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EC913 Some Suggestions to the Homemaker for Putting Variety and Palatability into Low-Cost Meals

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Nebraska
COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS

March
1932

U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
W. H. Brokaw, Director, Lincoln

Extension
Circular
913

SOME SUGGESTIONS TO THE HOMEMAKER FOR
PUTTING VARIETY AND PALATABILITY INTO LOW-COST MEALS

(Adapted from circular prepared by University of Nebraska Foods class, working under Dr. Minna C. Denton, on adequate diets at low cost, 1932.)

1. Examples of low cost foods suitable for main high protein dish:
- Pork liver in liver loaf, liver sausage, liver and onions.
 - Salmon and macaroni scallop.
 - Pork chops with bread and vegetable stuffing.
 - Pork chops baked with apples and potatoes or sweet potatoes.
 - Hamburg and macaroni loaf or pie.
 - Hamburg pinwheel of short cake.
 - Savory stew in pastry roll, pot pie.
 - Croquettes of meat and toasted crumbs.
 - Ham and egg loaf, ham scalloped with potatoes.
 - Ham slice rolled with bread or cornmeal or vegetable stuffing.
 - Potatoes stuffed with sausage.
 - Sausage baked with apples.
 - Peanut butter cutlets in bacon blankets.
 - Baked heart with dressing.
 - Meat scrapple with cornmeal or whole wheat mush.
 - Scalloped fish, creamed dried beef with egg.
 - Cornmeal or potato codfish balls.
 - Corned meat and vegetable dinner (short cooked vegetables).
 - Savory bean and vegetable loaf.
 - Lima bean and peanut salad, lima bean and tomato stew, split pea soup, bean and tomato soup.
 - Kidney bean and cottage cheese roast.
 - Toasted or untoasted sandwiches of bacon, meat, cheese, peanut butter, egg.
 - Eggs scalloped with potatoes, eggs scrambled with fried potatoes, egg cutlets, Yorkshire pudding.
 - French toast, cheese custard, other custards, souffles, cornmeal spoon bread, if high in eggs and milk.
 - Egg salads, stuffed eggs with bacon fat, egg and fish or vegetable timbales, hard cooked eggs in greens.
 - Mashed potato puff with egg and cheese.
 - Cornmeal mush souffle or bread crumb omelet or souffle; true sponge cake.
 - Welsh rarebit, tomato cheese rarebit on toast or on fried graham mush, polenta.
 - Grated cheese with potato or other vegetable soup.
 - Cottage cheese salad, salad of peas and American cheese.
 - Cheese croquettes, cheese straws.
 - Bread and milk (4 slices or $\frac{1}{2}$ lb. bread and 1 pint milk yield as much protein as $\frac{1}{4}$ lb. of lean beef without bone.)
 - Oatmeal porridge with milk (1 oz. rolled oats, $\frac{1}{2}$ pt. milk), cracked wheat or rice cooked in milk.
 - Corn chowder, cream soups, milk to drink, whole milk, cocoa or chocolate (if 1 full cup milk or nearly that).

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Old fashioned rice or Indian meal pudding (1/3 cup cereal in 1 qt. milk baked 3 hrs. serves 5 persons.)

Salted peanuts 1 oz. or more, peanut brittle, other nuts.

2. Cabbage is so valuable from the standpoint of food values and so cheap, that it seems worth while to seek varied preparations suitable to varying food habits. Carrots and onions may be used in many of these same ways.

a. Ways of using cabbage, cooked:

Buttered, creamed; cooked and scalloped, with bread crumbs and spaghetti, or shredded raw and scalloped; scalloped with sausage and bread crumbs, with cheese or eggs; colcannon (cooked and mixed with mashed potato); boiled with potato or string beans or other vegetables; shredded and cooked 5 minutes with canned tomatoes; boiled 10 minutes and fried with boiled potatoes; five minute cabbage cooked in milk; fried with apples, or served with fried apples; served with bread sauce (crumbs browned in savory bacon fat.)

- b. Ways of using raw cabbage; Hot or cold slaw (with vinegar and sugar); salad with apples (raw or cooked) or raisins, or pineapple or carrots; dressing of apple sirup or evaporated milk and vinegar or bottled lemon juice, or lemon-raisin-cornstarch sauce; hot German potato and shredded cabbage salad with bacon fat and vinegar dressing; shredded and seasoned raw cabbage heated (not cooked) in a hot well flavored milk sauce or stewed tomatoes; sandwiches of seasoned chopped cabbage or grated carrots mixed with sour cream sauce (evaporated milk and lemon juice or vinegar slightly thickened.)

3. It is highly desirable to have butter included in the menu. There is no substitute for butter other than whole milk. If it is not possible to have both and if it seems that whole milk should be served rather than butter, then the following suggestions might be helpful:

Methods of serving yeast bread that make it easier to go without butter or oleo

Bread (toasted or untoasted) crumbled in milk; milk toast (no thickening, savory fat if liked). (Dripping or lard may be made savory by simmering a few minutes with a little minced onion, celery tops, celery seed, chopped parsley, a tiny piece of bay leaf; do not allow vegetables to brown, remove seasonings at end.)

Spread bread with hot bacon fat, sausage fat, or savory drippings.

Or make milk gravy or browned flour milk gravy with these fats, eat on bread, or use meat gravy or creamed meat or vegetables.

Spread with peanut butter, brown sugar, molasses, or cinnamon and brown sugar sirup or jam.

Spread with moistened cottage cheese; or with grated cheese (toasted or untoasted) or with Welsh or tomato rabbit.

Serve as bacon, meat, fried egg, chopped crisp brown salt pork, or other sandwiches.

Toasted bread may be more easily eaten without butter. One may serve soft bread quickly toasted; or Melba toast (very thin slices slowly dried out and thoroly browned), or cinnamon toast or raisin toast, or croutons (bread cubes) either toasted or fried.

Fried bread, using savory fat; either plain, or French toast (soaked in egg and milk) either sweet or savory.

Bread or toast may be covered with hot or cold apple sauce, prune sauce, raisin sauce, marmalade.

It may be lightly soaked in milk and spread with banana slices.

It may be spread with a creamy fudge or fondant, either cold or melted, with or without nuts.

4. Baking powder hot breads that can easily be served without butter; cinnamon rolls; pinwheel or frosted. Muffins or biscuit filled with chopped nuts, grated cheese, or chopped crisp bacon. Biscuit with orange or lemon sugar glaze. Pie crust wafers spread with sugar and cinnamon. Corn or wheat crisp, spoon bread.

Menus for one Week

Quantities needed for family of five; two children, too young for school, one in grades, mother and father)

<u>Breakfast</u>		<u>Dinner</u>	<u>Supper</u>
Oranges	5 (or 2½ grapefruit or 1½	Hamburger gravy	½ lb.
Oatmeal	1 lb. 2 tomato juice)	Potatoes	2 lb.
Toast	1 loaf	(Boiled with	Cooked with
Cheese	1 lb.	jackets on)	with Tomatoes
Milk	1 qt.	Spinach	1 can
Coffee	3 T.	Bread	¾ loaf
Sugar	2 T.	Butter	¼ lb.
Milk			Cocoa
Mother	1/2 c.		Milk
3 children	7/8 c.		Sugar
Father	1/2 c.		Tea

Bacon	1/2 lb.	Baked beans with	1 lb.	Potatoes	2 lb.
Eggs	5	Pork	1/4 lb.	(fried)	
2 fried		Cabbage	1 lb.	Bacon fat	3 T.
3 poached		(5 min. creamed)		Toast	1/2 loaf
Toast	3/4 loaf	Milk	1 c.	Creamed Eggs	4
Milk	1 qt.	Flour	2 T.	Milk	2 c.
Coffee	3 T.	Bread	1/2 loaf	Flour	2 T.
		(Eat with cabbage)		Indian pudding	
				Corn meal	1/2 lb.
				Milk	3 c.
				Molasses	1/4 lb.
				Raisins	1/8 lb.

Breakfast		Dinner		Supper	
Oranges	5 (or $2\frac{1}{2}$ grape-fruit or $1\frac{1}{2}$ lb. c. tomato juice)	Pot pie		Cold baked beans	1 lb.
Griddle cakes		Beef stew	$\frac{1}{2}$ lb.	Pork	$\frac{1}{4}$ lb.
w. flour	$\frac{1}{2}$ lb.	Potatoes	2 lb.	Creamed potatoes	2 lb.
Cornmeal	$\frac{1}{4}$ lb.	Split peas	$\frac{1}{2}$ lb.	Carrots	1 lb.
Eggs	1	Biscuits		Milk	2 c.
Lard & bacon fat	$\frac{1}{4}$ lb.	Flour	$\frac{1}{2}$ lb.	Flour	2 T.
Milk	1 qt.	Lard	$\frac{1}{8}$ lb.	Milk	3 c.
Syrup (thin)		Milk	1 c.	Mother & children	
Sugar	$\frac{1}{4}$ lb.	Prune sauce	$\frac{1}{2}$ lb.	$\frac{3}{4}$ c. each	
Coffee	3 T.	Sugar	6 T.	Bread	$\frac{1}{2}$ loaf
Toast				Tea	
1 slice for 2 year old					

Apple or Banana	2	Liver loaf	1 lb.	Cornmeal mush	1 lb.
Sliced on wheat		Bread crumbs	$\frac{1}{4}$ loaf	Milk	1 c.
grits	1 lb.	Onion	1	Cream pudding	
Toast	$\frac{1}{2}$ loaf	Potatoes (baked)	2 lb.	Milk	2 c.
Cheese	$\frac{1}{2}$ lb.	Tomatoes	1 can	Sugar	4 T.
Milk	2 qt.	Bread	$\frac{1}{2}$ loaf	Flour	2 T.
Coffee	3 T.	Butter	$\frac{1}{8}$ lb.	Oranges	2
Sugar	2 T.			Milk	3 c.
				Bread	$\frac{1}{4}$ loaf
				Tea	

Fried mush		Beef stew	1 lb.	Potatoes	2 lb.
Corn meal	1 lb.	Rice	$\frac{1}{2}$ lb.	(in jackets)	
Lard or bacon fat	$\frac{1}{4}$ lb.	Onion	1	Tomatoes	1 can
Molasses	$\frac{1}{4}$ lb.	Carrot	$\frac{1}{2}$ lb.	Milk	1 c.
Thin with water & make a syrup		Cook thick		Flour	2 T.
Milk	1 qt.	Steamed		Bread (toast)	$\frac{3}{4}$ loaf
Coffee		Bread pudding		Milk	3 c.
		Bread	$\frac{1}{2}$ loaf	Tea	
		Raisins	$\frac{1}{8}$ lb.		
		Milk	2 c.		
		Egg	1		
		Bread	$\frac{1}{2}$ loaf		
		Butter	$\frac{1}{8}$ lb.		

Apples or Bananas	2	Salmon	1 lb.	Fried potatoes	2 lb.
sliced on		Creamed		Lard or	
Oatmeal	$\frac{1}{2}$ lb.	Milk	3 c.	Bacon fat	$\frac{1}{8}$ lb.
Toast	$\frac{3}{4}$ loaf	Flour	2 T.	Onion	1 lb.
Butter	$\frac{1}{8}$ lb.	Potatoes (Boiled)	2 lb.	Creamed	
Milk	1 qt.	(Cabbage)	$\frac{1}{2}$ lb.	Milk	2 c.
Coffee	3 T.	(Carrot)	$\frac{1}{2}$ lb.	Flour	2-3 T.
Sugar	2 T.	(Raisins)	$\frac{1}{8}$ lb.	Bread	$\frac{3}{4}$ loaf
		(Lemon juice)	1	Peanut butter	$\frac{1}{4}$ lb.
		Salad		Milk	
		Bread	$\frac{1}{2}$ loaf	Mother & 2 year old	$\frac{1}{2}$ c.
		Butter	$\frac{1}{8}$ lb.	Tea	

<u>Breakfast</u>		<u>Dinner</u>		<u>Supper</u>	
Dried apples or prunes	$\frac{1}{2}$ lb.	Baked heart	2 lb.	Toasted	
Wheat grits	1 lb.	Dressing		cheese sandwiches	
Toast	$\frac{1}{2}$ lb.	Bread	$\frac{1}{2}$ loaf	Bread	1 loaf
Butter	$\frac{1}{8}$ lb.	Onion	1	Cheese	$\frac{1}{2}$ lb.
Milk	1 qt.	Potatoes	2 lb.	Butter	$\frac{1}{4}$ lb.
Coffee	3 T.	Scalloped with		Bananas	5
Sugar	2 T.	Milk	2 c.	Cocoa	6 t.
(for prunes)	4 T.	Flour	2 T.	Milk	$1\frac{1}{2}$ qt.
		Cabbage	$\frac{1}{2}$ lb.	Sugar	$\frac{1}{8}$ lb.
		Molasses cake			
		Flour	2 c.		
		Sugar	$\frac{1}{4}$ lb.		
		Molasses	$\frac{1}{4}$ lb.		
		Lard or butter	$\frac{1}{4}$ lb.		
		Raisins	$\frac{1}{8}$ lb.		
		Egg	1		
		Bread	$\frac{1}{4}$ loaf		

SOME LOW COST RECIPES

1. Bean and peanut loaf, with tomato sauce

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| 1 qt. cooked navy beans | 3 T. drippings, lard or bacon fat |
| $\frac{2}{3}$ c. ground or chopped peanuts | $\frac{1}{16}$ t. celery seed |
| 1 c. grated or chopped raw carrots | Salt, pepper, small piece of bay |
| 1 or 2 medium sized onions, finely minced | leaf finely cut |
| | 4 thin slices bacon or salt pork |

Simmer minced onion, celery seed, bay leaf and pepper in fat for a minute or two but do not allow onion to brown. Then mix all ingredients thoroly, shape into loaf, place in pan, cover with strips of bacon or pork, bake in moderate oven about 30 to 45 min., or until meat is crisp and brown. Slice and serve with tomato sauce.

Tomato Sauce

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| 2 c. stewed or canned tomatoes | 3 T. bacon or other fat |
| 3 T. flour | Salt and pepper, few grains mustard |
| | or celery seed, if liked |

Melt fat, blend with flour, cook for a minute until flour is lightly browned, remove from heat, stir in tomato gradually, season, cook till it thickens.

This tomato sauce may be used over meat loaf, or hash, or fried mush or rice or over vegetable loaf (recipe 17). It may be used to make tomato toast. Add 1 cup of tomato sauce to $\frac{1}{2}$ cup milk. Pour over toasted or fried bread, serve at once before bread becomes soaked.

2. Tomato cheese rarebit on fried wheat mush

To 2 cups tomato sauce cooked as above, add grated cheese, $\frac{1}{2}$ lb. or more, and $\frac{1}{2}$ teaspoon mustard, if liked. Do not cook further, after adding cheese.

Make a thick mush with 2 cups of ground whole wheat and 3 tablespoons white flour cooked 10 minutes in water, salt to taste, cool, slice, and fry in drippings. Serve tomato-cheese sauce over the nicely browned mush. Or, sauce may be served over bread toasted in fat in frying pan.

3. Liver loaf or casserole

$\frac{1}{2}$ c. rice	$\frac{1}{4}$ c. chopped parsley, or
2 or 3 c. boiling water	$\frac{1}{4}$ t. celery seed
1 lb. sliced liver	2 T. flour
2 T. fat	1 c. tomatoes
1 small onion, chopped	2 t. salt
1 c. chopped cabbage	

Cook rice in boiling water till tender. Remove skin from liver, sprinkle with salt and flour, cook in frying pan in the fat till browned but not hard. Remove liver, cook onion and parsley (or celery seed) in fat for 2 minutes, but do not let onion brown. Then stir in flour, add tomatoes, and cook till thickened. Mix with rice and chopped liver. Bake 30 minutes.

4. Codfish cornmeal balls

1 c. codfish flakes	
$\frac{1}{2}$ c. cornmeal	1 egg
2 T. flour	1 or 2 T. bacon fat

Soak codfish flakes in water over night, or for several hours. Cook cornmeal and flour in 2 cups salted boiling water, for 10 to 20 minutes or till thick. Mix with soaked and drained fish flakes, cool. Shape into thin, flat cakes or patties, fry till brown in bacon fat.

5. Mashed potato with raw egg and cheese, baked.

2 c. boiled and mashed potatoes	2 or 3 well beaten eggs
About $\frac{1}{2}$ c. milk	$\frac{1}{2}$ to 1 c. grated cheese
Salt, pepper	

Beat mashed potatoes with milk till fluffy, season, add eggs and cheese, pile lightly into pan or earthen dish, bake till it browns on top. Potatoes made rich in this way may be served as the main dish of the meal. Cheese may be omitted, or half as much may be used. Or, eggs can be omitted, if necessary.

6. Cornmeal spoonbread

Cornmeal, 1 c.	Salt, 2 t.
Milk, 4 c.	Baking powder, 1 t.
Eggs, 2 or 3 or 4 well beaten	

Heat milk to boiling, salt, add cornmeal, stir over flame till it thickens, add baking powder and a little of the hot mush to the beaten eggs, beating well, then add remainder of mush (continue beating so as not to curdle egg), pour into greased pan, bake about 35 minutes in moderate oven, or till browned. Serve hot. If 4 eggs are used, this spoonbread may well be used as main dish of meal.

7. Scrambled egg in fried potato

Chop cold boiled potatoes, season, brown in bacon fat, then break an egg or two into them, stir and cook a minute or two till the egg is done, season again if needed, serve promptly. Three or four tablespoons of milk may be added with the eggs if the potatoes seem dry.

8. Cabbage fried with potatoes

Remove core from cabbage and chop, slice cabbage, cook in boiling salted water with potatoes pared and cut in halves, drain and season. Use left-over boiled potato and cabbage for supper, frying in drippings or lard until nicely browned. (Caution: Don't let the cabbage burn.)

9. Fried apples and cabbage

Shred raw cabbage, about 3 cups, put in frying pan with 2 or 3 tablespoons of bacon fat or drippings and 2 or 3 cored and sliced (but not pared) apples, season with salt and 2 teaspoons sugar, cover closely and cook gently for 10 to 20 minutes, stir frequently and remove cover towards the end, to brown the apples.

10. Cabbage salad with cooked apples

- (a) Raw cabbage and chopped fried apples make a good salad. Shred the cabbage finely and soak it an hour in cold well salted water. Drain, dry, mix each cupful with 1 cup of warm fried apples, season with salt, and a little sugar, or with an egg or a sweet sauce. (See recipes 11, 12, and 19.)
 - (b) Or try this. Core and slice (but not peel) two good sized apples, make a sirup with $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ cup water, cook apples in this sirup in covered dish, till tender. Cool apples and cut into pieces. Soak 2 cups shredded cabbage in 3 cups cold water with $1\frac{1}{2}$ teaspoons salt, for an hour. Then drain, dry, mix with diced cold apple, pour cold sirup over it, serve cold.
 - (c) This makes a very pretty and tasty dish if a penny's worth of red cinnamon drops be used instead of sugar for making the sirup to cook the apples.
 - (d) Raw cabbage and raw apple or soaked chopped raisins or prunes or canned pineapple, with lemon juice or other dressing, make a good salad. Diced radishes, celery, or chopped peanuts are good additions.
 - (e) Or try this salad. Raw cabbage 1 cup, grated raw carrots 1 cup, chopped soaked raisins $\frac{1}{4}$ cup, 1 or 2 tablespoons lemon juice sweetened with 1 or 2 tablespoons sugar, and salt to taste.
11. Or you may like to use an egg sauce or this lemon raisin sauce on your raw cabbage or raw carrot salad.

Lemon and raisin sauce

3 T. cornstarch or flour
1 c. sugar, white or brown
4 T. cold water
1 c. boiling water
 $\frac{1}{2}$ t. salt

2 T. butter or oleo
4 or 5 T. lemon juice or vinegar
Rind of 1 lemon (may be omitted)
2 or 3 T. soaked and chopped raisins

Mix sugar and salt with flour or cornstarch, stir in the cold water, cook with boiling water and raisins till thick and clear, add butter or oleo, and lemon juice and peel. Or, use brown sugar and vinegar. This sauce may be used hot on pudding or it may be cooled and used over raw cabbage and carrot salad. Vary this sauce by omitting lemon peel and adding grated nutmeg or cinnamon or both.

12. Egg salad dressing

1 egg, beaten
1 T. flour
Pepper, $\frac{1}{4}$ t. mustard
4 T. sugar

$\frac{1}{2}$ t. salt
 $\frac{1}{2}$ c. vinegar or lemon juice
1 T. butter, oleo, oil, or bacon fat
Milk to thin, as liked

Mix dry ingredients, cook in vinegar till thick, cool slightly and add well beaten egg, cook 1 minute longer (over hot water or very gentle heat, so as not to curdle egg), remove and add oleo or other fat. Thin with milk as liked, just before using.

For potato salad, or when bacon fat is used, reduce sugar to 1 tablespoon, or omit entirely. See also recipe No. 19.

13. White sauce or milk gravy

4 T. butter, oleo, or other fat	$\frac{1}{2}$ t. salt
3 T. flour	1 t. chopped onion or parsley or celery, or
2 c. or 1 pt. milk	$\frac{1}{8}$ t. celery seed

Melt fat, cook chopped onion, or chopped parsley, or celery, or celery seed in fat a minute (gently without browning). Stir flour into this, add salt (and pepper if liked), stir till flour turns yellow (but not brown, unless you want brown gravy). Cool a few seconds, add milk, place over flame, stir constantly till sauce boils and thickens. This sauce may be added to hard-cooked eggs, left-over meat or vegetables, cut in small pieces.

14. Creamed vegetables

Combine 1 cup of white sauce with 2 cups of well seasoned cooked vegetables, cut rather small, or use larger amounts of white sauce if preferred.

Creamed spinach or other greens are good. Chop the spinach coarsely with two knives. Creamed carrots, turnips, celery, onions and potatoes are popular. Cut these vegetables into dice, or small slices. Creamed cabbage is usually made from boiled cabbage, coarsely shredded, with white sauce, but it may also be made from shredded raw cabbage which is merely heated in white sauce without further cooking; in that case, use $\frac{1}{2}$ cup cabbage in 1 cup white sauce.

For variety, add 1 well seasoned diced hard cooked egg to each cupful of creamed vegetable, or $\frac{1}{4}$ cup grated cheese, or both. Creamed vegetables either with or without these additions may be baked in a pan in the oven with a covering of toasted crumbs or thin bacon or salt pork slices.

15. Creamed vegetable soups.

Like creamed vegetables, except add enough salted milk to thin it, so that the soup may be eaten with a spoon.

16. String beans, English fashion

Wash, string, trim, cut in halves lengthwise, cook in boiling salted water to cover them well. Use about $\frac{1}{2}$ t. salt and 1 t. sugar to 1 qt. ($\frac{3}{4}$ lb.) of beans. Cover loosely during first half of cooking. If young and tender, they should cook in 10 to 15 minutes, and should retain bright color, and have a specially mild flavor. Boil down rapidly toward close, so that stock may be of good flavor and serve as broth. Drain, add 2 T. of butter or drippings to beans. Savory fat may be used; cook 1 T. finely chopped mixed savory vegetables in fat for 2 or 3 minutes, over very gentle heat; do not brown. Onion, green pepper, celery seeds or tops, parsley may be used; remove savories before mixing fat with string beans. Toasted bread crumbs may be added to savory fat to make a bread sauce for the beans.

17. String beans in vegetable loaf

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| 1 c. string beans cut fine | 2 T. chopped nuts or peanut butter |
| $\frac{1}{4}$ c. celery cut fine (or cabbage) | 1 egg well beaten |
| $\frac{1}{2}$ c. diced carrots | $\frac{1}{2}$ c. sifted crumbs (or cooked rice or Macaroni) |
| 3 to 6 T. white sauce | $\frac{1}{4}$ c. buttered crumbs or fried crumbs |
| 2 T. butter or other fat | Salt and pepper |

Cook beans 15 minutes in 1 cup boiling salted water, adding carrots and celery after 5 minutes cooking. Boil down rapidly at close so little water is left. Drain. Add $\frac{1}{2}$ cup crumbs, egg, seasonings, nuts (or cheese) and white sauce to vegetables, shape into loaf, place on buttered pan, cover with buttered crumbs or bacon strips. Bake in hot oven till lightly browned. Serve with tomato or other sauce.

18. Scalloped raw cabbage

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| 1 pt. shredded cabbage (chop or grate core and coarsest midribs) | 2 T. butter |
| $\frac{1}{2}$ c. milk | $\frac{3}{4}$ t. salt |
| $\frac{1}{2}$ T. flour | $\frac{3}{4}$ c. buttered crumbs |
| | $\frac{1}{2}$ c. grated cheese |

Make a white sauce, stir in the cheese. Place thin layer of cabbage in pan or casserole, then a layer of the hot sauce, alternate till all is used, spread buttered or fried crumbs on top, bake uncovered in moderate oven for about 40 minutes or until much of milk has been absorbed and top is brown. Serve promptly.

19. Egg dressing for hot slaw

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| 2 eggs | 1 t. salt |
| 4 T. water or cabbage stock | Few grains dry mustard |
| 3 T. vinegar or to taste | 1 qt. shredded cabbage |
| 3 or 5 T. shredded green pepper or | 1 T. sugar |
| 2 t. onion juice, or $\frac{1}{8}$ t. celery seed | |

Beat eggs well, add seasonings and liquid, cook in pan set over hot water till it thickens to soft custard, add vinegar, pour while very hot over shredded, raw cabbage. Let stand to blend flavors.

20. Mashed carrots with milk

Scrape or pare 1 lb. carrots, put thru food chopper (coarse knife), or chop or grate. Cook in 1 pt. boiling water with 1 T. sugar and $\frac{3}{4}$ t. salt, for 15 or 20 min., loosely covered at first, but uncovered later, to evaporate excess water. Drain, saving the broth; mash with potato ricer, add about 2 T. each of butter and milk, or 4 T. of milk, if carrots are old or if no butter is used. Add more salt and sugar if needed, let stand 5 or 10 minutes in warm place to blend well. Thicken with 1 or 2 t. flour, if milk does not absorb well. Turnips may be cooked in the same way.

21. Mashed carrots and sweet potatoes

Add equal amounts of well seasoned mashed sweet potato to half of above dish. Season again, if necessary.

22. Mashed turnips and white potatoes

Prepare potatoes and turnips as above for carrots and sweet potatoes. Yellow turnips may be combined with sweet potatoes. Twice as much potato as turnips may be used, in either case, if prepared.

23. Stuffed boiled turnips (white), or onions

5 medium turnips (about $1\frac{1}{4}$ lbs.)	1 T. flour
1 piece celery ($\frac{1}{2}$ oz.) or cabbage	1 T. butter or other fat
$\frac{1}{2}$ t. salt	1 c. rich milk
1 small carrot (1 oz.)	$\frac{1}{2}$ c. toasted crumbs

Use turnips of medium size and mild flavor; bitterness would be especially noticeable in this dish. Boil $\frac{1}{2}$ hour or till fairly tender but not soft. Peel, remove centers, add chopped celery. Add grated, raw carrot to milk and scald. Make white sauce, add turnip centers and celery, put mixture into turnip cases, cover top with well buttered crumbs, bake in moderate oven till browned. Onions may be treated in the same way. Raw egg, chopped cooked meat or peanuts may be added to the stuffing.

24. Potatoes Stuffed with Spinach

Cook spinach as usual, season, put thru food chopper, or chop with knives. Bake large potatoes, make gash in top, remove contents, mash while very hot, seasoning with salt, pepper, bacon fat, or butter; add hot chopped spinach with juice, till potato is a bright pretty green. Pile lightly in potato shell, heat a few minutes in oven, but do not brown long enough to spoil the green color.

25. Boiled spinach

Trim off roots, and stems if coarse or stringy. Large leaves may be cut with shears to hasten cooking. Wash thoroly in 2 pans, lifting from one to the other; do not pour off the dirty water till leaves are taken out. Cook in large, heavy tightly covered pan; if young, add no water, but if leaves are coarse and strong flavored, add $\frac{1}{2}$ to 1 cup of boiling water. Add about $\frac{1}{2}$ teaspoon salt and 1 teaspoon sugar for each pound (2 qts.) of spinach. Place over gentle flame and watch to prevent burning at the start, in case no water is added; turn occasionally, or shake dish. When juice begins flowing freely, remove cover and cook about 5 to 15 minutes. Drain, saving the juice; season each cupful of cooked greens with 1 or 2 T. bacon fat or butter or milk or drippings. The product should be bright green, not mushy nor slimy. Spinach inclined to be old and strong flavored may be served with a sauce.

For variety, make bread sauce by adding 3 or 4 tablespoons toasted bread crumbs to 2 tablespoons fat, mix with 1 cup chopped cooked spinach. Or add 1 hard cooked egg to the cup of spinach.

Left-over spinach makes a good salad especially with hard-cooked egg. Season with vinegar or grated cheese or use salad dressing (recipe 12 or 19). Also it makes good sandwiches. In cold weather, try toasting these sandwiches occasionally.

26. Egg sauce for greens or spinach

$\frac{1}{2}$ c. vinegar	$\frac{1}{4}$ t. salt
1 egg well beaten	$1\frac{1}{2}$ t. butter or bacon fat
$\frac{1}{2}$ t. mustard	1 T. brown sugar or white sugar

Heat vinegar and sugar together, cook with egg and mustard, in pan over hot water, till it thickens to soft custard; remove from heat, beat in the fat or butter, serve on hot greens. Mustard may be omitted.

27. Vegetable juice cocktail or broth

Add to concentrated potato water, the broths drained from carrots, turnips, spinach, string beans, or other vegetables, blending carefully for flavor. Season as necessary, using onion slice or tomato juice if needed. Chill for cocktail, in hot weather, or serve hot with milk, in cold weather. These vegetable juices are very tasty if the vegetables are not cooked too long nor in too much water, and they contain much of the vitamins and iron that was in the vegetables.

28. Vegetable and meat soup

1 large beef bone	3 T. rolled oats
1 large veal bone	1 t. salt
1/3 lb. liver	3 c. shredded or diced raw vegetables
6 c. water	(potatoes, onions, carrots, or turnips).

Cover liver and bones with cold water, simmer for 2 hours. Add oatmeal, salt and vegetables, cook 20 minutes, remove bones and liver, serve hot. Left-over soup may be combined with canned tomatoes and served the second day.

29. Hot potato salad

6 boiled potatoes	3 T. vinegar
6 slices crisp bacon	3 T. chopped parsley, or
1/2 t. salt	1 t. celery seed
1/8 t. pepper	3 T. chopped onion
6 T. bacon fat	

Simmer parsley (or celery seed) and onion in bacon fat for a minute or two, till onion is yellow but not brown. Add potatoes cut into pieces, bacon cut small, and vinegar. Let stand in warm place for a minute, serve hot.

Two sliced hard cooked eggs are a good addition to this dish. So is shredded cabbage, 1/2 to 1 cupful. Heat till cabbage is warm but not cooked. Or 3 cups shredded raw cabbage, or diced cooked carrots may be substituted for the potatoes; in that case use only 3 tablespoons fat and add 1 tablespoon sugar if liked.

(Approved by Minna C. Denton, Department of Home Economics.)