 1 cup chopped celery and tops
- 1 tablespoon chopped onion
- 2 tablespoons fat or oil
- 2 cups chopped cooked lamb, pork, or veal
- $\frac{3}{4}$  cup brown gravy
- $\frac{1}{8}$  to  $\frac{1}{2}$  teaspoon curry powder
- Salt to taste

Lightly brown celery and onion in the fat.

Add meat, gravy, and seasonings. Heat, stirring to keep from sticking. If dry, add a little boiling water.

4 servings.

*Chop suey.*—Omit curry powder and add chopped almonds or sliced radishes if desired. Serve on crisp fried noodles.

### Menu suggestion

Serve with rice, spinach, crisp vegetable salad, and fruit cobbler.

## Meat and vegetable pie

- $\frac{2}{3}$  cup cubed carrots
- $\frac{2}{3}$  cup cubed potatoes
- 1 small onion, sliced
- Meat gravy
- 1 cup cubed cooked meat
- $\frac{1}{2}$  recipe rich biscuit dough (p. 74)

Cook the vegetables in boiling salted water until almost tender. Drain.

Add some of the cooking liquid to the gravy if needed to make about  $1\frac{1}{2}$  cups.

Mix vegetables, meat, and gravy together. Heat thoroughly and pour into a baking pan.

Cut biscuits and arrange on top of meat mixture.

Bake at 425° F. (hot oven) about 15 minutes or until biscuits are brown.

4 servings.

### Menu suggestion

Serve with grapefruit salad and custard-filled cream puffs.

## Ham with noodles

- $1\frac{1}{2}$  cups cooked noodles
- 2 cups ground cooked ham
- 2 cups thin white sauce (p. 70)
- Crumbs mixed with melted butter or margarine

Place half the noodles in a greased baking dish or pan and top with half the ham. Add another layer of noodles and ham.

Pour white sauce over mixture. Top with crumbs.

Bake at 350° F. (moderate oven) 20 minutes.

4 servings.

### Menu suggestion

Serve with asparagus or snap beans, a tossed green salad, and berry pie.

### For variety

*Chicken with noodles.*—Use 2 cups diced cooked chicken instead of ham. In place of white sauce, make gravy with chicken broth.

## Ham with sweetpotatoes

- 1-pound slice of ham
- 2 medium sweetpotatoes, pared
- 2 tablespoons brown sugar
- 1 cup hot water

Cut ham in serving pieces and brown lightly in a fry pan.

Place the ham in a baking dish. Slice the sweetpotatoes over it, and sprinkle with sugar.

Add water to drippings, pour over sweetpotatoes. Cover.

Bake at 350° F. (moderate oven) about 45 minutes, basting occasionally with the liquid. Remove cover to brown for the last 15 minutes.

4 servings.

### Menu suggestion

Serve with broccoli, crisp celery, and a fruit chiffon pie.

## Ham timbale

- 2 cups ground cooked ham
- 1 cup medium white sauce (p. 70)
- 2 eggs, beaten
- 1/4 teaspoon powdered dry mustard

Mix all ingredients and pour into shallow greased baking dish. Place dish in pan of hot water.

Bake at 350° F. (moderate oven) about 50 minutes, or until mixture is firm in center.

4 servings.

### Menu suggestion

Serve with baked squash, coleslaw, and cooked dried fruit.

## Ham croquettes

- 2 cups ground cooked ham
- 1 cup mashed potatoes
- 1 tablespoon chopped onion
- 1 tablespoon chopped parsley
- Salt and pepper to taste
- 1 tablespoon water
- 1 egg, beaten
- Fine dry crumbs
- Fat or oil for frying

Combine ham, potatoes, onion, and parsley. Add salt and pepper. Chill. Shape into eight croquettes.

Add water to egg. Dip croquettes into egg and roll in crumbs.

Pan-fry the croquettes or french-fry or bake them.

*To pan-fry.*—Brown croquettes in a little hot fat, turning to form a good crust all over.

*To french-fry.*—Half fill a deep kettle with oil or melted fat. Heat to 375° F. Place croquettes in a wire frying basket and cook in the hot fat until browned—3 to 5 minutes.

*To bake.*—Shape mixture into flat cakes and dip in egg and roll in crumbs as above. Place in greased pan and bake at 400° F. (hot oven) until browned on the bottom. Turn and brown other side.

4 servings.

### Menu suggestion

Serve with glazed sweetpotatoes, asparagus, pineapple and banana salad, and gingerbread.

## Beef tongue

*Fresh.*—Wash a fresh beef tongue and place in hot water to cover. Add an onion, a sprig of parsley, a bay leaf, several peppercorns or cloves, and salt.

Cook slowly until tongue is tender—2½ to 3 hours.

Skin tongue, slice, serve hot; or, cool skinned tongue in the liquid and serve cold.

*Smoked.*—Soak tongue overnight in cold water. Drain; cover with fresh cold water. Bring to boiling point and discard water. Cover with hot water, cook slowly 2½ to 3 hours.

### Menu suggestion

Serve with hash-browned potatoes, beets in honey sauce, cabbage salad, and apple pie.

## Fried liver and bacon

**1 pound liver, sliced (beef, calf, lamb, or pork)**

**Salt, pepper, flour**

**8 slices bacon**

Remove skin and heavy blood vessels from liver. To make the flavor of lamb or pork liver more mild, you may want to scald it—that is, pour boiling water over it and drain.

Cook bacon over low heat, turning often, until brown and crisp. Drain on paper; keep hot.

Sprinkle liver with salt, pepper, and flour.

Cook in the bacon fat at moderate heat until lightly browned on one side. Turn and brown on the other side. Do not add water and do not cover. Slices ½ inch thick take about 5 minutes on each side. Take care not to overcook.

4 servings.

### Menu suggestion

Serve with creamed potatoes, panned kale, relishes, and cherry cobbler.

## Braised stuffed calf's heart

**2 calves' hearts (½ pound each)**  
**Stuffing made with 2 or 3 cups crumbs (p. 41)**

**Fat or oil**

**½ cup water**

Wash the hearts and make a slit to the center cavities. Remove gristle and blood vessels.

Fill hearts with stuffing and sew up slit.

Brown hearts on all sides in a little fat. Place in a baking dish or pan, add water, and cover closely.

Cook in oven at 300° F. (slow) until tender—about 1½ hours.

Make gravy with the liquid (p. 71).

4 servings.

*Braised stuffed beef heart.*—Prepare as above, but cook about 4 hours.

8 servings.

### Menu suggestion

Serve with glazed carrots, lettuce wedges, and apple crisp.



## Poultry

Feast day or any day, chicken, turkey, duck, and goose are sure to please. Choose from the oldtime favorites—golden roast turkey, chicken fried to a turn or stewed with dumplings—or try frying a small young duckling or turkey.

Pointers for buying poultry will be found on page 22. How much poultry to buy per serving is given on page 19.

### Preparing the bird

*Ready-to-cook birds* need little preparation before cooking. Inspect for pinfeathers. Wash and dry the bird.

Keep *frozen birds* frozen until time to thaw for cooking. Whole frozen unstuffed birds should be almost completely thawed (until they are pliable) before they are cooked. Thawing them in the refrigerator in the original wrappers is best. To shorten the time, birds in watertight wrappers may be thawed in cold water; change the water often. Or partially thaw in the refrigerator and finish in cold water. Stuff birds just before roasting. Roast commercially frozen stuffed birds without thawing.

*Dressed birds* must be drawn before cooking. But first remove any pinfeathers, singe off hairs, cut off head and feet, and cut out the oil sac on top of the tail. Then wash the bird.

Cut a circle around vent below tail, freeing it for removal with internal organs. Make a crosswise slit large enough for drawing, between this circle and rear of breastbone. Leave a band of skin between the two cuts.

Draw out internal organs, including the spongy red lungs. Save heart, liver, and gizzard. Slit skin lengthwise at back of neck, leaving skin on bird. Slip skin down and remove crop and windpipe. Cut neck off and save it to cook with the giblets. Wash inside of bird and dry.

To clean giblets, cut blood vessels from heart and green gall sac from liver; take care not to break the sac—gall is bitter and will spoil any meat it touches. Cut through one side of gizzard just to the inner lining; remove and discard lining with contents. Wash giblets.

### Cooking guides

Moderate cooking temperatures are usually best for roasting poultry, but very young birds can also be broiled, pan-fried, french-fried, or oven-fried at higher temperatures. Mature birds are best braised, stewed, or steamed.

Roast poultry in uncovered pans for best color and to prevent splitting and shrinkage. Poultry may be roasted with or without stuffing; unstuffed birds take slightly less time to cook.

Cook poultry thoroughly but do not overcook. The meat is more juicy and there is less shrinkage this way.

## Roasting

After preparing the bird (p. 39), sprinkle inside with salt. Stuff body and neck cavities loosely. Hold stuffing in at tail with cord laced across poultry pins or small skewers.

Tie chicken or turkey legs to tail, legs of duck or goose close to body.

Fold loose neck skin toward back; fasten with poultry pins. Fold wingtips back of heavy wingbone.

Brush skin of chicken or turkey with soft fat. Ducks and geese do not need added fat.

Place bird breast side up on rack in shallow pan. Or start a heavy bird (18 pounds or over) breast down and turn when half done for more even cooking. Always roast a goose breast side up.

To prevent overbrowning, cover bird loosely with aluminum foil or with a thin cloth moistened with melted fat. Do not cover pan; do not add water.

Salt the giblets and neck, seal in aluminum foil, and roast along with the bird. Or simmer them in salted water until tender.

Baste a chicken or turkey several times with drippings or melted fat. Ducks and geese are fat enough to need no basting.

At the half or two-thirds point of roasting, cut string to release legs of bird.

The bird is done when the leg joints move easily and the flesh on the leg feels soft and pliable when pressed with the fingers.

## ROASTING GUIDE

Kind of bird	Ready-to-cook weight	Large bread-crumbs for stuffing	Approximate roasting time at 325° F. for stuffed, chilled bird
	<i>Pounds</i>	<i>Quarts</i>	<i>Hours</i>
<b>Chicken:</b>			
Broilers or fryers.....	1½ to 2½	¼ to ½	1¼ to 2
Roasters.....	2½ to 4½	½ to 1¼	2 to 3½
Capons.....	4 to 8	1¼ to 1¾	3 to 5
<b>Duck.....</b>	3 to 5	½ to 1	2½ to 3
<b>Goose.....</b>	4 to 8	¾ to 1½	2¾ to 3½
	8 to 14	1½ to 2½	3½ to 5
<b>Turkey:</b>			
Fryers or roasters (very young birds).....	4 to 8	1 to 2	3 to 4½
Roasters (fully grown young birds).....	6 to 12	2 to 3	3½ to 5
	12 to 16	3 to 4	5 to 6
	16 to 20	4 to 5	6 to 7½
	20 to 24	5 to 6	7½ to 9

## Stuffing

Bread stuffing is popular for roast poultry. For making it, bread that is at least a day old is better than fresh.

The recipe for bread stuffing given below is based on 1 quart of  $\frac{1}{2}$ -inch crumbs cut or torn from the loaf or from sliced bread. For the number of quarts to use for a bird the size you are cooking, see the Roasting Guide on page 40. Then multiply each ingredient in the recipe by this number.

$\frac{1}{3}$  cup butter, margarine, or poultry fat

$\frac{3}{4}$  cup chopped celery

3 tablespoons chopped parsley

2 tablespoons chopped onion

1 quart breadcrumbs

$\frac{1}{2}$  teaspoon savory seasoning

$\frac{1}{2}$  to  $\frac{3}{4}$  teaspoon salt

Pepper to taste

Melt the fat in fry pan, add celery, parsley, and onion, and cook a few minutes.

Add to crumbs with the seasonings. Mix lightly but well.

### For variety

*Oyster stuffing.*—Omit celery and reduce parsley and onion to 1 tablespoon each. Add  $\frac{1}{2}$  pint oysters, heated in their own liquid and drained.

*Nut stuffing.*—Omit parsley and savory seasoning and add  $\frac{1}{2}$  cup chopped nut meats—pecans, roasted almonds, filberts, or cooked chestnuts.

## Broiled chicken

Plump young chicken, about  $1\frac{1}{2}$  to  $2\frac{1}{4}$  pounds ready to cook

Melted fat or oil

Salt and pepper

Prepare chicken for cooking according to directions on page 39.

Split the bird down the back and, if desired, cut into halves through the breastbone. Break joints and cut off wingtips.

Brush chicken on both sides with melted fat and sprinkle with salt and pepper.

Preheat the broiler and grease broiler rack lightly. Place chicken on the rack, skin side down, with highest part 4 to 5 inches from the heat.

Turn the bird as it browns so that it will cook evenly. Baste often with the pan drippings or other melted fat. Cook until well done—35 to 45 minutes.

*Oven-baked chicken.*—Prepare chicken as for broiling and bake at 400° F. (hot oven) 45 minutes to 1 hour. Turn once during cooking.

### Menu suggestion

Serve with broiled tomatoes, creamed potatoes, and for dessert have lemon sponge.

For broiled tomatoes, brush cut sides of tomato halves with melted fat, season with salt and pepper, and broil with chicken for the last 10 to 15 minutes.



## Fried chicken

Plump young chicken, 1½ to 3 pounds ready to cook

Salt, pepper, flour

Fat or oil

Prepare chicken for cooking according to the directions on page 39. Cut in serving pieces.

Season chicken with salt and pepper and roll in flour.

Heat fat (about ½ inch deep) in a heavy fry pan.

Put the thickest pieces of chicken in the fat first. Do not crowd—leave enough space for the fat to come up around each piece.

Cook slowly, turning often. Do not cover pan. The thickest pieces will take from 20 to 35 minutes to cook.

After the pieces have been browned, cooking may be finished in a moderate oven (350° F.) if more convenient.

*Oven-fried chicken.*—Prepare chicken as above. Heat fat (about ½ inch deep) in a baking dish. Place pieces of chicken in the fat skin side down and cook in oven at 400° F. (hot) for 30 minutes. Turn and cook 20 to 30 minutes longer or until tender.

*French-fried chicken.*—Cut a young chicken (about 1¾ pounds ready-to-cook weight) in quarters or smaller pieces. Dip in thin batter made with 1 cup sifted flour, 1 egg, ¾ cup milk, and ½ teaspoon salt.

Heat fat in a deep pan to 365° F. Fry chicken, a few pieces at a time, 10 to 15 minutes.

## Menu suggestion

Serve with mashed potatoes, carrots, and green salad. For dessert have pumpkin chiffon pie.

## Stewed chicken

Use a plump stewing chicken, 3 to 4 pounds ready to cook.

Prepare chicken for cooking according to the directions on page 39. Leave whole or cut in serving-size pieces.

*To cook whole.*—Place the bird on a rack in a deep pan. Add enough hot water to half cover the bird, and salt the water lightly. Cover the pan.

Cook over low heat until the chicken is tender (3 to 4 hours). Turn the bird occasionally for even cooking.

Cook giblets with the chicken, removing them as soon as done. Liver will be done first.

Stewed chicken is more moist if cooled in the broth, breast down, for an hour or so.

Thicken the broth for gravy. If desired, brush whole chicken with fat and brown in a moderate oven.

*To cook in pieces.*—Put pieces of chicken in a pan and add hot water just to cover. Season lightly with salt. Cover the pan.

Cook over low heat until done. Pieces take about as long to cook as a whole bird.

If you like, brown the pieces of chicken in a little hot fat in a fry pan before serving.

## Menu suggestion

Serve with rice, jellied tomato salad, and spiced prune cake.

## Creamed chicken

- 3 tablespoons chicken fat, butter, or margarine
- 1 tablespoon chopped green pepper
- 1/4 cup flour
- 1 cup chicken broth
- 1 cup milk
- 2 cups diced cooked chicken, or an equal amount in large pieces
- 3/4 teaspoon salt

Heat the fat and cook the green pepper in it until tender.

Blend the flour into the fat-and-vegetable mixture. Stir in the chicken broth and milk and cook to a smooth sauce, stirring constantly.

Add chicken to sauce and season with salt.

Heat the mixture thoroughly and serve on rice, toast, or biscuits.

4 servings.

### Menu suggestion

Serve with snap beans and shredded carrot and raisin salad. Have fruit sherbet and crisp cookies for dessert.

### For variety

*Creamed chicken with mushrooms and celery or peas.*—Use only 1 1/2 cups chicken. Add 1/2 cup mushrooms browned in fat and 1/2 cup cooked celery or green peas.

Cooked turkey may be used instead of chicken.

## Casserole of chicken with vegetables

- Stewing chicken, 3 to 4 pounds ready to cook
- Salt and pepper
- Flour
- 2 tablespoons fat or oil
- 2 cups hot water
- 2 medium-sized carrots, sliced
- 1 1/2 cups chopped celery
- 1 small onion, chopped
- 1 small green pepper, chopped

Cut chicken in serving pieces. Season with salt and pepper, sprinkle with flour.

Heat fat in a heavy pan and brown the chicken in it. Remove chicken to a casserole—or leave in the pan if it is suitable for oven use. Add hot water and 1/2 teaspoon salt. Cover closely.

Cook in the oven at 325° F. (slow) until almost tender—about 2 1/2 hours. Add water as needed during cooking to keep liquid at original level.

Add vegetables and cook 30 minutes longer.

Remove a little fat and mix with 2 tablespoons flour. Add several spoonfuls of hot liquid from the casserole. Stir mixture into liquid in casserole. Cook 10 to 15 minutes longer.

6 to 8 servings.

### Menu suggestion

Serve with lima beans and fruit salad on watercress, with tapioca pudding for dessert.

# Fish

Fish brings delicacy of flavor and texture to a wide variety of main dishes. Recipes in this section add more goodness to fish with crispy crumbs . . . piquant mustard sauce . . . bread stuffing and bacon . . . onions . . . or nippy cheese.

Fish is a high-quality-protein food, often economical, that deserves more use in our menus. More than 200 varieties of fish are sold in the United States, but only about 7 are well known to the average homemaker.

Most fresh and frozen fish come in convenient fillets (slices of fish cut lengthwise away from the backbone) and steaks (crosswise slices). Fillets and steaks need no preparation before cooking and have no waste.

Buying pointers on fish will be found on page 23. Amounts of fish to buy per serving are given on page 19.

Use fresh fish immediately or keep it in the refrigerator for a short time only. Keep frozen fish in the freezer or freezing compartment of the refrigerator. Thaw it in a cold place or start cooking without thawing. Never refreeze fish after it thaws.

## Cookery points

How to cook fish depends on their fat content. Best for baking and broiling are fat fish such as salmon, shad, mackerel, lake trout, and whitefish.

Lean fish such as cod, flounder, haddock, pike, rosefish, sea bass, striped bass, perch, and carp are preferred for cooking in water because they are firmer after cooking. They may be baked or broiled if basted with melted fat. Both fat and lean fish are suitable for frying.

Most important point in fish cookery—don't overcook. Cook just until flesh can be easily flaked.

## Canned fish

In using canned fish, the more attractive higher market grades are better for salads or serving plain. For such dishes as casseroles or fish cakes, lower grades will do. They are just as nutritious and flavorful as top quality.

The oil or brine from canned fish adds flavor and food value to sea food dishes. Use the oil, for instance, as fat in the white sauce in making creamed tuna. Brine may be part of the liquid in jellied fish salad.



## Pan-fried fish

1 pound fish fillets or steaks or small dressed fish  
Salt and pepper  
Flour  
1 tablespoon water  
1 egg, beaten  
Fine crumbs or cornmeal  
Fat or oil

Cut fillets or steaks in serving pieces; leave small fish whole. Season on both sides with salt and pepper. Roll in flour.

Add water to egg. Dip fish in egg mixture, then roll in crumbs or cornmeal. (Egg helps make a crisp crust but may be omitted. If not used do not flour fish before rolling it in crumbs or cornmeal.)

Heat fat—about  $\frac{1}{8}$  inch deep—in a heavy pan. Fry the fish slowly until brown on one side; turn and brown on the other side. Cooking time will be 10 minutes or more, depending on the thickness of fish.

4 servings.

*French-fried fish.*—Prepare fish fillets or steaks as for pan-frying. Half fill a deep kettle with melted fat or oil. Heat to 375° F. Place fish in a wire frying basket and cook in the hot fat until browned—3 to 5 minutes.

### Menu suggestion

Serve with creamed potatoes, snap beans, and cucumber slices with sour cream dressing. Have gingerbread for dessert.

## Oven-fried fish

1 pound fish fillets or steaks  
 $\frac{1}{2}$  cup milk  
 $\frac{1}{2}$  tablespoon salt  
 $\frac{1}{2}$  cup fine breadcrumbs  
2 tablespoons melted fat or oil

Cut fish in serving pieces. Dip it in milk, with salt added, and roll in crumbs.

Place fish in a greased baking pan and pour the fat over it.

Bake at 500° F. (extremely hot oven) until fish is tender and brown—about 10 minutes.

4 servings.

### Menu suggestion

Serve with stuffed baked potatoes, baked tomatoes, apple salad, and peach cobbler.

## Poached fish

Cut 1 pound fish fillets into serving pieces.

Tie the fish in a piece of cheesecloth and lower it into boiling salted water (3 tablespoons salt to 2 quarts water).

Reduce heat and cook slowly about 10 minutes.

4 servings.

### Menu suggestion

Serve with tomato sauce, hash-browned potatoes, creamed celery, snap bean salad, and cookies.

Poached fish may also be used in salad or in creamed or baked dishes.

## **Broiled fish**

**1 pound fish fillets or steaks or small dressed fish**

**Salt and pepper**

**3 to 4 tablespoons melted fat or oil**

Preheat broiler.

Cut fillets or steaks into serving pieces; split dressed fish down the back. Sprinkle with salt and pepper.

Grease broiler rack lightly. Place fish on rack, skin side up. Brush with melted fat.

Place rack 2 to 3 inches from heat. Broil fish 5 to 8 minutes or until brown. Baste with fat. Turn, baste other side, and broil until brown.

4 servings.

### *Menu suggestion*

Serve with rice, spinach, grapefruit salad, and have jelly roll for dessert.

## **Baked stuffed fish**

**3- or 4-pound dressed fish**

**1½ teaspoons salt**

**Bread stuffing made with 1 quart crumbs (p. 41)**

**4 tablespoons melted fat or oil**

**3 slices bacon, if desired**

Wash and dry the fish. Sprinkle inside and out with salt.

Fill body cavity of fish loosely with stuffing. Sew the opening with needle and cord or close with skewers.

Place fish in greased pan; brush with fat. Lay bacon over top.

Bake at 350° F. (moderate oven) 40 to 60 minutes.

6 to 8 servings.

### *Menu suggestion*

Serve with tartar sauce, scalloped potatoes, peas and celery, and tossed green salad. Baked apples make a good dessert.

### *For variety*

Bake fish without stuffing. Serve with tomato sauce and mashed potatoes.

## **Fish steaks baked in mustard sauce**

**4 individual fish steaks**

**1 tablespoon melted fat or oil**

**1 tablespoon flour**

**½ teaspoon powdered dry mustard**

**¾ cup milk**

**Salt and pepper to taste**

**¼ cup crumbs mixed with butter or margarine**

Place steaks in a greased shallow pan.

Blend fat, flour, and mustard; stir in the milk. Cook, stirring until thickened. Add salt and pepper.

Pour this sauce over fish and sprinkle with crumbs.

Bake at 350° F. (moderate oven) 30 to 35 minutes.

4 servings.

### *Menu suggestion*

Serve with golden potatoes, panned cabbage, jellied tomato salad, and lemon meringue pie.

## Savory fish loaf

- 2 cups flaked cooked fish or 14-ounce can
- 1½ cups soft breadcrumbs
- ¾ cup cooked or canned tomatoes
- 1 egg, beaten
- 2 tablespoons melted fat or oil
- 1 tablespoon minced onion
- ¼ teaspoon savory seasoning
- Salt and pepper to taste

Combine all ingredients, pack into greased loaf pan.

Bake at 350° F. (moderate oven) until firm—about 45 minutes.

6 servings.

### Menu suggestion

Serve with pickle relish, baked sweetpotatoes, lettuce salad, and baked custard.

## Fish shortcake

- 2 to 3 tablespoons chopped onion
- 2 tablespoons fat or oil
- 4 tablespoons flour
- 2 cups milk
- ⅓ cup grated cheese
- 1½ cups flaked cooked or canned fish
- Salt and pepper to taste
- Hot biscuits or cornbread

Cook onion slowly in the fat until tender. Blend in the flour. Add milk slowly, stirring constantly, and cook until the sauce is thickened.

Add cheese and fish. Season with salt and pepper.

Heat the mixture through, stirring occasionally. Serve on hot biscuits or cornbread.

4 servings.

### Menu suggestion

Serve with broccoli and stuffed tomato salad, with upside-down cake for dessert.

## Fish soufflé

- 2 tablespoons butter or margarine
- 3 tablespoons flour
- 1 teaspoon salt
- 1 cup hot evaporated milk
- 1 cup flaked cooked or canned fish
- ¼ teaspoon onion juice
- 3 eggs, separated
- 1⅓ tablespoons lemon juice

Melt the fat and stir in the flour and salt. Add to the hot milk and cook until thickened, stirring frequently. Cool.

Add the fish and onion juice. Beat egg yolks and blend into the mixture. Fold in stiffly beaten egg whites and lemon juice.

Pour into greased individual baking dishes or a greased casserole. Set in a pan of hot water.

Bake at 350° F. (moderate oven) about 35 minutes or until firm.

6 servings.

### Menu suggestion

Serve with hash-browned potatoes, stewed tomatoes, a relish plate, and fruit for dessert.



## Eggs, cheese, dry beans

The golden protein dishes made with eggs and cheese are happy choices when meat, poultry, and fish take a holiday from your table. Beans too have substantial goodness for main dishes plus the special virtue of economy.

These main dishes, many of them oven-baked, provide for servings of  $\frac{3}{4}$  cup each.

### Eggs . . . in shell, poached, fried, baked

*Eggs cooked in shell.*—Wash eggs, put them in a pan; cover completely with cold water.

For soft-cooked eggs, heat water slowly to simmering. Cover pan and remove from heat. Let stand 3 to 5 minutes, the longer time for larger number of eggs.

For hard-cooked eggs, bring water to simmering and simmer 20 to 25 minutes. Do not let the water boil. Serve the eggs hot or plunge them at once into cold running water and leave until cold.

*Poached eggs.*—Have salted water boiling gently in a shallow pan. Break eggs into a saucer, one at a time, and slip them into the water.

Reheat water to simmering, take pan from heat, and cover. Let stand 5 minutes, or until eggs are of desired firmness.

*Fried eggs.*—Heat fat in a fry pan. Break eggs into a saucer, then slip them into the fat. Sprinkle with salt and pepper. Cook over low heat, basting with the fat, until whites are firm.

Or, if you prefer eggs with less fat, use this "fry-poach" method. Melt a little fat in a fry pan—just enough to grease the bottom—and keep over low heat. Add eggs one

at a time, pour in 2 or 3 tablespoons of water, cover pan tightly, and steam until eggs are done.

*Baked eggs.*—Break eggs into a shallow greased baking dish. Add 1 tablespoon milk for each egg and dot with fat. Sprinkle with salt and pepper. Cover the pan.

Bake at 325° F. (slow oven) 20 to 25 minutes, or until eggs are of desired firmness.

### Egg and potato scallop

- 1 cup thin white sauce (p. 70)
- 1 tablespoon minced parsley
- 2 medium-sized cooked potatoes, sliced
- 4 hard-cooked eggs, sliced
- Salt and pepper to taste
- Soft breadcrumbs

Make white sauce. Add parsley.

Place alternate layers of potatoes and eggs in a greased baking dish, sprinkle with salt and pepper, and pour the white sauce over. Sprinkle with breadcrumbs.

Bake at 375° F. (moderate oven) 15 to 20 minutes.

4 servings.

### Menu suggestion

Serve with broccoli and a tart green salad, with apple pie and cheese for dessert.

## Poached egg surprise

- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 1 cup milk
- $\frac{1}{4}$  teaspoon salt
- 2 tablespoons chopped green pepper
- 4 slices toast
- Soft sharp cheese
- 4 eggs

Make white sauce of the fat, flour, milk, and salt by method given on page 70. Add green pepper.

Spread the toast thickly with cheese.

Poach eggs until firm (p. 48). Place on the toast and pour hot sauce over all. Serve at once.

4 servings.

### Menu suggestion

Serve with snap beans, stuffed tomato salad, and chocolate cake.

## Deviled eggs

Peel shells from cold hard-cooked eggs (p. 48). Cut eggs in half crosswise or lengthwise.

Mash yolks; season with salt, pepper, melted butter or margarine, a little mustard, and vinegar. Or mix with salad dressing, salt, and pepper.

Fill whites with mixture and garnish with parsley.

### Menu suggestion

Serve with potato chips, asparagus, fresh vegetable salad, and orange chiffon pie.

## Eggs creole

- 3 tablespoons chopped onion
- 3 tablespoons chopped green pepper
- 2 tablespoons melted fat or oil
- $1\frac{1}{2}$  cups cooked or canned tomatoes
- $\frac{2}{3}$  cup water
- $\frac{1}{3}$  cup uncooked rice
- $\frac{1}{2}$  teaspoon salt
- Pepper
- 4 eggs

Cook the onion and green pepper in fat in a large fry pan until the onion is lightly browned. Add the tomatoes and water and heat to boiling.

Add the uncooked rice, salt, and pepper. Cover and cook over low heat until rice is tender—25 to 30 minutes. Stir occasionally with a fork to keep from sticking. If the rice becomes dry, add a little more water.

Drop eggs on rice, cover; simmer 5 to 10 minutes, or until eggs are as firm as desired.

4 servings.

### Menu suggestion

Serve with sausages or bacon, and green lima beans, with stewed dried or fresh fruit and cookies or cake for dessert.

### For variety

Instead of poaching eggs on the rice, top the cooked mixture with 4 to 6 quartered or sliced hard-cooked eggs.

## French omelet

4 eggs  
1/2 teaspoon salt  
Pepper  
1/4 cup milk  
2 tablespoons butter or margarine

Beat eggs until well mixed. Blend in salt, pepper, and milk.

Melt the fat in a hot fry pan, pour in the egg mixture, and place over moderate heat. As the omelet cooks, lift edges toward center and tip pan so that the uncooked mixture flows under the cooked portion.

When bottom is brown, fold one half over the other. Serve immediately.

4 servings.

### For variety

Spread tart jelly or browned mushrooms on half of the omelet just before folding.

### Menu suggestion

Serve with creamed potatoes, lettuce salad, and cherry or berry pie.

## Baked eggs in pepper rings

4 large green pepper rings about  
1/2 inch thick  
4 eggs  
Salt and pepper  
4 tablespoons milk  
Crumbs mixed with butter or  
margarine

Cook green pepper rings in lightly salted water for 5 minutes. Drain.

Place rings in hot greased shallow baking dish. Break an egg into each ring.

Sprinkle with salt and pepper. Pour a tablespoon of milk over each egg. Cover with crumbs.

Bake at 350° F. (moderate oven) until the eggs are set—20 to 25 minutes.

4 servings.

### Menu suggestion

Serve with potatoes in cheese sauce, fresh tomato wedges, and apple brown betty.

## Tomato rarebit

2 tablespoons fat or oil  
1/2 small onion, chopped  
1/3 cup finely cut celery  
1/2 small green pepper, chopped  
1 1/2 tablespoons flour  
1 1/2 cups cooked or canned  
tomatoes  
1/2 teaspoon salt  
1 1/2 cups grated cheese  
2 eggs, well beaten  
Toast or crackers

Melt fat in a heavy fry pan. Cook onion, celery, and green pepper in it a few minutes. Blend in flour. Add tomatoes and salt. Cook until thickened, stirring often.

Remove from heat; add cheese. Stir until cheese is melted.

Stir some of the mixture into eggs. Pour back into fry pan and cook until thickened.

Serve on toast or crackers.

4 servings.

### Menu suggestion

Serve with cauliflower and relishes, with fresh or stewed fruit and cookies for dessert.



## Macaroni baked in cheese sauce

Put 2 cups cooked macaroni in a greased baking dish. (Spaghetti or noodles may be used instead of macaroni.) Cover with 2 cups cheese sauce (p. 70). If desired, top with crumbs mixed with fat.

Bake at 350° F. (moderate oven) until heated through—about 15 minutes.

4 servings.

### Menu suggestion

Serve with spinach and hard-cooked eggs, pineapple slices on lettuce, and have chocolate cake for dessert.

## Cheese-rice casserole

½ cup canned mushrooms, stems and pieces

1 tablespoon chopped onion

¼ cup coarsely chopped almonds

1 tablespoon butter or margarine

½ cup uncooked rice

2 tablespoons chopped parsley

½ cup shredded cheese

1½ teaspoons salt

1 teaspoon meat extract

1½ cups hot water and mushroom liquid

Drain mushrooms; save the liquid.

Lightly brown mushrooms, onion, and almonds in the fat. Add uncooked rice, parsley, and cheese; mix thoroughly. Place mixture in a greased casserole.

Add salt and meat extract to the water and mushroom liquid and pour over the rice mixture.

Bake at 375° F. (moderate oven) 45 minutes to 1 hour, until rice is done.

4 to 6 servings.

### Menu suggestion

Serve with snap beans, coleslaw, and spiced prune cake.

## Spanish rice with cheese

2 tablespoons chopped onion

1½ tablespoons chopped green pepper

1½ tablespoons chopped celery

1½ teaspoons fat or oil

1 cup cooked rice

1 cup canned tomatoes

½ teaspoon salt

¾ teaspoon sugar

⅛ teaspoon worcestershire sauce

½ cup grated cheese

Cook onion, green pepper, and celery in the fat until onion is lightly browned.

Add rice, tomatoes, and seasonings. Simmer until thickened, stirring occasionally.

Add cheese and stir until it is melted.

Put mixture into a greased casserole and bake at 350° F. (moderate oven) about 15 minutes.

4 servings.

### Menu suggestion

Serve with succotash, stuffed celery, and orange bavarian cream.

## Corn and cheese fondue

- 1/3 cup bread cubes
- 1 1/2 cups cream-style corn
- 2 teaspoons minced onion
- 2 teaspoons chopped green pepper
- 3/4 cup finely grated cheese
- 1/2 teaspoon salt
- 2 eggs, well beaten
- 1/2 cup hot milk

Blend all ingredients.

Pour the mixture into a greased loaf pan and set in a pan of hot water.

Bake at 350° F. (moderate oven) until set—about 1 hour.

4 servings.

### Menu suggestion

Serve with brussels sprouts, broiled tomatoes with bacon strips, celery and olives, and fruit tapioca.

## Spaghetti and cabbage with cheese sauce

- 3/4 cup spaghetti broken in inch pieces
- 1/4 pound cheese, grated (about 1 cup)
- 1 cup hot medium white sauce (p. 70)
- 2 cups shredded cabbage
- Crumbs mixed with melted butter or margarine

Cook the spaghetti in lightly salted boiling water until tender. Drain.

Add cheese to hot white sauce and stir until cheese is melted.

Place alternate layers of spaghetti and cabbage in a greased baking dish or pan. Pour sauce over the top and sprinkle with the crumbs. Cover.

Bake about 40 minutes at 350° F. (moderate oven), removing cover for last 15 minutes.

4 servings.

### Menu suggestion

Serve with parsleyed carrots, mixed vegetable salad, and broiled grapefruit for dessert.

## Boston baked beans

- 2 cups navy beans
- 1 1/2 quarts cold water
- 1/4 pound salt pork
- 4 tablespoons molasses
- 1 to 2 teaspoons salt
- 1/2 teaspoon powdered dry mustard
- Hot water

Boil beans in the water for 2 minutes. Remove from heat and let soak 1 hour, or overnight if more convenient.

Boil soaked beans gently in the same water for 45 minutes or until they begin to soften.

Make cuts through rind of the pork about 1/2 inch apart. Put half the pork in a bean pot or deep baking dish. Add beans and bury rest of the pork in them, exposing only the scored rind.

Mix molasses, salt, and mustard with a little hot water. Pour over

the beans, and add enough hot water to cover beans. Cover bean pot.

Bake at 250° F. (very slow oven) 6 or 7 hours; add a little hot water from time to time. Uncover for the last hour to let the beans brown on top.

Or, to shorten the baking time, bake the beans at 350° F. (moderate oven). At this temperature about 2½ hours will be required.

6 to 8 servings.

### *Menu suggestion*

Serve with frankfurters or cold cuts, brown bread, and a vegetable relish plate, with fresh fruit for dessert.

### **Barbecued lima beans**

- 1 cup dry lima beans
- 2 cups water
- ¼ cup chopped onion
- ¼ teaspoon finely chopped garlic
- ¼ cup chopped salt pork
- 2¼ teaspoons prepared mustard
- ⅛ teaspoon salt
- ½ teaspoon worcestershire sauce
- ½ teaspoon chili powder
- ½ cup condensed tomato soup
- 1 tablespoon vinegar
- 1 teaspoon brown sugar
- ½ cup bean liquid

Boil beans in the water for 2 minutes. Remove from heat and let soak 1 hour, or overnight if more convenient.

Boil gently until beans are tender. Drain and save liquid.

Brown onion and garlic in half the salt pork.

Combine all ingredients. Place mixture in a baking pan.

Bake at 400° F. (hot oven) 30 minutes.

4 servings.

### *Menu suggestion*

Serve with asparagus, head lettuce salad, and banana cream pie.

### **Lima beans in tomato sauce**

- 1 cup dry lima beans
- 3 cups water
- ¾ teaspoon salt
- 4 slices bacon
- ½ cup chopped onion
- 1 cup cooked or canned tomatoes

Boil beans in the water for 2 minutes. Remove from heat and let soak 1 hour, or overnight if more convenient.

Add ½ teaspoon salt to the beans and boil gently 45 minutes. Drain.

Chop bacon and brown it with the onion in fry pan. Add beans, tomatoes, and rest of salt.

Boil gently until beans are tender—about 30 minutes—stirring occasionally to keep from sticking. Add a little more water or tomato if the mixture gets too dry.

4 servings.

### *Menu suggestion*

Serve with peanut butter biscuits, tossed green salad with cottage or other cheese, and have ice cream for dessert.



# Vegetables

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Green, gold, red, and creamy white—whatever their hue, vegetables give the menu planner a wide range to choose from. Many of them are rich with vitamins and minerals too.

The skill of a good cook lies in cooking vegetables to retain these valuable nutrients. Fortunately, properly cooked vegetables are prettier and more colorful.

Here are some rules:

1. Trim sparingly such greens as cabbage, head lettuce, chicory. Dark outer leaves are rich in iron, calcium, and vitamins.
2. Cook potatoes in their skins to start such dishes as hash-browned potatoes or potato salad. Jackets keep nutrients in.
3. Cook vegetables quickly and serve hot. The longer vegetables are exposed to heat and air, the more vitamin C they lose.
4. Boil vegetables in as little water as possible. Some vitamins and minerals cook out into the water, and losses are greater when a large amount of water is used. Whenever practicable, serve any remaining cooking liquid with the vegetable, or use it in sauce, gravy, or soup.

## Cooking times

In using the Boiling Guide for Fresh Vegetables on the opposite page, remember that vegetables may require shorter or longer cooking than given, the exact time depending on quality and variety. The altitude at which you live will also affect boiling times.

Cook frozen vegetables according to directions on the package. Commercially canned vegetables need only reheating. Home-canned vegetables should be brought to a rolling boil and boiled at least 10 minutes. Boil home-canned spinach and corn 20 minutes.

Be especially careful not to overcook vegetables when using a pressure cooker. Overcooking lowers eating quality and nutritive value. Follow the cooking times that come with your cooker. For very fresh and tender vegetables, you may be able to cut the time.

Pointers on choosing high-quality vegetables are given on page 25. Number of servings per pound is given on page 19; storage pointers are on page 27.

Recipes given here provide about  $\frac{1}{2}$  cup vegetable per serving.

## BOILING GUIDE FOR FRESH VEGETABLES

Vegetable	Boiling time (minutes)
<b>Asparagus:</b>	
Whole.....	10-20
Tips.....	5-15
<b>Beans:</b>	
Lima.....	20-25
Snap, 1-inch pieces.....	15-30
<b>Beets:</b>	
Young, whole.....	30-45
Older, whole.....	45-90
Sliced or diced.....	15-25
Beet greens, young.....	5-15
Broccoli, heavy stalks split..	10-15
Brussels sprouts.....	10-20
<b>Cabbage:</b>	
Shredded.....	3-10
Quartered.....	10-15
<b>Carrots:</b>	
Young, whole.....	15-25
Older, whole.....	20-30
Sliced.....	10-20
<b>Cauliflower:</b>	
Separated.....	8-15
Whole.....	15-20
Celery, cut up.....	15-18
Chard.....	10-20

Vegetable	Boiling time (minutes)
Collards.....	10-20
Corn, on cob.....	5-15
Dandelion greens.....	10-20
Kale.....	10-25
Kohlrabi, sliced.....	20-25
Okra.....	10-15
Onions.....	15-30
<b>Parsnips:</b>	
Whole.....	20-40
Quartered.....	10-20
Peas.....	8-20
<b>Potatoes:</b>	
Whole (medium sized)...	25-40
Quartered.....	20-25
Diced.....	10-15
Rutabagas, pared, cut up...	20-30
Spinach.....	3-10
<b>Squash:</b>	
Summer, sliced.....	10-20
Winter, cut up.....	15-20
Sweetpotatoes, whole.....	25-35
Tomatoes, cut up.....	7-15
<b>Turnips:</b>	
Cut up.....	10-20
Whole.....	20-30
Turnip greens.....	10-30

## Ways to serve boiled vegetables

*Hot, seasoned.*—Any vegetable or a combination of two or more, such as carrots and peas, or snap beans with celery and onions.

Drain vegetables, if necessary, and season with salt, pepper, and butter, margarine, or drippings. Or add a little chopped cooked bacon or ham. For extra flavor add parsley, thyme, or other herb.

*Mashed.*—Potatoes, sweetpotatoes, turnips, rutabagas, kohlrabi, carrots, winter squash.

Drain the cooked vegetable and mash in cooking pan or put through food press. Add hot milk or cream to moisten if needed. Season with salt, pepper, and butter or margarine. Beat until fluffy.

*Creamed or scalloped.*—Peas, carrots, celery, cabbage, asparagus, broccoli, potatoes, snap beans, onions, lima beans, cauliflower, spinach.

For 4 servings use 1 cup thin or medium white sauce (p. 70) with 2 cups cooked vegetable.

To cream, simply mix vegetables with white sauce and heat thoroughly. Potatoes and lima beans, because they are drier than the other vegetables, are usually preferred with the thin sauce.

To scallop, combine vegetables and white sauce in a baking dish. Top with crumbs mixed with melted butter or margarine, and bake at 350° F. (moderate oven) until the mixture is heated through and the crumbs are browned.

*Fried or browned.*—Potatoes, sweetpotatoes, parsnips.

Cut cooked vegetables in half, or slice or dice them. Heat 2 or 3 tablespoons butter, margarine, or drippings in a fry pan. Add vegetables. Brown lightly, turning frequently.

*Glazed.*—Sweetpotatoes, carrots, parsnips, onions.

Blend 2 tablespoons fat or oil with  $\frac{1}{4}$  cup brown sugar and 1 tablespoon water in a heavy fry pan.

Add 2 cups drained cooked sweetpotatoes, carrots, or parsnips, cut in strips or large pieces. Cook over low heat, turning several times, until the sirup is very thick and the vegetables are well coated—15 to 20 minutes.

For glazed onions, prepare 1 quart sliced raw onions. Blend 2 tablespoons fat or oil with  $\frac{1}{4}$  cup brown sugar in a fry pan. Add the onions and cook over low heat, turning frequently, until tender—20 to 30 minutes.

4 servings.

## "Raw-fried" vegetables

Onions, potatoes, or carrots may be used.

Peel onions; scrape or pare potatoes or carrots. Slice the vegetable thin. For 4 servings use 1 quart onions or 2 cups potatoes or carrots.

Heat 2 tablespoons fat or oil in a heavy fry pan. Add vegetable. Cover closely and cook over moderate heat 20 to 30 minutes or until tender, turning several times for even browning.



## **Panned vegetables**

Use cabbage, kale, collards, spinach, okra, or summer squash.

Finely shred cabbage, kale, collards, or spinach. Slice okra or summer squash thin.

For 4 servings use 2 quarts spinach; 1 quart cabbage, kale, or collards; 3 cups okra or summer squash. Measure vegetable after cutting.

Heat 2 tablespoons butter, margarine, or drippings in a heavy fry pan. Add vegetable and sprinkle with salt. Cover pan to hold in steam. Cook over low heat; stir once in a while to keep from sticking.

Cabbage will be done in 5 to 10 minutes; other vegetables take longer.

## **Vegetable soufflé**

- 1/2 tablespoon finely chopped onion
- 1/2 tablespoon finely chopped green pepper
- 1 tablespoon finely chopped celery
- 2 tablespoons melted fat or oil
- 2 tablespoons flour
- 1/2 cup milk
- 1/2 teaspoon salt
- Pepper to taste
- 3/4 cup diced cooked vegetables
- 2 eggs, separated

Lightly brown the onion, green pepper, and celery in the fat. Blend in flour and add milk. Cook over low heat, stirring constantly, until thickened. Season with salt and pepper.

Stir vegetables into sauce; add hot mixture to beaten egg yolk.

Beat egg whites stiff but not dry. Fold in vegetable mixture. Pour into greased baking dish.

Bake at 325° F. (slow oven) 40 to 50 minutes or until set.

4 servings.

## **Wilted greens**

Melt 2 tablespoons drippings in a heavy pan. Add a little chopped onion, and cook until soft and yellow. Stir in 1/4 cup vinegar, then add 1 quart leaf lettuce or other greens washed and cut. Cover and heat a few minutes until greens are wilted. Season with salt and pepper. Serve hot. 4 servings.

## **Broccoli with tart sauce**

- 1 bunch broccoli (about 1 pound)
- 1/2 teaspoon salt
- 1 1/2 teaspoons sugar
- 1/2 teaspoon paprika
- 2 tablespoons lemon juice
- 2 tablespoons butter or margarine
- 1 1/2 teaspoons prepared horseradish

Trim off tough outer layer of large broccoli stalks and split the stalks.

Cook broccoli in lightly salted boiling water until tender—10 to 15 minutes. Drain.

Blend salt, sugar, and paprika. Add lemon juice, fat, and horseradish. Mix well and pour over the broccoli.

4 servings.

## Spanish snap beans

- 1 tablespoon fat or oil
- 1 tablespoon chopped onion
- 1/3 cup chopped green pepper
- 1 cup cooked or canned tomatoes
- 1 1/2 cups cooked or canned snap beans
- Salt and pepper
- Toasted bread cubes

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

Add beans and season to taste with salt and pepper.

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

4 servings.

## Beets in honey sauce

- 1 tablespoon cornstarch
- 1/2 teaspoon salt
- 1 tablespoon water or beet juice
- 2 tablespoons vinegar
- 1/4 cup honey
- 1 tablespoon butter or margarine
- 2 cups diced or sliced beets, cooked or canned (No. 2 can)

Mix the cornstarch and salt. Blend in the water or juice from canned beets. Add vinegar, honey, and fat. Cook slowly, stirring constantly, until thickened.

Add sauce to beets; let stand at least 10 minutes to blend flavors. Reheat.

4 servings.

## Cauliflower au gratin

- 1 medium-sized cauliflower
- 1/2 cup grated cheese (about 2 ounces)
- 1 cup hot medium white sauce (p. 70)
- Fine crumbs mixed with butter or margarine

Cook cauliflower in lightly salted boiling water until just tender—15 to 20 minutes. Drain. Place in greased baking dish.

Stir cheese into hot white sauce and pour sauce over cauliflower. Sprinkle crumbs over top.

Bake at 350° F. (moderate oven) about 20 minutes, or until sauce bubbles and crumbs are brown.

4 servings.

## Corn pudding

- 2 1/2 cups cream-style corn
- 2 eggs, beaten
- 1 tablespoon melted butter or margarine
- 1/2 cup milk
- 1 teaspoon sugar
- 1/4 teaspoon salt
- Pepper

Mix corn, eggs, fat, and milk. Add sugar, salt, and pepper.

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

Bake at 350° F. (moderate oven) until set—50 to 60 minutes.

4 servings.

NOTE: 1 egg and 2/3 cup soft bread-crumbs may be used instead of 2 eggs.

## Scalloped corn

2 cups cooked or canned whole-kernel corn, drained

Salt and pepper

1 cup thin white sauce (p. 70)

Fine crumbs mixed with melted butter or margarine

Put corn into a greased baking dish. Season, add sauce, top with crumbs.

Bake 30 to 45 minutes at 350° F. (moderate oven).

4 servings.

## Scalloped eggplant

1 medium-sized eggplant

2 to 3 tablespoons butter or margarine

2 tablespoons chopped green pepper

2 tablespoons chopped onion

2 cups cooked or canned tomatoes

1 teaspoon salt

Pepper

$\frac{3}{4}$  cup bread cubes

Pare the eggplant and cut it into small even pieces.

Melt 2 tablespoons of the fat in a fry pan. Brown green pepper and onion in the fat.

Add tomatoes, salt, pepper, and eggplant; simmer 10 minutes. Pour into greased baking dish.

Melt rest of fat and mix with bread cubes. Spread over top of eggplant mixture.

Bake at 350° F. (moderate oven) 20 minutes or until eggplant is tender and bread cubes are brown.

4 servings.

## Stewed okra and tomatoes

2 cups sliced okra

1 small onion, chopped

2 tablespoons bacon drippings or other fat or oil

2 cups cooked or canned tomatoes

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

Pepper

Lightly brown okra and onion in the fat, add tomatoes and salt.

Cook over moderate heat until mixture is thick—about 20 minutes. Stir occasionally to prevent sticking.

Season with pepper and more salt, if needed.

4 servings.

### For variety

Add 3 tablespoons rice with the tomatoes. Cook until rice is tender—20 to 30 minutes. Add a little water if needed.

## Baked onions

Peel medium-sized sweet onions; cut in half crosswise. Place in baking dish, sprinkle with salt and pepper. Add enough water to cover bottom of dish.

Cover and bake at 375° F. (moderate oven) about 30 minutes. Top with crumbs mixed with melted butter or margarine and bake uncovered 15 to 20 minutes longer, until crumbs are brown and onions tender.



## Stuffed green peppers

- 4 medium-sized green peppers
- 2 tablespoons fat
- 1/4 cup chopped celery
- 1 cup cooked rice
- 1/4 cup chili sauce
- 2 ounces cheese, grated (about 1/2 cup)
- 1/4 teaspoon salt
- Crumbs mixed with melted butter or margarine

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

Heat fat and cook celery in it until tender.

Add rice, chili sauce, cheese, and salt.

Fill peppers with rice mixture; top with crumbs. Place in a half inch of hot water in a baking dish.

Bake at 350° F. (moderate oven) until peppers are tender and crumbs browned—about 30 minutes.

4 servings.

## Golden potatoes

- 4 medium-sized potatoes
- 3 tablespoons melted butter or margarine
- 1/3 cup crushed dry breakfast cereal
- 1/2 teaspoon salt

Boil potatoes in jackets 20 to 30 minutes or until almost done. Peel.

Coat each potato with melted fat and roll in cereal mixed with salt.

Place on greased baking sheet and bake at 500° F. (extremely hot oven) about 30 minutes.

4 servings.

## Scalloped potatoes



- 3 medium-sized potatoes, pared and sliced
- 1 tablespoon flour
- 1 teaspoon salt
- Pepper
- 1 cup hot milk
- 1 tablespoon butter or margarine

Put a layer of potatoes in a greased baking dish and sprinkle with some of the flour, salt, and pepper. Repeat until all the potatoes are used.

Pour milk over potatoes and dot with the fat.

Cover and bake at 350° F. (moderate oven) 30 minutes. Remove cover and continue baking until potatoes are tender—about 30 minutes. If potatoes are not brown enough on top, place the uncovered dish under the broiler for 3 to 5 minutes.

4 servings.

## Stuffed baked potatoes or sweetpotatoes

Select medium-sized potatoes or sweetpotatoes. Rub with fat if soft skin is desired.

Bake at 425° F. (hot oven) until soft—35 to 60 minutes.

Cut slice off top of potato, scoop out inside. Mash potato and season with salt and butter or margarine. Add pepper and hot milk to white potatoes, brown sugar and cinnamon to sweetpotatoes.

Stuff shells with the mashed potato and put back in oven a few minutes to brown.

## Scalloped sweetpotatoes and oranges

- 2 large sweetpotatoes, cooked, peeled, and sliced
- 1 large orange, peeled and sliced
- 1 tablespoon grated orange rind
- Salt
- 3 tablespoons sugar
- 2 tablespoons butter or margarine
- 1/2 cup orange juice

Place a layer of sweetpotatoes in a greased baking dish, add a layer of orange slices. Sprinkle with orange rind, salt, and sugar, and dot with fat.

Repeat until all ingredients are used. Pour orange juice over the top. Cover dish.

Bake at 350° F. (moderate oven) 45 minutes to 1 hour.

4 servings.

## Baked squash

Cut acorn squash in half, Hubbard in 3- to 4-inch squares. Remove seeds. Place squash in baking pan.

Sprinkle squash with salt and brown sugar and dot with butter or margarine. Pour a little water into the pan. Cover.

Bake at 400° F. (moderate oven) until squash is partly done—about 30 minutes for acorn, 45 minutes for Hubbard.

Uncover and continue baking until squash is soft—about 20 minutes for acorn, 30 for Hubbard.

## Spinach au gratin

- 1 pound spinach, chopped fine
- 3 ounces cheese, grated (about 3/4 cup)
- 1 cup hot medium white sauce (p. 70)

Slices of crisped bacon

Crumbs mixed with melted butter or margarine

Cook the spinach a few minutes in a covered pan without added water.

Add cheese to hot white sauce and stir until melted.

Mix spinach and sauce and pour into a baking dish. Crumble the bacon over the top and sprinkle with crumbs.

Bake at 350° F. (moderate oven) until crumbs are brown—about 20 minutes.

4 servings.

## Baked tomatoes

Wash medium-sized tomatoes, ripe or green, and cut off the stem ends.

Place tomatoes in a baking dish. Sprinkle tops with salt and pepper and crumbs mixed with butter or margarine. Add just enough water to cover bottom of dish.

Cover and bake at 375° F. (moderate oven) until tomatoes are soft—about 30 minutes for ripe tomatoes, 45 minutes for green.

When tomatoes are about half done, uncover the dish to brown the crumbs.

# Salads and salad dressings



---

Salads bring fruits and vegetables to the table crisp, cool, and color-bright. With greens, fresh vegetables, or gay fruits, they add a light touch. Or they may be the sturdy kind that feature such items as meat, potatoes, cheese, or beans.

Light salads are usually served in portions of about  $\frac{1}{2}$  cup. Heavier salads, often used as main dishes, may be served in portions of 1 cup.

## Start with good fruits and vegetables

Selecting top-quality fruits and vegetables in market or garden is a good start toward a good salad. Crisply fresh food has eye and taste appeal, and the best nourishment, besides.

Look for smooth, colorful skins on apples, plums, cucumbers, if they are to go in the salad with skin on.

Give salad foods the best kitchen care to avoid bruising and to hold freshness. If salad ingredients are prepared ahead of time, store them without dressing in refrigerator. Keeping them cool saves nutrients.

Pointers on selecting fruits and vegetables are given on page 25. Suggestions on storing them will be found on page 27.

## What kind of dressing?

What will it be—sweet or tart, thick or thin—for the salad dressing? The answer lies in your family's taste.

Main-dish salads made with meat, fish, poultry, eggs, beans, cheese, or potatoes usually call for a mayonnaise-type or cooked salad dressing, but some are good with tart french dressing—salad oil combined with lemon juice or vinegar plus seasonings.

On the other hand, although tart french dressing is the most likely choice for vegetable salads and vegetable-fruit combinations, mayonnaise or cooked dressing goes well with some of them.

Reserve the sweet clear french dressings for fruit salads. Mayonnaise made milder with whipped cream or thinned and sweetened with fruit juice is good for fruit salads too.



## **For appetite appeal**

Chill ingredients before mixing.

Provide tartness in the body of salad or dressing.

Use salad greens other than lettuce sometimes. Have you tried chicory, escarole, endive, kale, spinach, dandelion greens, romaine, watercress, and chinese cabbage?

Sprinkle orange, lemon, lime, or pineapple juice on fruits that may turn dark—apples, peaches, and bananas, for instance.

For tossed green salads, tear greens in fairly large pieces or cut with scissors. Larger pieces give more body to the salad.

Prevent wilting and sogginess by drying the greens used in salads, draining canned foods well before adding to salad, using just enough salad dressing to moisten. For raw-vegetable salads, add dressing at the last minute.

## **Fruit combinations**

1. Sliced pineapple, apricot halves, sweet red cherries.
2. Watermelon balls, peach slices, orange slices.
3. Grapefruit sections, banana slices, berries or cherries.
4. Grapefruit sections, unpared apple slices.
5. Peach slices, pear slices, halves of red plums.
6. Pineapple wedges, banana slices, strawberries.
7. Cooked dried fruit, white cherries, pineapple chunks.

## **Fruit-and-vegetable combinations**

1. Shredded raw carrots, diced apples, raisins.
2. Sliced or ground cranberries, diced celery and apples, orange sections.
3. Thin cucumber slices, pineapple cubes.
4. Avocado and grapefruit sections, tomato slices.
5. Shredded cabbage, orange sections, crushed pineapple.

## **Vegetable combinations**

1. Grated carrots, diced celery, cucumber slices.
2. Spinach, endive, or lettuce, with tomato wedges.
3. Sliced raw cauliflower flowerets, lettuce, chopped green pepper, celery, pimiento.
4. Shredded cabbage, cucumber cubes, slivers of celery.
5. Cooked red kidney beans, thinly sliced celery, sweet onions.
6. Cooked cut green beans, crisp bacon bits, sweet pickles, onion rings.

## Jellied meat salad

- 3½ teaspoons gelatin
- 3 tablespoons cold water
- 1 cup hot broth (from meat or poultry) or canned consommé
- 1 teaspoon onion juice
- 1 tablespoon vinegar or lemon juice
- Salt to taste
- 1 cup chopped cooked meat or poultry
- ½ cup chopped celery
- 2 tablespoons sliced pimiento

Sprinkle gelatin on water and soak a few minutes. Dissolve in hot broth.

Add onion juice, vinegar or lemon juice, and salt. Chill until thick enough to hold solid food in place.

Stir in meat, celery, and pimiento. Pour into small loaf pan or individual molds and chill until firm.

4 servings.

### Menu suggestion

Serve as the main dish with creamed vegetable, crisp relishes, custard pie.

### For variety

*Jellied fish salad.*—Use flaked fish instead of meat. Make gelatin base with water, tomato juice, cooking liquid from poached fish (p. 45), or brine from canned fish. Chopped cucumber and sliced olives may take the place of celery and pimiento.

## Peanut-prune salad

- 12 cooked prunes
- ⅓ cup cottage cheese
- 1 teaspoon grated orange rind
- 2 tablespoons chopped peanuts
- Salt to taste
- Mayonnaise

Pit and chill prunes.

Combine cottage cheese, orange rind, peanuts, and salt.

Moisten this mixture with mayonnaise and stuff into prunes.

Serve on salad greens.

4 servings.

## Pineapple-cottage cheese mold

- 2 teaspoons gelatin
- 3 tablespoons cold water
- 1 cup pineapple juice or pineapple juice plus water
- 2 tablespoons lemon juice
- 2 tablespoons sugar
- Pinch of salt
- ½ cup drained crushed pineapple (9-ounce can)
- ⅓ cup finely chopped celery
- ⅓ cup cottage cheese

Sprinkle gelatin on cold water and soak a few minutes. Heat fruit juices, add sugar, salt, and gelatin. Stir until gelatin is dissolved.

Chill until thick enough to hold solid food in place. Stir in the pineapple, celery, and cottage cheese.

Pour into small loaf pan or individual molds.

Chill until firm.

4 servings.

## Red apple salad

- 4 firm tart apples
- 1½ cups sugar
- ¼ teaspoon salt
- ½ cup red cinnamon candies
- 3 cups water
- ½ cup cottage cheese, or 3 to 4 ounces cream cheese
- ¼ cup chopped green pepper

Pare and core apples.

Add sugar, salt, and candies to the water. Put over heat and stir until candies are dissolved.

Cook apples slowly in this sirup in covered pan until just tender, turning occasionally to color evenly. Drain and chill.

Mix cheese with green pepper and stuff the apples.

Serve on watercress or other dark greens.

4 servings.

### For variety

*Stuffed tomato salad.*—Use cheese mixture in raw tomatoes.

## Kidney bean salad

- 2 cups drained cooked or canned kidney beans
- ⅓ cup thin tart dressing
- 1 small onion sliced in rings
- ⅓ cup chopped celery
- ¼ cup chopped sweet pickles
- Salt and pepper to taste

Mix beans and dressing; chill an hour or more. Turn beans in the dressing occasionally so they will absorb the flavor.

Just before serving, add rest of ingredients. Mix lightly. Season to taste.

Serve in lettuce cups, garnished with slices of hard-cooked egg.

4 servings.

### Menu suggestion

Serve with corn pudding and have peach or berry cobbler for dessert.

## Hot potato salad

- 4 medium-sized potatoes, diced
- 4 slices bacon
- ¼ cup finely chopped onion
- 1 tablespoon flour
- 1 teaspoon powdered dry mustard
- 1 teaspoon salt
- 1 tablespoon sugar
- ½ cup water
- 1 egg, beaten
- ¼ cup vinegar

Cook potatoes in boiling salted water until tender. Drain.

Cook bacon in a fry pan until crisp. Remove from pan and chop.

Using 2 tablespoons of the bacon fat, cook onion until golden brown. Blend in the flour, mustard, salt, and sugar. Stir in the water. Boil 2 minutes.

Add about 2 tablespoons of the hot mixture to the beaten egg, then stir this into the rest of the mixture. Add vinegar and reheat.

Pour the hot dressing over the hot potatoes. Mix in the chopped bacon.

4 servings, about ⅔ cup each.



## Potato salad

- 4 medium-sized potatoes
- $\frac{3}{4}$  cup hot cooked salad dressing
- 1 teaspoon salt
- 1 to 2 tablespoons finely chopped scallions or onion
- 2 tablespoons chopped green pepper
- $\frac{1}{2}$  cup finely cut celery
- $\frac{1}{4}$  cup diced cucumber
- 2 hard-cooked eggs, chopped

Cook potatoes whole in the skins, peel, and dice. Or pare and dice them and cook in a small amount of boiling water until tender. Drain.

Pour hot dressing over hot potatoes. Add salt and scallions or onion and mix carefully. Let cool for 10 to 15 minutes.

Mix in the rest of the ingredients.

Chill for 3 to 4 hours before serving.

Makes about 1 quart.

### Menu suggestion

Serve for lunch or supper with frankfurters on buns or cold sliced ham. Add carrot sticks, radishes, and pickled beets. Finish off with fruit gelatin.

### For variety

Omit 1 cup potatoes and add 1 cup chopped cooked ham or spiced meat, such as bologna or canned lunch meat.

## Cooked salad dressing

- 2 tablespoons flour
- 1 tablespoon sugar
- 1 teaspoon powdered dry mustard
- 1 teaspoon salt
- Dash of cayenne
- 1 cup milk
- 1 egg, slightly beaten
- 1 tablespoon butter or margarine
- $\frac{1}{3}$  cup vinegar or lemon juice

Mix dry ingredients in top of a double boiler. Gradually stir in the milk.

Cook over boiling water, stirring constantly, until mixture begins to thicken. Cover and cook 10 minutes, stirring occasionally.

Stir a little of the hot mixture into the egg and add to rest of mixture. Cook 3 minutes, stirring constantly. Add the fat.

Remove from heat. Slowly blend in the vinegar or lemon juice.

Makes about  $1\frac{1}{2}$  cups.

NOTE: If not used when hot, cover and store in refrigerator.

## Sour cream salad dressing

- $\frac{1}{4}$  cup pineapple juice
- $1\frac{1}{2}$  teaspoons lemon juice
- $\frac{1}{4}$  teaspoon salt
- 1 tablespoon sugar
- $\frac{1}{2}$  cup sour cream

Mix fruit juices, salt, and sugar. Add cream and stir until smooth. Makes about  $\frac{3}{4}$  cup.

# Soups



Fragrant, steaming soups or chowders like these can be features of the meal at luncheon or supper. They take heartiness from such ingredients as milk, sea food, and dry beans or peas.

These recipes allow 4 servings of 1 cup each. The menu suggestions round out the meal with other protein-rich foods.

## Dry bean or pea soup

- 1 cup dry beans or peas
- 1½ quarts cold water
- Ham bone
- 1 small onion, chopped
- Few stalks celery and leaves
- 1 tablespoon flour
- Salt and pepper to taste

Boil beans or peas in half the water for 2 minutes. Remove from heat and let soak 1 hour, or overnight if more convenient.

Add rest of water, ham bone, onion, and celery. Simmer until beans or peas are tender.

Remove bone. Put soup through a sieve or food press. Cut any meat from bone into small pieces. Add to soup. Stir in flour mixed with a little cold water. Cook soup until thickened and hot. Season.

4 servings.

### Menu suggestion

Serve with crackers toasted with cheese, cabbage and carrot slaw, and prune whip.

## Cream of tomato soup

- 2½ cups cooked or canned tomatoes
- ¼ cup chopped onion
- ½ teaspoon sugar, if desired
- 2 cups thin white sauce (p. 70)
- Salt and pepper

Cook tomatoes, onion, and sugar slowly 10 minutes. Put through a sieve or food press.

Add tomato mixture slowly to warm white sauce, stirring constantly. Season to taste with salt and pepper.

Heat the soup rapidly until just hot enough for serving. Be careful not to overheat.

Serve at once.

4 servings.

### Menu suggestion

Serve with peanut butter and green pepper sandwiches, and a salad of pears, pineapple, and dates. For dessert have pumpkin pie.

### **Cream of green vegetable soup**

- 1 tablespoon chopped onion
- 1 tablespoon butter or margarine
- 3 cups thin white sauce (p. 70)
- $\frac{3}{4}$  cup cooked spinach, broccoli, or peas, chopped or pureed
- Salt and pepper to taste

Cook onion in the fat until clear but not brown.

Combine with white sauce and vegetable. Add salt and pepper.

Heat and serve promptly.

4 servings.

#### *Menu suggestion*

Serve with stuffed tomato salad, hot rolls or biscuits, and baked custard.

### **Cream of mushroom soup**

- $\frac{1}{2}$  pound fresh mushrooms
- 2 tablespoons butter or margarine
- $\frac{1}{2}$  small onion, sliced
- 2 cups thin white sauce (p. 70)
- Salt and pepper to taste

Wash and chop mushrooms and cook a few minutes in the fat.

Heat onion slices a few minutes in the white sauce, then remove.

Add mushrooms and seasonings to the sauce. Heat just to boiling.

4 servings.

#### *Menu suggestion*

Serve with celery and carrot sticks, cottage cheese, and apple brown betty.

### **Quick potato soup**

- 2 cups thinly sliced potatoes
- $\frac{1}{4}$  cup finely chopped onion
- $1\frac{1}{4}$  cups boiling water
- $1\frac{1}{2}$  cups milk
- 1 tablespoon butter or margarine
- $\frac{1}{4}$  teaspoon worcestershire sauce
- 1 teaspoon salt
- Pepper

Cook potatoes and onion in the water until tender. If desired, mash potatoes slightly with a fork to thicken the soup a little.

Add milk, fat, and seasonings. Heat.

For a touch of color, garnish with chopped parsley, watercress, or chives or chopped crisp bacon.

4 servings.

#### *Menu suggestion*

Serve with crackers, deviled eggs, relishes, and peach upside-down cake.

### **Meat and vegetable soup**

- Meaty soupbone, cracked (beef or veal)
- 2 quarts water
- $\frac{1}{2}$  cup chopped onion
- 1 cup chopped celery and leaves
- 1 cup cooked or canned tomatoes
- $\frac{1}{2}$  cup diced carrots
- $\frac{1}{2}$  cup diced turnips
- 1 cup diced potatoes
- 1 teaspoon salt
- Pepper



Remove bone slivers and simmer bone in water until meat falls from it—about 3 hours.

Remove the bone, and add vegetables and salt. Cook slowly until vegetables are tender but not mushy—about 40 minutes.

Season with pepper and more salt if needed.

Makes about 2 quarts and is equally good reheated.

### *Menu suggestion*

Serve with corn pudding, lettuce salad, and gingerbread.

### **Oyster stew**

- 1 pint oysters**
- 3 tablespoons butter or margarine**
- 1 quart hot milk**
- 1 teaspoon salt**
- Paprika**

Look over the oysters and take out any bits of shell.

Melt the fat, add the oysters and their liquid, and cook until the edges of the oysters begin to curl—about 3 minutes.

Add milk and salt, and heat just to boiling. Sprinkle each serving with paprika.

4 servings.

### *Menu suggestion*

Serve with a tart vegetable and cheese salad, with peaches and oatmeal cookies for dessert.

### **Fish chowder**

- 1 cup diced potatoes**
- 1 cup boiling water**
- 3 slices bacon, cut in small pieces**
- 1 medium-sized onion, chopped**
- $\frac{3}{4}$  pound fish fillets, cubed**
- 1 cup milk**
- Salt and pepper to taste**
- 2 tablespoons chopped parsley**

Cook potatoes in water in covered pan 10 to 15 minutes.

Meanwhile, fry the bacon until some of the fat has cooked out. Add the onion and cook until onion is soft and bacon is lightly browned.

Add bacon, onion, fat, and fish to potatoes. Cook slowly until fish and potatoes are done—about 10 minutes.

Add milk, salt, and pepper. Heat just to boiling. Sprinkle with parsley.

4 servings.

### *Menu suggestion*

Serve with tomato and cucumber salad, and have hot mince pie for dessert.

### *For variety*

*Corn chowder.*—Use  $1\frac{1}{2}$  cups cooked or canned corn instead of the fish. If you like a thickened chowder, blend 1 tablespoon flour with the bacon-and-onion mixture. Stir the chowder occasionally during cooking.

# Sauces, gravies



With a sauce that's tangy, mellow, or sweet or with a savory gravy, you can turn plain dish into party fare. In a bland sauce, such as white sauce, to be combined with mild-flavored foods, use butter or margarine for added flavor. If the recipe contains highly flavored foods or seasonings, a bland fat or oil is satisfactory for the sauce.

## White sauce

	Milk	Flour	Fat	Uses
Thin . . . . .	1 cup.	1 tablespoon . . .	1 tablespoon . . .	Cream soup, gravy, creamed and scalloped vegetables, eggs, fish, meat.
Medium . . .	1 cup.	2 tablespoons . . .	1 to 2 table- spoons.	Gravy, creamed and scalloped vegetables, eggs, fish, meat.
Thick . . . .	1 cup.	3 to 4 table- spoons.	2 to 3 table- spoons.	Binder for cro- quettes, souffles.

**TO MAKE.**—Melt fat and blend in the flour to make a smooth mixture. Add milk slowly and cook over very low heat, stirring constantly, until thickened. Add salt to taste—about  $\frac{1}{4}$  teaspoon for each cup of milk used. Cook 3 to 5 minutes longer, stirring occasionally.

**Milk gravy.**—Make like thin or medium white sauce, using pan drippings for the fat.

**Cheese sauce.**—Add 1 cup finely grated cheese to 1 cup hot white sauce—thin or medium. Stir until cheese is melted. Be careful not to overcook.

**Egg sauce.**—Stir 2 chopped hard-cooked eggs and 2 tablespoons lemon juice into  $1\frac{1}{2}$  cups hot white sauce—thin or medium.

**Vegetable sauce.**—Add  $\frac{1}{4}$  cup cooked peas and 2 tablespoons chopped pimiento to 1 cup hot medium white sauce.

## Gravy for meat or poultry

For moderately thick gravy use 2 tablespoons of flour and 1 to 2 tablespoons of fat to each cup of liquid, which may be water, milk, or broth. For thin gravy use only 1 tablespoon each of flour and fat.

*From roasted or broiled meat.*—To make good gravy you need drippings rich enough to flavor the added liquid. If drippings are scant add a bouillon cube or a little meat extract to the liquid.

Pour fat from pan, measure the amount needed, and return it to the pan. Or remove only excess fat, estimating amount to leave in pan.

Brown flour in fat, using low heat. Slowly stir in the liquid. Cook until thickened, stirring occasionally. Season to taste.

Or use this alternate method. Pour off excess fat. Add liquid to drippings in pan; heat if necessary to dissolve any browned-on meat juices. Put a little cold water in a jar or shaker, add flour, cover, and shake until well blended. Stir flour mixture slowly into the liquid and cook until thickened, stirring occasionally. Season to taste.

*From braised or stewed meat.*—Skim excess fat from the broth, leaving not more than 1 to 2 tablespoons for each cup of gravy. Measure or estimate amount of broth; add more liquid if needed. Mix flour with a little cold water, stir slowly into the broth, and cook until thickened, stirring occasionally. Season to taste.

## Tomato sauce

2½ cups fresh tomatoes cut in pieces, or 2 cups cooked or canned tomatoes  
½ teaspoon sugar, if desired  
¼ cup chopped onion  
Small piece bay leaf  
2 cloves  
2 tablespoons fat or oil  
2 tablespoons flour  
Salt and pepper to taste

Cook the tomatoes slowly with the sugar, onion, bay leaf, and cloves—20 minutes for fresh tomatoes, 10 minutes for cooked or canned. Put through a sieve or food press.

Melt the fat, blend in the flour, and stir in the tomato mixture.

Cook over low heat, stirring often, until thickened. Season with salt and pepper.

Makes 2 cups.

## Onion sauce

½ cup chopped or thinly sliced onion  
1 tablespoon butter or margarine  
1 tablespoon flour  
1 cup milk  
Salt and pepper to taste

Cook onion in the fat until yellow. Blend in the flour and stir in the milk slowly.

Cook over very low heat, stirring constantly, until thickened. Season with salt and pepper. Cook a few minutes longer, stirring occasionally.

Makes 1 cup.



### **Tartar sauce**

- 1/2 cup mayonnaise
- 1 tablespoon chopped onion
- 1 tablespoon chopped green pepper
- 1 tablespoon chopped pickle
- 1 tablespoon minced parsley
- 1 teaspoon capers, if desired
- 1 1/2 teaspoons tarragon vinegar, if desired

Combine all ingredients.  
Serve the sauce with fish.  
Makes about 3/4 cup.

### **Hollandaise sauce**

- 1/2 cup butter or margarine
- 4 egg yolks, well beaten
- 1/3 cup boiling water
- 2 tablespoons lemon juice
- 1/4 teaspoon salt
- Few grains cayenne, if desired

Melt the fat over hot water.  
Remove from heat and cool.

Blend egg yolks into fat; add boiling water slowly. Cook over boiling water, stirring constantly until thickened. Stir in lemon juice and seasonings. Makes about 3/4 cup.

### **Honey and orange sauce**

- 1 cup liquid honey
- 1/4 cup chopped orange peel
- 1/2 cup orange juice
- Pinch of salt

Combine all ingredients. Let stand over hot, not boiling, water about 30 minutes to blend flavors.

Serve on gingerbread, steamed puddings, or ice cream.  
Makes 1 1/2 cups.

### **Peanut butter-fruit sauce**

- 1/2 cup sugar
- 1/2 cup dark corn sirup
- 1/3 cup water
- 1/2 teaspoon salt
- 1/4 cup peanut butter
- 1/4 cup raisins or chopped candied fruit

Mix the sugar, corn sirup, water, and salt. Simmer 10 minutes; cool.

Stir this sirup slowly into the peanut butter. Add raisins or candied fruit.

Serve on ice cream, puddings, or baked custard.

Makes about 1 cup.

### **Sour cream sauce**

- 1/3 cup butter or margarine
- 1 cup confectioner's sugar
- 1/4 teaspoon lemon juice
- 1/4 teaspoon vanilla
- 1/4 to 1/2 cup sour cream, plain or whipped

Cream the fat. Add the sugar slowly and beat well.

Add lemon juice and vanilla.

Beat in enough sour cream to make the sauce light and fluffy.

Serve on fruit brown betty, hot baked apples or dumplings, steamed or baked puddings.

Makes about 1 cup.

# Breads and sandwiches



## Hot breads

Just to name them whets the appetite—hot, feathery rolls, biscuits and muffins that call for the best jams and jellies in the house, nut bread, and creamy spoonbread—good on either side of the Mason-Dixon line. There are also popovers, waffles, and, almost best of all, griddlecakes.

In this section, baking powder measurements are given for the sulfate-phosphate type. Use half again as much of phosphate, and twice as much of tartrate baking powder. If you are not sure about which type of baking powder you are using, read the list of ingredients on the label.

### Quick nut loaf

- 2½ cups sifted flour
- 2 tablespoons sugar
- 3 teaspoons baking powder
- ½ teaspoon salt
- ½ teaspoon cinnamon
- 1 cup milk
- 2 eggs, beaten
- 4 tablespoons melted shortening or oil
- 1 cup chopped nuts

Sift together flour, sugar, baking powder, salt, and cinnamon.

Add milk to eggs. Stir into dry ingredients and mix just until smooth.

Stir in the shortening and nuts.

Pour into a greased loaf pan. Let stand 20 minutes.

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

*Raisin loaf.*—Use 1½ cups chopped raisins instead of nuts.

### Spoonbread

- ½ cup cornmeal
- 2 tablespoons quick-cooking tapioca
- 2 cups milk
- 2 tablespoons butter or margarine
- ½ teaspoon salt
- 2 eggs, separated

Combine cornmeal, tapioca, milk, fat, and salt. Cook over boiling water, stirring frequently, until thickened. Remove from heat and cool slightly.

Beat egg yolks slightly and beat into the mixture. Fold in stiffly beaten egg whites. Pour into greased baking dish.

Bake at 375° F. (moderate oven) 45 minutes. Serve from the baking dish.

4 servings.

*Cheese spoonbread.*—Add ½ cup grated cheese to the batter after the fat has been added.

## Cornbread

- 1/3 cup sifted flour
- 3/4 cup yellow cornmeal
- 1 1/2 teaspoons baking powder
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1 egg, beaten
- 2/3 cup milk
- 2 tablespoons melted shortening or oil

Sift together the flour, cornmeal, baking powder, sugar, and salt.

Combine the egg, milk, and shortening. Add to dry ingredients and stir only enough to mix.

Pour batter into a greased 8- by 8-inch baking pan.

Bake at 425° F. (hot oven) 25 minutes.

6 servings.

## Biscuits

- 2 cups sifted flour
- 2 teaspoons baking powder
- 3/4 teaspoon salt
- 1/3 cup shortening
- About 3/4 cup milk

Sift flour, baking powder, and salt together. Cut or rub in shortening until well blended.

Slowly mix in milk, using just enough to make dough that is soft but not sticky.

Turn dough onto a lightly floured board and knead a few strokes. Roll or pat to 3/4-inch thickness. Cut with a biscuit cutter or cut into squares with a knife.

Place on a baking sheet and bake at 450° F. (very hot oven) about 15 minutes.

Makes about sixteen 2-inch biscuits.

*Cheese biscuits.*—Add 1 cup grated cheese to dry ingredients.

*Quick marmalade rolls.*—Roll dough into a rectangle 1/4 inch thick. Spread with 1/2 cup citrus marmalade. Roll as for jelly roll and slice. Place slices on a greased baking sheet and bake at 450° F. (hot oven) 15 minutes. Makes 12 to 16 rolls.

*Rich biscuit dough.*—Increase the fat to 1/2 cup, and use for shortcake or topping for meat pie.

## Muffins

- 2 cups sifted flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 tablespoons sugar
- 1 egg, beaten
- 1 cup milk
- 1/4 cup melted shortening or oil

Sift together flour, baking powder, salt, and sugar.

Combine egg, milk, and shortening. Add to the dry ingredients all at once, stirring only enough to moisten.

Fill greased muffin pans two-thirds full.

Bake at 400° F. (hot oven) about 20 minutes.

Makes about 12 medium-sized muffins.

*Oatmeal muffins.*—Use 1 cup quick-cooking rolled oats in place of 1 cup of the flour.

*Blueberry or cranberry muffins.*—Use 1 cup uncooked berries. Reduce milk to 3/4 cup and increase sugar to 1/4 cup. Mix berries with dry ingredients.



*Peanut butter or cheese muffins.*—Blend  $\frac{1}{2}$  cup peanut butter with sifted dry ingredients or add  $\frac{1}{2}$  cup grated cheese to the batter. Reduce fat to 2 tablespoons.

## Yeast rolls



1 package active dry yeast

or

1 cake compressed yeast

$\frac{1}{4}$  cup lukewarm water

$\frac{1}{4}$  cup sugar

$\frac{1}{4}$  cup butter or margarine

1 teaspoon salt

1 cup scalded milk

1 egg, beaten

About 4 cups sifted flour

Soften yeast in water. Add  $\frac{1}{2}$  teaspoon sugar.

Add rest of sugar, fat, and salt to hot milk. Stir until sugar is dissolved.

Cool, then add egg. Stir in softened yeast.

Stir flour into liquid ingredients.

*If you mix by hand,* stir until flour and liquid are well mixed. Turn dough out onto a lightly floured board and knead it quickly until it is smooth and elastic. Form dough into a smooth ball.

*If you use an electric mixer,* mix flour and liquid together at low speed, scraping dough from the beater occasionally; continue beating until dough has pulled cleanly away from sides of bowl. Turn dough out onto a lightly floured board and form into a smooth ball.

Place ball of dough in a greased bowl and turn it over once or twice to grease the surface.

Cover and let rise in warm place ( $80^{\circ}$ – $85^{\circ}$  F.) until double in bulk—about 1 hour.

Turn dough out onto board, knead well, and shape into rolls as desired. Place in a greased pan or on a baking sheet.

Cover with waxed paper or a cloth and let rise in a warm place until double in bulk.

Bake at  $400^{\circ}$  F. (hot oven) 15 to 20 minutes.

Makes 20 to 25 rolls.

*Parkerhouse rolls.*—Roll the dough  $\frac{1}{2}$  inch thick and cut in 2-inch rounds. Brush lightly with melted butter or margarine, crease through center, fold over, and press down. Brush tops with fat if you like a soft crust.

Place rolls on greased baking sheet about  $\frac{1}{2}$  inch apart, or farther apart if you want them to be crusty on all sides. Let rise and bake as above.

*Nut rolls.*—Roll the dough  $\frac{1}{4}$  inch thick in rectangular shape. Spread with soft butter or margarine, sprinkle thickly with brown sugar, and chopped nuts—pecans, walnuts, peanuts, or other nuts.

Roll like jelly roll. To seal the roll, moisten the long edge and press down. Cut crosswise in 1-inch slices.

Grease muffin pans and in each one put  $\frac{1}{2}$  teaspoon butter or margarine, 2 teaspoons brown sugar, and a few nut meats.

Place a slice of dough in each pan, press down. Cover and let rise until double in bulk.

Bake at  $350^{\circ}$  F. (moderate oven) about 20 minutes. Turn out of pan at once.

Makes 16 to 20 rolls.

## Waffles

- 1½ cups sifted flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 1 tablespoon sugar
- 2 eggs, separated
- 1 cup milk
- 2 tablespoons melted shortening or oil

Sift dry ingredients together. Beat the egg yolks and whites separately.

Combine egg yolks, milk, and shortening. Mix with dry ingredients, stirring only until the batter is smooth.

Fold in beaten egg whites. Bake in a hot waffle baker.

Makes 4 waffles.

## Popovers

- 2 eggs, beaten
- 1 cup milk
- 1 tablespoon melted shortening or oil
- 1 cup sifted flour
- ¼ teaspoon salt

Grease heavy baking cups (glass, earthenware, iron, or enamel); heat in oven.

## Sandwiches

Many of these sandwiches and fillings are the sturdy kind—made with meat, fish, cheese, or peanut butter.

Sandwiches are at their best when fillings are generous, have a bit of moistness without being wet, and are spread clear to the edge of the bread.

For more interesting sandwiches use different kinds of bread—even in the same sandwich.

Leave crust on the bread so there'll be no waste and the sandwich will stay moist longer.

Combine eggs, milk, and shortening. Add flour and salt and beat with egg beater until well blended.

Fill hot cups half full. Bake at once at 450° F. (very hot oven) 30 minutes. Reduce heat to 350° F. (moderate oven) and bake 15 minutes longer.

Makes 8 to 12 popovers.

## Griddlecakes

- 1½ cups sifted flour
- 1½ teaspoons baking powder
- ¾ teaspoon salt
- 1 tablespoon sugar
- 1 egg, beaten
- 1 cup milk
- 2 tablespoons melted shortening or oil

Sift dry ingredients together.

Combine the egg, milk, and shortening. Add gradually to the dry ingredients; stir only until batter is smooth.

Drop by spoonfuls onto a hot greased griddle. Cook slowly until the surface is covered with bubbles, turn, and cook until the bottom is well browned.

Makes about 18 medium-sized griddlecakes.



## Hot fish sandwiches

- 1 tablespoon fat or oil
- 1½ tablespoons minced green pepper
- 1 tablespoon minced onion
- ¾ cup flaked cooked or canned fish
- ¼ cup milk
- 2 eggs, slightly beaten
- ½ teaspoon salt
- Toasted rolls

Heat the fat and cook the green pepper and onion in it until they are tender.

Add fish, milk, eggs, and salt. Cook over low heat or boiling water, stirring constantly, until thick and creamy.

Serve hot on toasted rolls.

4 servings.

## Hot meat salad sandwiches

- 1 cup ground cooked meat
- 1 tablespoon chopped pickle
- 1 tablespoon chopped onion
- 3 tablespoons salad dressing
- Salt and pepper to taste
- 4 slices of bread
- Softened butter or margarine

Mix meat, pickle, onion, and salad dressing. Add salt and pepper.

Toast bread on one side. Spread untoasted side with butter or margarine and salad mixture.

Put sandwiches on broiler rack and broil until meat mixture bubbles and browns.

4 servings.

## French-toasted sandwiches

Many meat, cheese, and peanut butter sandwiches are good french-toasted.

Dip sandwiches in egg-milk mixture (1 egg beaten with 2 tablespoons of milk is enough for 4 sandwiches).

Do not soak the bread.

Brown slowly on both sides in a little hot fat.

## Sandwich fillings

*Sliced meat.*—Corned beef with horseradish; veal with apple slices and salad dressing; chicken or turkey with sliced tomato or cucumber and salad dressing; a slice of ham with a slice of cheese.

*Chopped or grated vegetables.*—Mix carrots, celery, cabbage, or peppers with chopped dried fruits, nuts, or hard-cooked eggs. Moisten with salad dressing. Cottage or cream cheese is also good with chopped vegetables.

*Peanut butter.*—Mix with chopped dates and salad dressing, drained crushed pineapple, honey, or grated carrots and chopped raisins. To use peanut butter with sweet spreads, spread peanut butter on one slice of bread, and jelly, jam, honey, or apple butter on the other.

*Baked bean.*—Mash and mix with mayonnaise or catsup, and one or more of these: Minced onion, chopped celery, pickle relish, crisp bacon bits, or diced cooked ham.



# Desserts



Pies, pastries, puddings . . . custards, cookies, cobblers . . . cakes that are upside-down and right-side up . . . a frothy fruit whip and an apple betty . . . these goodies need no further recommendation.

These pies and cakes are for standard-sized pans. Most of the other recipes provide 4 servings of about  $\frac{1}{2}$  cup each.

In this section, baking powder measurements are given for the sulfate-phosphate type. Use half again as much of phosphate, and twice as much of tartrate baking powder. The type of baking powder is indicated on the label.

Cake recipes given here are not suitable for high altitudes.

## Two-crust fruit pie

Make pastry by recipe on page 80. Roll a little more than half of dough to thin round sheet  $\frac{1}{2}$  inch larger than pan.

Settle sheet into pan without stretching. Pat in place to force out air underneath; trim close to rim.

Fill crust heaping full with raw fruit such as berries or pitted cherries or thinly sliced apples or peaches.

Mix  $\frac{3}{4}$  to 1 cup sugar with 1 to 2 tablespoons flour and a pinch of salt. If desired, add up to 1 teaspoon mixed spices. Sprinkle this mixture over fruit, dot with butter or margarine. For mild fruits add about 1 tablespoon lemon juice.

Roll rest of dough to thin round sheet. Make cuts to let out steam during baking.

Moisten rim of lower crust. Place top crust over fruit. Press down

firmly at edge and trim close to rim of pan.

Bake at 425° F. (hot oven) 30 to 50 minutes.

## Pecan pie

3 eggs, beaten

$\frac{1}{2}$  cup sugar

1 cup dark corn sirup

$\frac{1}{4}$  teaspoon salt

1 teaspoon vanilla

$\frac{1}{4}$  cup melted butter or margarine

1 cup pecan meats

Unbaked 9-inch pastry shell (p. 80)

Mix eggs, sugar, sirup, salt, vanilla, and fat.

Spread nuts in bottom of shell, pour in filling.

Bake at 400° F. (hot oven) 25 to 30 minutes.

## Cream pie

- 1/2 cup sugar
- 4 tablespoons flour
- 1/4 teaspoon salt
- 2 cups milk
- 2 egg yolks, slightly beaten
- 2 tablespoons butter or margarine
- 1 teaspoon vanilla
- 9-inch baked pastry shell (p. 80) or graham cracker shell (p. 79)

Mix dry ingredients with a little of the milk. Add rest of milk. Cook over boiling water, stirring until thick. Cover and cook 15 minutes longer, stirring occasionally.

Add a little of the hot mixture to egg yolks. Pour back and cook a few minutes longer. Add the fat and vanilla.

Pour filling into shell, cool slightly, and cover with meringue (see recipe below).

Bake at 350° F. (moderate oven) 12 to 15 minutes, or until brown.

## Meringue

- 2 egg whites
- 1/4 teaspoon salt
- 4 tablespoons sugar

Beat egg whites with salt until stiff. Beat in sugar slowly until smooth and glossy.

## For variety

*Banana cream pie.*—Slice 2 bananas into the pie shell before adding the filling.

*Coconut cream pie.*—Add 1/2 cup shredded coconut to cream filling;

turn into a baked pie shell. Top with meringue and sprinkle with coconut. Bake as for cream pie.

*Chocolate cream pie.*—Make filling as for cream pie, adding 1/2 cup milk, 1/4 cup sugar, and 2 1/2 squares chocolate. Melt chocolate in milk. Top with meringue and bake, or serve plain or with whipped cream.

## Graham cracker shell

- 2 cups fine graham cracker crumbs
- 1/3 cup melted butter or margarine
- 1/3 cup sugar
- 1/4 teaspoon each cinnamon, cloves, nutmeg

Mix all ingredients. Turn into piepan and pat into firm smooth shell.

Chill until firm.

Makes one 9-inch pie shell.

## Sour cream and raisin pie

- 1 cup sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon cloves
- 2 eggs, beaten
- 1 cup seedless raisins
- 1 cup sour cream
- Salt
- 2 tablespoons vinegar
- Baked 9-inch pastry shell (p. 80)

Mix all ingredients, stirring until sugar is dissolved.

Pour mixture into shell and bake at 350° F. (moderate oven) 25 to 30 minutes.

## Lemon or lime chiffon pie

- 1 tablespoon gelatin
- $\frac{1}{4}$  cup cold water
- 3 eggs, separated
- $\frac{3}{4}$  cup sugar
- $\frac{1}{2}$  cup unstrained lemon or lime juice
- $\frac{1}{2}$  teaspoon grated lemon or lime rind
- $\frac{1}{4}$  teaspoon salt
- Few drops green coloring (for lime pie)
- Baked 9-inch pastry shell (p. 80) or graham cracker shell (p. 79)

Sprinkle gelatin in water and soak a few minutes.

Beat egg yolks slightly, add half the sugar and the lemon or lime juice and rind.

Cook over boiling water, stirring constantly until thick.

Add gelatin to hot mixture; stir until dissolved. Add coloring for lime pie. Cool until thick but not set.

Add salt to egg whites and beat until stiff. Add rest of sugar slowly, beating constantly. Blend with the chilled gelatin mixture.

Pour into a shell and chill until firm.

### For variety

*Pumpkin chiffon pie.*—Replace fruit juice and rind with  $\frac{1}{2}$  cup milk and  $\frac{1}{2}$  teaspoon each of ginger, cinnamon, and nutmeg.

Fold  $1\frac{1}{4}$  cups cooked or canned pumpkin into gelatin mixture with beaten egg whites.

## Pastry

- $2\frac{1}{4}$  cups sifted flour
- $1\frac{1}{2}$  teaspoons salt
- $\frac{3}{4}$  cup shortening
- 4 to 6 tablespoons cold water

Sift flour with salt. Cut in shortening until mixture is granular.

Sprinkle water over mixture, blending lightly with fork. Add water sparingly until dough clings together but is not wet. Let stand 5 minutes before rolling.

Makes two 9-inch crusts.

## Baked pastry shells

Roll pastry thin; place in piepan or muffin pans. Trim  $\frac{1}{4}$  to  $\frac{1}{2}$  inch from edge. Double edge of pastry over and pinch with fingers to make an upright rim. Or shape pastry to outside of pans and trim close.

Prick bottom and sides of pastry well with a fork to keep crust flat. Bake at  $425^{\circ}$  F. (hot oven) 10 to 12 minutes.

## Spiced prune cake

- $\frac{1}{2}$  cup shortening
- 1 cup sugar
- 2 eggs, well beaten
- $1\frac{1}{4}$  cups finely chopped cooked prunes
- 2 cups sifted flour
- $1\frac{1}{2}$  teaspoons soda
- 1 teaspoon cinnamon
- $\frac{3}{4}$  teaspoon cloves
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{2}$  cup sour milk

Cream shortening and add sugar. Cream until fluffy. Add eggs and beat well. Blend in prunes.



Sift together flour, soda, spices, and salt. Add to creamed mixture in three portions alternately with the sour milk in two portions.

Turn into a greased shallow pan about 12 by 8 inches.

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

### **Fruit cake**

- 1 pound prunes
- 1 pound seedless raisins
- ½ pound candied citron
- ¼ pound nut meats (about 1 cup)
- 1 cup shortening
- 1 cup brown sugar, firmly packed
- 4 eggs
- 1 tablespoon milk
- 2 cups sifted flour
- 1 teaspoon mace
- 1 teaspoon cinnamon
- ½ teaspoon soda

Soak prunes if they seem dry; pit and chop. Soak raisins 20 minutes in hot water, drain. Cut citron in strips and chop nuts. Mix all together.

Cream shortening and sugar together. Beat in eggs and add milk.

Sift together flour, spices, and soda and stir into fruits and nuts. Add to creamed mixture.

Grease and flour five small loaf pans. Line bottoms with brown paper; grease the paper.

Pour batter into pans. Bake at 250° F. (very slow oven) 3½ hours.

Cool slightly, remove from pans, and strip off paper. Cool thoroughly and wrap in waxed paper, foil, or

plastic wrap. Store 2 weeks in a cool place before using.

Makes about 5 pounds.

### **Upside-down cake**

#### **Fruit mixture**

- 1 to 2 cups fruit
- ½ cup brown sugar
- 2 tablespoons butter or margarine
- 1 tablespoon fruit juice or water

Canned fruit or cooked dried fruit—pineapple, apricots, cherries, peaches, prunes—may be used. Cut whole fruit in half, remove pits. Raw apples or peaches, thinly sliced, are also good.

Cook sugar, fat, and juice or water in fry pan over moderate heat to form thick sirup.

Arrange fruit and sirup in a greased 8- or 9-inch shallow pan. Or use fry pan if it can be put into oven.

#### **Cake batter**

- ⅓ cup shortening
- ½ cup sugar
- 1 teaspoon vanilla
- 1 egg, beaten
- 1½ cups sifted cake flour
- ¼ teaspoon salt
- 1½ teaspoons baking powder
- ½ cup milk

Cream shortening, sugar, and vanilla together, then blend in egg.

Sift together flour, salt, and baking powder. Add to creamed mixture in three portions alternately with milk in two portions.

Pour batter over fruit and sirup. Bake at 350° F. (moderate oven) 45 minutes. Cool slightly and turn out carefully.

## White layer cake

- 1/2 cup shortening
- 1/2 teaspoon vanilla
- 1/2 teaspoon almond extract
- 1 cup sugar
- 2 cups sifted cake flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup milk
- 3 egg whites

Cream shortening, flavorings, and half of the sugar together until very light and fluffy.

Sift together flour, baking powder, and salt.

Add to creamed mixture in three portions alternately with milk in two portions.

Beat egg whites until stiff and add the rest of the sugar slowly, beating until glossy. Fold into the batter.

Turn batter into two greased 8-inch round layer pans (or one 8-inch square loaf pan).

Bake at 375° F. (moderate oven) until cake draws away from pan and top is springy to touch—about 25 minutes. (Bake loaf 30 minutes.)

### For variety

For party cakes (petits fours) cut white cake in cubes or triangles. Make confectioner's sugar frosting (p. 83), using enough liquid so that it will pour. Color frosting, if you like, and pour over cakes, covering tops and sides. The cakes may be sprinkled with coconut or chopped nuts while frosting is still soft.

## Chocolate layer cake

- 2/3 cup shortening
- 1 teaspoon vanilla
- 1 1/3 cups sugar
- 3 squares (3 ounces) chocolate, melted
- 2 eggs, separated
- 2 cups sifted cake flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup milk

Cream shortening, vanilla, and half of the sugar together until light and fluffy. Blend in chocolate and add egg yolks.

Sift together flour, baking powder, and salt.

Add to creamed mixture in three portions alternately with milk in two portions.

Beat egg whites stiff, and add the rest of the sugar slowly, beating constantly until glossy. Fold into the batter.

Turn batter into two greased 9-inch round layer pans.

Bake at 350° F. (moderate oven) 30 to 35 minutes or until cake pulls away from pan and top is springy to touch.

### For variety

Add 1/2 cup chopped nut meats to the batter just before pouring into pans.

*Cupcakes.*—Pour batter into greased muffin pans, filling them two-thirds full. Bake at 375° F. (moderate oven) 20 minutes, or until top is springy to touch.

Makes about 30 small cupcakes.



## Gingerbread

- 1½ cups sifted flour
- ¼ teaspoon soda
- 1 teaspoon baking powder
- ¼ cup sugar
- ¼ teaspoon salt
- 1 teaspoon ginger
- 1 teaspoon cinnamon
- ¼ teaspoon ground cloves
- ½ cup milk
- 1 egg, beaten
- ½ cup molasses
- ¼ cup melted shortening or oil

Sift together dry ingredients. Add milk to beaten egg. Pour into dry ingredients and stir until smooth.

Stir in molasses and shortening.

Pour batter into greased shallow pan (about 8 inches square).

Bake at 350° F. (moderate oven) 30 to 40 minutes.

## "Seven minute" frosting

- 2 egg whites
- 1½ cups sugar
- Few grains salt
- 1 teaspoon light corn sirup
- ⅓ cup water
- 1 teaspoon vanilla

Mix all ingredients except the vanilla. Beat over boiling water until mixture stands in soft peaks—7 to 10 minutes.

Remove from heat, add vanilla. Beat until very thick.

Enough for two 9-inch layers.

## Confectioner's sugar frosting

For a two-layer cake, 9-inch size, mix 2 cups confectioner's sugar, 4 tablespoons butter or margarine, and enough cream, orange juice, or strong coffee to spread well. Add flavoring—vanilla, grated orange rind, melted chocolate, or spices.

## Lemon filling

- 1 cup sugar
- 2½ tablespoons flour
- ⅛ teaspoon salt
- 4 tablespoons lemon juice
- Grated rind of 1 lemon
- 2 eggs, beaten
- 1 tablespoon butter or margarine

Mix sugar, flour, salt, and lemon juice and rind.

Cook over low heat or boiling water, stirring until thickened. Cook 10 minutes more; stir often.

Stir hot mixture slowly into eggs; return to pan. Add the fat. Cook 2 minutes, stirring. Cool.

## Cream cheese filling

- 3 ounces cream cheese (6 tablespoons)
- Cream or milk
- ½ cup chopped dates
- ½ cup chopped nuts
- ¼ teaspoon salt

Mash cheese and add enough cream to make soft mixture. Add other ingredients; mix thoroughly.

Makes enough for 9-inch cake.



## Dried-fruit bars

- 1 cup sifted flour
- 1/4 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 cup melted butter or margarine
- 1 cup sugar
- 2 eggs, well beaten
- 1 cup chopped nuts
- 1 cup dried fruit, sliced or chopped fine (dates, apricots, figs, prunes, or 1/3 cup raisins with 2/3 cup chopped evaporated apples)

Sift together flour, baking powder, and salt.

Mix in other ingredients in order given.

Line shallow pan (about 13 by 9 inches) with waxed paper, and spread batter in it.

Bake at 350° F. (moderate oven) 25 to 30 minutes.

Let stand several minutes, then cut into bars about 1 by 3 inches. Turn out on rack and peel off paper. When firm enough to hold shape, roll warm bars in confectioner's sugar.

Makes about 40 bars.

## Peanut butter cookies

- 1 cup shortening
- 1/2 teaspoon salt
- 1 cup peanut butter
- 1 cup granulated sugar
- 1 cup brown sugar, firmly packed
- 2 eggs, well beaten
- 1 tablespoon milk
- 2 cups sifted flour
- 1/2 teaspoon soda

Combine shortening, salt, and peanut butter, and mix well.

Gradually add granulated sugar and brown sugar. Cream thoroughly after each addition.

Add eggs and milk, mixing well.

Sift together the flour and soda. Blend with first mixture.

Drop the dough by teaspoonfuls onto greased baking sheets, or roll the dough into balls 3/4 to 1 inch in diameter. Press lightly with a fork to flatten.

Bake at 325° F. (slow oven) 15 to 20 minutes.

Makes 10 to 12 dozen cookies.

## Oatmeal cookies

- 1/2 cup sifted flour
- 1/3 cup sugar
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1/4 teaspoon cinnamon
- 1 1/2 cups rolled oats
- 1/2 cup raisins
- 1 egg, slightly beaten
- 1/2 cup milk
- 1/2 teaspoon flavoring
- 1/4 cup melted shortening or oil

Sift together flour, sugar, salt, baking powder, cinnamon. Mix in oats and raisins.

Combine egg, milk, flavoring, and shortening, and add to first mixture. Stir only until ingredients are moistened.

Drop dough by teaspoonfuls onto greased baking sheets.

Bake at 375° F. (moderate oven) about 20 minutes.

Makes about 3 dozen cookies.

## Brownies

- 2 squares (2 ounces) unsweetened chocolate
- 1/3 cup shortening
- 1 cup sugar
- 2 eggs, slightly beaten
- 3/4 cup sifted flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup chopped nut meats
- 1 teaspoon vanilla

Melt chocolate and shortening together over hot water. Cool slightly.

Add sugar and the chocolate mixture to eggs and beat.

Sift together the flour, baking powder, and salt. Add to the first mixture. Stir in the nut meats and vanilla.

Pour the batter into a greased 8-inch square pan. Bake at 350° F. (moderate oven) about 30 minutes. Cool in the pan and cut into squares.

Makes about 2 dozen brownies.

## Molasses snaps

- 1/4 cup shortening
- 3/8 cup sugar
- 1/2 cup smoothly beaten cooked potatoes
- 1/4 cup molasses
- 1 cup sifted flour
- 1/2 teaspoon soda
- 3/4 teaspoon ginger
- 3/4 teaspoon cinnamon
- 1/4 teaspoon salt

Cream together shortening and sugar.

Add potatoes and continue creaming. Mix in molasses.

Sift together the flour, soda, spices, and salt. Stir into the first mixture.

Drop the batter by tablespoonfuls onto greased baking sheets. Flatten to a thickness of 1/8 inch, using a greased flat-bottomed glass.

Bake at 350° F. (moderate oven) until the cookies are lightly browned—about 15 minutes.

Remove from the baking sheet and cool.

Makes about 30 cookies.

## Orange oatmeal rounds

- 1/2 cup shortening
- 1 cup brown sugar, packed
- 1 egg
- 2 tablespoons orange juice
- 1 tablespoon grated orange rind
- 1 cup rolled oats
- 1/2 cup raisins
- 1 cup sifted flour
- 1/2 teaspoon soda
- 1/2 teaspoon salt
- 1/4 cup coarsely chopped nuts

Cream shortening and sugar together. Add the egg and beat well.

Mix in the orange juice and grated rind, rolled oats, and raisins.

Sift together the flour, soda, and salt. Combine with the creamed mixture. Add the nuts.

Drop dough by teaspoonfuls onto greased baking sheets.

Bake at 350° F. (moderate oven) about 12 minutes.

Makes about 30 cookies.



## Fruit whip

- 2/3 cup fruit pulp
- 2 egg whites
- 1/4 teaspoon salt
- 3 tablespoons sugar
- 1 tablespoon lemon juice

For the fruit pulp, mash or put through a sieve cooked apricots, prunes, peaches, or apples. Or use grated raw apples.

Beat egg whites with salt until stiff. Add sugar gradually, beating constantly until glossy.

Fold in fruit pulp and lemon juice. Chill. 4 servings.

## Orange bavarian cream

- 1 tablespoon gelatin
- 1/4 cup cold water
- 3/4 cup unstrained orange juice
- 2 tablespoons lemon juice
- 1/2 teaspoon grated orange rind
- 1/3 cup sugar
- 1/4 teaspoon salt
- 1 egg white
- 1/2 cup cream, whipped

Sprinkle gelatin on water; soak a few minutes.

Heat fruit juices and rind with half of the sugar.

Dissolve gelatin in hot juice. Chill until partly set.

Add salt to egg white and beat until stiff. Add rest of sugar slowly, beating until glossy.

Fold egg-white mixture and cream into gelatin mixture. Pour into mold; chill until firm. 4 servings.

## Apple brown betty

- 1/3 cup sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 2 cups fine dry crumbs
- 4 tart apples, pared and diced
- 3 tablespoons melted butter or margarine

Mix sugar, cinnamon, salt. Put layer of crumbs in greased baking dish. Cover with layer of apples. Sprinkle with sugar mixture.

Continue until all ingredients are used. Have layer of crumbs on top. Pour melted fat over crumbs. Cover dish.

Bake at 375° F. (moderate oven) 40 minutes. Remove cover the last 10 minutes to brown the top.

4 servings.

## Bread or rice pudding

- 2 cups milk
- 1 1/2 cups soft breadcrumbs or 1 cup cooked rice
- 1 tablespoon butter or margarine
- 1/4 cup sugar (increase to 1/3 cup when using rice)
- 1/4 teaspoon salt
- 1/3 cup raisins or nuts
- 2 eggs, beaten

Heat milk; add breadcrumbs or rice, and fat.

Add sugar, salt, and raisins or nuts to eggs, then slowly stir in the hot milk mixture.

Pour into greased baking dish, set in pan of hot water.

Bake at 350° F. (moderate oven) 1 hour, or until set. 4 servings.



## Frozen mint pudding

- 1½ teaspoons gelatin
- 2 tablespoons water
- ½ cup crushed white peppermint candy (2 ounces)
- ¼ cup milk
- 2 eggs, separated
- 6 drops green coloring
- ¼ teaspoon salt
- 6 tablespoons sugar
- 1 cup heavy cream
- 12 plain chocolate cookies, crushed (¾ cup)

Sprinkle gelatin on the water and soak a few minutes.

Dissolve the candy in the milk over boiling water.

Beat the egg yolks well. Pour a little of the hot liquid into them. Add to the rest of the hot mixture, and cook until thick, stirring constantly. Stir in the coloring.

Add gelatin to the cooked mixture and stir until dissolved.

Cool until thick but not set.

Add salt to the egg whites and beat until stiff but not dry. Gradually add the sugar, beating constantly.

Combine the beaten egg whites and the gelatin mixture.

Whip the cream and fold it in.

Put half the crumbs into a 10- by 4- by 1½-inch ice-cube tray or shallow pan of similar capacity. Pour in the prepared mixture and cover with the rest of the crumbs.

Freeze 3 to 4 hours without stirring.

8 servings.

## Baked custard

- ¼ cup sugar
- ¼ teaspoon salt
- 3 eggs, beaten
- 2 cups hot milk
- 1 teaspoon vanilla

Combine sugar, salt, and eggs. Add milk slowly; add vanilla.

Pour into custard cups, and set in a pan of hot water.

Bake at 325° F. (slow oven) until the custard is set—30 to 40 minutes.

4 servings.

## Cherry cobbler

- 1½ cups canned sour cherries
- ⅔ cup cherry juice
- ⅓ to ½ cup sugar
- 1 tablespoon cornstarch
- Pinch of salt
- Butter or margarine
- Biscuit dough (one-half recipe, p. 74)

Mix all ingredients except the dough. Cook over low heat, stirring constantly, until thickened.

Turn into a baking pan. Cover with rolled dough, slashed in several places to let steam escape, or cover with rounds of dough.

Bake at 425° F. (hot oven) until browned—about 15 minutes.

4 servings.

## For variety

Use raw peaches, cherries, or berries, cooked a few minutes with a little water.

# Ways to use leftovers

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If it's good food, don't throw it away. Little leftovers, or big ones, fit into many dishes. A switch in recipes here or a novel dessert there—and your leftovers are put to work in interesting ways. Egg yolks can substitute for whole eggs, for example. If bread is a bit dry, then it's just right for french toast. Other leftovers have a way of adding food value or a fresh new touch—such as fruit in muffins or vegetables in omelet.

Listed below are some of the dishes in which leftovers may be used.

## **Egg yolks, in**

- Cakes, cookies
- Cornstarch pudding
- Custard or sauce
- Eggnog
- Pie or cake fillings
- Salad dressing
- Scrambled eggs

## **Egg whites, in**

- Cakes
- Frosting
- Fruit whip
- Meringue
- Souffles

## **Hard-cooked egg or yolk, in**

- Casserole dishes
- Garnish
- Salads
- Sandwiches

## **Sour milk, in**

- Cakes, cookies
- Quick breads

## **Sour cream, in**

- Cakes, cookies
- Dessert sauce
- Meat stews
- Pie or cake fillings
- Salad dressing
- Sauce for vegetables

## **Cooked meats, poultry, fish, in**

- Casserole dishes
- Hash
- Meat patties
- Meat pies
- Salads
- Sandwiches
- Stuffed vegetables

## **Cooked potatoes, in**

- Croquettes
- Fried or creamed potatoes
- Meat-pie topping
- Potatoes in cheese sauce
- Stew or chowder

**Cooked snap beans, lima beans,  
corn, peas, carrots, in**

Casseroles  
Croquettes  
Meat and vegetable pie  
Salads  
Sauces  
Souffles  
Soup  
Stew  
Stuffed peppers  
Stuffed tomatoes  
Vegetables in cheese sauce

**Cooked leafy vegetables,  
chopped, in**

Creamed vegetables  
Soup  
Meat loaf  
Meat patties  
Omelet  
Souffle

**Cooked or canned fruits, in**

Fruit cup  
Fruit sauces  
Jellied fruit  
Quick breads  
Salads  
Shortcake  
Upside-down cake  
Yeast breads

**Cooked wheat, oat, or corn  
cereals, in**

Fried cereal  
Meat loaf or patties  
Souffles  
Sweet puddings

**Cooked rice, noodles, macaroni,  
spaghetti, in**

Casseroles  
Meat or cheese loaf  
Timbales

**Bread**

Slices, for  
French toast  
Dry crumbs, in  
Brown betty  
Croquettes  
Fondues  
Coating for fried chops  
Soft crumbs, in  
Bread pudding  
Meat loaf  
Stuffings

**Cake or cookies, in**

Brown betty  
Cake balls, with fruit or  
chocolate sauce  
Cottage pudding  
Crumb crust for pies  
Refrigerator cake  
Trifle (cake strips with custard  
sauce)



# Cooking terms

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- Bake** To cook in an oven or oven-type appliance. Covered or uncovered containers may be used.
- Barbecue** To roast slowly on a spit or rack over coals or under a gas broiler flame or electric broiler unit, usually basting with a highly seasoned sauce. The term is commonly applied also to foods cooked in or served with barbecue sauce.
- Baste** To moisten food while cooking by pouring over it melted fat, drippings, or other liquid.
- Boil** To cook in water, or liquid mostly water, at boiling temperature (212° F. at sea level). Bubbles rise continually and break on the surface.
- Braise** To cook slowly in a moist atmosphere. The cooking is done in a tightly covered utensil with little or no added liquid. Meat may or may not be browned in a small amount of fat before braising.
- Broil** To cook uncovered by direct heat on a rack placed under the source of heat or over an open fire.  
*Pan-broil.*—To cook in lightly greased or ungreased heavy pan on top of range. Fat is poured off as it accumulates so food does not fry.
- Caramelize** To heat sugar or food containing sugar until a brown color and characteristic flavor develop.
- Cream** To work a food or a combination of foods until soft and creamy, using a spoon, wooden paddle, or other implement. Most often applied to fat or a mixture containing fat—for example, shortening and sugar.
- Fold** To combine two mixtures, or two ingredients such as beaten egg white and sugar, by cutting down gently through one side of the mixture with a spatula or other implement, bringing the spatula along the bottom of the mixture, and then folding over. This motion is repeated until the mixture is well blended.

- Fricassee** To braise individual serving pieces of meat, poultry, or game in a little liquid—water, broth, or sauce.
- Fry** To cook in fat without water or cover.  
*Pan-fry or saute.*—To cook in a small amount of fat (a few tablespoons, up to ½ inch) in fry pan.  
*Deep-fry or french-fry.*—To cook in a deep kettle, in enough fat to cover or float food.
- Grill** Same as broil.
- Knead** To press, stretch, and fold dough or similar mixture to make it smooth. During kneading, bread dough becomes elastic, fondant becomes smooth and satiny.
- Marinate** To let foods stand in a liquid (usually mixture of oil with vinegar or lemon juice) to add flavor or make more tender.
- Parboil** To boil until partly cooked.
- Poach** To cook gently in liquid at simmering temperature so that the food retains its shape.
- Pot-roast** To cook large pieces of meat by braising.
- Reconstitute** To restore concentrated foods to their original state; for example, to restore frozen concentrated orange juice to liquid form by adding water.
- Rehydrate** To soak or cook or use other procedures to make dehydrated foods take up the water they lost during drying.
- Roast** To bake in hot air (usually oven) without water or cover.
- Scald** To heat liquid to just below the boiling point.
- Simmer** To cook in liquid just below the boiling point, at temperatures of 185° to 210° F. Bubbles form slowly and break below the surface.
- Steam** To cook food in steam, with or without pressure. Food is steamed in a covered container, on a rack or in a perforated pan over boiling water.
- Stew** To boil or simmer in a small amount of liquid. Meats are stewed at simmering temperature.

# One ingredient for another

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## For these

- 1 whole egg, for thickening or baking
- 1 cup butter or margarine for shortening
- 1 square (ounce) chocolate
- 1 teaspoon sulfate-phosphate baking powder
- 1 cup buttermilk or sour milk, for baking
- 1 cup fluid whole milk
- 1 cup fluid skim milk
- 1 tablespoon flour, for thickening
- 1 cup cake flour, for baking
- 1 cup all-purpose flour, for baking breads

## You may use these

- 2 egg yolks. Or  $2\frac{1}{2}$  tablespoons sifted dried whole egg plus  $2\frac{1}{2}$  tablespoons water.
- $\frac{3}{8}$  cup lard, or rendered fat, with  $\frac{1}{2}$  teaspoon salt. Or 1 cup hydrogenated fat (cooking fat sold under brand name) with  $\frac{1}{2}$  teaspoon salt.
- 3 tablespoons cocoa plus 1 tablespoon fat.
- $1\frac{1}{2}$  teaspoons phosphate baking powder. Or 2 teaspoons tartrate baking powder.
- 1 cup sweet milk mixed with one of the following: 1 tablespoon vinegar. Or 1 tablespoon lemon juice. Or  $1\frac{1}{4}$  teaspoons cream of tartar.
- $\frac{1}{2}$  cup evaporated milk plus  $\frac{1}{2}$  cup water. Or 1 cup reconstituted dry whole milk. Or 1 cup reconstituted nonfat dry milk plus  $2\frac{1}{2}$  teaspoons butter or margarine. (To reconstitute dry milk follow directions on the package.)
- 1 cup reconstituted nonfat dry milk prepared according to directions on the package.
- $\frac{1}{2}$  tablespoon cornstarch, potato starch, rice starch, or arrowroot starch. Or 2 teaspoons quick cooking tapioca.
- $\frac{2}{3}$  cup all-purpose flour.
- Up to  $\frac{1}{2}$  cup bran, whole-wheat flour, or cornmeal plus enough all-purpose flour to fill cup.



# Measures and temperatures

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## Measuring foods

*Part of cup.*—Use tablespoons or the smaller measuring cups— $\frac{1}{2}$ ,  $\frac{1}{3}$ ,  $\frac{1}{4}$ —for greater accuracy.

*Brown sugar.*—Pack firmly into cup or spoon.

*Solid fats.*—When fat comes in 1-pound rectangular form, 1 cup or fraction can be cut from pound, which measures about 2 cups.

Or measure cupful by packing fat firmly into cup and leveling off top with spatula or straight knife.

Water method may be used for part of cup. To measure  $\frac{1}{2}$  cup fat, for instance, put  $\frac{1}{2}$  cup cold water in 1-cup measure. Add fat, pushing it under the water until water level stands at 1-cup mark. Pour out water and remove fat.

*White flour.*—Sift once. Lift lightly into cup. Level off top with spatula or straight knife.

*Other flours, fine meals, fine crumbs, dried eggs, dry milks.*—Stir instead of sifting. Measure like flour.

*Baking powder, cornstarch, cream of tartar, spices.*—Stir to loosen. Fill spoon to overflowing, level with spatula or straight knife.

## Common food measures

3 teaspoons.....	1 tablespoon
2 tablespoons.....	1 fluid ounce
4 tablespoons.....	$\frac{1}{4}$ cup
6 tablespoons.....	$\frac{3}{8}$ cup
8 tablespoons.....	$\frac{1}{2}$ cup
16 tablespoons.....	1 cup
1 cup.....	8 fluid ounces
2 cups.....	1 pint
2 pints.....	1 quart

## Oven temperatures

Very slow.....	250° and 275° F.
Slow.....	300° and 325° F.
Moderate.....	350° and 375° F.
Hot.....	400° and 425° F.
Very hot.....	450° and 475° F.
Extremely hot....	500° and 525° F.

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Growth Through Agricultural Progress